



# Ganaraska Trail Public School

## School Bullying Prevention and Intervention Plan

At Ganaraska Trail Public School we believe the most effective means to address bullying is through a comprehensive, school-wide approach that engages all stakeholders – students, parents, guardians, staff, School Council, volunteers and the community.

This school based plan aligns with the Kawartha Pine Ridge District School Board's Bullying Prevention and Intervention Plan. Our school plan promotes a school-wide approach to ensuring we have a safe, inclusive and accepting school environment free from bullying, harassment, discrimination and other inappropriate behaviours.

The Board's Bullying Prevention and Intervention Plan, as well as our school's plan, reflect the Ministry of Education guidelines.

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*The Ministry of Education defines bullying as follows:*

***Bullying - means aggressive and typically repeated behaviour by a pupil where,***

- (a) the behaviour is intended by the pupil to have the effect of, or the pupil ought to know that the behaviour would be likely to have the effect of,
  - (i) causing harm, fear or distress to another individual, including physical, psychological, social or academic harm, harm to the individual's reputation or harm to the individual's property, or
  - (ii) creating a negative environment at a school for another individual, and
- (b) the behaviour occurs in a context where there is a real or perceived power imbalance between the pupil and the individual based on factors such as size, strength, age, intelligence, peer group power, economic status, social status, religion, ethnic origin, sexual orientation, family circumstances, gender, gender identity, gender expression, race, disability or the receipt of special education ("intimidation").

For the purposes of the definition of "bullying" above, behaviour includes the use of any physical, verbal, electronic, written or other means.

***Cyber-bullying***

For the purposes of the definition of “bullying” above, bullying includes bullying by electronic means (commonly known as cyber-bullying), including,

- (a) creating a web page or a blog in which the creator assumes the identity of another person;
- (b) impersonating another person as the author of content or messages posted on the internet; and
- (c) communicating material electronically to more than one individual or posting material on a website that may be accessed by one or more individuals.

In other words, bullying:

- is a deliberate act to harm or exclude someone or “put someone down”
- usually happens more than once over time
- involves someone having more power over another and abusing that power

## **1. EDUCATION, AWARENESS AND OUTREACH**

Ganaraska Trail Public School recognizes that a whole-school approach to involving and engaging the school community will help us to address inappropriate behaviour.

We will focus on education, awareness and outreach by:

1. Restorative practices to work through issues that arise
2. Progressive discipline policy in our Code of Conduct

We will engage parents in conversations about preventing bullying and in promoting a positive school climate.

- a. We are engaging our School Council by:
  - a. Sharing and receiving feedback around our Code of Conduct
  - b. Familiarizing parents and explaining the progressive discipline process
  - c. Informing and seeking support regarding events centred on positive student interaction
- b. We recognize the important connection between home and school, which includes:
  - a. A collaborative and supportive home/school environment
  - b. Encouragement of parent involvement in all aspects of school life
  - c. An active, healthy lifestyle that includes reducing screen time
- c. We implement prevention strategies and programs which focus on:
  - a. Healthy lifestyles and relationships
  - b. Student leadership
  - c. Character Education
  - d. Equity and Diversity
  - e. Conflict resolution
  - f. Restorative practice
  - g. Bullying prevention
  - h. Social Skills programming
  - i. Monthly assemblies and school wide events
  - j. Proactive measures such as the Chill Zone and Recess Club

- k. School wide and class mindfulness teaching

## 2. EVALUATION OF EVIDENCE

### Pre-evaluation strategy

The main issues of concern raised by our students in our school climate surveys and other communications are:

1. significant levels of anxiety are compared to national levels.
2. Bullying behaviour is reported to be higher amongst boys.

Concerns raised regarding our physical environment are:

1. Empowering students with problem solving language and positive interaction, especially during unstructured times.
2. Following safety rules both inside and outside the school.

The steps we follow for reporting, responding to, and following up on issues are as follows:

1. School based incident reports (teacher to teacher communication forms, office referral forms), Safe Schools Incident Report form and responses, KPR anti-bullying hot line
2. Based on a review of our school climate survey results and other communications, we have been successful in the following areas:
  - a. Data shows strengths in teacher/student relations.
  - b. Most students feel safe at school.
  - c. Primary and Junior students are able to identify basic strategies that they use when angry or upset.
  - d. Primary and Junior students are clear that there are rules at our school intended to keep us safe.

3. Barriers which we anticipate may interfere most with creating sustainable change are:

- i. Policies that can accommodate diversity across communities
- ii. Diverse needs and experiences of families and communities
- iii. Conflicting priorities for educators and/or parents
- iv. Students' perceptions about responsibility for safe schools
- v. Pervasive societal messages about the acceptability of violence
- vi. Shortage of resources (Board and Community)
- vii. Limited professional development opportunities
- viii. Administrative and staff turnover

Based on our school climate surveys and other communications, we will continue to work on the following areas that need improvement:

1. teaching, reinforcing and celebrating our Fox's Five School Rules.
2. ensuring multiple opportunities for student voice to ensure students feel valued and accepted.
4. continuing to consider specific strategies to build student-adult relationships.

*The strategies we will use to address these areas include:*

1. use of common language and actions through Fox's Five

2. focusing on multiple sources as a way to communicate voice (in person, through technology, in writing, etc.)
3. provide opportunities to engage in meaningful events and experiences, within and outside the classroom

### **3. FOLLOW-UP ACTIONS**

We will actively communicate our policies, procedures and guidelines to our school community. We will also involve our school community in reviewing our policies, procedures and guidelines relating to bullying, discrimination and harassment, by taking the following steps:

1. Explicitly focusing on policies, procedures and guidelines at School Council and staff meetings
2. Posting relevant information on our School and Board website
3. Sharing possible human resources support to families, both in the school setting and within the community

The roles and responsibilities of everyone in the school community - including students, staff, parents, and community members are as follows:

- a. Everyone has their own unique and equally valued perspective.
- b. Thoughts influence emotions, emotions influence actions.
- c. Showing empathy and consideration for others.
- d. Identifying needs and possible supports.
- e. Collective responsibility for problem solving and decision making.

### **4. PREVENTION**

We recognize that promoting a positive, welcoming and inclusive learning environment will help to prevent bullying, harassment, and discrimination. We are committed to taking steps to prevent bullying.

#### **A. PROGRAMS TO PREVENT AND RESPOND TO BULLYING**

Other steps to prevent bullying, harassment and discrimination will include:

1. Fox's Five
2. Restorative Practices
3. Participation in all Days of Pink
4. Publicizing KPR's Report Bullying weblink through school newsletters and the school website
5. Lunch Monitors and other opportunities for Student Leadership
6. Recess Club

#### **B. PROGRAMS THAT BUILD POSITIVE RELATIONSHIPS**

1. Model Me Kids Social Skills program
2. WITS Programming
3. Zones of Regulation Emotions program
4. Second Step program
5. Restorative Practices, especially focusing on questions
6. Referrals to our KPR School Board Counsellor or outside resources

### **C. ACTIVITIES THAT PROMOTE A POSITIVE SCHOOL CLIMATE**

1. School wide focus on Fox's Five
2. Circles in Classroom when necessary
3. Chill Zone
4. Positive Choices/Positive Decisions
5. Equity and Diversity planned events/activities
6. Kindness Club
7. Belonging and Inclusion
8. School Spirit Days

### **D. AWARENESS RAISING STRATEGIES FOR STUDENTS**

1. Model Me Kids and Self-Regulation strategy teaching
2. Social emotional learning programs such as Second Step
3. Zones of Regulation teaching
4. Participating in Bullying Awareness and Prevention Week in November, Pink Shirt Day in February and the Day of Pink in April
5. Equity and Diversity/School Spirit events

### **E. RAISING AWARENESS AND ENGAGING PARENTS AND THE COMMUNITY**

1. School Council focused discussions to raise awareness and engage parents
2. Specific and target articles in our monthly School newsletters
3. Ongoing information and celebration sharing through social media such as Twitter and Instagram

### **F. CURRICULUM AND DAILY LEARNING**

- a. Ongoing Self-Regulation teaching and Fox's Five focus in all classrooms
- b. Professional Learning team discussions on building safe classroom communities ensuring:
  - a. Everyone has their own unique and equally valued perspective.
  - b. Thoughts influence emotions, emotions influence actions.
  - c. Empathy and consideration for others.
  - d. Needs and possible supports are identified.
  - e. Collective responsibility for problem solving and decision making.
  - f.

### **G. STAFF AND STUDENT ROLE MODELS**

We have identified the following learning and training opportunities for staff and the school community:

1. Staff professional learning
  - a. Self-regulation
  - b. Inclusionary practices
2. Review the challenges in order to identify those most likely to experience difficulties :
  - a. Increased or non-reporting of bullying incidents
  - b. Unpredictable crisis

- c. Difficulty developing and sustaining committees with community partners
- d. External changes that change mandate
- e. KPR staff turnover (teachers, EA's, CYW's, School Board Counsellors, etc.)

## **5. INTERVENTION AND SUPPORT STRATEGIES**

We will take the following steps to respond to all incidents of bullying, harassment, discrimination and other inappropriate behaviours, and to support students:

1. Provide Safe Methods for Students to Report Bullying
  - a. Speak to a Teacher, other staff member, Principal or Vice Principal
  - b. KPRDSB Report Bullying Web link – available on all school websites
  - c. Parent/guardian conversation with school staff
  - d. Texting or emailing a school staff member
  - e. Kids Help Phone Line – available on all school websites
  - f. Check in regularly with students who are at risk of being bullied or who are affected by bullying
  - g. Connect caring adults other than homeroom teachers to students with identified needs
  - h. Provide supervision in areas where and when bullying happens, as identified through climate surveys
2. Progressive discipline
3. Reintegration of students from suspensions