

## **Bullying Prevention Plan 2016**

### **OVERVIEW: ON TARGET TO STOP BULLYING**

At St. Margaret Mary Catholic Elementary School, we strive to create a positive school environment, based on our gospel values, free from bullying. We do this through education and training and with early intervention through consistent application of proactive and preventative strategies, alongside progressive disciplinary measures. We strive to create a sense of personal responsibility for all involved, be they witness, bully or victim.

**Bullying is a form of repeated, persistent, and aggressive behaviour directed at an individual or individuals that is intended to cause (or should be known to cause) fear and distress and/or harm to another person's body, feelings, self-esteem or reputation.**

**Bullying occurs in a context where there is a real or perceived power imbalance.**

*(HWCDSD Safe Schools Manual, 2012)*

### **St. Margaret Mary Staff will help children feel safe by:**

- \*Closely supervising students in all areas of the school and playground
- \*Watching for signs of bullying and stopping it when it happens.
- \*Using character building resources and anti-bullying education material for students from JK-8.
- \*Use T. A. S. R. Conflict Resolution Strategies
- \*Assign consequences for bullying using our Safe Schools Policy and Code of Behaviour.

### **St. Margaret Mary Students will do the following to prevent bullying:**

- \* Treat each other respectfully.
- \* Refuse to bully others.
- \* Refuse to be bullied.
- \* Refuse to watch, laugh or join in when someone is being bullied.
- \* Play in groups ... include others in play

***Do unto others as you would have them do unto you. (Matthew 7:12)***

## **Education:**

To develop a deeper awareness and understanding of bullying prevention and conflict resolution strategies, the following action plan will be implemented:

- Continuation of a St. Margaret Mary Conflict Resolution Plan across all the grades (T. A. S. R. Project)
- Awareness building regarding the types of bullying as per the Health and Physical Curriculum, through Religion Classes, and the use of the Second Step Program
- Presentations to the student body, staff and parents by Community Liaison Officer, Public Health Nurse and H.W. C. D. S. B. Behaviour Resource Teachers and Guests through our C. S. C. Pro-grants
- Diversity training for Grade 7 and 8 students to promote inclusion and anti-bullying practices throughout the school
- Creation of a school Health Action Team (HAT) to raise awareness of bullying and Mental Well-being
- L. E. A. D. er Recess Training of Grade 7 Students. Implemented during recess times.
- Define the difference between bullying and daily conflict through announcements and school assemblies
- THINK Sheets, when required
- Catholic Social Justice Teachings of the Church
- Integrate and educate the student body of the Catholic Graduate Expectations through monthly awards
- T. A. S. R. Conflict Resolution Strategies dramatizations during assemblies
- Inserts in monthly school newsletters

## **Assessment:**

To create a safe and accepting school environment by determining the extent and nature of bullying, perceptions surrounding the issue, and the effectiveness of prevention efforts by:

The staff of St. Margaret Mary will:

- Track incidents in the office with the “Incident and Intervention” Form

- Provide *School Climate Surveys* (via HAT and Student Council) to be completed by all students
- Conduct pre / post surveys regarding bullying awareness

## **T. A. S. R. - The Four Steps to Solving Conflict**

### **STEP 1: *THINK!!!***

- Before you act, remain calm, set the tone
- What would consequences be if I reacted verbally or physically
- How do my actions demonstrate the kind of person I am or aspire to be (Christian-Like is the ultimate goal)
- Avoid impulsive lashing out

### **STEP 2: *ASK***

- The person to STOP
- Why the person said/did that
- Be prepared to listen without interrupting
- If the person refuses to answer, allow some time, space
- If it is significant conflict, come back to it
- If it is something insignificant, leave it alone

### **STEP 3: *STATE YOUR FEELINGS***

- Remember to stay calm
- Tell them to stop
- Explain how you were feeling when you reacted
- Admit your errors, take responsibility, apologize if necessary

### **STEP 4: *RESOLVE THE CONFLICT OR SEEK TEACHER ASSISTANCE***

- Brainstorm solutions, decide which one is agreeable to both parties
- Keep your word on the agreement
- Look for a win/win resolve

**\*\* If you are getting nowhere, seek staff assistance. \*\***



**ST. MARGARET MARY CATHOLIC ELEMENTARY SCHOOL THINK PAPER**

Read each question carefully and then answer in complete sentence form, using your best handwriting or printing.

***What did I do?***


***Why did I do it?***


***Who did I hurt by choosing these actions or words?***


***Why was this not the right choice of behaviour? (Discuss expectations/ rules of our Catholic school)***


***What will I do next time?***


Good deeds—Students are asked to perform two good deeds to make up for the behaviour. The good deeds are acts of service for others.

1. \_\_\_\_\_ 2. \_\_\_\_\_

Student Name: \_\_\_\_\_ Grade: \_\_\_\_ Student Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Office/Staff Signature: \_\_\_\_\_



# St. Margaret Mary Bullying Prevention Plan

## FAITH, TEAMWORK, EXCELLENCE

