



Bullying Prevention Plan for Safe and Mentally Healthy Schools

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

School Name: St. Joseph Catholic School

Date: January 6, 2020

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

Students	Gr. 7/8 students	Teaching Staff	2	Non-Teaching	1	Parents	1	Community	0	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
---	---

Bullying Prevention Plan for Safe and Mentally Healthy Schools

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: Inclusion			
<p>Specific Goal Develop a positive caring climate in the school that celebrates the strengths, and uniqueness of individuals and encourages students to speak up confidently about incidents, concerns or conflicts.</p>	<p>Specific Implementation Strategies: School Family Activities should continue. School Family/Spirit Wear shirts offer a sense of pride and belonging to be purchased by Spring 2020. Promote monthly certificate winners for virtues.</p>	<p>Timelines Monthly</p>	<p>Indicators of Success: Attendance at school will improve for some students who are frequently absent. All students will have a comfort level with any student to be a friend or mentor. School Family Team Leaders will support younger students on teams through activities and mentoring.</p>
<p>Is this goal related to: Engagement and sense of involvement. School Climate Survey.</p>	<p>Stakeholders involved in the implementation and outcome of this goal: School Staff to implement and monitor success of School Family Activities. teachers will submit monthly winners. (Heros in the Hallway continued with the use of Gus the Gator for inspiration and motivation during school events.)</p>	<p>How will you communicate the goal to stakeholders: Communication will be shared through Newsletters. Bulletin Boards will display pictures for students and guests to see.</p>	

Bullying Prevention Plan for Safe and Mentally Healthy Schools

Goal #2: Emotional Wellbeing			
<p>Specific Goal Students should have a feeling of wellbeing and establish positive relationships and sense of self through school family team activities.</p>	<p>Specific Implementation Strategies: Students will be more confident and competent learners understanding that everyone has a unique story that is important and values. Students will be better able to empathize with others knowing this while remembering the Golden Rule of treating others as we would like to be treated.</p>	<p>Timelines: School Family activities monthly. Monthly Math Challenges with a focus on the journey to problem solve as part of the learning.</p>	<p>Indicators of Success: Less drama at school and home. Increase in friendships, coping, ability to cooperate in groups. More empathy for others with learning differences and an appreciation that every person has a desire to belong.</p>
<p>Is this goal related to: Teach students in Grades FDK-8 how to make a friend, keep a friend and be a friend. Students will be able to empathize with others understanding that everyone has a unique story that needs to be appreciated.</p>	<p>Stakeholders involved in the implementation and outcome of this goal: Students in all grades will be competent leaders in the school demonstrating empathy and friendship understanding that everyone they meet has a story.</p>	<p>How will you communicate the goal to stakeholders: Newsletters, pieces of work, art and activities shared with parents through posts on Facebook, Edsby, Twitter and bulletin boards within the school.</p>	

Bullying Prevention Plan for Safe and Mentally Healthy Schools

Goal #3: Self regulation, Metacognition			
Specific Goal: To improve students ability to "think about their thinking" in order to self-regulate.	Specific Implementation Strategies: Direct and explicit teaching of metacognition and brain function.	Timelines: Classroom visits throughout the year to discuss and explicitly teach metacognition and thinking about thinking. Complete Mind Up in remainder of classrooms by CYW by Spring.	Indicators of Success: Students will be able to reflect on their actions and improve responses to situations.
Is this goal related to: Faith and Well-being, Self - Regulation.	Stakeholders involved in the implementation and outcome of this goal: Students in FDK-8, teachers and families and community members.	How will you communicate the goal to stakeholders: Monthly newsletters, information and activities students participate in that are sent home. Facebook, Twitter, Edsby posts.	

Next Safe and Mentally Healthy Schools Action Team Meeting Dates : January 22, 2020 and April 1, 2020