



Pay it Forward

Healthy relationships
skills/empathy

Purpose

To help students build empathy and compassion by noticing good qualities in others and reinforcing that kindness so that their peers feel valued.

Instructions

Review and model what a positive affirmation looks like.

Include examples of affirmations, such as "You are so patient. You took the time to show your friend how to solve the math problem when he was not getting it."

Add notes of affirmation on lockers, desks, cubbies when you notice or are thinking of someone.

Use post-it notes or cards. If students receive a positive message, it should prompt them to give one too. Pay it forward.



School
Mental Health
Ontario

-Source: School Mental Health

this issue

Mental Health Week: Empathy P.1

Character Matters: Bryan Bellefeuille P.2

Days of Significance: MMIWG May 5th P.3

Mental Health Week, May 2-8: EMPATHY

The Canadian Mental Health Association is celebrating Mental Health Week by promoting empathy. As educators, **empathy** is a skill that can be taught and strengthened with use and encouragement. Throughout this issue of **Connects** you will find activities such as **Pay it Forward** (pg. 1) to activate empathy in your students, a hyperlink to sites such as **CAMH** (below) to learn more about investing in empathy, an invitation to Equity leader **Bryan Bellefeuille's** after-hours session (pg. 2) to get involved, and a special insert on **Murdered and Missing Indigenous Women** (pg. 3) to become aware of issues that impact our communities. Building empathy in ourselves and our students creates communities of support and networks of care.

Building Empathy through Listening:

Active listening is making sure the person talking to us knows we are really there with them. Good communication skills often take time to develop and practice. Some tips to help strengthen these skills from CMHA include:

1. Make it known that you are listening (even saying phrases such as "I'm listening" can go a long way)
2. Avoid distractions (go somewhere quiet, turn off electronics)
3. Focus on the speaker (Do not center the conversation around you, be cognizant of what is being said)
4. Remember that you are there not to fix the problem, but to listen and offer support
5. Beware of comments that accidentally undercut the other person. (Instead of "Don't be sad", try "Sounds like you've got a lot on your plate right now, it does seem overwhelming.")

Active listening is a powerful tool. It is okay to make mistakes, like any skill, listening takes practice and commitment.

-Adapted from "The Art of Listening in Six Simple Steps", CMHA, www.mentalhealthweek.ca

Seeing the world as others do



This is empathy.

Before you weigh in, tune in.



#GetReal
mentalhealthweek.ca

CMHA Resources:

- [Toolkit](#)
- [Social Media](#)
- [Articles](#)



Honesty

I demonstrate honesty when...

- I tell the whole truth
- I do not steal
- I do not cheat
- I keep my word
- I do not twist or exaggerate the truth
- I do not deceive others with my words or actions
- I am straightforward
- I do not lie
- I am honest with myself
- I can be trusted by others
- I mean what I say and say what I mean



Digging Deeper

Mirrors, Windows and Sliding Glass Doors

ADSB Changemakers



With Guest

BRYAN BELLEFEUILLE

Equity Work Through an Indigenous Lens

TUESDAY, MAY 3RD

7:00 - 8:00 PM

via TEAMS

This Synchronous Gathering is Part 3 in a 4 Part Equity Study. It is open to all educators! You can sign up here to attend.



*Experienced Ojibwe language teacher and Indigenous Culture and Curriculum Support Worker, **Bryan Bellefeuille** shares his experience with authentically integrating Indigenous knowledge into curriculum.*

Grand View and River View Students Get Creative

Giving students an opportunity to help and respond to the crisis in Ukraine was important to the team of teachers at Grand View and River View Public Schools. Teachers Kaitlyn Pottekkat, Mara Prgomet, Jeanne Lepage, Mike Miller, Dawn Munro, Erin Parker, Rod Moynan, and Marcus Dias helped students create artwork, jewelry, ribbons, and Ukrainian flags which they sold to the public. Monies from these sales and donations collected went to the Ukrainian Children's Relief Fund. Teacher Mara Prgomet reflected that it was important to allow students to focus on what was in their control in order to support the mental well-being and global citizenship of students. Raising over \$1200 these students and teachers felt that they were not only able to help others but created another positive shift within their own hearts and minds.



ADSB Student Senate Presents Mental Health Workshops

for Grade 9-12 students



May 10
4-5

Yoga

with Cass McCabe

May 17
4-5

Stress Reduction and Meditation
with Sarah Celli

May 24
6-8

Paint Nite

with Patrick Hunter

Sign Up through Edsby

National Day of Awareness for Missing and Murdered Indigenous Women, Girls and 2 Spirited People

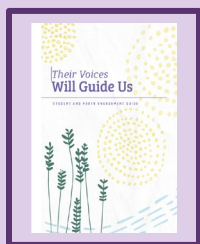
Thursday, May 5, 2022

The National Day of Awareness for Missing and Murdered Indigenous Women, Girls and 2 Spirited People, or Red Dress Day, is a day to educate and raise awareness of the violence that targets Indigenous women, girls and 2SLGBTQQIA people. Indigenous women make up 16% of all female homicide victims, and 11% of missing women, even though Indigenous people make up 4.3% of the population of Canada. Indigenous women are three times more likely than non-Indigenous women to be victims of violence. On May 5, and every day, we advocate for change. Listed below are resources that we encourage you to use for your own personal knowledge and consider sharing with your students in age-appropriate contexts.

"We call upon you, as leaders in our education systems, to ensure that all teachers are provided with ongoing and authentic professional development opportunities that provide the pedagogical foundation and subject matter knowledge and skills to teach this truth with confidence, empathy, and respect. This will foster learning environments that create well-educated, socially responsible citizens for the future."

— Charlene Bearhead, *Their Voice Will Guide Us: Student and Youth Engagement Guide*

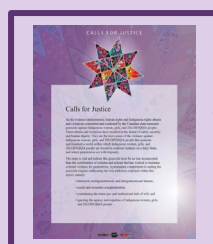
Resources



Teacher
Guide



MMIWG
Report



Calls to
Justice

All Images are
Hyperlinked



common signs of human trafficking

CANADIANHUMANTRAFFICKINGHOTLINE.CA

Behavioral Change

Victims can be fearful, anxious, defensive, and/or secretive. They might feel alone, isolated, and helpless.

Physical Health

Victims may show signs of abuse, confinement, malnourishment, and/or substance abuse.

Restrictions

Victims may be deprived of access to money, phone, and/or identification documents.

Disconnection

Victims may become disconnected from their family and/or friends.

Control

Victims are often controlled, and someone may speak for them in public. They are often escorted at all times.

Fear

Victims may fear for their safety or the safety of Someone else as traffickers can threaten to harm the victim, their friends, or family members.



Asian Heritage Month

May 2022

A month to celebrate the many achievements and contributions of Canadians of Asian origin.

Learn more [here](#)

Jewish Heritage Month

May 2022

Recognizing and celebrating the history and culture of Jewish Canadians.

School Principal Day

May 1, 2022

A day to honour and thank our school principals!

Mental Health Week

May 2-8, 2022

A week to raise awareness and reduce stigma around mental health.

Education Week

May 2-6, 2022

A week to acknowledge the work and excellence that staff and students exhibit in our schools.

National Day of Awareness for Missing and Murdered Indigenous Women

May 5, 2022

International Day Against Homophobia, Biphobia, and Transphobia

May 17, 2022

A day to support human rights for all, regardless of sexual orientation or gender identity or expression.

Victoria Day

May 23, 2022

A federal Canadian holiday to celebrate Queen Victoria's birthday.