


# Thames Valley District School Board

Our school is committed to providing all students with a safe, caring, and inclusive learning environment free from bullying and harassment that promotes respect, acceptance, and empathy.

Our staff, students, parents, and community will work together as a team to make our school safe and welcoming for everyone.

## Safe and Inclusive School Plan

### Ensuring Positive Learning Environments

 This year, we are focusing on creating a calm and safe environment through supportive relationship; establishing Essential Conditions for Learning (ECL)

We are doing this because students benefit from learning self-regulation (calming) and social problem-solving (safety) skills, which are particularly important following a few years of interrupted learning due to COVID)



#### Throughout the year, we will be:

1. Intentionally incorporating daily mindfulness activities in each of our learning environments to support students with approaching situations more calmly
2. Engaging families in workshops/communications related to mindfulness.
3. Incorporating a restorative approach to problem-solving; encouraging students to, "Make it Right" when harm has been caused to another (adult-moderated conflict resolution between peers)



### Community/Home Connections

Ask your child about some of the calming strategies they use at school especially when they are overwhelmed by social conflict.



Try asking your child how they "made it right" with someone at school and practice it at home with your child.

Check out these resources about restorative practices/asking good questions to promote conflict resolution <https://www.youtube.com/watch?v=XwljyoL45OA>

Dr. David Tranter, PhD <https://www.youtube.com/watch?v=xSTAiPIK6p0> –

**ReBuilding School Community in a COVID-19 World**

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## Safe and Inclusive School Plan

### Ensuring Positive Learning Environments



This year we are focusing on building healthy relationships. We are doing this to see an improvement in student well-being and overall academic achievement.



#### Throughout the year, we will be:

1. Facilitating workshops on healthy relationships.
2. Engaging with our community partners and families/guardians about fostering healthy relationships.
3. Acknowledging positive acts that build healthy relationships within the school community and beyond.



#### Community/Home Connections

Ask your child about one positive act of kindness they did throughout the day.

Encourage your child/children to use their voice for advocacy.

Check out this resource [Stop It, Name It](#) about speaking up and being a supportive ally.

<INSERT SCHOOL LOGO>