



Bullying Prevention Plan for Safe and Mentally Healthy Schools

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

School Name: St.Patrick's High School

Revision Date: Jan 2018

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

Students 4-10 Teaching Staff 1-2 Non-Teaching 2-3 Parents 8-12 Community 1 Admin 2-4

Points for Consideration:

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| <p>Effective Action Plans consider the following sources of information:</p> <ul style="list-style-type: none"> • Current school climate survey results • 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 offered other schools, alt centres, offsite programs • Referrals to mental health agencies/partners/nurse | <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: | | | |
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| <p>Specific Goal: We have prioritized one of our School improvement goals to focus on Wellness:</p> <p><i>If we cultivate a caring culture of strength-based strategies and establish high expectations then students will become resilient when faced with challenges at school and beyond.</i></p> | <p>Specific Implementation Strategies:</p> <ul style="list-style-type: none"> -sharing and encouraging Irish Moments -Burrito Thursday- student nominations -starting classes with sharing circles and Christian meditation -relentless pursuit of academic achievement in every class -“It takes a village to raise a child” attitude -focused discussions at staff meeting about wellness and mindfulness practices -Monday Morning mindfulness reminder emails | <p>Timelines</p> <ul style="list-style-type: none"> - Ongoing throughout the year -every class, club and activity -ongoing/ daily -daily -monthly -weekly -semester 2 | <p>Indicators of Success:</p> <ul style="list-style-type: none"> -all students with a caring adult in the building -better attendance -fewer behavioural incidents sent to office -decrease in drug related incidents/suspensions -fewer referral to mental health nurse, CYW, attendance counsellor - |

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| | <p>-Student Voice-Wellness Wednesdays- student announcements about taking care of mind body and spiritual needs</p> <p>-Student Success team meetings- continual monitoring of at risk students in all areas to pair with caring adult</p> <p>-investigating new class curriculum development of Wellness IDC Course</p> <p>- School climate survey</p> | <p>-weekly</p> <p>-bi-weekly</p> <p>-term 2</p> | |
| <p>Is this goal related to:</p> <p>School improvement plan in line with the Board improvement plan :</p> <p><i>*living our faith; *promoting educational achievement and innovation; *fostering stewardship, leadership, and social justice.</i></p> <p>School Climate Survey</p> | <p>Stakeholders involved in the implementation and outcome of this goal:</p> <p>All teaching and support staff Administration Club leaders Coaches Community partners/supports</p> | <p>How will you communicate the goal to stakeholders:</p> <p>-Administrative weekly update to staff -agenda items on Department Head and Staff meetings -PD session with regular focus on SIP and DIP planning - student initiatives and announcement on video PA -staff will be offered opportunities for personal wellness initiatives and learning opportunities</p> | |

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| Goal #2: | | | |
| <p>Specific Goal</p> <p>Faith based school improvement plan :</p> <p><i>If we hold up the Ten Commandments and the Beatitudes as concrete standards for living our faith in every classroom and, in fact, throughout every aspect of school life at SPCHS then our school community will be living our faith.</i></p> <p>When we nurture our spiritual wellness by helping ourselves and others, our overall wellness and mental health will improve</p> | <p>Specific Implementation Strategies:</p> <ul style="list-style-type: none"> -Irish Link Gr. 9 Day -Daily prayer/reflections -student volunteer trips to Inn of the Good Shepard to feed the hungry -Irish Miracle, Cyclone Aid -Grade 8 Faith days -Muskoka Woods -regular school wide student-lead masses -reconciliation offered at lunches to staff and students -new Life Teen Group lead by Chaplaincy lead -Friday Nights teen Youth Group -Steubenville summer youth conference | <p>Timelines</p> <ul style="list-style-type: none"> -Grade 8 transition days -daily -monthly -seasonal | <p>Indicators of Success:</p> <ul style="list-style-type: none"> -we will see an increase in retention as students from partner schools, feel see and experience the faith based and caring, accepting St. Patrick's has to offer -more students participating in the mentioned events -the gym is full for every mass -min of 20 students attending regularly on Friday nights |
| <p>Is this goal related to:</p> <p>School improvement plan in line with the Board improvement plan :</p> <p><i>*living our faith; *promoting educational achievement and innovation; *fostering stewardship, leadership, and social justice.</i></p> <p>School climate survey</p> | <p>Stakeholders involved in the implementation and outcome of this goal:</p> <p>Muskoka leaders Link Leaders Student leaders- leadership class Chaplaincy team leaders All staff</p> | <p>How will you communicate the goal to stakeholders:</p> <p>Monday Morning Liturgy Morning announcements Flyers in the school School website School newsletter Front sign</p> | |

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| Goal #3: | | | |
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| <p>Specific Goal</p> <p>Prepare all teachers in supporting rolls with useful tools to help deal with the growing mental health needs of our students</p> <p>Empower students to help and support each other by building each other up rather than breaking each other down</p> <p>-Student Voice</p> | <p>Specific Implementation Strategies:</p> <ul style="list-style-type: none"> - Provide more training for members of our Student Success Team with a focus on Guidance Counsellors -to meet with Mental Health lead and receive support -take training courses specific to supporting mental wellness and crisis management - Bi-weekly Student Success meetings <p>Implementation of Wellness activities by our Student lead Wellness committee</p> <ul style="list-style-type: none"> -iMatter (breaking the stigma of Mental Illness) -Tension to Triumph -Breakfast Program -after school movie fundraiser/PJ Day | <p>Timelines</p> <ul style="list-style-type: none"> -meeting in November -PD as available -training courses such as SafeTalk and Assist training -bi-weekly -twice/semester -once year -daily -per semester | <p>Indicators of Success:</p> <ul style="list-style-type: none"> -more students being supported academically and emotionally by the whole Student Success Team (SST, SAT, Student Services, Admin, CYW, MHAN, Chaplain) -more Students participating in clubs and activities -less need for support by Mental wellness supports (CYW, CMHA Nurse, Social worker) -Improved attendance -Student Wellness committee initiatives |
| <p>Is this goal related to:</p> <p>School Climate Survey Staff needs and input School Improvement Goals</p> | <p>Stakeholders involved in the implementation and outcome of this goal:</p> <ul style="list-style-type: none"> -student leaders -success team staff members/guidance counsellors | <p>How will you communicate the goal to stakeholders:?</p> <p>Morning announcements Flyers in the school School website School newsletter Front sign</p> | |

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| Proposed next meeting Dates: | February 2018 | May 2018 |
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