



Bullying Prevention Plan for Safe and Mentally Healthy Schools

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

School Name: St. Joseph School Tilbury

Date: October 2017

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

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

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:			
Specific Goal To develop coping strategies that will build resilience among students and improve their overall mental wellbeing	Specific Implementation Strategies: -Use whole school virtue based mentor texts -School family events that promote a healthy school mentally and socially - monthly school awards given to students who exemplify the monthly “fruits of the spirit” and an academic subject - provide “Minds On” programs to each classroom	Timelines -promote monthly events/awards - continue these for the entire school year	Indicators of Success: - reduced safe school incidents reports/suspensions - more positive student talk observed in structured and unstructured times - reduced level of negative talk
Is this goal related to:	Stakeholders involved in the	How will you communicate the goal to stakeholders:	

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<p>Promotion of spiritual and mental health to develop safe and inclusive schools</p>	<p>implementation and outcome of this goal: -staff members and student government</p>	<p>- through school newsletters, facebook, twitter, announcements, assemblies, family nights</p>	
<p>Goal #2:</p>			
<p>Specific Goal</p> <p>Provide opportunities for physical movement to strengthen overall student well being</p>	<p>Specific Implementation Strategies:</p> <p>Continue to provide a musical option outside at recess time for students to come together and dance. Plan a school “Colour Run” day in the spring. Integrate physical literacy into daily program.</p>	<p>Timelines</p> <p>Gr. 8 leadership teams to form board game teams to play at recess/lunch breaks. Develop a daily school wide physical literacy program</p>	<p>Indicators of Success:</p> <p>-students engaged in healthy play at recess/lunch times -student exhibit active lifestyle</p>
<p>Is this goal related to:</p> <p>Development of social, emotional and physical wellbeing</p>	<p>Stakeholders involved in the implementation and outcome of this goal:</p> <p>Student leaders, staff, students, community partners (health unit & fire department</p>	<p>How will you communicate the goal to stakeholders:</p> <p>Parent council members, teachers and students will be involved in the development of these activities.</p>	

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Goal #3:			
<p>Specific Goal Continue to promote build relationships with community agencies and parish contacts to support student well being</p>	<p>Specific Implementation Strategies: Continue to hold 2 or more school community events per year- ie. Fall Math/tech Family carnival, Family Movie Night - integrating church activities into the school programs -in class explore the biblical roots of the words and gestures experienced in mass</p>	<p>Timelines To be done in the fall and spring 2017/18</p>	<p>Indicators of Success: active participation of students during mass and prayer services -greater understanding of God's message (Bible) - indication of students referring to WWJD or Golden Rule to guide their actions</p>
<p>Is this goal related to: Development of support groups to build relationships with students; social wellbeing</p>	<p>Stakeholders involved in the implementation and outcome of this goal: Staff, students, parents and extended family</p>	<p>How will you communicate the goal to stakeholders: - through school newsletter and announcements - prayer services</p>	