

**Well-being PD****Bea Shawanda**

Beatrice shared her stories and teachings of goodwill and kindness across Turtle Island and how to maintain balance through these stressful times. A 2-Minute Story is an effective opportunity to give students a chance to tell a story, either true or fiction, about their day.

Kyla Faganelly

Kyla led her popular workshop “How to Maintain Optimal Health During a Pandemic” , reminding us to ‘Take care of your body, it’s the only place you have to live.’

Cassidy McCabe

Cassidy promotes well-being through the practice of yoga, conscious breathing, and mindfulness. Her work encompasses how meditation and mindfulness can support emotional and mental health.

**this issue**

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Staff Well-being: Rejuvenation Series**The Science of Resilience: How to Boost Your Productivity, Leadership and Well-being**

Dr. McCarthy will discuss how to boost your productivity, leadership capacity and personal well-being by developing resilience strategies that have been developed through research and proven to work. These strategies focus on replenishing energy through physical, emotional, mental, and values-based rejuvenation. This virtual program includes interactive group exercises, a personalized resilience workbook, personal action plans, that will enhance your resilience, productivity, engagement, and leadership skills.

Physical Rejuvenation Monday, April 26

- The impact of the current pandemic on employee stress and performance
- The power of resilience and its core components
- The science of sleep, diet and exercise and their importance for rejuvenation and work performance

Emotional Rejuvenation Tuesday, May 11

- The power of emotions and emotional spirals
- Strategies for emotion management and regulation
- How to develop and maintain an optimistic mindset in high pressure environments

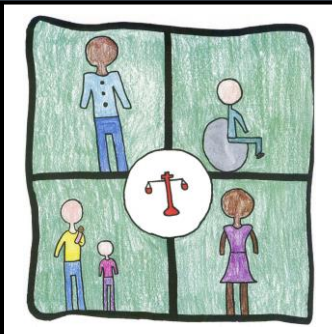
Mental Rejuvenation Wednesday, May 26

- The power of mindfulness and how to leverage it to increase your performance
- How to best establish work/home boundaries
- How to fine tune skills to remain engaged, focused, and productive

Value-Based Rejuvenation Thursday, June 10

- How one’s core values build resilience and should be aligned with your career
- How to align actions and behaviors at work with one’s priorities, values and purpose in life
- The importance of interpersonal connections

All sessions are 4:30 to 5:30 pm EST.



Respect

I show Respect when...

I am polite

I appreciate the uniqueness of others

I have self-respect

I am considerate of others, animals, and the environment

I do not abuse the property of others

I use my best manners

I treat others the way I like to be treated

I listen to a different opinion



ADSB Changemakers: The Outdoor Classroom

The Early Years Program at Thessalon Public School has embraced the concept of learning, growing, and experiencing community in the outdoor classroom. These students and the team of educators spend the mornings in the Front Yard classroom moving among fairy homes, morning meetings, math/literacy



discovery projects and chore times. After an indoor time where the students eat lunch and focus on a literacy and numeracy period, they head back outdoors to the **Noopomiinng, In-Bush Classroom**. Immersed in the outdoors, students problem solve, gather for sharing time, build, discover and explore. When speaking of this unique learning experience one of the educators, Stacey Cooke says "It is an inquiry-based, child-based program. We can coordinate our reading and math following their leading. It does not feel so confined." The hard work and dedication of the Early Years Program team included securing grants, rethinking tasks to accommodate outdoor learning, building safe outdoor spaces, collaborating, and recruiting community partners. The determination and creativity of Stacey Cooke, Donna Petrocco, Laura Lewis and Manon Ferland has made this dream a reality for the children in Thessalon.

To learn more about how you can use outdoor spaces for your students, check out OPHEA and outdoor activities [here](#).

Safe and Accepting: Cyberbullying

Addressing Cyberbullying: There's no App for that Wednesday May 5, 7:00 pm

***"Cyberbullying is an aggressive act targeted at an individual or group of individuals through digital means. Essentially, it is when somebody tries to embarrass, humiliate, threaten, stalk, or harass another person online."* – Prevnet.ca**

About 16% of youth report being cybervictimized. Unfortunately, during COVID that number has increased to about 38%. Organized through the Parent Involvement Committee this presentation from Dr. Craig will provide understanding of the nature and extent of cyberbullying, its negative effects, and strategies to provide support for your child.

Dr. Wendy Craig, PrevNET

Dr. Craig is a clinical psychologist and professor of psychology at Queens's University. She is a powerful advocate against bullying in Canada and a co-founder of PrevNET, Canada's Authority on Bullying.





Ramadan: Supporting Students

Ramadan is a time of prayer, fasting, charity, forgiveness, and kindness observed by the Muslim community. During this month, **from April 13 to May 12**, educators can support students by learning about this normal, cultural practice.

- **Fasting**
During Ramadan, many Muslims will fast (do not eat or drink) from sunup to sundown. Students, depending on age and family decisions, may be participating in the fast. An alternative space for students during Nutrition Break could be considered.
- **Sleep**
Because families eat exclusively after sunset and before sunrise, this may affect sleep patterns for students.
- **Physical Activity**
Fasting may impact strenuous physical activity. Alternative assignments may be considered for students who are affected.
- **Learn More**
Don't make assumptions about students and families, nor is it the responsibility of the students to teach or share about Ramadan. Not all students will participate in the fast. You can learn more [here](#).

Inclusion & Equity: Days of Significance

The "Days of Significance" is not meant to be a comprehensive or exhaustive list, and every attempt is made to ensure its accuracy. We welcome suggestions and corrections!

These days can be useful when planning events and activities for students in the school. Staying aware of these days and scheduling activities around the events will help celebrate diversity and promote inclusion in the classroom.

Days of Significance are secular, religious or creed-based observances and holidays, significant events and other celebrations.

A more comprehensive list of Days of Significance in Ontario can be found at: [Ontario Days of Significance](#)

A World View List can be found at: [UN International Days and Weeks](#)

Days of Significance

World Autism Month April 2021

Increasing understanding of Autism to create a kinder and more empathetic world.

Good Friday April 2, 2021

The day where Christians remember the crucifixion of Jesus Christ. This is a statutory holiday in Canada.

Easter Monday April 2, 2021

Celebrating the resurrection of Jesus Christ. The Monday following Easter Sunday is a statutory holiday in Canada.

Yom HaShoah April 7-8, 2021

Holocaust Remembrance Day is a memorial day for those who died and heroically resisted in the Shoah, or Holocaust.

Ramadan begins April 13, 2021

A month of fasting, prayer, community acts and reflection observed by Muslims. It is the ninth month of the Islamic Calendar.

Earth Day April 22, 2021

Observed worldwide to foster an awareness of environmental issues and concerns.