



## Bullying Prevention Plan for Safe and Mentally Healthy Schools

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

School Name: **Christ the King Catholic School**

Date: **October 2016**

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

Students 15      Teaching Staff 1      Non-Teaching 2      Parents           Community           Admin 1

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: <b>Call Anti-bullying Week - "We Want Peace Week" or "Kindness Week"</b>			
Specific Goal  Have wellness activities during the week of Nov. 21	Specific Implementation Strategies: Build relationships in our new school families by doing collaborative activities together.	Timelines  During the week of Nov. 21	Indicators of Success:  Students get to know older and younger students and care for each other. Students work together and learn about kindness, understanding, compassion. Students learn how to stand up for others and what is right. Positive role modelling and peer interaction are happening.
Is this goal related to:  This goal is related to Safe Schools, Mental Wellbeing, Positive school culture and student voice.	Stakeholders involved in the implementation and outcome of this goal:  Students and Staff	How will you communicate the goal to stakeholders:  Our Wellness Team will organize the events and communicate the activities and expectations with their peers. The staff on the wellness team will communicate with the rest of the staff. Students can share the information with their parents. The Principal will share the information with our parents on School Council.	

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Goal #2: The Wellness Team will promote the strategies of: Talk, Walk and Get Help to the school community through PSAs			
<p><b>Specific Goal</b></p> <p>Students will promote strategies for how to respond to bullying or mean behaviour.</p> <p>Wellness Team is hoping to develop "Secret" Peace Keepers for the school yard.</p>	<p><b>Specific Implementation Strategies:</b></p> <p>Students will write and deliver announcements in the mornings.</p> <p>Students will decide how they would like to do peace keeping in the school yard during wellness team meetings.</p>	<p><b>Timelines</b></p> <p>During the week of November 21 and throughout the year.</p> <p>Peace Keepers will be developed as the year progresses.</p>	<p><b>Indicators of Success:</b></p> <p>Students will use the strategies of: Talk, Walk and Get Help as well as other strategies provided when dealing with difficult situations.</p> <p>Peace Keeper s will intervene and help remind students of strategies.</p>
<p><b>Is this goal related to:</b></p> <p>Safe Schools, Mental Wellbeing, Positive School Culture, Student Voice</p>	<p><b>Stakeholders involved in the implementation and outcome of this goal:</b></p> <p>Wellness Team Members and staff</p>	<p><b>How will you communicate the goal to stakeholders:</b></p> <p>Through morning announcements</p>	

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<b>Goal #3:</b> Student Poster / Door Decorating Contest			
<b>Specific Goal</b>  Students from each class will have the opportunity to design a poster promoting safe schools, mental wellbeing and positive school culture. One or two winners will be selected from each class and receive a prize as well as having their poster displayed on the classroom door for the month.	<b>Specific Implementation Strategies:</b> Wellness Team will decide on the size and criteria for the posters and communicate these to the classes. The wellness team will decide on duration and deadlines of the contest as well as the prizes.	<b>Timelines</b>  To be determined by the wellness team	<b>Indicators of Success:</b>  Students participate and design posters that promote safe schools, mental wellbeing and positive school culture.
<b>Is this goal related to:</b>  Safe Schools, Mental Wellbeing, Positive School Culture and Student Voice.	<b>Stakeholders involved in the implementation and outcome of this goal:</b>  Wellness Team, all students, staff	<b>How will you communicate the goal to stakeholders:</b>  Wellness Team will communicate criteria for the contest to staff and students.	

Next Safe and Mentally Healthy Schools Action Team Meeting Dates \_\_\_\_\_