

Signs and Symptoms

Examples of signs or behaviours:

- A student can be afraid of walking to and from school or not want to come to school;
- A student's academic results can be affected (significant drop in results);
- A student can isolate himself, begin to stutter;
- A student can frequently lose personal belongings (victim of taxing) or come home with damaged clothing;
- A student can be in distress; stop eating (loss of appetite), can cry more easily and/or have nightmares;
- A student can become bothersome or aggressive;
- A student can steal money (to pay the bully / taxing)
- A student can be afraid to report incidents or be afraid to receive messages (on cell phone, social media, etc.);
- A student can run away;
- A student can attempt to commit suicide.



Means Put in Place

- Committee against violence and bullying;
- Awareness campaign for staff, students and parents to inform them of the importance of their implication. **At our school, we are proactive!**
- Survey for staff and grade 4, 5 and 6 students (perception of school environment).
- At the beginning of each year and as needed, classroom discussions will occur to heighten awareness of our anti-bullying policy.
- Continuation of the various violence and bullying prevention activities, social skills activities already in place at school.
- Frequent checking up on students who have experienced a bullying situation to ensure the bullying acts have stopped; to make sure parents of the perpetrator are informed of the progress of their child.
- A bullying report form is completed and given to a student who has bullied.
- An anti-bullying binder has been put in place to record all bullying incidents.

*For additional information, please visit the
Ministère de l'éducation, de l'enseignement
supérieur et de la recherche Web site*

<http://www.education.gouv.qc.ca/en/>



Action Plan Against Bullying and Violence

Our Commitment to Take Action Against Bullying

« At Sutton School, we are committed to providing a welcoming, positive and safe environment for all our students. Bullying in all its forms is not tolerated. If acts of bullying take place, these incidents must be reported. Students need to know that this kind of behaviour is taken very seriously and immediate action will be taken. Our school encourages all students, staff and parents to report bullying incidents: **« All persons aware of bullying incidents must report them. »**

Information for parents



To eliminate bullying, we must talk...



The Objectives of our Plan

- All staff, students and parents are aware of our policy against bullying.
- Bullying will not be tolerated and will be dealt with efficiently.
- The procedures to report bullying are clear, known, understood and applied.
- This policy supports Bill 56, our code of conduct and our school's success plan.

Procedures, Consequences and Reconciliation Gestures

- All bullying incidents must be reported to staff.
- All incidents will be recorded (written notes) unless minor and resolved.
- For serious situations parents must be informed in order to discuss the problem and also find a peaceful and constructive solution.
- When necessary, the police will be contacted.
- Threats and bullying must be taken seriously and must be stopped immediately.
- A support mechanism will be put in place to help the perpetrators change their behaviour.
- The bullies will present an apology and additional appropriate measures will be imposed.
- For very serious cases, a suspension or expulsion will be considered.
- When possible, the students will reconcile.

To Better Understand...

What is bullying?

The use of aggression (behaviour, spoken words, act or gesture) with the intent to hurt another person :

- ◆ Deliberate or not (it is the impact of the act that counts).
- ◆ Feelings of distress from the victim.
- ◆ A repeated comment, act or gesture.
- ◆ Power imbalance.
- ◆ Engenders feelings of distress, injury or hurt for the victim.

What is violence?

Any intentional demonstration of force which causes distress or injuries (verbal, written, physical, psychological, sexual) :

- ◆ Intentional
- ◆ Attack to one's integrity or well being (rights or belongings).
- ◆ Not necessarily repeated.
- ◆ Hurts or oppresses a victim.

Don't hesitate to encourage your child to report incidents!

What is a conflict?

- ◆ A confrontation which usually implicates individuals of equal power
- ◆ Confrontation or disagreement between two people.

What is the difference between a complaint and an incident report?

- ◆ A complaint is made by the victim.
- ◆ An incident report is made by a person who has witnessed an act of violence or bullying.

To communicate with the school

Phone Number: 450 538-2318

Email: sherrerh@etsb.qc.ca

As a parent, if you are not satisfied with the measures taken by the school with regard to a violent or bullying situation or its follow up, you can submit a complaint to the school board by contacting the person responsible, Ms. Gail Richards Kelso at 819 868-3100 extension 55035.