



Resources

#TooBigOrTooSmall

What is it?

A help seeking resource for students created by ThriveSMH, a provincial student group. The aim of this resource is to support help-seeking by providing information.

What does it support?

Self-care, taking time to discover and rediscover things that help you feel good and recharge.

Notice when you need help, reflective questions to help young people recognize that they may need some help through struggles.

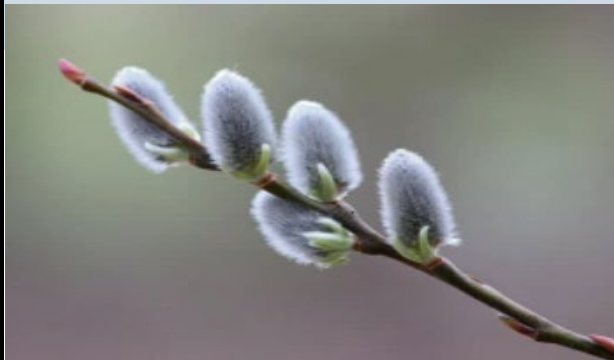
Where to go for help, who to reach out to in your environment when you need help.

Conversation starters, ideas on how to start the conversation about your mental health.

[Access Resources!](#)



School
Mental Health
Ontario



Ramadan

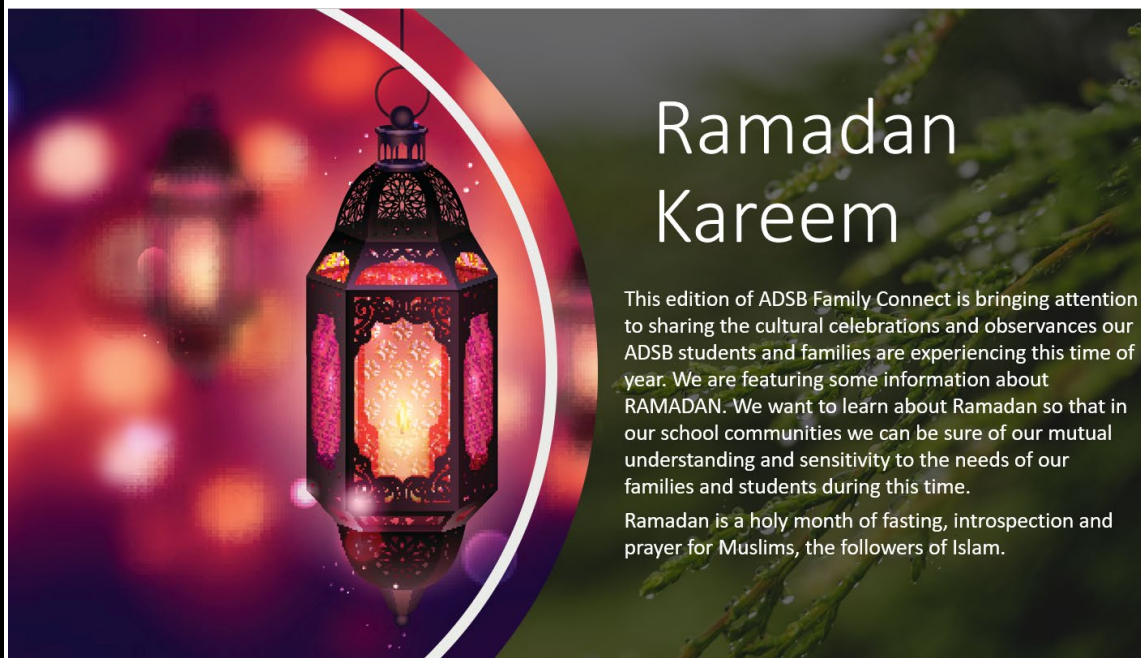
this issue

Ramadan: Helpful Phrases P.1

Character Matters: Student Senate P.2

Days of Significance: Moon Calendar P.3

Supporting Our Learners: Guide to Ramadan P.4



Ramadan Kareem

This edition of ADSB Family Connect is bringing attention to sharing the cultural celebrations and observances our ADSB students and families are experiencing this time of year. We are featuring some information about RAMADAN. We want to learn about Ramadan so that in our school communities we can be sure of our mutual understanding and sensitivity to the needs of our families and students during this time.

Ramadan is a holy month of fasting, introspection and prayer for Muslims, the followers of Islam.

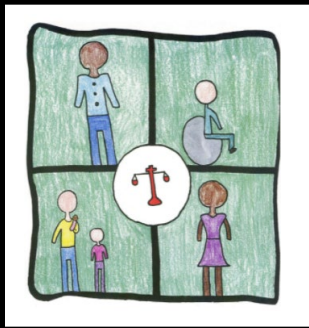
Vaccine Clinics for those Aged 5-11

Children who are eligible for a first or second dose can now do so through community clinics throughout the Algoma District. You can access clinic dates and location [here](#). The paediatric Pfizer Covid-19 vaccine was fully approved by Health Canada as a safe and effective vaccine for children aged 5-11 on November 19, 2021. Vaccines are safe, effective and the best way to protect your child and family from COVID-19 and the highly transmissible Omicron variant. At this time, as per provincial direction, children must be at least 5 years old at the time of their COVID-19 vaccination.

For those who prefer to book an appointment can [book online here](#), or by phone

- If you live in Sault Ste. Marie and Area, Central and East Algoma, or Wawa, you can call 705-541-7370 or 1-888-440-3730
- If you live in Elliot Lake and Area, you can call the Elliot Lake Family Health Team, at 1-705-461-8882 ext. 611
- If you live in White River and Area, you can call the Northern Neighbours Nurse Practitioner-Led Clinic at 807-822-2320
- If you live in Dubreuilville and Area, you can call the Dubreuilville Medical Centre at 705-884-2884

Bon Soo Virtual Olympics



Respect

I demonstrate 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's Student Senate hosted the 8th annual Bon Soo Olympics to promote pursuing Healthy Highs during the month of February. The competition was fierce this year with students' highlighting their school's enthusiasm, creativity and Bon Soo spirit! This initiative originated through Project ABCD to promote a healthy drug-free lifestyle. Individual schools competed in a number of events which included: Mascot Shuffle, Snow Sculpture, Instagram Message, Creativity Corner, Outdoor Activity, Kindness Activity, and a school song. Schools could submit entries as a class, cohort, individual or school.

This year six secondary schools competed with over 45 entries. Student trustees Shail Giroux, Annika Morrison and Manook Wilson took the lead with organizing the events and motivating students to get involved. White Pines and Michipicoten won top honour, with Chapleau taking second and Korah with third place.



Digging Deeper

Mirrors, Windows and Sliding Glass Doors

2022-2023 ADSB Student Trustees



Teagan Brittan,
Michipicoten High School



Ava Engel,
Korah Collegiate



Nevaeh Pine,
Indigenous Student Trustee

Namebine Giizis (Sucker Moon)



The fourth moon of Creation is a time of cleansing. The sucker receives cleansing techniques from the Spirit World to impart on this world. It also cleanses a path for the Spirits and water beings. We can learn to become healed healers during this time.

www.musktratmagazine.com



Happy Earth Day

April 22

Are you looking for ways to get your class involved? Check out [Earth Day tips](http://www.earthday.org/earth-day-tips) at www.earthday.org/earth-day-tips

Join the City of Sault Ste. Marie, The Kensington Conservancy, and SSM Region Conservation Authority for the [Algoma Earth Day Bio Blitz](#). Learn how you can [join and win here](#).



Addressing Slurs, Epithets and Gendered Pejoratives



1

Interrupt

Stop the speaker. Explicitly name why the remark was unacceptable. Use a tone in which all bystanders can hear your response.

"That comment is harmful and will not be tolerated in our class."

2

Educate

Explain why these words are volatile and impact others.

"Those words are extremely hurtful and damaging for people to hear. I expect that you will not be using those words again. I will be reporting this offense."

3

Support

Show your support to the person who experienced the discrimination by checking for their immediate safety and asking if they need help.

4

Report

Document the incident and report it to your administration. Follow up with your administration and school staff.

5

Uphold

ADSB staff have an obligation to create safe and belonging school communities for all staff and students. Following this protocol provides steps to help confront discrimination.

6

Learn

Stay current and be proactive. Participate in equity studies, look for resources from our Indigneouns and Well-being portfolios and read publications from professional journals.

Sikh Heritage Month April 2022

Recognizes the importance of the contributions that Sikh Canadians have made to Canada.

International Day of Pink

April 14, 2022

A day of awareness and prevention against homophobia and transphobia.

Pesach (Passover)

April 15-23, 2022

A weeklong celebration of deliverance of Jews from slavery in Egypt. Many important rituals such as Seder, are observed this week.

Good Friday

April 15, 2022

Commemorates the crucifixion of Jesus and his death at Calvary.

Easter

April 17, 2022

An important Christian Holy Day. Celebrates the resurrection of Jesus Christ. Observed with worship services, feasts, and special music.

Earth Day

April 22, 2022

A global movement to educate and demonstrate environmental protection of the earth.

Holocaust

Remembrance Day

April 27-28, 2022

A day to observe the loss of 6 million Jewish people to Nazi Germany in the Holocaust.

International Day of Mourning

April 28, 2022

A day to remember those lives lost or injured in workplace accidents.



Digging Deeper

What is Eid?

Eid al-Fitr or Festival of the Breaking of the Fast, is a celebration at the end of Ramadan. Muslim observe this three day holiday with praying, gift giving, feasting, remembering loved ones and charity.

Class Resources

There are many resources available to help teachers learn about and plan for Ramadan. Some helpful websites include:

[Learning for Justice Link Here](#)

[TDSB Islamic Heritage Month](#)

[Colorin Colorado!](#)

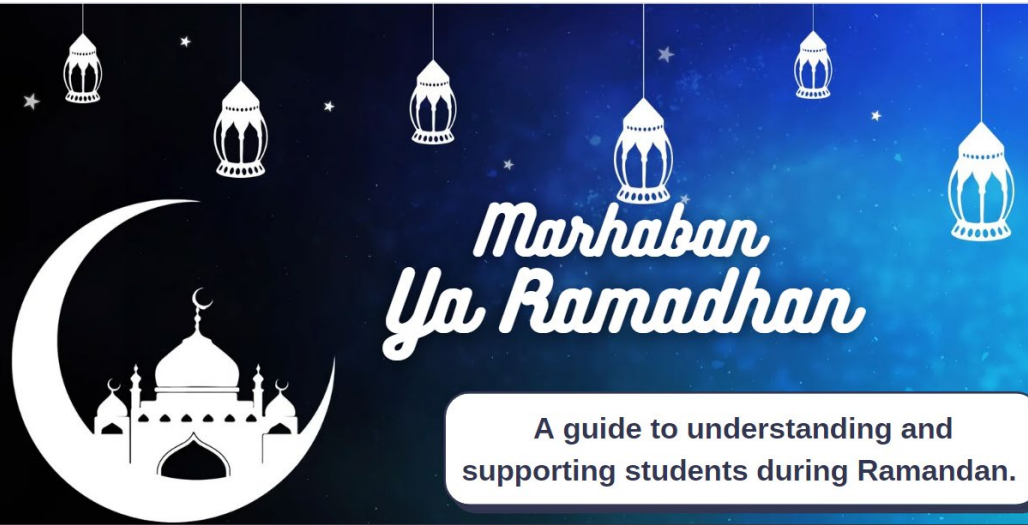
Islamophobia

Islamophobia is a reality for many Muslim people across Canada. Celebrating the beauty in diversity and teaching about the strengths of cultures helps to combat the hatred and ignorance that gives racism its footing. Celebrations and events like Ramadan and Eid are great opportunities to bring this diversity into the classroom. Decorating for Ramadan or listening to a recording about a child's experience about these special days, helps to create a more inclusive future.

Faith is personal

Be mindful that faith and religious practices are a highly personal matter for many people. Please show discretion when talking to students about Ramadan.

-Adapted from Learning for Justice, www.learningforjustice.com



What is Ramadan?

Ramadan is a holy month of fasting, introspection, and prayer for Muslims, the followers of Islam. People who participate in Ramadan are encouraged to focus on kindness, forgiveness and charity. Ramadan is a time to engage in acts of compassion and empathy to those in need. This year *Ramadan is observed from sunset on April 1st to sunset on April 30th.*

What does it mean to fast during Ramadan?

Many religions practice fasting and can take on different forms. During Ramadan followers abstain from eating, drinking, and smoking between sunrise and sunset. The pre-fast meal is called Sahoor and the fast is broken after sunset with the Iftar meal. Not all people who are Muslim will fast during Ramadan. Depending on the age of the child, some will participate in fasting partial days or full. People with medical exemptions will not fast. Ramadan is a time to reset, contemplate and reset. Not everyone must participate in the fast.

Prayers and celebration

Prayers are an important element to Ramadan. People who participate in Ramadan pray at specific times throughout the day. Many schools offer students a quiet space (an empty room) to go to during these times. If you have families observing Ramadan, a prayer room should be available to these students. Many families also will have prayers after their evening meal during this month. As a result, students may be tired throughout the day.

Supports

- Physical Activity

Be aware if you have students participating in Ramadan. Students who are fasting may be experiencing weakness and ask to refrain from physical activity (gym or outdoor games). Others will choose to continue to participate in these activities. Please talk with your administrator and families to plan for these events.

- Lunch

Privately speak with students and families who are participating in Ramadan. Sitting in a room where everyone else is eating their lunch may be overwhelming. An alternative place to take a lunch break and play a few games or read books with others is a great accommodation.

- Educate yourself

Be mindful that it is not the job of our students to educate the class regarding their heritage. Take the time to learn about Ramadan, engage your students, and ask other colleagues about this important time of the year.