



Bullying Prevention Plan for Safe and Mentally Healthy Schools

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

School Name: St. Matthew Catholic School

Date: October 26, 2016

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

Students 4 Teaching Staff 4 Non-Teaching 0 Parents 3 Community 1 Admin 2

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.

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<p>Overarching Goal: Reduce school yard, bus and cyber-bullying issues, as indicated through comparative survey results.</p> <p>Goal #1:</p>			
<p>Specific Goal: Student Reporting and Addressing Bullying at school – Increase the percentage of bullied students and bystanders reporting of incidents and utilizing healthy and confident skills in relation to handling bullying at school, through skill building, as per school climate survey data.</p> <p><u>Current Data:</u> Students reported that the times they did not address bullying at school:</p> <ul style="list-style-type: none"> • 28.3% said they were afraid • 30.6% said they did not know what to do • 25.4% said they did not want the bully to get mad at them. 	<p>Specific Implementation Strategies:</p> <p>1.1 -in class mentor texts, Religion and Family Life Curriculum</p> <p>1.2 -Friends For Life Programming delivered by CYW</p> <p>1.3 -Community Police Program – Grade 5 VIP, Cyberbullying</p> <p>1.4 -explicit teaching of skills</p> <p>1.5 -Go Girls Program – Big Brothers Big Sisters – Grade 6</p> <p>1.6 -Sara Westbrook performance</p> <p>1.7 -Catching students being good more frequently and awarding Good News/PBS tickets.</p> <p>1.8 –Celebration of Anti-Bullying Week – Students create anti-bullying posters and PSAs for a contest. Posters and PSAs shared. Wear blue to support anti-bullying campaign.</p>	<p>Timelines</p> <p>1.1 –ongoing throughout year</p> <p>1.2 –October/November 2016</p> <p>1.3 –ongoing throughout year as scheduled</p> <p>1.4 –ongoing as needs arise</p> <p>1.5 –October/November 2016</p> <p>1.6 –Winter 2016</p> <p>1.7 –ongoing throughout year</p> <p>1.8 –November 13-19, 2016</p>	<p>Indicators of Success:</p> <p>Next survey results comparison.</p> <p>Student voice and feedback.</p> <p>Reduction in office referrals.</p>
<p>Is this goal related to: Development of student advocacy and Mental Health and Wellbeing through a broadened skillset.</p>	<p>Stakeholders involved in the implementation and outcome of this goal: Staff, Students Parents, Behaviour Services Team, SCCDSB, Community Partners</p>	<p>How will you communicate the goal to stakeholders:</p> <p>-School newsletters.</p> <p>-Safe Schools Meeting</p> <p>-Sharing survey results</p>	

Bullying Prevention Plan for Safe and Mentally Healthy Schools

Goal #2:			
<p>Specific Goal: Increase Awareness of Community and School Board resources to support students struggling with mental health and well-being issues at school in order to promote parent and student engagement and decrease bullying behaviours that emerge due to mental health or lack of skill building.</p> <p>Current Data: 68.8% of students have witnessed bullying on the school yard 42.6% of students report witnessing bullying on the bus</p>	<p>Specific Implementation Strategies:</p> <p>2.1–Use of Pathway To Care Protocol – CYW/Social Worker/Behaviour Team 2.2–Referral to community partners Rebound/St. Clair Child and Youth 2.3–Use of Collaborative Problem Solving Model 2.4–Utilization and clear communication regarding Progressive Discipline 2.5–Suspended student attend Pass Program to build skills 2.6–Excerpts in school newsletters that direct parents to available resources 2.7 –Parent invitation to Good News Assemblies and Sara Westbrook Performance/Speaking Engagement</p>	<p>Timelines</p> <p>2.1 –ongoing throughout year 2.2 –ongoing throughout year 2.3 –ongoing throughout year 2.4 –ongoing throughout year 2.5 –ongoing throughout year 2.6 –monthly or when applicable 2.7 –monthly and prior to scheduled performance</p>	<p>Indicators of Success:</p> <p>Next survey results comparison.</p> <p>Parent and Community Partner Attendance at Initiative</p> <p>Parent attendance at meetings</p>

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<p>Is this goal related to: Engaging all stakeholders to reduce occurrences of bullying.</p>	<p>Stakeholders involved in the implementation and outcome of this goal:</p> <p>Staff, Students Parents, Behaviour Services Team, SCCDSB, Community Partners</p>	<p>How will you communicate the goal to stakeholders:</p> <ul style="list-style-type: none"> -School newsletters. -Safe Schools Meeting -Sharing survey results
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Goal #3:			
<p>Specific Goal: Increase student awareness of their digital footprint and how to address bullying on social media.</p>	<p>Specific Implementation Strategies: 3.1 –Media Literacy Studies 3.2 –Explicit teaching to target groups of students. 3.3 -Friends For Life Programming delivered by CYW 3.4 -Community Police Program – Grade 5 VIP, Cyberbullying 3.5 -explicit teaching of skills</p>	<p>Timelines 3.1 –ongoing throughout year 3.2 –ongoing throughout year as required 3.3 –October/November 2016 3.4 –ongoing throughout year as scheduled 3.5 –ongoing throughout year as required</p>	<p>Indicators of Success: Next survey results comparison. Student voice and feedback. Reduction in office referrals for cyber-bullying issues.</p>
<p>Is this goal related to: Being responsive to the broad access to social media, as student access to many forms of social media continue to increase.</p>	<p>Stakeholders involved in the implementation and outcome of this goal: Staff, Students Parents, Behaviour Services Team, SCCDSB, Community Partners</p>	<p>How will you communicate the goal to stakeholders: -School newsletters. -Safe Schools Meeting -Sharing survey results</p>	

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Next Safe and Mentally Healthy Schools Action Team Meeting Dates: February 2017 and May 2017