



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



School Name: **St. Matthew**

Date: **November 12, 2017**

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

Students: **1** Teaching Staff: **2** Non-Teaching: **1** Parents: **1** Community Member: **1** Administrator: **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, off site 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 - Create Conditions For Students To Make Good Choice And To Be Successful When Dealing With Difficult Situations			
Specific Goal	Specific Implementation Strategies	Timelines	Indicators of Success
Create healthy and inclusive learning school community	<ul style="list-style-type: none"> •Intermediate student leadership teams Wellness School Team includes Students •CYW driven – Minds Up Grade 1-8 <p>Sara Westbrook Presentations - Jan. 18, 2017 Grades JK -3 Superheroes For Respect Grades 4-8 -Building Healthy Resilient Minds</p> <p>PRO Grant Family Night with Wellness and Learning Focus - Measuring Sports of the World</p>	<p>-October-May</p> <p>-January 18 and follow-up</p> <p>-April 2017</p>	<ul style="list-style-type: none"> •Ensure common language and strategies are utilized throughout school (Classroom teacher, CYW, PRT, Administration, SW) to align our targeted response •Students will identify feeling less stressed and frustrated

What is this goal related to: Mental Wellness	Stakeholders involved in the implementation and outcome of this goal: Students, staff, parents	How will you communicate the goal to stakeholders: •Monthly Newsletter, Announcements, Social Media
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Goal 2: - Increase Staff Knowledge Of Strategies For Supporting Students With Mental Health Concerns

Specific Goal	Specific Implementation Strategies	Timelines	Indicators of Success
School Focus on Fruits of the Holy Spirit to develop Character Monthly	<ul style="list-style-type: none"> •Use of prepared announcements and Daily Prayers that highlight the Fruit of the Spirit for the month •School Bulletin Board displaying Fruit of the Holy Spirit Monthly Award Winners from each classroom •Mentor Text and Open Response Questions used classrooms and to reinforce monthly themes 	Sept - June	<ul style="list-style-type: none"> •Students and staff will use the language provided by the Fruits of the Holy Spirit throughout their day •Parents, staff, and staff will comment about the progress

What is this goal related to Faith Development and Mental Wellness	Stakeholders involved in the implementation and outcome of this goal •Students, staff, Parents, Parish	How will you communicate the goal to stakeholders <ul style="list-style-type: none"> •Announcements, staff discussions, monthly newsletter, bulletin boards, classroom activities •Empower student council to decide further opportunities to empower usage •Classroom Strategies for Supporting Students Towards Positive Mental Well being
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Goal 3 - Living Our Faith Based Practices Focusing On Spiritual and Emotional Health Promoted as Part of Safe and Mentally Health Schools			
Specific Goal	Specific Implementation Strategies:	Timelines	Indicators of Success:
Faith Development with the focus on Rosary usage	<ul style="list-style-type: none"> •Staff and students will build their own rosaries as a community and will then participate in faith development (mental wellness) with the focused use of the rosary (faith connection to their lives and history of Church) as a means of attaining wellness 	<ul style="list-style-type: none"> •Rosary Apostolate Parish Group– Sept – May •St. Benedict's Parish Team will help to address concerns that come up within the school setting during their weekly visits 	<ul style="list-style-type: none"> •Students will share their relationship with the rosary •Staff assemble for bi-weekly prayer services

What is this goal related to:	Stakeholders involved in the implementation and outcome of this goal:	How will you communicate the goal to stakeholders:
Faith Development and Mental Wellness	<ul style="list-style-type: none"> •Students, Staff, Parents, Parish 	<ul style="list-style-type: none"> •Through announcements, staff discussions, monthly newsletter, bulletin boards, classroom activities •Empower student council to decide further opportunities to empower usage •Classroom Strategies for Supporting Students Towards Positive Mental Well being