



**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

Date: November 2019

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

Students: 12 Teaching Staff 1 Non-Teaching 0 Parents 1 Community 0 Admin 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: To Promote the Fruits of the Spirit throughout the year			
<p>Specific Goal: to build awareness of and celebrate the Fruits of the Spirit, especially kindness</p>	<p>Specific Implementation Strategies: monthly liturgies focussing on fruits of the spirit monthly awards given out and announced in school newsletter thoughtful Thursdays- school wide dance at lunch recess bell-peaceful playground tickets given to students demonstrating kindness at recess</p>	<p>Timelines ongoing all year-peaceful playground begins in December</p>	<p>Indicators of Success: bulletin board in hallway describing Fruit of the Spirit student award winners recognized in foyer with picture certificates number of peaceful playground tickets being handed out</p>

<p>Is this goal related to: the Ontario Catholic Graduate Expectations</p>  <p>Live our Catholic values through prayer and actions</p>	<p>Stakeholders involved in the implementation and outcome of this goal: students, staff, Faith Team, Faith Ambassador, parent council</p>	<p>How will you communicate the goal to stakeholders: monthly newsletter, monthly assemblies, staff meetings, announcements, school calendar</p>	
<p>Goal #2: Focus on well-being through physical activity and mindfulness</p>			
<p>Specific Goal: Increase student wellness through physical activity and awareness of the mind body connection</p>	<p>Specific Implementation Strategies: meet with Public Health Nurse Wellness Team register for Defiance running register for Heart and Stroke Jump Rope for Heart event Mind Up -all classes in 3 cycles Christian Meditation Lacrosse for 3 classes</p>	<p>Timelines ongoing all year</p>	<p>Indicators of Success: Mind Up program in multiple classrooms Margaret Palmer to visit all classes for meditation Jump Rope event in spring Defiance Running in spring</p>
<p>Is this goal related to:</p>  <p>Support safe and inclusive Catholic learning and working spaces</p> <p>21c learning Conditions and Foundations mental health and well-being Physical Literacy</p>	<p>Stakeholders involved in the implementation and outcome of this goal: Cortnee Goure Margaret Palmer Victoria Ennett</p>	<p>How will you communicate the goal to stakeholders: newsletter EDSBY facebook page possible news release through Todd Lozon announcement staff meetings school calendar</p>	

Goal #3: Focus on well-being through healthy eating			
Specific Goal introduce and promote healthy food choices	Specific Implementation Strategies: Salad bar training with CK Public Health healthy Snack Program Club V and F	Timelines ongoing throughout year	Indicators of Success: training-fall 2019 Salad Bar - January and March Club V and F- March and April snack bins- delivered daily to classrooms
Is this goal related to: Health and Phys Ed curriculum Canada's Food Guide Mental Health and Well-being	Stakeholders involved in the implementation and outcome of this goal: OSNP TMG produce Evans Wholesale Educational Assistants Wellness Team Jenn Bos Stephanie Fox (parent)	How will you communicate the goal to stakeholders: newsletters facebook letters home to families school calendar staff meetings Edsby	

Next Safe and Mentally Healthy Schools Action Team Meeting Dates Nov 2019, January 2020