



Caring and Safe Schools

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December 5, 2018
SJAM School Council Meeting



Inspire Learning!

ALL STUDENTS have the right to learn in an environment where they feel safe, welcome and respected

EVERYONE has a role to play in creating this environment. This includes understanding and following the student code of conduct.

A CARING AND SAFE SCHOOL environment is based on the development of healthy, positive and respectful relationships.



What is MENTAL HEALTH?

What is MENTAL ILLNESS?

HEALTHY

- Normal mood fluctuations
- Calm & takes things in stride
- Good sense of humour
- Performing well
- In control mentally
- Normal sleep patterns
- Few sleep difficulties
- Physically well
- Good energy level
- Physically and socially active
- Not using substances to cope
- None or limited gambling

RESPONDING/ REACTING

- Irritable/impatient
- Nervous
- Sadness/overwhelmed
- Procrastination
- Forgetfulness
- Trouble sleeping
- Intrusive thoughts
- Nightmares
- Muscle tension/headaches
- Low energy
- Decreased activity/socializing
- Regular but controlled substance use/gambling

INJURED

- Anger
- Anxiety
- Pervasively sad/hopeless
- Negative attitude
- Poor performance/workaholic
- Poor concentration/decisions
- Restless disturbed sleep
- Recurrent images/nightmares
- Increased aches and pains
- Increased fatigue
- Avoidance
- Withdrawal
- Increased substance use/
gambling is hard to control

ILL

- Angry outbursts/aggression
- Excessive anxiety/panic attacks
- Thoughts of suicide
- Can't perform duties, control behaviour or concentrate
- Can't fall asleep or stay asleep
- Sleeping too much or too little
- Physical illness
- Constant fatigue
- Not going out/answering phone
- Substance or gambling addiction
- Other addictions

How common are mental health problems?



Emotional Well-Being

Anxiety & Panic

Grief & Loss

Loneliness

Depression & Sadness

Stress

Anger

Self-Esteem

Eating Disorders

Self-Injury & Suicide

Substance Use

TIPS to be mentally healthy -

- Be **KIND** - to yourself and others!
- Be a good friend
- Listen to your friends
- Be physically active
- Limit your screen time
- Get a good night's sleep
- Eat healthy snacks / meals
- Get involved in SJAM life!
- Give back to our SJAM community



SADNESS is...



**...not having
someone to talk to
when you really need it.**



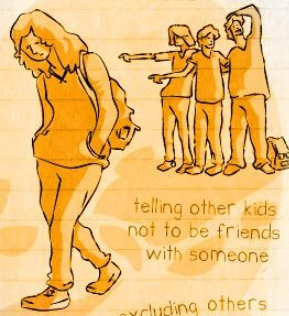
REMINDERS....



Physical



Social



Types of Bullying

Verbal



mean texts

on the internet

Cyber



TEASING -


- **EVERYONE IS HAVING FUN**
- **NO ONE IS GETTING HURT**
- **EVERYONE IS PARTICIPATING EQUALLY**

CONFLICT -

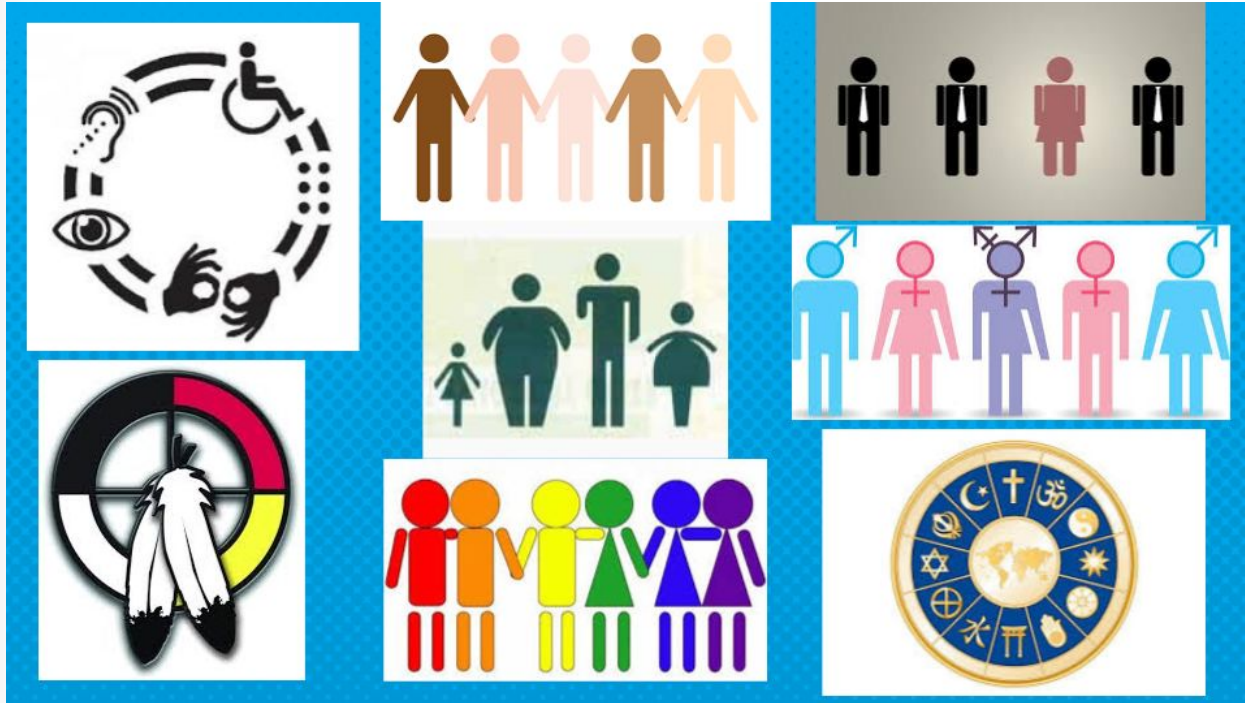
- **NO ONE IS HAVING FUN**
- **THERE IS A POSSIBLE SOLUTION TO THE DISAGREEMENT**
- **EQUAL BALANCE OF POWER**

BULLYING -

- **SOMEONE IS BEING HURT ON PURPOSE**
- **REPETITIVE - HAPPENS REGULARLY**
- **IMBALANCE OF POWER**



Do you know
the difference?



Discrimination is

treating someone differently or poorly based on **certain characteristics** or **differences**. Bullying turns into harassment when the behaviour goes against Canada's Human Rights Laws.

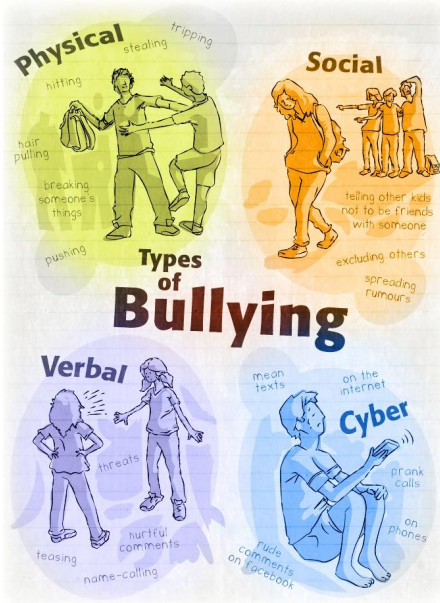
Types of BYSTANDERS



If you choose to take **ACTION**
when you see bullying behaviours,
you are an **UPSTANDER!**



...and you will be a SUPER HERO!



So if I CHOOSE to demonstrate BULLYING BEHAVIOUR what will happen? What are the school consequences?

What happens when you come to the office?

- **Conversation**
- **Restorative practices – to repair the harm done (on next slide)**
- **Communication home (Phone call and/or letter)**
- **Withdrawal of privileges (loss of recess, school activities)**
- **Counselling**
- **Suspension (includes a formal letter in your OSR for 1 year)**
- **Expulsion**

Restorative Questions

ADDITIONAL AND ACADEMIC LEARNING · COMMUNITY BUILDING · CITIZENSHIP · CHARACTER DEVELOPMENT · RESPECT · EMPATHY · COURAGE

To respond to challenging behaviour, ask:

- What's happened?**
- What were you thinking/feeling at the time?**
- Who has been affected? In what way?**
- What do you need to do to make things right?**
- What might you do differently next time?**

To respond to those who have been affected by the challenging behaviour ask:


- What's happened?**
- What impact has this incident had on you and others?**
- What do you think needs to happen to make things right?**
- What might you do differently next time?**



Restorative
Approaches in
York Region
Schools

SOCIAL EMOTIONAL AND ACADEMIC LEARNING · COMMUNITY BUILDING · CITIZENSHIP · CHARACTER DEVELOPMENT · RESPECT · EMPATHY

SUSPENSION IS CONSIDERED FOR...

1. uttering a **threat** to inflict serious bodily harm on another person
 2. possessing **alcohol** or **illegal drugs**
 3. being **under the influence of alcohol** or **illegal drugs**
 4. **swearing** at a **teacher** or at another **person** in a position of **authority**
 5. committing an act of **vandalism** that causes extensive damage to school or Board property or to property located on school/Board premises
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SUSPENSION IS CONSIDERED FOR...

6. **bullying or cyberbullying**
7. habitual **neglect of duty** (with Superintendent of Schools approval only)
8. **opposition to authority**
9. any act considered by the principal to be **injurious to the moral tone** of the school
10. any act considered by the principal to be **injurious to the physical or mental well-being** of members of the school community, and/or
11. any act considered by the principal to be **contrary to the Board or school code of conduct**

NOTE: All schools have staff trained in the Student Threat Assessment and Intervention Process.

You can make a difference



YRDSB Report It Button



If someone can get or is getting hurt,
help by reporting it.

A screenshot of the Inspire Learning! website. The header includes the YRDSB logo, the text 'Inspire Learning!', and navigation links for Careers, Newsroom, Contact Us, Feedback, and BWV Login. A search bar is present with the text 'Staff: --Select an Application--'. Below the header is a navigation menu with links for Home, About Us, Board of Trustees, Schools, Programs & Services, Students, Parents, and Community. The main content area features several sections: 'Message from the Chair' and 'Message from the Director', 'News & Events' with a list of meetings, '2017 Conference the Quest' with a 'Register Now!' button, 'Board Priorities' with a list of topics, and 'Online Tools' with various resources. A blue arrow points from the 'Report It' button in the lower-left to a 'Report IT' button in the 'Online Tools' section, which is circled in black. The 'Report IT' button is labeled 'Caring & Safe Schools'.

TAKE THE PLEDGE



I believe that everyone has the right to feel safe, included, valued and accepted regardless of differences.

I pledge to be respectful to myself and others and stand up against bullying – whenever and wherever I see it.

Our Mental Health Theory Of Action ~

MENTAL HEALTH THEORY OF ACTION

If we:

- build knowledge and capacity;
- develop mentally healthy environments;
- reduce stigma; and
- create collaborative care pathways,

then we will foster optimal mental health and well-being for all students.



SJAM Lead Learners



Character Assemblies ~ Monthly VIP Recognition

House Colours ~ 'Where Jaguars Come Together'

Pro Social Skills Curriculum

Learning Skills and Work Habits

Curriculum Connections: Community Circles

Student Leadership: Equity Team, Me to We,

Mini Me to We, Youth Wellness Network

