

# 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 facilitating a safe, predictable and equitable school environment. We are doing this to see an improvement in student well-being and overall academic achievement.

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

- 💡 1. Using Restorative Practices to sustain a culture of kindness, respect, responsibility and justice.
- 2. Highlighting community resources. We recognize that information changes frequently. What we know for sure is that you don't need to go through this alone, our relationships are important, *we are in this together*.
- 3. Using and practicing calming strategies.
- 4. Facilitating workshops on Restorative Practice and Trauma Sensitive Classrooms.

### 🏠 Community/Home Connections

Ask your child about “Upstairs Brain/Downstairs Brain” and calming strategies.

Try relaxation techniques at home with your child.

Check out this resource [Mental Health and Wellbeing](#) as supporting mental health and well-being is essential for development and learning and is an enabler for academic success.

