



Anti-Bullying and Anti-Violence Plan

Insert School Logo Here

End-of-Year Evaluation

2018-2019

School:	<u>Lake of Two Mountains High School</u>	Shared with Governing Board	<u>June 5th, 2019</u>
Principal / Centre Director:	<u>Christina Shousha</u>	Shared with Teacher Council	<u>June 7th, 2019</u>
		Shared with Parents	<u>June 5th, 2019</u>
		Submitted to Director of Pedagogical Services and Director General	<u>June 6th, 2019</u>

Priorities

2018-2019

When looking at anxiety levels at LTMHS the OurSchool survey indicates the following: Students who have intense feelings of fear, intense anxiety, or worry about particular events or social situations. • 32% of students in this school had moderate to high levels of anxiety; the Canadian norm for these grades is 18%. • 50% of the girls and 19% of the boys in this school had moderate to high levels of anxiety. The Canadian norm for girls is 22% and for boys is 14%. Our priority for 2018-2019 will be to reduce levels of anxiety. Our priority for 2018-2019 will be to reduce levels of anxiety by 5%. Last year, 32% reported suffering from anxiety.

Actions / Initiatives to Maintain or Let Go

- 1 - The Community Officer will be present at the school one day per week for community outreach and to provide support for students (To maintain)
- 2 - ACHIEVE Network supports and empowers young girls to help them make informed decisions and build confidence in their abilities, this Girls support Girls Group offers a safe place to come together and develop leadership skills while they find their own voice and discover their own self-worth and sense of belonging within their community. (To maintain)
- 3 - Guest speaker to discuss inclusion and individualism (Samian, Algonquin Rapper) (unfortunately this initiative never came to fruition)
- 4 - Workshops to discuss Bullying and Violence for cycle I students (Ensemble for the Respect of Diversity) (To maintain)
- 5- Workshops to discuss Gender, Sexism and Sexual Harassment for cycle II students (Ensemble for the Respect of Diversity) (To maintain)
- 6 - Workshops On Prevention Drugs and Alcohol for cycle I students (My Independence Matters to Me, Maison Jean Lapointe) (To maintain)
- 7 - Promotion of appropriate language within the school and school property (To maintain)
- 8- Mindfulness workshops for sec 1-2 (To maintain)

9-Pet Therapy (To maintain)

10- CPI training for all employees (Crisis Prevention Intervention) (To maintain)

Actions / Initiatives to Develop

Based on the OurSchool Survey results, our goal will be to maintain our goal to decrease the percentage of students who feel moderate to severe anxiety by 5%.

Students with moderate or high levels of anxiety

Students who have intense feelings of fear, intense anxiety, or worry about particular events or social situations. • 32% of students in this school had moderate to high levels of anxiety; the Canadian norm for these grades is 26%. • 40% of the girls and 25% of the boys in this school had moderate to high levels of anxiety. The Canadian norm for girls is 35% and for boys is 16%

We will achieve this goal by further developing initiatives 1-10 and adding the following initiatives:

- Mental Health Consultant (group workshops as well as individualized interventions)
- Creation of a wellness room
- Hiring of additional Special Education Technicians
- Addition of student supervisors at lunch time