



Bullying Prevention Plan for Safe and Mentally Healthy Schools

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

School Name: Our Lady of Fatima Catholic School

Date: November 18, 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:

<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 School-Wide: Students, staff and community will engage in “Bucket Filling” activities during Bullying Awareness Week. The positive language related to filling the buckets of others and doing random acts of kinds will continue throughout the school year.	Specific Implementation Strategies: -use of strength-based language; positive/ kind words	Timelines -introduce during Bullying Awareness Week and then on-going throughout the school year	Indicators of Success: -frequent use of positive language throughout school -improved school culture
Is this goal related to: School climate survey results	Stakeholders involved in the implementation and outcome of this goal: -students -staff	How will you communicate the goal to stakeholders: -initial communication to parents/ families explaining bucket filling -newsletter section devoted to “bucket filling” -parent council meetings	

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Goal #2:			
<p>Specific Goal Classrooms will participate in preventative programs related to anxiety (Friends), social skills/ empowerment (One Circle) and Resilience (KELSO), which will be delivered by the Mental Health and Wellbeing Team.</p>	<p>Specific Implementation Strategies: -small group, -whole class programs of strength-based, evidence based programs</p>	<p>Timelines -beginning fall 2016 and continuing until all classes have participated -sessions are 6-10 weeks, depending on program</p>	<p>Indicators of Success: -ability to cope with and manage stress/ anxiety related symptoms -students demonstrate increased ability to problem solve -application of strategies in real-life situations</p>
<p>Is this goal related to: School Climate Survey results</p>	<p>Stakeholders involved in the implementation and outcome of this goal: -students -staff - Mental Health and Well-being Team</p>	<p>How will you communicate the goal to stakeholders: -newsletter – summary of Kelso, Friends, One Circle programs -parent council meetings</p>	

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Goal #3:			
Specific Goal To build a stronger sense of community throughout the school through peer mentoring/ classroom buddy opportunities.	Specific Implementation Strategies: -School wide opportunities may involve social justice activities, special event days, play days, etc.	Timelines -on-going throughout the school year	Indicators of Success: -increased opportunities for students across divisions/ grades to interact -increased opportunities for teachers to interact with students from other grades/ classrooms
Is this goal related to: School Climate Survey results School Improvement Plan	Stakeholders involved in the implementation and outcome of this goal: -admin -teachers -students	How will you communicate the goal to stakeholders: -school newsletter	

Next Safe and Mentally Healthy Schools Action Team Meeting Dates January 2017 (Day/ Time TBD) _____