



Bullying Prevention Plan for Safe and Mentally Healthy Schools

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

School Name: Holy Rosary Catholic School

Date: January 28, 2018

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

Students Teaching Staff 1 Non-Teaching Parents 1 Community 1 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: Create conditions for students to make good decisions by teaching skills to cope with challenging situations.			
<p>Specific Goal</p> <p>We are learning strategies to interact positively with each other in a variety of situations so that together, we can create the conditions that allow students to do well and therefore feel more successful.</p>	<p>Specific Implementation Strategies:</p> <p>Child and Youth Worker to lead “Mind Up” for classrooms at the school (October to February).</p> <p>Child and Youth worker will be providing a program in the Kindergarten classroom for friendship.</p> <p>Participation in WE School and implementing the WE initiatives within the school.</p>	<p>Timelines</p> <p>October 2017 to June 2018</p>	<p>Indicators of Success:</p> <p>Reduction in office referrals</p> <p>Post survey</p> <p>Greater student voice and feedback</p> <p>Students will have strategies to draw upon and people to go to when faced with difficult situations</p> <p>Announcements reflecting the WE initiatives.</p>

Bullying Prevention Plan for Safe and Mentally Healthy Schools

	<p>PALS – Playground Activity Leaders in Schools – will run cooperative games to help engage the students in positive behaviours and activities in the school yard.</p> <p>Intermediate and junior students participated in a board workshop in the Fall designed to get their input regarding School Wellness.</p> <p>School Family Teams and the use of activities based on mentor texts for the Fruit of the Holy Spirit by the month</p>		<p>Projects completed by the School Families will be evident in the school.</p>
<p>Is this goal related to:</p> <p>Mental Wellness as well as our most recent School Climate Survey</p>	<p>Stakeholders involved in the implementation and outcome of this goal:</p> <p>Staff will be involved with explicit teaching of coping skills (Example: the Mind Up Program)</p> <p>Students Parents Child and Youth Workers Social Workers Church</p>	<p>How will you communicate the goal to stakeholders:</p> <p>Teacher and CYW classroom discussions with students</p> <p>Board Presentation – October 2017</p> <p>Board webpage – WAAG for Parents on School Website</p> <p>Weekly Liturgies – focusing on the Fruits of the Holy Spirit</p> <p>Communication to Parents through classroom and school newsletters.</p> <p>Parent Council Meetings</p>	

Bullying Prevention Plan for Safe and Mentally Healthy Schools

		Staff Meetings	
		Bullying Prevention Week in November 2017	
Goal #2: Create conditions and learning opportunities for students to improve their ability to deal with students who are experiencing difficulties.			
<p>Specific Goal From our School Improvement Plan - We are learning to name the emotions and behaviour so that we can recognize each other's feelings.</p> <p>Classroom teachers tracking student behaviours, which will enable them to assist those students who need additional support.</p>	<p>Specific Implementation Strategies:</p> <p>Discussions with all staff members regarding trends or patterns within the student population and strategies to assist the student(s) experiencing problems outside of class time.</p> <p>Program Resource Teacher to assist with meeting the needs of students.</p> <p>We will work towards using zones of regulation training so that students can recognize feelings. This will be initiated the Kindergarten classroom.</p>	<p>Timelines On going - September 2017 to June 2018</p> <p>Monthly School Family Activities</p>	<p>Indicators of Success:</p> <p>Students verbalizing their needs on a consistent basis; reduced hands on behaviours and reduced number of verbal "put downs".</p> <p>Students recognizing the needs of others and helping when they are able to.</p> <p>Post surveys of students</p>
<p>Is this goal related to:</p> <p>Our school focus for the SCCDSB Well Being System Theory of Action - If we directly teach social skills within a structured</p>	<p>Stakeholders involved in the implementation and outcome of this goal:</p> <p>Staff will be involved with explicit teaching of coping</p>	<p>How will you communicate the goal to stakeholders:</p> <p>Board/School Webpage – calendar and week at a glance (WAAG)</p> <p>Parent Newsletters</p>	

Bullying Prevention Plan for Safe and Mentally Healthy Schools

<p>environment and when they come up incidentally, then we will see a general sense of belonging in the school at all times and fewer incidents on the yard. We believe that this will impact student learning because if the students experience less stress on the yard and they feel a sense of belonging, their attention to academics will improve.</p>	<p>skills (Example: the Mind Up Program) Students Parents Child and Youth Workers Social Workers Church</p>	<p>Parent Council Meetings Staff Meetings</p>
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Bullying Prevention Plan for Safe and Mentally Healthy Schools

Goal #3: Living our Faith - Live Like Jesus			
Specific Goal	Specific Implementation Strategies:	Timelines	Indicators of Success:
<p>School to focus on the Fruits of the Holy Spirit to reinforce the monthly character traits.</p>	<p>Many classes are participating in Christian Meditation on a daily basis.</p> <p>Weekly Liturgies for all classes to participate.</p> <p>Deacon John to participate in the weekly liturgies and to visit the classrooms when he is able to.</p> <p>Once a month – Rosary Apostolate – the group of people will be in the school to say the Rosary with all of the students.</p> <p>Monthly Fruit of the Holy Spirit Awards on the School Chapel Door</p> <p>Bulletin Boards focusing on Social Justice Topics and WE initiatives</p> <p>Participation in NET and Faith Day Activities</p>	<p>September 2017 to June 2018</p>	<p>Students will have a better sense of identity and be stronger, more committed and confident Christians</p> <p>Staff will be able to share comments regarding student progress during staff meetings.</p> <p>Projects completed by our School Families will be evident in the school.</p>

Bullying Prevention Plan for Safe and Mentally Healthy Schools

	Participation in Food Drive in December		
Is this goal related to: System Goal – Living our Faith	Stakeholders involved in the implementation and outcome of this goal: Students and Staff Parents and Community Reps Deacon John and Parish Team Rosary Apostolate Volunteers	How will you communicate the goal to stakeholders: Daily Announcements Class Discussions Classroom and School Monthly Newsletters Sacramental classes and mass dates/times are added to the school calendar (paper copy and online) Empower our intermediate students to be leaders in the school Classroom support from the Parish Team to encourage Positive Mental Well-Being	

Next Safe and Mentally Healthy Schools Action Team Meeting Dates - April 2018 and June 2018