



Harold Sheppard School

Anti-Bullying and Anti-Violence Plan In Brief

Definition of Bullying

Refers to any **repeated direct or indirect** behaviour, comment, act, or gesture, whether deliberate or not, including in cyberspace, which occurs in a context where there is a **power imbalance** between the persons concerned and which causes distress and injuries, hurts, oppresses, intimidates or ostracizes.

Definition of Violence

Refers to any **intentional** demonstration of verbal, written, physical, psychological or sexual force which causes distress and injuries, hurts, or oppresses a person by attacking their psychological or physical integrity or well-being, or their rights or property.

Resources of Interest

Right the wrong
www.irightthewrong.com

Bullying.org
www.bullying.org

TEL-JEUNES
1 800 263-2266
www.teljeunes.com

Kids Help Phone
1(800)668-6868

Jeunesse, J'écoute
1 800 668-6868

The Anti-Bullying and Anti-Violence plan for Harold Sheppard School extends from a law that was put into place by the Quebec Government effective December 31, 2012. In collaboration with Riverside School Board, we will work with *all* of our students, staff and parents to create a safe and caring learning environment for everyone. In addition, the plan at Harold Sheppard School focuses on preventing and ending all forms of bullying and violence that targets a student, a teacher or any other staff member.



Prevention Practices

- The Second Steps Program, a supportive tool for problem solving will be implemented throughout the cycles starting in Kindergarten.
- Assemblies that reinforce the school wide Code of Conduct along with attributed rewards for good citizenship will be done on a monthly basis.
- Teaching conflict resolution strategies daily through personal interactions and lessons related to the Ethics and Religious Culture course.
- Opportunities for all members of the community to explore issues and share experiences will be provided.
- Reference documents will be sent home and posted on the school website.

Disciplinary Sanctions

At Harold Sheppard School we are committed to applying fair, consistent and appropriate consequences that are in line with the Code of Conduct in any/all cases where it has been determined that acts of bullying or violence have taken place. Consequences will always be applied with the understanding that the long-term objective is for rehabilitation and reintegration. However, the safety of all the members of the school community will never be secondary to these objectives.

Working Together to Stop Violence and Bullying

All of the Harold Sheppard School Community must report an act of bullying and/or violence that they have witnessed. We are committed to responding and investigating any report we receive which suggests that an incident of violence and/or bullying has taken place within our school community. Furthermore, we are committed to gathering all known facts in a timely and efficient manner.

Reporting a Concern

If your child comes to you about a problem that occurred at school:

- Encourage your child to talk about the problem at school with an adult.
- Use the locked box to voice the witnessing of victimization.
- Assure your child that the information reported to an adult will remain confidential.
- Contact your child's classroom teacher, daycare educator, Special Education Technician or any other support staff if necessary.
- Please contact the principal to provide additional support, investigation, consequences and feedback..

