



Bullying Prevention Plan for Safe and Mentally Healthy Schools

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

School Name: Sacred Heart - Sarnia

Date: **January 1, 2019**

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

Students: 6 Teaching Staff: **2** Non-Teaching: **1** Parents: **1** Community Member: **1** Administrator: **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.

Goal #1			
<p>Specific Goal Resiliency Building; Self-Esteem Building</p>	<p>Specific Implementation Strategies:</p> <ul style="list-style-type: none"> ● Students and parents will listen to presenters inform about strategies that will help improve resilience. and self-esteem <ul style="list-style-type: none"> ○ Wes Harding ○ Dan Edwards ● CYW driven – Minds Up program ● Christian Meditation ● newsletter inserts ● read alouds re: resiliency ● on the spot individual mentoring ● student set goals for resiliency ● Presentation of School wide musical based on the power of youth and resiliency (Newsies) 	<p>Timelines ongoing</p>	<p>Indicators of Success: Students will further their understanding of what resiliency means, what strategies can be used to support growth and encourage parental communication (staff will support and further use of positive language). Hearing students talk and share ideas and comments that support resiliency and self-esteem.</p>

What is this goal related to? Mental Wellness	Stakeholders involved in the implementation and outcome of this goal: Students, staff, parents	How will you communicate the goal to stakeholders? Monthly Newsletter, Announcements/Assembly, Week at a Glance to Families, School News posted on Website; Twitter, Presentations
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Goal #: 2			
Specific Goal We are learning about the importance of empathy so that we can become a more empathetic community. We want ALL students to feel accepted, included and safe. This allows all students the freedom to be who they are and be successful.	Specific Implementation Strategies: <ul style="list-style-type: none"> ● Continued use of prepared announcements and Daily Prayers that highlight the Fruit of the Spirit for the month. ● Improve empathy, tolerance, and acceptance among all students (visible needs, and non-visible) ● Roots of Empathy in 4 classroom ● Nursing home monthly visits ● intergenerational choir and band 	Timelines Oct. - June	Indicators of Success: <ul style="list-style-type: none"> ● Improvement in behaviour ● Less conflict issues regarding excluding, bullying, name-calling ● Less students reporting feeling unsafe ● Less students with anxiety ● student talk
What is this goal related to? Faith Development and Mental Wellness	Stakeholders involved in the implementation and outcome of this goal: Students, staff, Parents, Parish	How will you communicate the goal to stakeholders? Through announcements, staff discussions, monthly newsletter, bulletin boards, classroom activities	

