



**Bullying Prevention Plan for
Safe and Mentally Healthy Schools**



School Name: **St. Matthew**

Date: **January, 2020**

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

Students: Teaching Staff: **2** Non-Teaching: **3** Parents: 5 Community Member: **0** Administrator: **2**

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, off site 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
--	---

[SafeSchoolsSurvey - 2016 vs 2018](#)

[SafeSchoolsSurvey - \(Student Responses\) Spring 2018](#)

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 Choices And To Be Successful When Dealing With Difficult Situations			
Specific Goal	Specific Implementation Strategies	Timelines	Indicators of Success
Create healthy and inclusive learning school community	Intermediate and junior student leadership teams Wellness School Team includes Students and staff.	October-June	<p>Ensure common language and strategies are utilized throughout school (Classroom teacher, CYW, PRT, Administration, SW) to align our targeted response</p> <p>Students identifying students who are positive role models. (Meteor moments where we have ordinary people doing extraordinary things)</p>

	<p>Principals' Breakfast: With Grade 7&8 student leaders to support school vision and mission of the Golden Rule</p> <p>Recess Guardians Leadership Program</p> <p>CYW driven – Minds Up Grade 1-8 Grades JK -3 Superheroes For Respect Grades 4-8 -Building Healthy Resilient Minds</p> <p>Varied recess opportunities for students from grades 4-8. (Skipping, 4 square, recess guardians)</p>	<p>November 2019</p> <p>January -June 2020</p> <p>September to June 2020</p> <p>November to June 2020</p>	<p>Acts of stewardship initiated for entire school.</p> <p>Students supporting and including each other in the yard and hall.</p> <p>Intermediate students being strong and consistent role models, and exemplifying the “look after each other” and “It all begins with you” expectations.</p> <p>A group of intermediate students will be trained to become peer mediators on the school yard. These students will guide and support younger students with conflict resolution , while modeling inclusive behaviour.</p> <p>Students will identify feeling less stressed and frustrated</p> <p>Students will identify the importance of physical literacy and wellness</p> <p>Students will participate in creative centres and boardgames to build social and emotional learning.</p>
--	--	---	--

	Family Night with Wellness and Learning Focus - Measuring Sports of the World	May 2020	Parents will identify importance of physical literacy and wellness
What is this goal related to: Mental Wellness	Stakeholders involved in the implementation and outcome of this goal: Students, staff, parents Mentor Text Used for entire school	How will you communicate the goal to stakeholders: Monthly Newsletter, Announcements, Social Media Theme of the Golden Rule: Treat others as you want to be treated and it all begins with you becomes seen in actions and responses from students.	

Goal 2: - Increase Staff Knowledge Of Strategies For Supporting Students With Mental Health Concerns			
Specific Goal	Specific Implementation Strategies	Timelines	Indicators of Success
School Focus on Fruits of the Holy Spirit to develop Character Monthly	Use of prepared announcements and Daily Prayers that highlight the Fruit of the Spirit for the month School Bulletin Board displaying Fruit of the Holy Spirit Monthly Award Winners from each classroom Mentor Text and Open Response Questions used classrooms and to reinforce monthly themes	September - June 2020	Students and staff will use the language provided by the Fruits of the Holy Spirit throughout their day Parents, staff, and staff will provide feedback about the progress Recognition assemblies will become a natural place of celebration, and support as well

<p>To use evidence based programing to support young ladies with social and emotional growth.</p>	<p>To work with classroom teachers to identify intermediate female students who will benefit from an evidenced based program that builds off of the Mind Up program in a small group setting.</p>	<p>January 2020-approximately a 6 week program.</p>	<p>as encouragement for all students to continue to work towards the fruits.</p> <p>To increase a sense of belonging, while students learn healthy relationship building and self worth.</p>
<p>Goal 3 - Living Our Faith Based Practices Focusing On Spiritual and Emotional Health Promoted as Part of Safe and Mentally Health Schools</p>			
<p>Specific Goal</p>	<p>Specific Implementation Strategies:</p>	<p>Timelines</p>	<p>Indicators of Success:</p>

<p>What is this goal related to:</p> <p>Faith Development and Mental Wellness</p>	<p>Stakeholders involved in the implementation and outcome of this goal:</p> <p>Students, Staff, Parents, Parish</p>	<p>How will you communicate the goal to stakeholders:</p> <p>Announcements, staff discussions, monthly newsletter, bulletin boards, classroom activities</p> <p>Empower wellness team & intermediate students to decide further opportunities to empower usage</p> <p>Classroom Strategies for Supporting Students Towards Positive Mental Well being</p>
---	---	--

		<p>Monthly masses and para liturgies supported by St. Benedicts team, and our classroom staff and students.</p> <p>Altar set up in hall as visual, and supporting monthly Fruit of the Holy Spirit.</p>
--	--	---