



Bullying Prevention Plan for Safe and Mentally Healthy Schools

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

School Name: **St. Anne Catholic School, Sarnia** Date: **October 29, 2016**

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

StudentsL: **Wellness Team (names to follow)** Teaching Staff: **Carrie Cicchelli** Non-Teaching: **EA (name to follow)** Parents: **SAC rep (name to follow)** Community: **Laura (name to be confirmed) (YMCA Daycare)** Admin: **Daniela Mezzatesta**

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 Continue to focus on kindness (embed fruits of the Holy Spirit into language and classroom lessons) using consistent language in the school and when communicating with parents.	Specific Implementation Strategies: Using mentor texts to illustrate concepts. Taking “teachable” moments to draw out “in the moment” illustrations of kindness/non-examples as well as fruits of the Holy Spirit. Principal and staff to randomly acknowledge students, staff and extended St. Anne community members who exhibit those characteristics.	Timelines Nov. - June	Indicators of Success: Students will self reflect and think before using unkind words or actions. Students will identify more often with acts of kindness throughout the school. Parents and staff will notice a difference in the speech and actions of our students.

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Is this goal related to: Faith/Mental Wellness	Stakeholders involved in the implementation and outcome of this goal: Students, staff, parents	How will you communicate the goal to stakeholders: Through the monthly newsletter, announcements, classroom activities, school advisory council.	
Goal #2:			
Specific Goal Welcoming families to help them feel that that their involvement is a welcome and essential element to the success of their children/our students and the school. Invite parents on SAC to “bring a message” to students at special events (school completion, assemblies, etc.)	Specific Implementation Strategies: Consistently ensure there is a strong parent presence at school events/functions including masses, assemblies, etc. Include parents as “greeters”. Ex: Last year, we asked our SAC chairs to welcome parents at our Christmas Concert and other events – VERY well received!	Timelines Current to June	Indicators of Success: An increase in the number of parents involved in school events. at Parent Advisory Council Meetings. More volunteers at events throughout the year.
Is this goal related to: Creating a welcoming environment. Faith/Mental Wellness	Stakeholders involved in the implementation and outcome of this goal: Parents, students, staff, YMCA staff, and School Advisory Council Members	How will you communicate the goal to stakeholders: It will be evident in the visual appearance upon entry to the school. Celebration of Learning November night, Christmas Concert night, and other events held at the school in which parents and community members are invited to attend. - Greeters (students, School Advisory Council members).	

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Goal #3:			
<p>Specific Goal Prayer through Christian Meditation</p>	<p>Specific Implementation Strategies: All teachers will choose a time of day where they can consistently engage in meditation.</p> <p>School wide 2 min meditation daily after lunch.</p> <p>Begin to introduce it at school gatherings, or when parents are invited so that they know what we are all doing.</p> <p>Create a Prayer Room out of a small unused office space so that students can come when needed for a one/two minute prayer time.</p>	<p>Timelines Nov. – June</p> <p>November</p> <p>Christmas Concert</p> <p>End of January</p>	<p>Indicators of Success: Sense of calm and less anxiety. More time on task of students with less interruptions or off-task behaviour. Noise levels in classrooms will be appropriate to the situation. Students will exhibit resilience in their ability to cope with challenges.</p>
<p>Is this goal related to: Faith/Mental Wellness Resilience – 21st Century Skills</p>	<p>Stakeholders involved in the implementation and outcome of this goal: Students, staff, parents (via home connection and ideas in emails sent)</p>	<p>How will you communicate the goal to stakeholders: Emails with tips Announcements on PA School Advisory Council Staff meetings</p>	
Goal #a4:			
<p>Specific Goal Power of Joy, Happiness</p>	<p>Specific Implementation Strategies: Dance Party Friday: Afternoon recess play two/three songs over</p>	<p>Timelines December – June Every Friday, pm recess</p>	<p>Indicators of Success: Fewer students coming in for fake injuries.</p>

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	the PA for students to sing along, dance to while on recess.		An uplifted mood in staff and students at a time that can be one of fatigue and not joyful. Students happy – about being at recess, outside, dancing, having fun!
Is this goal related to: Faith/Mental Wellness Resilience – 21st Century Skills	Stakeholders involved in the implementation and outcome of this goal: Students, staff, parents (via home connection and ideas in emails sent)	How will you communicate the goal to stakeholders: School Advisory Council Staff meeting	

Next Safe and Mentally Healthy Schools Action Team Meeting Dates: Monday, November 7, 2016 and Monday, April 3, 2017