



“A safe school starts with safe classrooms.”

- Olweus Bullying Prevention Program

In continuing our efforts to reduce bullying at St. Monica School, each class (grades first through eighth) will be having weekly “class meetings”. Some questions posed by the teacher may be “How has this week been for you? Have there been any violations of our class rule about not bullying others?” If it becomes evident that there have in fact been instances of bullying taking place, the teacher may then ask “What should we do about this problem?”

These class meetings are instrumental in not only helping all students voice their concerns or experiences in a safe place, but ‘the regular review of how the week has been may create considerable group pressure on students with bullying tendencies’ (Dan Olweus, 2006).

In addition, beginning on Friday March 25th students will be re-visiting “The Bullying Circle” in their Guidance classes. For more information on this, please visit http://www.olweus.org/public/image/olweus_bullying_circle.

It is important as a parent of a student at St. Monica, to understand the Anti-bully program we have in place. If you are looking for more information about the program itself, please visit <http://www.olweus.org/public/index.page>. Here is a simplified list of just some of the many things we are doing here, as a staff and community, to help put a stop to bullying.

- Weekly classroom meetings
- Teacher check-in with both Mrs. Stewart and Mrs. Robinson on any possible bullying related issues – Mrs. Robinson is integral in any bullying related incidents
- Guidance classes focused on Bullying

Bullying is a topic that is continuously discussed in almost all Guidance classes, starting in K-4 and going through 8th grade. Because Guidance classes focus on “friendships, peer-pressure, decision making, choices and consequences...” bullying naturally ties in to each topic.

- School-wide messages to the students - whether it is in homeroom or any specials class – about the importance of **reporting** any incidents of bullying to a teacher. This cannot be stressed enough. If we at the school do not know what is going on, we cannot help make the situation better. Parents please stress this at home as well – **reporting** is crucial to putting a stop to bullying at St. Monica.

You may also view our bully rubric, anti-bully rules, and student reflection form on Mrs. Stewart’s “staff page” on the school’s website. One of the main reasons we chose the Olweus Bullying Prevention Program is because “it involves students, parents, teachers, staff, and even the community, helping everyone who participates to feel ownership in the program's positive results and concrete, long-lasting benefits.” We have to work together, to put a stop to bullying.

If you have any questions about our school’s take on Bullying and our program, please don’t hesitate to contact me, Mrs. Stewart at ext. 117. 😊