

**Sacred Heart of Jesus Catholic Elementary School**  
**Bullying Prevention Plan**  
**FAITH, TEAMWORK, EXCELLENCE**

**Bullying Prevention Plan 2019 -2020**

**OVERVIEW: ON TARGET TO STOP BULLYING**

At Sacred Heart of Jesus, we strive to create a positive and safe school community, based on the gospel values, and bully free. We do this through education, early intervention, consistently being proactive and using preventative strategies. We strive to create a sense of personal responsibility for all involved (witness, bully, victim) by way of progressive disciplinary measures.

**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.**  
*(HWCDSB Safe Schools Manual, 2012)*

**Sacred Heart of Jesus Staff will help children feel safe by:**

- \*Closely supervising students in all areas of the school and playground to prevent possible bullying
- \*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.

**Sacred Heart of Jesus 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

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*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 Sacred Heart of Jesus Conflict Resolution Plan across all the grades
- Review T. A. S. R. to all grades at first assembly in September 2019 and teachers to reinforce message in the classrooms during the first weeks of school and periodically during the school year.
- Awareness building regarding the types of bullying as per the Health and Phys. Ed Curriculum, through Religion Classes, and the use of the Second Step Program
- Presentations to the student body, staff and parents by Community Liaison Officer 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
- 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 Sacred Heart of Jesus will:

- Track incidents in the office with the Think Paper Tracking Sheets.

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## **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

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**SACRED HEART OF JESUS CATHOLIC ELEMENTARY SCHOOL THINK PAPER**

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

***What happened?***


***What was I thinking at the time?***


***Who has been affected by what I chose to do? (actions or words) In what way have they been affected?***


***Why was this not the right choice of behaviour? (Discuss expectations/ rules of our Catholic school) What message do I think Jesus would speak to me at this time?***


***What will I do next time? What do I think you need to do to make things right?***


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. \_\_\_\_\_



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

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