



# Bullying Prevention Plan for Safe and Mentally Healthy Schools

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

School Name: **St. Philip Catholic School**

Date: Wednesday, Nov. 13, 2019

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

**Students:** Halle Maillioux, Sophie Williams, Elle Morningstar, Vanessa Monteiro, Kadence Connors      **Teaching Staff:** Mrs. Vandenberg      **Non-Teaching:** Mrs. Soetemans      **Parents:** Mrs. Vandenberg      **Admin:** Mrs. McCreery

Points for Consideration:

<p>Effective Action Plans consider the following sources of information:</p> <ul style="list-style-type: none"> <li>• Current survey results (school climate)</li> <li>• Survey trends</li> <li>• Suspension reports</li> <li>• Feedback about safe and mentally healthy initiatives</li> <li>• Focus groups of students and educational partners</li> <li>• Audits of physical environment re: safe and mental health safe places</li> <li>• Review of existing programs and policies</li> <li>• Information and input from parents and community partners</li> <li>• Violent incident reports</li> <li>• Students sent to other schools, alt centres, offsite programs</li> <li>• Referrals to mental health agencies/partners</li> </ul>	<p>Effective safe and mentally healthy school programs:</p> <ul style="list-style-type: none"> <li>• Are comprehensive in nature and adhere to the Foundations of a Healthy School</li> <li>• Reflect our mission</li> <li>• Reflect our faith</li> <li>• Focus on skill building</li> <li>• Focus on strengths of students and staff</li> <li>• Select appropriate targets for change</li> <li>• Select evidence based strategies and programs</li> <li>• Include students in the planning, implementing and evaluating of activities</li> <li>• Include parents in the planning and decision making process</li> <li>• Focus on the changing the social and physical environment</li> <li>• Attend to effective implementation practices</li> </ul>
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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:			
Specific Goal	Specific Implementation Strategies:	Timelines	Indicators of Success:
Putting Prayer and faith into practice.	<ul style="list-style-type: none"> <li>• Participating in key Catholic activities such as Stations of the Cross, Living Rosary.</li> <li>• Traditional prayers over announcements – pm</li> <li>• Continuing with Disciples in the Hallway to exhibit students who make a difference.</li> <li>• Role-play, re-enactments</li> </ul>	<ul style="list-style-type: none"> <li>• On going, throughout the year.</li> </ul>	<ul style="list-style-type: none"> <li>• More students will demonstrate kindness.</li> <li>• Students will be able to recite prayers at Mass.</li> <li>• Students will be eager to help out with Living Rosary, Stations, etc.</li> </ul>

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	<ul style="list-style-type: none"> <li>Fruits or Disciples – giving specific examples</li> </ul>		
<p>This goal is related to: Living our Catholic Values through prayer and actions.</p>	<p>Stakeholders involved in the implementation and outcome of this goal: Students, staff, community members</p>	<p>How will you communicate the goal to stakeholders: School newsletter, Edsby, teacher newsletters, Lobby t.v., announcements.</p>	
<b>Goal #2:</b>			
<p><b>Specific Goal</b></p> <p>Helping students learn resilience and put this skill into practice.</p>	<p><b>Specific Implementation Strategies:</b></p> <ul style="list-style-type: none"> <li>Guiding students to solve problems instead of solving the problems for them.</li> <li>Cultivating the desire to be kind to others – building empathy.</li> </ul>	<p><b>Timelines</b></p> <ul style="list-style-type: none"> <li>On going, throughout the year.</li> </ul>	<p><b>Indicators of Success:</b></p> <ul style="list-style-type: none"> <li>Students will be better able to resolve conflicts.</li> <li>More kind acts will be observed throughout the school and in the community.</li> </ul>
<p>This goal is related to: Faith and Well-being/Learning &amp; Innovation</p>	<p>Stakeholders involved in the implementation and outcome of this goal: Students, staff, community members.</p>	<p>How will you communicate the goal to stakeholders: School newsletter, Edsby, teacher newsletters, Lobby t.v., announcements.</p>	

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Goal #3:			
<p>Specific Goal: Cultivate Empathy throughout the school so that all students feel part of the community.</p>	<p>Specific Implementation Strategies: Yard buddies – older students mentor younger students. Announcements by the wellness committee. Students visit elderly community members at Continuing Care and Albany Senior’s Home.</p>	<p>Timelines Throughout the year.</p>	<p>Indicators of Success: Students looking for opportunities to help others. Students able to problem-solve independently to work/play with others. Students recognizing there is pleasure to be had from kind acts.</p>
<p>This goal is related to: Partnerships</p>	<p>Stakeholders involved in the implementation and outcome of this goal: Students, staff, parish, parents, wider community members</p>	<p>How will you communicate the goal to stakeholders: Announcements Newsletters Staff Meetings Edsby School Advisory Council Meetings Teacher newsletters</p>	

Next Safe and Mentally Healthy Schools Action Team Meeting Dates: Wednesday, May 13, 2020