



Bullying Prevention Plan for Safe and Mentally Healthy Schools



School Name: Holy Rosary Catholic School

Date: 2019-2020

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

Students 4 Teaching Staff 1 Non-Teaching 0 Parents 1 Community 1 Admin 1

Points for Consideration:

<p>Effective Action Plans consider the following sources of information:</p> <ul style="list-style-type: none"> • 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 	<p>Effective safe and mentally healthy school programs:</p> <ul style="list-style-type: none"> • 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.

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<p>Specific Goal #1</p> <p>Create conditions for students to make good decisions by teaching skills to cope with challenging situations.</p>	<p>Specific Implementation Strategies:</p> <p>Child and Youth Worker to lead “Mind Up” for classrooms at the school.</p> <p>Participation in WE School and implementing the WE initiatives within the school.</p> <p>PALS – Playground Activity Leaders in Schools – will run cooperative games to help engage the students in positive behaviours and activities in the school yard.</p> <p>Many classes are participating in Christian Meditation on a daily basis. This helps to develop strategies to assist with stress and anxiety.</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. There is an announcement over the PA system every Wednesday morning about nominating. Once a month, one student and one staff member will be</p>	<p>Timelines</p> <p>Sept – Dec 2019 K and Gr ½ Jan – Mar 2020 Gr 5,6, 7,8 Mar – May 2020 Gr 3/4</p> <p>All Year</p> <p>Re- starting Jan 2020</p> <p>September – June</p> <p>September – June</p>	<p>Indicators of Success:</p> <p>Student use of strategies and proper language</p> <p>Reduction in the number of students putting other students down.</p> <p>Next student climate survey</p> <p>Students will have strategies to draw upon and people to go to when faced with difficult situations so a decrease in the number of office referrals should be noticed</p> <p>Announcements reflecting the WE initiatives.</p> <p>Projects completed by the School Families will be evident in the school.</p> <p>The office hours offered by the CYW will be effectively utilized by the students.</p>
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	<p>selected from the nominations and announced over the PA system.</p> <p>The Wellness Committee completed a Kindness activity. https://docs.google.com/presentation/d/1PmtH6wBFfgEUCWzLYf22nKXWocy4K_zhmCkFimSnAg/edit?usp=sharing</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>The teachers are using activities from resources written Dr. Larry Swartz to help them understand what bullying is and what to do when they see something inappropriate. The teachers have surveyed the students anonymously using Padlet about what is taking place in their classrooms and it is from these responses that the teachers decided to do the activities.</p>	<p>September – June</p> <p>September to June 2020</p> <p>September to June 2020</p>	
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	<p>Students have indicated that since the number of students in each classroom is small and they have been together for a long period of time, they sometimes forget that teasing does hurt. We are going to work towards finding programs to help build empathy and to decrease the amount this happens.</p>	<p>September to June 2020</p>	
<p>This goal is related to: Mental Wellness as well as our most recent School Climate Survey</p>	<p>Stakeholders involved in the implementation and outcome of this goal: 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: Plan will be posted to the school website Information and resources shared with staff, parents, and students through board website, Twitter, Facebook, and Edsby Teacher and CYW classroom discussions with students. This will start with the students in K and grade 1/2. Parent Council Meetings Staff Meetings</p>	
<p>Specific Goal #2</p>	<p>Specific Implementation Strategies:</p>	<p>Timelines</p>	<p>Indicators of Success:</p>

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<p>Create conditions and learning opportunities for students to improve their ability to deal with students who are experiencing difficulties.</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>Greater student voice and feedback in driving the strategies. An example of this is: the students would like to see some open office hours with the Child and Youth Worker (CYW) so that they may discuss that they do not want to discuss with the principal nor the teacher. This is going to be piloted at Holy Rosary.</p>	<p>On going - September 2019 to June 2020</p> <p>Monthly School Family Activities</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>End of the year Padlet.</p> <p>Next climate survey of students</p>
<p>This goal is related to:</p> <p>Our school climate data and current research on children and teens mental and physical well-being.</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</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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	Parents Child and Youth Workers Social Workers Church	
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