



Bullying Prevention Plan for Safe and Mentally Healthy Schools

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

School Name: **Sacred Heart Catholic School, Port Lambton** Date: **Nov. 6, 2017**

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

Students: **Merissa Kinney, Ivy McClinton, Gracie Glover, Garrett Glover** : **Wellness Team** Teaching Staff: **Michelle Charlton** Non-Teaching: **Karen Boudreau** Parents: **Tina Castaldi** Community: **Tina Castaldi (Best Start)** Admin: **J. McCreery**

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, previous year) • 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
--	---

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: Fruits of the Holy Spirit Collaborative			
Specific Goal Focus on Fruits of the Holy Spirit to build Character and Empathy – Using school “Families” of mixed grade groupings to build community spirit/empathy	Specific Implementation Strategies: Using mentor texts to illustrate concepts. Shared Read-aloud in Gym with classes doing related activity with reading buddies in classrooms. Resulting work displayed for students/families Explain during announcements Wellness team could create “public service announcements”, related to kindness and being a good friend.	Timelines Nov. - June	Indicators of Success: Students will seek out ways of observing Fruits of the Holy Spirit using art and activities as per fruits. Older students will lead and assist younger ones. Younger students will feel rapport (safe) with older students. Students will take ownership for their behaviour mistakes.

Bullying Prevention Plan for Safe and Mentally Healthy Schools

<p>Is this goal related to: Faith/Mental Wellness</p>	<p>Stakeholders involved in the implementation and outcome of this goal: Students, staff, Parish</p>	<p>How will you communicate the goal to stakeholders: Through the monthly newsletter, bulletin boards, classroom activities.</p>	
<p>Goal #2: Wellness Evening (Wellness Fair)</p>			
<p>Specific Goal Providing families with a wellness session via a program so that they have access to strategies and community service agencies, when needed.</p>	<p>Specific Implementation Strategies: An evening in late winter/early spring for community service agencies, staff to provide carousels to families re: physical literacy, sleep, nutrition, Christian Meditation, etc.</p>	<p>Timelines Program evening. Wellness bulletins in monthly newsletters.</p>	<p>Indicators of Success: Conversations related to solving problems in a collaborative way. Students demonstrating purpose and resilience.</p>
<p>Is this goal related to: Faith/Mental Wellness Welcoming and care for others.</p>	<p>Stakeholders involved in the implementation and outcome of this goal: Parents, students, staff, Best Start members and Parent Advisory Council Members</p>	<p>How will you communicate the goal to stakeholders: Through the monthly newsletter, bulletin boards, classroom activities.</p>	

Bullying Prevention Plan for Safe and Mentally Healthy Schools

Goal #3: Respect and Value of Our Unique Gifts			
<p>Specific Goal</p> <p>Respect and Value of Our Unique Gifts so that all people feel they have a place in our school community.</p>	<p>Specific Implementation Strategies:</p> <p>Students will mingle with students from other grades while in Fun Faith groupings. Wellness team could create “public service announcements”, related to kindness recognizing other people’s gifts.</p> <ul style="list-style-type: none"> ➤ <i>student-led DPA/team building activities</i> ➤ <i>smile bombs (organized by Me to We group)</i> ➤ <i>Positivity Posters – beginning in December</i> ➤ <i>Graffiti Wall – February/Valentine’s Day</i> ➤ <i>Outdoor equipment Wagon – teams of 2 per day – 5 days/week</i> 	<p>Timelines</p> <p>Nov. – June</p>	<p>Indicators of Success:</p> <p>There will be less exclusion, teasing.</p> <p>Students will exhibit kindness and empathy.</p> <p>Students will participate in activities and engage in learning, with confidence.</p>
<p>Is this goal related to:</p> <p>Community (team) building</p> <p>Empathy-building.</p> <p>Fruits of the Holy Spirit</p> <p>Resilience – 21st Century Skills</p>	<p>Stakeholders involved in the implementation and outcome of this goal:</p> <p>Students, staff, parents and the community at large.</p>	<p>How will you communicate the goal to stakeholders:</p> <p>Monthly calendar/newsletters</p> <p>Announcements</p> <p>Incidentally through discussions with students, staff, parents and the community.</p>	

**Bullying Prevention Plan for
Safe and Mentally Healthy Schools**

Next Safe and Mentally Healthy Schools Action Team Meeting Dates:

Next date: May or June 2018 TBD