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# Thames Valley District School Board

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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:

- Understanding the impact our behaviour has on other people
- Being aware of how our actions and words make others feel
- Taking responsibility for our actions and words

We are doing this because we want our students to be empathetic toward others.

**Throughout the year, we will be helping our students build skills in:**

1. Self-awareness
2. Self-management
3. Building positive relationships
4. Responsible decision making

## Community/Home Connections

Ask your child about one way that he/she helped another person today! How did that person feel as a result?

Encourage your child to find positive ways to work through conflict so there are no hurt feelings.

Check out this website <https://mcc.gse.harvard.edu/resources-for-families/5-tips-cultivating-empathy> on ways to cultivate empathy in your child!

