



Bullying Prevention Plan for Safe and Mentally Healthy Schools

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

School Name: George P. Vanier

Date: November 24, 2016

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

Students 5 Teaching Staff 1 Non-Teaching 1 Parents 1 Community 1 Admin 1

Points for Consideration:

Effective Action Plans consider the following sources of information:

- 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

Effective safe and mentally healthy school programs:

- 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.

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Goal #1:			
Specific Goal Strengthening a Positive School Culture	Specific Implementation Strategies: <ul style="list-style-type: none"> • Peer reading buddies • School Dances Gr. 3-6 • Class Virtue Awards • Start new clubs: Chess & Coding • Christmas Luncheon • Mighty Minion Faith Group • School Choir • 2 Music Clubs • Divine Mercy Prayer Club • Safe School Team • Spirit Squad • School Spirit Friday • Pick a buddy – Twin day • Favourite Jersey Day 	Timelines : <ul style="list-style-type: none"> • Reading buddies biweekly • 3 throughout year • Monthly • Chess – Nov – Feb • Coding March – May • December 2016 • Nov 2016 –May 2017 • Weekly practices for music clubs • Weekly Prayer meetings 	Indicators of Success: <ul style="list-style-type: none"> • Creating new friendships • High level of student participation • Fewer reported incidents of bullying situations • Improved attendance (under 2% daily)
Is this goal related to: Research for youth indicates that goals and policies which promote social interactions have been found to improve wellbeing.	Stakeholders involved in the implementation and outcome of this goal: <ul style="list-style-type: none"> • Student leaders • Students • Teachers • Parents/Guardians • Youth Minister 	How will you communicate the goal to stakeholders: <ul style="list-style-type: none"> • School Newsletter • Remind • Bulletin Boards • Classroom Newsletter • Bulletin Boards • Assemblies 	

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		<ul style="list-style-type: none"> Announcements Notes home
Goal #2:		
<p>Specific Goal</p> <p>Build empathy and promote kind behaviour towards peers, staff, family and those in need</p>	<p>Specific Implementation Strategies:</p> <ul style="list-style-type: none"> Student leaders organizing events and promoting kindness week Acts of Kindness tickets School family groups for special events (Monthly Masses, Play Day, Christmas Luncheon) JK/SK daily recess helpers Student classroom monitors 	<p>Timelines</p> <ul style="list-style-type: none"> November Student helpers and monitors – rotate on a weekly schedule The Spirit Squad plans monthly activities that promotes kindness and empathy One can drive in October & one in March <p>Indicators of Success:</p> <ul style="list-style-type: none"> Low rate of bullying reported – observe monthly totals Students actively participating in Spirit Squad activities

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	<ul style="list-style-type: none"> Student Bus safety monitors Spirit Squad planning: 2 Food Drives Uganda Missions Blankets Drive Wear Pink & Be Kind Day School Assemblies to celebrate Virtues, clubs, teams and achievements 		
<p>This goal related to the SCCDSB Well-Being Theory of Action:</p> <p>Safe School Team and Spirit Squad Initiatives</p>	<p>Stakeholders involved in the implementation and outcome of this goal:</p> <ul style="list-style-type: none"> Safe School Team student leaders All Staff Community Representative Parents 	<p>How will you communicate the goal to stakeholders:</p> <ul style="list-style-type: none"> School Newsletter Remind Bulletin Boards Classroom Newsletter Bulletin Boards Assemblies Announcements Notes home Classroom Presentations 	

Goal #3: Living our Faith

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Specific Goal	Specific Implementation Strategies:	Timelines	Indicators of Success:
<p>Improve Wellbeing through Physical Activity and Healthy Eating</p>	<ul style="list-style-type: none"> • Junior Boys & Girls teams offered • Senior Sports offered • School Dances • Outdoor Dance Recess Fridays • Primary Winter Intramurals Gr. 1 -4 • Play Days JK-8 • Classroom Sports Equipment provided • Breakfast Club • Healthy Snack Basket available • Healthy Monthly Meals offered • Participating in the Big Crunch (apple eating) 	<ul style="list-style-type: none"> • Teams happen throughout the year – Juniors and Seniors have 5 opportunities to be on teams • 3 school dances for Gr. 3-6 • Gr. 7&8 have monthly dances • School Council fundraises for outdoor equipment • Fall, Spring and Summer allows for Outdoor Recess Dance Fridays • Fall & Spring Play Days • Breakfast Club is daily 	<ul style="list-style-type: none"> • Students know the difference between Green, Yellow and Red foods in their lunches – with the majority being Green foods • High level of student participation to 100% participation
<p>This goal is related to:</p> <p>Research indicates that the relationship between Health & Wellbeing appears to have two way causality – meaning good health improves wellbeing and good wellbeing improves health.</p>	<p>Stakeholders involved in the implementation and outcome of this goal:</p> <ul style="list-style-type: none"> • School Volunteers • Student Leaders • Parents • School Staff 	<p>How will you communicate the goal to stakeholders:</p> <ul style="list-style-type: none"> • School Newsletter • Remind • Bulletin Boards • Classroom Newsletter • Bulletin Boards • Assemblies • Announcements 	

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	<ul style="list-style-type: none">• Community Partners – May Court, CK Student Nutrition Program	<ul style="list-style-type: none">• Notes home• Classroom Presentations
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Next Safe and Mentally Healthy Schools Action Team Meeting Dates November 7, 2016 January 23, 2017