



Bullying Prevention Plan for Safe and Mentally Healthy Schools 2019-20

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

School Name: **St. John Fisher Catholic School, Forest**

Date: **November 2019**

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

Students: 4 Student Leaders (15 student members) Teaching Staff: **1** Non-Teaching: **1** Parents: **1** Community Member: **1**
Administrator: **1**

Points for Consideration:

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| <p>Effective Action Plans consider the following sources of information:</p> <ul style="list-style-type: none"> • New survey results January 2020 (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 | | | |
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| Specific Goal To create a positive environment by reducing verbal bullying. | Specific Implementation Strategies: Students will hear the message from Respect Revolution to build on Kindness as a foundation for communicating. Respect Revolutions Concert (Parents Invited) Monthly Virtues/Ontario Catholic Graduate Expectations Mind Up Gr. 1-8 Kelso Program for Primary Students JK/2 Kelso Trained Students Gr. 3 and Gr. 4-5 To assist Primary students solve small problems out kindly in the schoolyard. | Timelines Fall 2019 – Respect Revolution Virtues/Ontario Catholic Graduate Expectations – monthly Fall/Winter MindUp Gr. 2-3, 3 and 3-4 MindUp Gr. 1-2, 4-5 and 5-6 Spring Summer Kelso Helpers on the primary yard MindUp Gr. 1-2, 6-7 and Gr. 8 | Indicators of Success: Students will use kindness to work through difficult situations. Students will exhibit resilience. Students will be able to apply strategies to help solve problems in a respectful way. Students will learn from this Anti-Bullying concert how to treat each other with kindness. Less behaviour issues on the yard. |
| What is this goal related to: Community (team) building Goal Setting building. Mental Wellness | Stakeholders involved in the implementation and outcome of this goal: Students, staff, parents and the community at large. | How will you communicate the goal to stakeholders: Monthly Newsletter with Student Wellness Team reports, in class work of setting life goals through Creating Pathway to Success document. Classroom Newsletters Monthly Via Edsby Announcements Daily /Seasonal Liturgies | |

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| Goal #: 2 | | | |
| <p>Specific Goal</p> <p>To create a positive healthy environment by focusing on nutrition and physical movement.</p> | <p>Specific Implementation Strategies:</p> <p>Student Wellness Team has selected a fruit of the month for all classes to participate in “A Big Crunch of the Month” Messages to follow from Student Wellness Team about the importance of eating fruit for our mental and physical health. (Follow Canada’s Food Guide)</p> <p>Student Wellness Team visits classrooms</p> | <p>Timelines</p> <p>October 24, 2019- Big Crunch/Just Dance November 21, 2019 – Big Crunch/Just Dance December 19, 2019- Big Crunch/Just Dance January 30, 2020-Big Crunch/Just Dance February 27, 2020 – Big Crunch/Just Dance March 27, 2020 – Big Crunch/Just Dance April 23, 2020 – Big Crunch/Just Dance May 28, 2020 - Big Crunch/Just Dance June 24, 2020 - Big Crunch/Just Dance</p> | <p>Indicators of Success:</p> <p>Students understand how healthy eating is related with mental health.</p> <p>With more movement opportunities within the classroom, students will be calmer at outdoor play.</p> <p>Less issues with student behaviour and less injuries</p> |
| <p>What is this goal related to:</p> <p>Safe Schools, Mental Well-being, Positive School Culture, Student Voice, and Healthy Schools</p> | <p>Stakeholders involved in the implementation and outcome of this goal:</p> <p>Students and Staff</p> | <p>How will you communicate the goal to stakeholders:</p> <p>Through the monthly newsletter, bulletin boards, classroom activities and monthly school and classroom calendars. Commercials on our foyer T.V. Commercials sent via google drive to classrooms for viewing. Student Wellness Team on announcements. Student Wellness Team visit classrooms.</p> | |

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| Goal #3 | | | |
| Specific Goal Integration of educational opportunities to focus on our environment. | Specific Implementation Strategies: Staff and students to work on Litter less Lunches to try to reduce our carbon foot print here at SJF. Encourage reusable water bottles as we now have water stations. | Timelines January/February/March/April/May/June 2020 – once per month | Indicators of Success: A noticeable reduction in litter on our litter less days. |
| What is this goal related to: Positive School Culture, Student Voice, and Healthy Schools | Stakeholders involved in the implementation and outcome of this goal: Students and Staff, our community | How will you communicate the goal to stakeholders: Through the monthly newsletter, bulletin boards, classroom activities. Commercials on our foyer T.V. Commercials sent via google drive to classrooms for viewing. Student Wellness Team on announcements. Student Wellness Team visit classrooms. | |

Next Safe and Mentally Healthy Schools Action Team Meeting Dates: October 2019, November 28, 2019, January 2020 Date TBA, April 2020 Date TBA.