



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

Date: March 4, 2019

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

Students 10 Teaching Staff 2 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: To create a positive school climate.			
Specific Goal Students will demonstrate positive behaviour by showing respect for others, fairness and a sense of responsibility.	Specific Implementation Strategies: -teachers and support staff will use strength-based/ positive language. -teachers and support staff will model and reinforce expected behaviour. -newsletters, announcements and activities related to kindness and the monthly virtues. -Roots of Empathy training for FDK classes. -Minds Up - CYW delivery of classroom programs -Christian Meditation	Timelines -On-going -10 week programs, as scheduled -September 2018	Indicators of Success: -recognition of students that demonstrate the monthly virtues and those that demonstrate random acts of kindness -increased use of positive language on the playground and throughout the school -active and happy students -increased use of self-regulation tools throughout the school -decreased number of students being sent to the office/ decreased behaviour incidents

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	<ul style="list-style-type: none"> -Parish visits, sacramental preparations, liturgical services -school wide Family Group activities -specific teaching and activities related to self-care and well being through self-regulation 	-On-going	
<p>Is this goal related to: School climate survey results and daily observations of student behaviour</p>	<p>Stakeholders involved in the implementation and outcome of this goal:</p> <ul style="list-style-type: none"> -administration -staff -students -parents/ caregivers -Community partners -SCCDSB Board staff 	<p>How will you communicate the goal to stakeholders:</p> <ul style="list-style-type: none"> -communication through monthly newsletters -monthly Good News Assembly -morning announcements -social media (school Facebook page) -school website -parent council meetings 	
Goal #2: Living Our Faith			
<p>Specific Goal Develop an awareness of needs in our school community, local community and our world.</p>	<p>Specific Implementation Strategies:</p> <ul style="list-style-type: none"> -Christian Meditation -Food Drive -Positivity Day -Monthly School Masses/ Liturgies/ Prayer Services -WE Day -Walk for Water 	<p>Timelines</p> <ul style="list-style-type: none"> -ongoing -December 2018 -ongoing -October 2018 -April/ May 2019 	<p>Indicators of Success:</p> <ul style="list-style-type: none"> -students taking initiative for social justice issues -active and kind students -students being recognized for their actions related to the Virtues (e.g.) Acts of Kindness
<p>Is this goal related to: St. Clair Catholic District School Board mission of living our faith and fostering stewardship, leadership, and social justice.</p>	<p>Stakeholders involved in the implementation and outcome of this goal:</p> <ul style="list-style-type: none"> -administration -staff 	<p>How will you communicate the goal to stakeholders:</p> <ul style="list-style-type: none"> -communication to parents/ families through monthly newsletters -share at parent council meetings -morning announcements -social media (school Facebook account) 	

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	<ul style="list-style-type: none"> -students -parents/ caregivers -Community partners -SCCDSB Board staff -Parish members and Church personnel 	<ul style="list-style-type: none"> -school website -monthly Good News Assemblies 	
<p>Goal #3: Sacred Heart Catholic School is committed to increasing empathy with our students to promote acts of kindness and actions related to Catholic School Graduate Expectations.</p>			
<p>Specific Goal To build a stronger sense of community throughout the school through school wide activities, peer mentoring/ classroom buddy opportunities.</p>	<p>Specific Implementation Strategies: -School wide opportunities may involve social justice activities, special event days, play days, etc. -Regular activities using school “families” of mixed grade groupings to build empathy, community spirit and leadership skills (of older students)</p>	<p>Timelines -on-going throughout the school year</p>	<p>Indicators of Success: -more opportunities for students across divisions/ grades to interact -more opportunities for teachers to interact with students from other grades/ classrooms</p>
<p>Is this goal related to: School Climate Survey results Student feedback Staff feedback</p>	<p>Stakeholders involved in the implementation and outcome of this goal: -administration -staff -students -parents/ caregivers</p>	<p>How will you communicate the goal to stakeholders: -communication to parents/ families through monthly newsletters -morning announcements -social media (school Facebook account) -school website</p>	

Next Safe and Mentally Healthy Schools Action Team Meeting Dates: TBD