



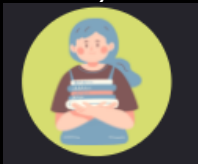
Miigwech! Merci! Marsi!

*Thank-you for keeping us
safe and healthy so staff and
students can learn and grow.*

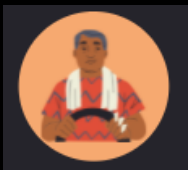
National Custodial Workers' Recognition Day Oct 2, 2021



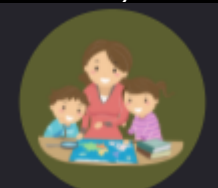
World's Teachers Day Oct 5, 2021



School Bus Safety Week Oct 18-22, 2021



Child Care Worker & ECE Appreciation Day Oct. 22, 2021



this issue

Fostering SEEDS of Well-Being **P.1**

Healthy Schools: Human Trafficking **P.2**

Days of Significance: Hispanic Islam **P.3**

What do ALL students need at school?

A smile

*Someone who
believes in them*

Someone who listens

A safe place to risk

A warm welcome

*A connection to a caring
adult, every day*

*Someone who reaches
out when they notice*

A chance to learn



Wellness Wednesday

Promoting Health through fostering
the SEEDS of well-being.

Starting Wednesday
October 27, at 7:00, we
will bring to you a
variety of local
professionals that will
instruct, inspire, and dig
into the SEEDS of well-
being.

A menu of speakers and
Teams Links will be
provided through your
school administration

Social

We have social brain networks that need to be fostered and cultivated through a lifetime. Social connectivity, good quality social relationships, has multiple benefits to our immune system and our mental health.

Education

Learning something new on a regular basis builds an infrastructure of brain connectivity. The more connectivity, the richer your thoughts.

Exercise

Our bodies are meant to move. If we don't get regular exercise, we don't tap into the natural body-enhancing, brain-enhancing biochemical processes that benefits our brains.

Diet

Your body needs rich nutrients to develop the brain neurotransmitters that foster optimum brain health.

Sleep

Not just quantity, but quality of sleep is essential to brain health and well-being.

-Adapted from The Brain Bible, by Dr. John Arden



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



IGNITE 2021

Jessi Cruickshank's
interview with Hayley
Wickenheiser

Human Trafficking in Algoma

Human trafficking is a domestic problem in which people are exploited for the ongoing gain of traffickers. Ninety-eight percent of those exploited are people from Canada being trafficked within Canada. Sexual exploitation and human trafficking involve persons being groomed and manipulated into exchanging sexual acts for money, drugs, shelter, food, transportation, love, acceptance, or any other consideration. Twenty-eight percent of the victims in Canada are UNDER 18 years of age. It is important to remember that victims can be of any age, gender, sexual orientation, income, geographic location, or religion. However, many of the victims are from marginalized communities: LGBTQ2S+, Indigenous, and the young.

As educators we can be an important piece of recognizing and reaching out to those who have fallen prey to these exploiters. Victims of human trafficking may be unwilling to report abuse as they are entangled in a web of manipulation and abuse. Some risk factors to consider when working with students in your classroom are: not feeling adequately loved, low self-esteem, family instability or conflict, lack of social support networks, problems in school such as bullying or truancy, and poverty. Some changes that may indicate that a person is involved in human trafficking might include no ID or passport, owns new items, new relationships that have escalated quickly, and being isolated from their support network.

You are such an important advocate for your students in stopping the flow of human trafficking. If you think someone you know has been impacted by human trafficking, please contact R.I.S.E. at Algoma Family Services. They can be reached at ahtp@algomafamilyservices.org or Canadian Human Trafficking Hotline at 1-833-900-1010.

- Adapted from *Resources & Integration for Survivor Empowerment*. Algoma Family Services

common signs of human trafficking

CANADIAN HUMAN TRAFFICKING HOTLINE.CA

1

Behavioural Change

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

2

Physical Health

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

3

Control

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

4

Disconnection

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

5

Fear

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

6

Restrictions

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

Human Trafficking: R.I.S.E.

98%

of sex human trafficking is domestic (occurs in Canada to Canadians).

97%

of victims of human trafficking are women and girls.

28%

of the victims in Canada are under 18 years old.

92%

of trafficking victims know the person accused of trafficking them, and often identified them as their intimate partner.



National Hispanic Heritage Month

Sept 15–Oct 15

The Latinx and Hispanic countries include countries in South America, Central America, Mexico, Spain, and some islands of the Caribbean.

Latinx: Geography

People from countries in Latin America who speak Spanish, Portuguese, or another language.

Hispanic: Language

People from Spain or a Spanish-speaking country. Guatemalans are considered both Latinx and Hispanic.

600+ languages and dialects

Independence Day is

September 15, 1821

for Costa Rica, Honduras, Guatemala, El Salvador, and Nicaragua



National Custodial Workers' Recognition Day

Oct 02, 2021

A day to show appreciation to the people who keep our workplaces and schools running smoothly. We value their remarkable efforts during these extraordinary times.

International Day of Non-Violence

Oct 02, 2021

Birthday of Mahatma Gandhi, pioneer of the philosophy and strategy of non-violence. This day is observed to educate and raise public awareness of tolerance and peace.

World Teachers' Day

Oct 5, 2021

A day to celebrate teachers around the world. We recognize all of our educators who make significant contributions to our students every day.

World Mental Health Day

Oct 10, 2021

The objective of this day is to raise awareness of mental health issues and mobilize efforts globally in support of mental health.

Thanksgiving

Oct 11, 2021

A national holiday in which Canadians celebrate the harvest and other fortunes in the past year.

National School Bus Safety Week

Oct 18-22, 2021

Is a week designed to reinforce school bus safety guidelines and show appreciation for the bus drivers who keep our children safe.



Islamic Heritage Month is recognized in Canada during the month of October. During this month we are challenged to reflect, celebrate, and learn about Muslim history, culture, and religion. Islamic Heritage Month Act of 2016 was introduced "to provide all Ontarians, both today and in future generations, with an opportunity to reflect, celebrate, and learn about the rich and longstanding Islamic history in the

province and the diverse roles and contributions of Muslim people in communities across Ontario. The new understanding will in turn help combat anti-Islamic sentiment." Staff and students at Algoma District School Board are encouraged to explore the diverse heritage, challenge stereotypes, and learn from each other in order to foster greater social connections.

Fun Facts and Notable Contributions

- "As-salamu alaykum" is an Arabic phrase and a Muslim greeting that means "Peace be upon you."
- Nazem Kadri is a Canadian professional ice hockey player. He is the third Muslim to ever play in the NHL.
- More than 85% of Muslims are non-Arab. Muslims live among virtually all ethnic groups.
- Minister Ahmed Hussen (Public Servant) as of 2019, serves as the Minister of Families, Children and Social Development. He was the first Somali Canadian to serve in the government cabinet.
- Malala Yousafzai won the Nobel Peace Prize in 2014 at the age of 17. She had been named one of *Time Magazine's* "100 Most Influential People in the World" three years in a row.
- Many inventions we use today have come from Islamic civilizations. Marching bands, citric acid, arabesque architecture, the vertical-axle windmill, guitars, water pipes, and teaching hospitals are a few examples. Early attempts at gliding, algebra, pinhole cameras, and the laws of refractions are also tied to Muslim culture.
- Dr. Afua Cooper (Writer, Poet), in 2018, was named the Poet Laureate of Halifax. She currently teaches at the Department of Sociology and Social Anthropology at Dalhousie University.

For additional resources, explore these websites and resources:

- [Islamic History Month](#) (Teacher-friendly overview of IHM)
- [Muslim Heroes & Inventors](#) (A collection of short, animated video clips geared toward primary/junior)
- [1001 Inventions](#) (Secondary resource)