



Bullying Prevention Plan for Safe and Mentally Healthy Schools

This action plan will be posted on the school's website

School Name: Holy Rosary Catholic School

Date: March 2019

Safe School Action Team Composition: Please indicate number of representatives in the following categories:

Students Teaching Staff 1 Non-Teaching Parents 1 Community 1 Admin 1

Points for Consideration:

Effective Action Plans consider the following sources of information:

- Current survey results (school climate)
- Survey trends
- Suspension reports
- Feedback about safe and mentally healthy initiatives
- Focus groups of students and educational partners
- Audits of physical environment re: safe and mental health safe places
- Review of existing programs and policies
- Information and input from parents and community partners
- Violent incident reports
- Students sent to other schools, alt centres, offsite programs
- Referrals to mental health agencies/partners

Effective safe and mentally healthy school programs:

- Are comprehensive in nature and adhere to the Foundations of a Healthy School
- Reflect our mission
- Reflect our faith
- Focus on skill building
- Focus on strengths of students and staff
- Select appropriate targets for change
- Select evidence based strategies and programs
- Include students in the planning, implementing and evaluating of activities
- Include parents in the planning and decision making process
- Focus on the changing the social and physical environment
- Attend to effective implementation practices

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Consider some of the following questions to help guide discussion and move you towards developing and selecting your school goals:

1. In what ways is Safe and Mentally Healthy Schools embedded into your school’s curricular programs? Are programs evidence based and age appropriate? Do gaps exist in any grade?
2. Do staff know the resources and guidelines provided for Safe Schools and Mental Health by the Ministry of Education? What type of training will be done?
3. Do all stakeholders feel welcome and involved in your school activities? What gaps, if any, are evident?
4. Are there comprehensive initiatives/programs that focus on positive, strength based assets? Are students and parents involved in the planning, decision making for these initiatives?
5. Are faith based practices focusing on spiritual and emotional health promoted as part of safe and mentally health schools?
6. Do you have anonymous confidential reporting at your school? Consider how students and staff report on mental health and bullying in your school.

Based on the information gathered and questions answered above identify up to three goals your school plans to implement. Complete the template below for each goal the team has identified.

Goal #1: Create conditions for students to make good decisions by teaching skills to cope with challenging situations.			
Specific Goal We are learning strategies to interact positively with each other in a variety of situations so that together, we can create the conditions that allow students to do well and therefore feel more successful.	Specific Implementation Strategies: Child and Youth Worker to lead “Mind Up” for classrooms at the school (January to March). Participation in WE School and implementing the WE initiatives within the school. PALS – Playground Activity Leaders in Schools – will run cooperative games to help engage the students in	Timelines September 2018 – June 2019	Indicators of Success: Reduction in office referrals Next survey Greater student voice and feedback Students will have strategies to draw upon and people to go to when faced with difficult situations Announcements reflecting the WE initiatives.

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	<p>positive behaviours and activities in the school yard.</p> <p>Intermediate and junior students participated in a board workshop in the Fall designed to get their input regarding School Wellness.</p> <p>Disciples in the Hallway – our students and staff will be encouraged to complete regular nominations for the School Board’s Disciples in the Hallway awards. The Wellness Committee will meet once a month to look at the nominations and select one nomination to be sent to the board office to be in the draw for the monthly meal award.</p> <p>School Family Teams and the use of activities based on mentor texts for the Fruit of the Holy Spirit by the month</p>		<p>Projects completed by the School Families will be evident in the school.</p>
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<p>Is this goal related to:</p> <p>Mental Wellness as well as our most recent School Climate Survey</p>	<p>Stakeholders involved in the implementation and outcome of this goal:</p> <p>Staff will be involved with explicit teaching of coping skills (Example: the Mind Up Program) Students Parents Child and Youth Workers Social Workers Church</p>	<p>How will you communicate the goal to stakeholders:</p> <p>Teacher and CYW classroom discussions with students</p> <p>Communication to Parents through classroom and school newsletters.</p> <p>Parent Council Meetings</p> <p>Staff Meetings</p>	
<p>Goal #2: Create conditions and learning opportunities for students to improve their ability to deal with students who are experiencing difficulties.</p>			
<p>Specific Goal From our School Improvement Plan - We are learning to name the emotions and behaviour so that we can recognize each other's feelings.</p> <p>Classroom teachers tracking student behaviours, which will enable them to assist those students who need additional support.</p>	<p>Specific Implementation Strategies:</p> <p>Discussions with all staff members regarding trends or patterns within the student population and strategies to assist the student(s) experiencing problems outside of class time.</p> <p>Program Resource Teacher to assist with meeting the needs of students.</p>	<p>Timelines On going - September 2018 to June 2019</p> <p>Monthly School Family Activities</p>	<p>Indicators of Success:</p> <p>Students verbalizing their needs on a consistent basis; reduced hands on behaviours and reduced number of verbal "put downs".</p> <p>Students recognizing the needs of others and helping when they are able to.</p> <p>Next survey of students</p>

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<p>Is this goal related to:</p> <p>Our school focus for the SCCDSB Well Being System Theory of Action - If we directly teach social skills within a structured environment and when they come up incidentally, then we will see a general sense of belonging in the school at all times and fewer incidents on the yard. We believe that this will impact student learning because if the students experience less stress on the yard and they feel a sense of belonging, their attention to academics will improve.</p>	<p>Stakeholders involved in the implementation and outcome of this goal:</p> <p>Staff will be involved with explicit teaching of coping skills (Example: the Mind Up Program)</p> <p>Students Parents Child and Youth Workers Social Workers Church</p>	<p>How will you communicate the goal to stakeholders:</p> <p>Parent Newsletters</p> <p>Parent Council Meetings</p> <p>Staff Meetings</p>
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Goal #3: Living our Faith - Live Like Jesus			
<p>Specific Goal</p> <p>School to focus on the Fruits of the Holy Spirit to reinforce the monthly character traits.</p>	<p>Specific Implementation Strategies:</p> <p>Many classes are participating in Christian Meditation on a daily basis.</p> <p>Monthly Liturgies and Masses for all classes to participate.</p> <p>Deacon John to participate in the monthly liturgies and to visit the classrooms when he is able to.</p> <p>Monthly Fruit of the Holy Spirit Awards on the School Chapel Door</p> <p>Bulletin Boards focusing on Social Justice Topics and WE initiatives</p> <p>Participation in NET and Faith Day Activities</p> <p>Participation in Food Drive in October</p>	<p>Timelines</p> <p>September 2018 to June 2019</p>	<p>Indicators of Success:</p> <p>Students will have a better sense of identity and be stronger, more committed and confident Christians</p> <p>Staff will be able to share comments regarding student progress during staff meetings.</p> <p>Projects completed by our School Families will be evident in the school.</p> <p>Students able to verbalize the Fruit of the Holy Spirit for the Month as well as the Catholic Graduate Expectation</p>
<p>Is this goal related to:</p> <p>School Goal – Living our Faith</p>	<p>Stakeholders involved in the implementation and outcome of this goal:</p>	<p>How will you communicate the goal to stakeholders:</p> <p>Daily Announcements Class Discussions</p>	

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<p>We are learning to give the students increased responsibility in participating and interacting in their sacramental experiences so that they will have a deeper understanding and more meaningful experience to live a balanced life and to see how they are wonderfully made.</p>	<p>Students and Staff Parents and Community Reps Deacon John and Parish Team</p>	<p>Classroom and School Monthly Newsletters Sacramental classes and mass dates/times are added to the school calendar Empower our intermediate students to be leaders in the school Classroom support from the Parish Team to encourage Positive Mental Well-Being</p>
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