



Supporting Youth Mental Health

Gratitude Moment

Practicing gratitude with youth helps to refocus their attention to the positive things in our lives. Being grateful makes us more patient when life is difficult.

Youth can engage in a Gratitude Moment to regulate emotions and support positive mental health.

Younger Children:

- Introduce activity to your child, such as, "We are going to take a few minutes to talk about some things in our life we are grateful or thankful for."
- Share something you're thankful for as an example.
- Everyone takes a turn sharing what they are grateful/thankful for.
- Repeat as often as you would like.
- Consider writing down comments and posting them at home.

Older Youth:

- Think of something that you are grateful for.
- Hold this in your mind for a moment.
- You may choose to write the details of your gratitude moment in a journal or share with someone.



this issue

Supporting Youth Mental Health **P.1**

ADSB Leadership Cup **P.2**

Community COVID-19 Testing **P.2**

Asian & Jewish Heritage Month **P.3**

Energy Exchange - Walking **P.4**

5 Steps to Managing Big Emotions **P.4**

5 Steps to Managing Big Emotions

Helping Children to Cope



See additional
information on page 4.

ADSB Leadership Cup

Throughout this year, ADSB Student Trustees Emily Hewgill and Evan Tyler and Indigenous Student Trustee Amara Ruffo have prioritized student mental health and overall student well-being in their work with Student Senate and the ADSB Northern Indigenous Youth Council (NIYC). To wrap-up the year and to further promote student well-being and student voice, they are working with other students to organize and facilitate the first ever ADSB Leadership Cup. This student-run event is open to all ADSB **secondary students in grades 9-12**.

Leadership Cup Guidelines:

- Students are encouraged to register by 3:00 pm, May 24. Everyone who signs up by the deadline will receive a t-shirt. Registration Link: <https://forms.office.com/r/b0qwDqUrPR>
- Each challenge needs to be completed by one individual and all submissions must be submitted to the following link by 4:30 pm, June 4. Submission Link: <https://forms.office.com/r/Vns239B9ql>
- Each challenge will have one overall winner who will receive a prize.

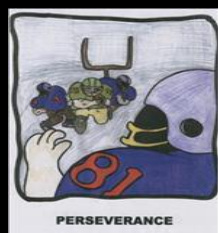
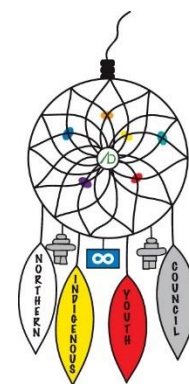


Leadership Cup Events:

- Anti-Marijuana** - This challenge can be a Tik Tok, poster or slogan regarding why smoking marijuana is bad for adolescent minds.
- Creative Scavenger Hunt** – Find various items outside (leaves, rocks, pinecones etc.) and create an art piece with the items you collected. Submit a picture of your creation.
- Creative Writing** – This event allows you to share a creative writing piece of your choice. (Poem, story, song etc.) There is a maximum of 200 words.
- Building Contest** – Design and create the tallest free-standing tower only using newspaper and duct tape. Measure the tower and take a picture standing beside it.
- Outdoor Photography** – Get outside and enjoy the weather! Take a fun picture of yourself enjoying the outdoors. The more creative, the better chance you have to win.
- Soup Can Throw** - Go into your cupboard, find your favourite can of soup and see how far you can throw it. Take a video of yourself throwing the can of soup as far as you can and measure the distance in meters. Farthest distance wins!
- Outdoor Clean Up** - In this event, go around your neighbourhood and collect all the trash you see. Take a picture of yourself holding all of the trash bags you have collected. The submission with the most bags wins.
- Plank** - Hold a forearm plank (forearms on ground, flat back, extend legs behind with toes tucked under). Video yourself holding a proper forearm plank for as long as you can. If you exceed 3 minutes take a picture with your final time on a timer. *Honour system applies* Longest time wins.
- Push-Ups** - Video yourself doing as many push-ups as you can in **30 seconds**. (Push-up: On all fours, straighten your arms and legs, lower body until chest nearly touches the floor, pause, then push yourself back up and repeat) Whoever does the most push-ups in **30 seconds** wins.
- Recreate a Cake** - Do your best to recreate this cake. Take a picture with your final product.



Student Senate
ALGOMA DISTRICT SCHOOL BOARD



Perseverance

I show PERSEVERANCE when...

- I do not give up easily
- I encourage myself to keep trying
- I am not afraid to fail
- I strive for excellence
- I set high goals for myself
- I do not give in to hardship
- I do not quit
- I am patient
- I maintain enthusiasm
- If I don't succeed, I keep on trying

Digging Deeper

Angela Lee Duckworth

Grit: The Power of Passion and Perseverance



Community COVID Testing

Voluntary asymptomatic COVID-19 testing for staff and students continues to be available at the following Pharmacies in Sault Ste. Marie (SSM) and Elliot Lake:

- Shoppers Drug Mart – SSM - 44 Great Northern Road, 705-949-2143
- Shoppers Drug Mart – SSM - 364 Second Line West, 705-945-1215
- Shoppers Drug Mart – Elliot Lake - 220 Ontario Street, 705-848-7125
- No Frills – Elliot Lake – 177 Highway 108 North, 1-866-987-6453
- Rome's Independent Grocer – SSM – 50-44 Great Northern Road, 705-253-2887

In addition, testing will continue to be available at district Assessment Centres or with other partners in Blind River, Chapleau, Hornepayne, Thessalon and Wawa, on a rotational basis.

ASIAN HERITAGE MONTH

Since 2002, Asian Heritage Month recognizes the history of Canadians of Asian descent, past and present anti-Asian racism and discrimination, and celebrates their contributions to the growth and prosperity of Canada. Asian heritage is a rich heritage of diversity that represents many languages, ethnicities and religious traditions. The people of this diverse community have contributed to every aspect of life in Canada including the arts, science, sport, business, and government. Some notable Canadians of Asian descent include Dr. David Suzuki, Paul Kariya, Dr. Teresa Tam, Adrienne Clarkson and Patrick Chan. Additional information can be found at the following links: [Canadian Encyclopedia](#) and [Government of Canada](#).

In the 2019 ADSB Student Census & Well-Being Survey, 3.5% of students identified with an Asian heritage, including East Asian, Middle Eastern, South Asian and Southeast Asian.



The Jewish-Canadian community is the fourth largest in the world after Israel, the U.S. and France. In 2018, Canada officially declared May as **Jewish Heritage Month** to recognize the important contributions of Jewish Canadians in virtually every field including medicine, theatre, music, engineering, architecture, academia, politics, law, the arts and more. We also recognize past and present episodes of anti-Semitism (anti-Jewish discrimination) in Canada. For additional information about Jewish Heritage month, click [here](#) or additional information about anti-Semitism in Canada, click [here](#).

03 **JEWISH** HERITAGE MONTH

In their hit song, "Bobcaygeon," iconic Canadian band, The Tragically Hip, referenced the Christie Pits Riot, which took place in 1933 and marked a turning point in the history of Toronto's Jewish community.

01 **JEWISH** HERITAGE MONTH

The NHL's coveted Hart Trophy was donated by and named after David Hart, father of former Montreal Canadiens Head Coach Cecil Hart and direct descendant one of the first Jews to make Canada home.

09 **JEWISH** HERITAGE MONTH

During World War II, more than one in five Jewish men served in Canada's Armed Forces, a rate 10% above the national average.

Addressing Anti-Asian Racism and Anti-Semitism

The ADSB is committed to ensuring the physical and emotional safety and well-being of all students. All students, regardless of race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status or disability, must feel safe, welcomed and accepted in our schools.

The COVID-19 pandemic has led to an increase in anti-Semitism and anti-Asian racism. Acts of anti-Asian racism and anti-Semitism are unacceptable and cause harm to the health, well-being and safety of educators, students, families and communities. Some ways our communities can counter anti-Asian racism and anti-Semitism include:

- **Learn about Asian and Jewish Diversity** including the unique identities and cultures that have enriched Canadian society.
- **Challenge Stereotypes** and consider how they are rooted in the history of anti-Asian racism and anti-Semitism.
- **Show Solidarity** with Asian and Jewish communities in Canada (e.g. support local Asian or Jewish businesses)
- **Be an Ally** - Call out acts of racism and discrimination and actively support those victimized by anti-Asian racism and anti-Semitism.
- **Interrupt Unconscious Biases** and consider how our own preconceptions affect our behavior and decision-making.

Days of Significance

Asian Heritage Month May 1-31, 2021

This month celebrates and recognizes the contributions that Asians have made and continue to make in Canada.

Jewish Heritage Month May 1-31, 2021

This month recognizes the diverse contributions of the Jewish people to Canadian history and culture.

World Day for Cultural Diversity for Dialogue and Development May 21, 2021

The United Nations has designated this day as an opportunity to deepen our understanding of the values of cultural diversity and to learn to live together in harmony.

Ontario Flag Day May 21, 2021

Victoria Day May 24, 2021

Waabigwani-giizis Zaagibagaa-giizis May 26, 2021

Flowering / Budding Moon

Buddha Day (Vesak or Visakha Puja) May 26, 2021

This is a Buddhist festival that marks Gautama Buddha's birth, enlightenment and death. It falls on the day of the full moon in May.

World No Tobacco Day May 31, 2021

Each year, the World Health Organization (WHO) designates this day to spread awareness about the risks of tobacco use and how we can make the world tobacco free.

Energy Exchange

Did you know....

- 50% of adults don't get recommended levels of daily activity
- 91% of children and youth don't get recommended levels of daily activity
- 60% of adults are overweight or obese

Walking is the wonder drug:

- The risk of obesity goes down by 5% for every Km walked
- Walking improves mood and concentration, boosts mental agility, and fights depression.

-canadawalks.ca



5 Steps to Managing Big Emotions

Regardless of their age, it's not about teaching our children that their emotions aren't important or valid, or that they must be hidden or suppressed, but it is about helping them to find socially acceptable ways to express and deal with their emotions – most importantly, in ways that don't hurt others.

1. Remind myself that it is never okay to hurt others.

It is important to set clear guidelines about what is acceptable and what is not. In our house, we are not allowed to hurt or be destructive to others or their property. That includes hurting others with our words.

2. Take 3 deep breaths or count slowly to 10.

Helping children to understand that these big feelings are completely normal, but it is their reaction and actions as a result of those feelings that can hurt others (and ultimately, ourselves), is an important part of the calm down plan. Taking a few deep breaths or slowly counting to ten gives the child time to recognize their body's warning signs – whether they be a tense body, clenched teeth or racing heart. When making a plan, talk with your child about how their body feels when they are angry or frustrated and then introduce the idea of taking a few breaths to compose themselves and to form a better course of action than striking out at another person.

3. Use my words to say how I feel and what I wish would happen.

Acknowledging the big feelings recognizes that these feelings are legitimate and important and saying what they wish would happen helps to open a problem-solving conversation. Of course, what they wish would happen won't always be an acceptable solution for all parties, and this can often be a difficult lesson for children to learn and they will often need support to work out a more peaceful solution, especially when they are used to striking out when they feel big emotions.

4. Ask for help to solve the problem.

Talking through a problem can help to process it. Children will often need support as they learn to problem solve and find solutions in social situations. Let your child know that it is okay to ask for help when they don't feel that they can solve the problem and keep these important channels of communication open, so that one day when they are working on much bigger problems than a spat with a sibling or frustration with a friend, they feel that they can always come to you for help.

5. Take the time I need to calm down.

Let your child know that sometimes they just won't feel that the solution proposed is enough and that they may still feel angry or upset even having worked through each of the above steps, and that in these situations it is often better to walk away or to find another safe way to diffuse those feelings. As an adult, it is important to remember that this step is not about isolating the child but about giving them space if they want it, or going to them and supporting them through this final step if they need it.

Source: <https://childhood101.com/helping-children-manage-big-emotions>