

Ecole Bellewood

Bullying Prevention and Intervention Plan



Purpose:

Ecole Bellewood is committed to creating an environment where students feel safe and welcomed. This plan is an integral step towards achieving this goal. In working together, we can all strive to prevent bullying and ensure that our students can thrive and succeed in school.

Bullying can have a severe impact on a child's mental health and their academic performance. By implementing a comprehensive prevention and intervention plan, we can support students in ensuring that they are participating in a safe and positive learning environment while also improving attendance and overall performance in school.

As stipulated in the Education Act, subsection 303.3(3), every school must implement the Board's Bullying Prevention and Intervention Plan. In order to comply with this Ministry policy, each school will create and implement a plan tailored to meet the unique needs of their students and the greater school community. Bellewood recognizes the importance for us to work together as a school community to develop a positive school climate that reflects our desire to support student achievement along with student well-being.

Teachers and ESS are the critical agents of social change in bullying programs. They have an essential role in creating a respectful classroom, in managing their classrooms effectively, in promoting communication about bullying, and in responding in a supportive manner to the children involved in bullying.

Factors Affecting School Climate:

Ecole Bellewood recognizes various factors that contribute to a safe, caring, and inclusive school climate for creating a positive learning environment for all students.

One key factor is promoting respect and understanding among students from different backgrounds. Bellewood has worked to foster this in the following ways:

- Multicultural Night
- Recognition of 'Days of Acknowledgement' on morning announcements and through sharing with staff to incorporate in lesson planning
- Ongoing diversity training for staff
- Opportunities for students to engage in various cultural celebrations with their peers from different backgrounds.
- Black History Month Celebrations
- Refresh Bellewood Learning Commons Committee

- Celebration of Bullying Awareness and Prevention Week, November 19-24, 2023 – The theme of this year’s campaign was in keeping with what was developed last year: **WELCOMING AND INCLUSIVE SCHOOLS.**

Another factor that is practiced widely at Bellewood is that of promoting positive behaviour and addressing negative behaviour through actively focusing on kindness. This component also extends to the understanding that our interactions with others are co-dependent on how we deal with our own mindfulness and mental well-being. This is visible in the following ways:

- Focus on ‘Kindness’ messages via announcements
- Kindness Campaigns such as, “Light up Bellewood”
- Student voice posting kindness announcements
- BANA Presentations for grades 6-8 students “Self-Esteem & Body Image”
- School-wide focus on ‘Mindfulness’ – this goal is connected to the social/emotional aspect of student success to increase resiliency and focus while raising awareness of one’s positive mental health. Within this construct, we are also promoting positive affirmation strategies. We also had Jodi Nolin work complete the 8-week “My Mindful Classroom” project with 5 classes, do Introductory lessons with several other classes and worked directly with our support staff to increase efficacy and comfort with mindfulness strategies

Lastly, a factor that Bellewood actively initiates is that of involving parents and community members in school events and decision-making to foster a sense of belonging and inclusivity.

- Guest speakers/Presentations that reinforce the Kindness/Inclusion school messages:
 - **Youth Diversion Presentations** (Grades 5-8)
 - **Role of the UPSTANDER:** M. Pallotto and Mme Symchyshyn shared a presentation with students about their role in the school community as upstanders rather than bystanders in their ‘Words Matter’ presentation. This message is intended to be repeated annually at school-wide assemblies, over announcements, etc.
 - Every year, sharing of NED video “Be an Upstander” with EY – Grade 6 students.
[Be an Upstander - Prevent Bullying: A NED Short - YouTube](#)
 - **Pink Shirt Day:** February 28th, 2024 – Everyone in the Bellewood community is encouraged to wear pink shirts to show that we are taking a stand against bullying.
 - **Tracy Schmitt** (2022-2023 School Year)
 - Tracy Schmitt is a #1 International MegaSuccess TedX Speaker who has shared the stage with other famous stars such as Jane Fonda, Dr. Phil, Michael Douglas, John Travolta, Mel Gibson, and Mark Wahlberg. Her mind-blowing story always gets standing ovations pushing audiences out of their limitation zones. Her perseverance is beyond reproach! We trust and hope the message she brings is inspiring for students and staff alike. (www.unstoppabletracy.com)

Student Awareness:

Student awareness of how they can prevent, address, and report bullying begins with education and the various training programs provided to students both explicitly as anti-bullying programs but also, inherently in our school initiatives surrounding mindfulness, mental health, kindness, and inclusion.

Students are made aware of how to recognize signs of bullying and to speak up when they witness these types of behaviours.

Our Student Handbook states:

“At Bellewood Public School, we proactively try to prevent bullying and pledge to deal with incidences of bullying when they occur. Bullying is defined as a form of repeated, persistent, aggressive behaviour that is directed at an individual(s) that is intended to cause (or should be known to cause) fear, distress, and/or harm to another person’s body, feelings, self-esteem or reputation (Ministry of Education). Please encourage your child to tell an adult or please call the school personally.

There are two types of bullying – direct and indirect. Examples include Direct: Physical: hitting, kicking, shoving, spitting, etc., Verbal: taunting, teasing, degrading racial or sexual comments, etc., Non-verbal: threatening, obscene gestures, etc. Indirect: Physical: getting another person to assault someone, Verbal: spreading rumours about others, Non-verbal: deliberate exclusion from a group or activity, cyber-bullying, etc. Please note that all Human Rights violations will be treated seriously and will provide opportunities for further learning.

To eliminate bullying, students, staff, administration and parents all need to take a role. Therefore, at Ecole Bellewood, we will adhere to the following responsibilities: We will not bully others. We will demonstrate kindness and respect towards others. We will help students who are bullied in a supportive manner by using our words and/or reporting what we see to an adult. We will include everyone in games and activities. We will tell an adult at school and an adult at home.

Students who do not follow these rules will be subject to consequences (see Interventions and Consequences section).”

Our student handbook also highlights several key areas that, when implemented effectively, contribute to an overall sustainable engagement in preventing bullying in daily activities. When students are mindful of their digital responsibilities, appropriate internet use, and human rights, they are better equipped to recognize and respond to incidents of bullying in their environment. This handbook is reviewed annually with all students in their homeroom classrooms.

Bellewood Voice:

Our Student Leadership Council provided feedback on Bellewood’s approach to Bullying Prevention and Intervention. This is what our student leaders had to say:

1. What types of things do you feel help us to prevent bullying?

- Learning about it in class and the negative effects
- Teacher check ins with students
- Good support system

2. What interventions do you feel **help** when there is an issue of bullying/cyber-bullying?'

- Talk with a support teacher (e.g., the child who is being bullied and the bully)
- Telling teachers, parents and friends
- Detentions and suspensions

3. What else could we do to make our school a safer place?

- Bullying prevention posters and murals around the school
- Announcements for bullying prevention and help
- Grade 8 students going around as leaders to class to class to talk about bullying, the severity of the issue and strategies to overcome bullying
- Guest speaker to come who has personally experienced bullying and the ways that individual coped with bullying

4. What makes you feel like you belong at Bellewood?

- Extra curricular that are geared towards all students (e.g., sports, music program, dance, GSA, etc.)
- Good support system among students and staff
- Kindness is a goal at Bellewood and Bellewood kids are overall kind

Parent/Guardian Engagement

We are fortunate to have strong family connections and support at Bellewood. Families are truly our partners in their child(ren)'s education and support the learning and initiatives that occur at school. Our staff invites families in frequently to participate in class activities such as STEM activities, reading, sharing of cultures and activities such as cooking, financial literacy, etc. During whole school events such as Carnival, we welcome dozens of parent volunteers who help the day to run smoothly. In addition, our Multicultural Night is one of the highlights of the year and couldn't happen without the direct involvement of parents, grandparents and other extended family members.

Our Parent Involvement Committee understands that family wellness is important for our students to be successful at school. As such, they used this year's ProGrant to organize a Wellness Fair and we had a wonderful evening in April with guest speakers, vendors, meditation, mini-facials, etc.

PIC has also booked the "The Good, The Bad and The Ugly" presentation by Youth Diversion for Monday, May 27th and our school community will be invited to attend. We know that this will be a valuable evening for our families as they continue to learn how to navigate technology usage and social media with their children.

These events help our families to become knowledgeable about community partners and resources in the school and in the broader community. They reinforce that we are a family at Bellewood and that we all have the responsibility to work together to support our students

Communication:

This plan has been shared with our staff, Parent Involvement Committee and is on our website.

Initiated Programs:

The following is a representation of Board-approved programs that are already being implemented at Bellewood:

- *Zones of Regulation*: Zones of Regulation are visible throughout Bellewood. Our Self-Regulation room speaks directly to a space that has been created for our students to self-situate in order to participate in school activities and learning requirements.
- *Character Education Initiatives*: Monthly assemblies to recognize students representing these character traits (Resiliency, Respect, Kindness, Patience and Honesty) and weekly draws for students that have represented the goals of our character education initiative. We also remind students every day to be kind over the announcements and have visual displays of character traits throughout the school. Our Refresh Ecole Bellewood Committee will be integrating character education initiatives in the planning and development of the Learning Commons space.
- *Socio-Emotional Learning Kits*: Teachers use these kits and accompanying lessons in their classroom instruction.
- *Applied Suicide Intervention Skills Training*: Staff trained in ASIST to provide needed support for students, as necessary.

Roles & Responsibilities:

Students:

As per the Bellewood Student Handbook (2023-2024), student responsibilities concerning bullying include:

- We will not bully others.
- We will demonstrate kindness and respect towards others.
- We will help students who are bullied in a supportive manner by using our words and/or reporting what we see to an adult.
- We will include everyone in games and activities.
- We will tell an adult at school and an adult at home.

Staff:

According to AP-AD-45, the GECDsB's administrative procedure concerning "Bully Prevention and Intervention", the role of teachers and other staff members include:

“As role models, teachers and school staff uphold these high standards when they:

- help students work to their full potential and develop their sense of self-worth;
- empower students to be positive leaders in their classroom, school, and community;
- communicate regularly and meaningfully with parent(s)/guardian(s);
- maintain consistent standards of behaviours for all students;
- demonstrate respect for all students, staff, parent(s)/guardian(s), volunteers, and the members of the school community;
- prepare students for the full responsibility of citizenship; and
- provide representation to the Safe Schools team.

Teachers shall also assist principals in maintaining close co-operation with the school community and in establishing and maintaining consistent disciplinary practices in the school and in classrooms. In addition, teachers must assist principals by reporting incidents of bullying and assisting the principal in conducting an investigation (2017).”

Parents/Guardians:

Parents/Guardians are asked to work in collaboration with the school, staff members, and students by also playing a role in the prevention and intervention of bullying. AP-AD-45 (2017) states that parents/guardians fulfill their role by:

- “show[ing] an active interest in their child’s schoolwork and progress;
 - communicat[ing] regularly with the school;
 - [being] familiar with the Board’s Bullying Prevention and Intervention Policy and school code of conduct, including school rules;
 - encourag[ing] and assist[ing] their child in following the rules of behaviour;
 - assist[ing] school staff in dealing with disciplinary issues involving their child;
- and • provid[ing] representation to the safe schools team. (2017)”

Community Members:

In outlining ways in which the greater Bellewood community can be involved and accountable in supporting the student body, AP-AD-45 states that all school administrators and staff who have frequent contact with students should receive training programs on how to prevent and intervene in bullying. These programs will cover “cultural sensitivity, respect for diversity, and special education needs” (2017) of students. To ensure that everyone in the school community is aware of their roles and responsibilities, the policy will be made available and actively communicated by the administration to students, parents, staff, school council, and volunteers. Additionally, our school has a Safe Schools Team that is comprised of at least one student, one parent/guardian, one teacher, one support staff member, one community partner, and the principal.