



Supporting Student Mental Health

Muscle Relaxation

By working to reduce muscle tension, we can change our experience of stress in the body. Show your students, both in-person and online, how to recognize tension by contracting and relaxing different body parts.

Neck: Push your shoulders up to your ears (as if you were hiding inside a turtle shell) for 3 seconds then let them go and relax slowly for 3 seconds. Repeat.

Hands: Squeeze your hands together into fists (as if you were squeezing lemons) for 3 seconds then let them go and relax slowly for 3 seconds. Repeat.

Stomach: Squeeze your stomach in as if you were trying to squeeze through a small space in a fence for 3 seconds then let it go and relax slowly for 3 seconds. Repeat.

Feet: Push your feet down into the floor for 3 seconds, then let go and relax slowly for 3 seconds. Repeat.

School Mental Health Ontario has additional stress management strategies at the following [link](#).



this issue

Mental Health Week **P.1**

Changemakers: Leadership Cup **P.2**

Anishinaabe Lunar Calendar **P.3**

Physical Rejuvenation **P.4**

Mental Health Week (May 3-9, 2021)

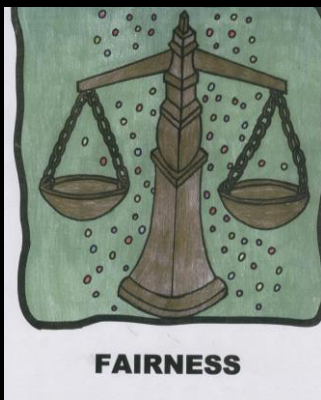
- Even in times of extreme anxiety and stress, mental health is something we can protect, not just something we can lose.
- Heavy feelings lighten when you put them into words. When we voice our emotions, the pain gives way. So, let's understand and name how we feel. Angry? Glad? Frustrated? It's all good.
- This year's Mental Health Week focuses on how naming, expressing, and dealing with our emotions – the ones we like and the ones we don't – is important for our mental health.
- This Mental Health Week, don't be uncomfortably numb. #GetReal about how you feel, and name it, don't numb it.
- Check out the [CMHA Mental Health Week School Toolkit](#) for in-class and virtual activities to support Mental Health Week. Click [here](#) to access the toolkit.

Get ready to **#GetReal**

CMHA Mental Health Week May 3-9, 2021

Visit mentalhealthweek.ca for info and tools!

Canadian Mental Health Association
Mental health for all



Fairness

I show fairness when...

- I treat others equally
- I play fairly
- I do not cheat
- I am a good sport
- I am able to take turns
- I share with others
- I make fair decisions
- I am impartial
- I don't let bias or prejudice influence my decisions
- I do not discriminate

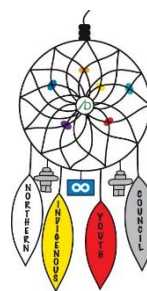
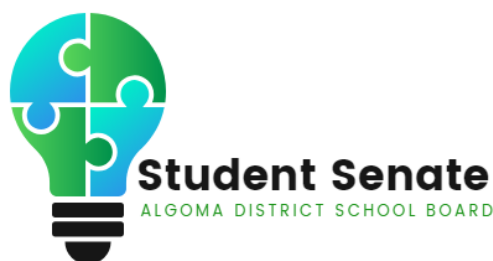
Digging Deeper

Edutopia: Curwin on Fairness



ADSB Changemakers: 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. The ADSB Leadership Cup will be an opportunity for students to participate in a number of activities, either virtually or in-person, depending on provincial guidelines, at the end of May. Activities are being planned to appeal to a wide range of students. Prizes will be awarded and a finale is being planned during the joint Student Senate and NIYC Meeting on June 9, which will feature guest speaker, Dave Jones from Turtle Concepts.



2021 Well-Being Survey

The 2021 Well-Being Survey is scheduled to be completed in May with versions for students, staff and parents/guardians. This year's version will be much shorter than the 2019 survey and will include key questions related to safe schools, equity, healthy schools and mental health.



Upcoming Professional Learning

May 5 (7:00 – 8:00 pm) – Cyberbullying with Dr. Wendy Craig, PREVNet ([Registration Link](#))

May 11 (4:30 – 5:30 pm) – Emotional Rejuvenation with Dr. McCarthy

May 17 (7:00 – 8:00 pm) – Anti-Racism/Anti-Discrimination in Education with Kike Kojo

May 26 (4:30 – 5:30 pm) – Mental Rejuvenation with Dr. McCarthy

Safe and Accepting Schools: Bullying

To stop bullying:

- Children need clear and consistent messages about what it means to relate to another person in a positive and healthy way.
- Kids need to understand social responsibility and the importance of standing up for themselves, and for others.
- We all need to work together to promote healthy relationships and eliminate violence.

Click [here](#) to find additional information about bullying from PREVNet.



Anishinaabe Lunar Calendar

The moon goes around the earth approximately every 28 days. This means that over 365 days, the moon orbits earth 13 times. Though there are 13 lunar months each year, most of us follow the 12-month Gregorian calendar created by Pope Gregory XIII. The Anishinaabe named the moon cycles after the important natural events that influence a location on earth. Because the territory that the Anishinaabe live on is so large, the moons may not be called the same thing for all areas.

Waabigwani-giizis or the “Flowering Moon”, is the time when Creation is shifting into spring and renewal. The melting of goon (the snow) has taken place and the plant relatives have had time to absorb the water. The renewal of the warm sun brings new life and new growth. The trees have new buds on them, soon to turn into leaves or new needles. In other parts of the Great Lakes, this time of year is sometimes known as **Zaagibagaa-giizis** or, “the budding moon”. As plants blossom and grow, thanksgiving is offered through ceremony and celebration, this is a life-giving time. New babies are born from the four-legged, winged ones and fish beings. New life is coming, sharing new energy to the world. This is the time of year when lots of movement traditionally took place as Indigenous peoples began to move in to summer camps and the larger seasonal communities. **Continued on page 4**

Healthy Schools: World No Tobacco Day

There are immediate and long-term health benefits to quitting tobacco: (Canadian Lung Association)

- After 8 hours, carbon monoxide levels drop in your body and oxygen levels in your blood increase to normal
- After 48 hours, your chances of having a heart attack start to go down and your sense of smell and taste begin to improve
- After 72 hours, your bronchial tubes relax and make breathing easier, and your lung capacity increases
- Within 2 weeks to 3 months, blood circulation improves and lung capacity increases by up to 30%
- Within 6 months, coughing, stuffy nose, tiredness and shortness of breath improve
- Within 1 year, risk of smoking-related heart attack is cut in half
- Within 5-15 years, the stroke risk is reduced to that of a non-smoker
- Within 10 years, risk of dying from lung cancer is cut in half
- Within 15 years, the risk of dying from a heart attack is the same as person who never smoked and heart disease is that of a non-smoker

Additional information about World No Tobacco Day is available from the World Health Organization at the following [link](#).

Days of Significance

Pascha

May 2, 2021

Orthodox Christians celebrate Easter.

Mental Health Week

May 3-9, 2021

Cinco de Mayo

May 5, 2021

This holiday celebrates Mexican culture and heritage.

Laylat al-Qadr

May 9, 2021

The holiest night of the year for Muslims commemorates the night that the Quran was first revealed to the prophet Muhammed.

International Day Against Homophobia, Transphobia and Biphobia

May 17, 2021

This is a global celebration of sexual orientation and gender diversities.

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.

Waabigwani-giizis

Zaagibagaa-giizis

May 26, 2021

Flowering / Budding Moon

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.

Physical Rejuvenation – adapted from Dr. McCarthy



Anishinaabe Lunar Calendar

– continued from page 3

Namebini-giizis or the “Sucker Fish Moon” is an important time in the yearly life cycles of the Anishinaabe. Many Ojibwe/Anishinaabe Elders tell of a time long ago when the Anishinaabe were coming out of a very long harsh winter. There was little food left to sustain the people to the coming days of the early spring. It is said at this time, Namebin, the white sucker fish (*Catostomus commersoni* in Latin) took pity on the Anishinaabe. Because of the compassion Namebin had for the Anishinaabe, Namebin spoke to the Creator on their behalf and said that the Anishinaabeg were in need of food as life was hard for them during this time of year. The Creator then asked Namebin what they should do, and Namebin said to G’zhe-manidoo, that they would offer themselves to sustain the Anishinaabeg.

It is said because of this sacrifice made by Namebin, the Great Spirit gave Namebin an ability to multiply in great numbers.

Today all across Anishinaabe territory, there is still a lingering joking humor about “only catching suckers” when one goes out fishing at the start of the fishing season. This is perhaps a reminder of that story, or a way of knowing that “the suckers” are among the first fish to start running/spawning in this time of year.

In parts of western Great Lakes territory, particularly in the southern communities, Namebini-giizis occurs during the February moon. For other communities, particularly in the Northeastern regions of the Great Lakes, Namebini-giizis happens during the April moons to coincide with the start of the fish spawn. Today, the start of the fish spawn happens with “the smelt run”. However, we need to recognize that smelts are not Indigenous to the Great Lakes as they were introduced as a sport fish some time during the early 20th century. In the days of old, Namebin was among the first fish to begin the spawning cycle.

Among many Anishinaabe/Ojibwe Elders, “smoked suckers” and “sucker head soup” are considered a true delicacy. In modern times with the onset of commercial food production, the eating of suckers has come to be viewed as less desirable. However, if we pause to think of the cultural importance, we begin to see how in the times when the waterways were significantly cleaner, Namebin would taste quite different as “bottom feeding fish” have a slightly different taste.

Here is a video of an “Anishinaabe Fish Dance” from the 2019 Honour the Earth Pow Wow in LCO Wisconsin. The fish dance represents a way of showing respect for this important natural cycle while also representing a specific order in which the fish spawn. The lead dancer is said to represent “Name”, The Great Sturgeon who is considered in many communities (particularly in Northern regions) to be the Ogimaa or boss of the Fish beings. **Notice the joking humour about the “Sucker Fish”.**

<https://youtu.be/-ZoQUw0SesQ>