

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

**Bullying Prevention Plan 2021 -2022**

**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 Catholic Social Teachings. 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.**  
*(HWCDSD 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 targeting.
- \*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.
- \*Establish Kindness Week (November 22-November 26). Promote kindness, inclusion, empathy, acceptance and respect.
- \*Use Restorative Practices for Conflict Resolution Strategies
- \*Investigate incidents and determine appropriate 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.
- \* Show Kindness
- \* Kindness Pledge-Lead with their Hearts
- \* Refuse to watch, laugh or join in when someone is being bullied.
- \* Play in groups ... include others in play

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

***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 Sacred Heart of Jesus Conflict Resolution Plan across all the grades.
- Review Restorative Practices to all grades through online activities 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. Classroom virtual presentations during Kindness week (Nov. 22-26)

#### Kindness Week Events

**November 22-26**

#### **November 13- Student Pledges Due**

Monday November 22 Theme- Empathy	Tuesday November 23 Theme- Inclusion	Wednesday November 24 Theme- Diversity	Thursday November 25 Theme- Friendship	Friday November 26 Theme- Kindness Boomerang
-Random Acts of Kindness -PowerPoint shared with classes	-Random Acts of Kindness	-Random Acts of Kindness <b>-Full civvies Pink Day!</b>	-Random Acts of Kindness -Posters Due	-Random Acts of Kindness

#### **November 22- Posters to be judged by Student Council**

- Presentations to the student body and staff 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 acts of bullying and daily conflict through announcements and school virtual assemblies.
- THINK Sheets, when required

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- Catholic Social Justice Teachings of the Church
- Integrate and educate the student body of the Catholic Graduate Expectations through monthly awards (i.e., Kindness)
- Inserts in Parent weekly

### **Assessment:**

To create a safe, loving 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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**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: \_\_\_\_\_