



Bullying Prevention Plan for Safe and Mentally Healthy Schools



School Name: St Anne Blenheim

Date: November 1st, 2019

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

Students: 5	Teaching Staff: 1	Non-Teaching:	Parents: 1	Community: 1	Admin: 2
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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 changing the social and physical environment • Attend to effective implementation practices
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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.			
<p>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></p>	<p>Specific Implementation of Strategies:</p> <ul style="list-style-type: none"> • Create an interactive "Bullying Presentation" for staff, students, and parents that highlights the definition of bullying and outlines examples, with community partners • 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 what it looks like 	<p>Timelines:</p> <ul style="list-style-type: none"> • Bullying presentation to be done whole school during Bullying Prevention Week in February • November - June for implementation of strategies 	<p>Indicators of Success:</p> <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

<p>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></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
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Goal #2: Big Idea → Kindness: Building kind and inclusive school communities.

<p>Specific Goal: <i>We are building kind and inclusive schools by promoting kindness through various challenges during the school year.</i></p>	<p>Specific Implementation of Strategies:</p> <ul style="list-style-type: none"> ● With a grant from Chatham Kent Public Health, we will purchase kindness stickers and the safe schools team will “catch kindness” inside the school and on the school yard. Students will receive a sticker designed by the team, when they are caught being kind. The team will challenge the students in various ways throughout the year to receive these stickers. For example - if the team hands out 100 kindness stickers in a week, students will win a prize. 	<p>Timelines:</p> <ul style="list-style-type: none"> ● November to June 	<p>Indicators of Success:</p> <ul style="list-style-type: none"> ● All stickers will be handed out by the end of the year ● Students will be able to name a kind act and demonstrate how to act kindly and inclusively at St Anne’s Catholic School
<p>This goal is related to... <i>our school climate data and conversations from all stakeholders. In order to help students feel safe, included, and successful at school, we will promote kindness to support those goals.</i></p>	<p>Stakeholders involved in the implementation and outcome of this goal:</p> <ul style="list-style-type: none"> ● Students ● Staff ● Parents ● Community Partners <ul style="list-style-type: none"> ○ CK Public Health & Wellness Grant 	<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 will update stakeholders on challenges and how we are doing as a school towards the challenges 	

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

<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><i>We are also learning about the links between well-being and being outdoors in nature.</i></p>	<p>Specific Implementation of Strategies:</p> <ul style="list-style-type: none"> • Continue our work and understanding of healthy eating through our school wide Salad Bar Days • Publish a healthy cookbook through PAC • Continue our work with Physical Literacy including our Fitness Friday's, Keep Calm Thursday's, and Recess buddies • Incorporate affirmations into gratitude journal writing over the announcements using the Love Powered Co Little Box Set Cards • Create a parent information night for the Spring of 2020 • As a staff, we will read about and discuss research based evidence about the links between a healthy well-being and being outdoors in nature. 	<p>Timelines:</p> <ul style="list-style-type: none"> • 3 salad bars from January to May • November to June for our Physical Literacy work • January to June for our affirmation work • Spring 2020 parent night 	<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 • Through our work with affirmation cards, in conversations, students will demonstrate an increase in confidence and resilience when facing challenging situations or everyday problems.
<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 - Friday, November 1st, 2019, #2 - January 2020, #3 - April 2020