



Bullying Prevention Plan for Safe and Mentally Healthy Schools



School Name: Our Lady of Fatima
2019

Date: November

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

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| Students: 2 | Teaching Staff: 1 | Non-Teaching: | Parents: 1 | Community: | Admin: 2 |
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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 changing the social and physical environment
- Attend to effective implementation practices

Bullying Prevention Plan for Safe and Mentally Healthy Schools

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: Big Idea → Bullying: Fostering welcoming and safe schools. | | | |
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| Specific Goal: <i>We are deepening our understanding of what the term "bullying" means and building a consistent, common use and understanding of the word across the school community.</i> | Specific Implementation of Strategies: <ul style="list-style-type: none"> • Read-alouds in classrooms, open response questions, and discussions with the Safe Schools Team/Classroom Teachers about what bullying is and what bullying is not • Participation in Pink Shirt Day • Extend our conversations to cyberbullying- begin defining this term/discuss examples of what it is, how to handle it, and | Timelines: <ul style="list-style-type: none"> • November - June for implementation of strategies | Indicators of Success: <ul style="list-style-type: none"> • During conversations and through observations, students will be able to define bullying and provide specific examples of what bullying can look like. • Student safety and bullying statistics will change during the next climate data survey |

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| | what it looks like | | |
| This goal is related to... <i>the evidence found from our School Climate Data and conversations with all stakeholders at the table regarding the big idea of bullying in schools.</i> | Stakeholders involved in the implementation and outcome of this goal: <ul style="list-style-type: none"> • Students • Classroom teachers/PRTs, etc • Principal/Vice-Principal • Parents • Parent Council Representatives • Community Partners | How will you communicate the goal to stakeholders: <ul style="list-style-type: none"> • Plan will be posted to the school website • Information and resources shared with staff, parents, and students through Twitter, Facebook, and Edsby | |

| Goal #2: Big Idea → Kindness: Building kind and inclusive school communities. | | | |
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| Specific Goal: <i>We are building safe and inclusive schools through positive and kind initiatives so that all students feel welcomed, safe, and enjoy being at school.</i> | Specific Implementation of Strategies: <ul style="list-style-type: none"> • Beginning to foster the idea of buddy benches and including others when we notice someone who is not included <ul style="list-style-type: none"> ◦ Classroom conversations, Good News Assembly conversations • Recess Buddies - Great 7 and 8 leaders will be trained through the YMCA to begin Recess Buddy programs out of the yard. This program will train leaders how to run physical activities outside that will include all students • Kindness Ticket challenge | Timelines: <ul style="list-style-type: none"> • November to June <ul style="list-style-type: none"> ◦ Recess Buddy training November 2019. | Indicators of Success: <ul style="list-style-type: none"> • School climate data will indicate an increase • Yard duty supervisors will observe students including others when outside on duty • Student participation in recess buddy programs will be high |
| This goal is related to... <i>the evidence found from our School Climate Data and conversations with all stakeholders at the table regarding the big idea of students feeling welcomed and included in our school and in our school yard.</i> | Stakeholders involved in the implementation and outcome of this goal: <ul style="list-style-type: none"> • Students • Classroom teachers/PRTs, etc • Principal/Vice-Principal • Parents • Parent Council Representatives • Community Partners | How will you communicate the goal to stakeholders: <ul style="list-style-type: none"> • Plan will be posted to the school website • Information and resources shared with staff, parents, and students through Twitter, Facebook, and Edsby • Recess Buddies will visit classrooms for updates, complete announcements, and make their presence known in the school | |

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Goal #3: Big Idea → Well-Being: Supporting Mentally & Physically Healthy Schools.

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| <p>Specific Goal: <i>We are fostering resilience and confidence in our students so that our students mental and physical well-being becomes stronger.</i></p> | <p>Specific Implementation of Strategies:</p> <ul style="list-style-type: none"> • Unplug challenge (Wire-LESS)- In 2020, the Safe Schools Team will challenge students to an hour a week of being "unplugged" during the school day. We will also further this by reflecting on how we feel before, during, and after unplugging • Put a focus on happiness and gratitude by having the school participate in a 21 day happiness project in the New Year • Continue our work and understanding of healthy eating through our school wide Salad Bar Days • Continue our Physical Literacy initiatives with Walking Wednesdays | <p>Timelines:</p> <ul style="list-style-type: none"> • Unplug Challenge 2020 • 21 day Happiness Project starting in January 2020 | <p>Indicators of Success:</p> <ul style="list-style-type: none"> • Students will be able to name the importance of healthy eating • Students will feel healthier and more confident in their everyday choices and this will be demonstrated through more active participation in our Physical Literacy Challenges over the course of the year • Students will self-reflect and be able to demonstrate how gratitude and happiness can help them stay positive and create a strong sense of mental well-being • Students will reflect and indicate an understanding of how "unplugging" can help build a stronger mind and body |
| <p>This goal is related to... <i>our school climate data and current research on children and teens mental and physical well-being.</i></p> | <p>Stakeholders involved in the implementation and outcome of this goal:</p> <ul style="list-style-type: none"> • Students • Classroom teachers/PRTs, etc • Principal/Vice-Principal • Parents • Parent Council Representatives • Community Partners | <p>How will you communicate the goal to stakeholders:</p> <ul style="list-style-type: none"> • Plan will be posted to the school website • Information and resources shared with staff, parents, and students through Twitter, Facebook, and Edsby • Announcements by the Wellness/Safe Schools Teams | |

Meeting Dates:

#1 - November 2019, #2 - January 2020, #3 - April 2020