



Bullying Prevention Plan for Safe and Mentally Healthy Schools

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

School Name: **St. Michael BG**

Date: **November 10, 2016**

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

Students: 4 Teaching Staff: **2** Non-Teaching: **1** Parents: 1 Community Member: **1** Administrator: **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			
<p>Specific Goal Resiliency Building: Presentation to students and their families by Wes Harding Follow-up presentation by Wes will be to the grade 6, 7, 8 CYW driven new program - for all grades in school</p>	<p>Specific Implementation Strategies: Students and parents will listen to Wes Harding inform about strategies that will help improve resilience in September Will have specific performance by Wes Harding to our Grade 4-8 students Respect Revolution presentation in October to the school with follow up activities by the Wellness committee (RESPECT, other songs played on Friday with their lead in classrooms</p>	<p>Timelines Working out details for presentation Winter 2018 CYW already working on new program</p>	<p>Indicators of Success: Students will further their understanding of what resilience means, what strategies can be used to support growth and encourage parental communication (staff will support and further use of positive language)</p>

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What is this goal related to: Mental Wellness	Stakeholders involved in the implementation and outcome of this goal: Students, staff, parents	How will you communicate the goal to stakeholders: Monthly Newsletter, Announcements/Assembly
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Goal #: 2			
Specific Goal School Focus on Fruits of the Holy Spirit to develop Character and a focus on Empathy and acceptance	Specific Implementation Strategies: Continued use of prepared announcements and Daily Prayers that highlight the Fruit of the Spirit for the month. Fruits Displayed in school Wellness Team will further the use of school families and present three school wide activities that promote (chalk activity, rock painting activity and...) meeting new students from various grade levels	Timelines Oct. - June	Indicators of Success: Students and staff will use the language provided by the Fruits of the Holy Spirit throughout their day
What is this goal related to: Faith Development and Mental Wellness	Stakeholders involved in the implementation and outcome of this goal: Students, staff, Parents, Parish	How will you communicate the goal to stakeholders: Through announcements, staff discussions, monthly newsletter, bulletin boards, classroom activities	

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		<p>Empower student council to decide further opportunities to empower usage Respect Revolution (Fall 2017) – presentation and follow-up classroom activities, school focus on empathy (in planning stages)</p>	
Goal #3			
<p>Faith Development with the focus on Mass Rituals and Rosary usage</p>	<p>Specific Implementation Strategies: All students will attend mass three times per month (two week day masses and one full school mass) Intermediates will attend mass weekly Grade 6 students will help the grade 2 students make their rosaries and they will also make 25 rosaries to be donated to the St. Joseph Hospice Staff and students will continue to use their own rosaries as a community The rosary will be promoted as a means of finding peace and wellness</p>	<p>Timelines Rosaries completed by end of November, in use by December. Rosary Apostolate Parish Group– will teach the rosary from Oct. – May Before Christmas and Easter, students can to the rosary at Church (student leaders)</p>	<p>Indicators of Success: Students will continue to develop their comprehension of mass rituals and responses Students will share their relationship with the rosary. Parents and staff will comment about the progress.</p>