



Bullying Prevention Plan for Safe and Mentally Healthy Schools



School Name: St. Elizabeth

Date: November 2016

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

Students 10____ Teaching Staff __1__ Non-Teaching __1__ Parents 2____ 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: Inclusiveness – Mutual Respect			
Specific Goal Provide opportunities for all students to see themselves reflected in the school environment – (i.e. gender, FMNI, etc...)	Specific Implementation Strategies: Good News Celebrations will include connections between one of the Grandfather teachings and the board monthly virtues. Good News Celebrations will have mentor texts to demonstrate a variety of main characters dealing with and overcoming challenges.	Timelines November 2016 and ongoing	Indicators of Success: Students will be able to specifically identify with many aspects of the school environment through literacy, community building activities and student-led opportunities.

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	School family activities will build on the foundation of TRIBE agreements		
Is this goal related to: school climate and respect for all.	Stakeholders involved in the implementation and outcome of this goal: Staff, students and system level support	How will you communicate the goal to stakeholders: Newsletter snippets Tweets Pictures of students on the front foyer tv display	
Goal #2: Bullying Prevention			
Specific Goal Increase in students feeling included in play at recess and decrease in feeling lonely.	Specific Implementation Strategies: Implement a “Buddy Bench” during recess as a strategy to build empathy in students. Wellness Committee to introduce the Buddy Bench during Good News Celebration Mentor texts to teach about empathy	Timelines November 2016	Indicators of Success: Students will identify opportunities where other students are inviting them to play. Students will report less times of feeling alone or isolated during recess time as reported through anecdotal and google pre & post survey.
Is this goal related to: school climate survey	Stakeholders involved in the implementation and outcome of this goal:	How will you communicate the goal to stakeholders: Morning announcements Newsletters Classroom newsletter informing parents Wellness wall	

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Goal #3: Positive School Climate			
<p>Specific Goal</p> <p>Increase the frequency that students engage in doing or saying a kind act or words.</p>	<p>Specific Implementation Strategies:</p> <p>Weekly announcements:</p> <ul style="list-style-type: none"> • to include a challenge to students & staff (i.e. say hi to 5 people not in your class today) • wellness tips • link to board's bi-monthly focus 	<p>Timelines</p> <p>November and ongoing</p>	<p>Indicators of Success:</p> <p>Students will report use of wellness tips to help cope with stress and anxiety and feel a decrease of stress.</p> <p>Students will engage in challenges.</p> <p>Students will report an increase kind words or acts.</p>
<p>Is this goal related to: School climate survey</p>	<p>Stakeholders involved in the implementation and outcome of this goal: Students staff</p>	<p>How will you communicate the goal to stakeholders:</p> <p>Google forms for pre and post survey Wellness wall Graffiti Wall</p>	

Next Safe and Mentally Healthy Schools Action Team Meeting Dates _____