

ISSUE
17
May 2023

Connect



this issue

Digital Wellness Month

Digital wellness aims to promote healthy habits essential to using technology in ways to maintain a healthy lifestyle.

Ways to Improve our Digital Wellness

Stay Active

Limit Recreational Screen Time

Get Enough Sleep

Build Healthy Relationships

Spend Time in Nature

Nature has a positive effect on health and leads to improvements in overall mental health, self-esteem, ability to handle stress and resiliency. Two hours or more a week is recommended!

Tips for guardians and teachers for managing kids' screen time can be found [HERE](#).

Learn more at [ECNO.org](https://ecno.org)



PD Opportunities P.1

Student Achievement & Experience P.2

Days of Significance P.3

Mental Health Week P.4

Exploring Borders and Belonging in Young Adult Literature

MAY 3rd, 7PM - 8PM

Join a discussion about the complexity of belonging, how young readers encounter concepts of identity in stories, how books uphold and breakdown cultural boundaries, what educators can do to foster students' sense of self through reading, and ways we can all seek out more inclusive stories.

*An on-demand recording will be available at a later date for all who register.

[REGISTER HERE](#)



The National Inquiry into Missing and Murdered Indigenous Women and Girls

FREE ONLINE
PROFESSIONAL DEVELOPMENT

Additional resources to support personal and classroom learning are included.

VIRTUAL AND ON-DEMAND
ACCESS ANYTIME

[REGISTER HERE](#)





Honesty

I show 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*
- *I am straightforward*
- *I do not lie*
- *I am honest with myself*
- *I can be trusted by others*



Student Excellence: Memegwesi Mischief!

Hornepayne Elementary School put on a truly incredible musical, “*Memegwesi Mischief!*”! Co-written by Broadway composer Mary Ann Ivan and Cedric Thompson (ADSB), this performance captivated all in attendance!



Ojibwe culture and storytelling practices were beautifully interwoven through the knowledge and guidance of Katherine Lewis – an Indigenous knowledge keeper and local community member.



Including seven original songs in both English and Anishinaabemowin, the musical transported the audience to the height of Michael Jackson’s popularity, legwarmers, and Coca-Cola all while exemplifying Indigenous storytelling at its finest.

The whole school community came together to make this evening a true success.

Well done, Hornepayne!



Student Learning: Tour for Humanity

Between March 27th to March 31st, the “*Tour for Humanity*” mobile human rights education centre visited four of our ADSB high schools. As part of the education outreach programs from *The Friends of Simon Wiesenthal Center for Holocaust Studies*, the bus travels to schools and organizations throughout Canada to teach participants about historical and recent events, and to highlight the connection between past and present day hatred.

The Tour for Humanity visited Korah, Superior Heights, White Pines, and Central Algoma Secondary School. On each of these days, between four to six classes participated in a workshop entitled *The Canadian Experience*. The educator covered some of the often omitted aspects of Canadian history – that of the Residential School System, Canada’s refusal of Jewish refugees aboard the MS St. Louis, and the internment of Japanese Canadians during the Second World War. Moreover, students engaged in discussion about current issues in our communities including cyberbullying, hate crimes, and racism.



ASIAN HERITAGE MONTH

This month we celebrate the many achievements and contributions of Canadians of Asian heritage. Moreover, this month is a reminder for all Canadians to come together to combat anti-Asian racism and discrimination in all its forms. Canadians of Asian heritage continue to face discrimination, exploitation, and racism on both individual and institutional levels, and we must work as a nation to recognize and disrupt this injustice.

Resources

PDF: ACENet's Asian Canadian Perspectives: A Resource for Educators
(includes curriculum links and book suggestions)

VIDEO: What Flowers They Bloom
(anti-Asian racism, mental health, disinformation)

VIDEO: Model Minority – A History of Silence
(powerful spoken word poem by Chris Tse)

**All links embedded*

Red Dress Day May 05, 2023

Also known as the *National Day of Awareness for Missing and Murdered Indigenous Women and Girls* and *Two-Spirit People*, honours the thousands who experience disproportionate violence in Canada.

International Family Equality Day May 07, 2023

A global day dedicated to celebrating the diversity of LGBTQ+ families around the world, and recognizing that many "rainbow" families experience inequitable treatment and experiences.

Moose Hide Campaign May 11, 2023

Beginning as a BC Indigenous led grassroots movement, it is now a nationwide movement to engage men and boys in ending violence towards women and children and to speak out against gender-based violence.

International Day Against Homophobia, Transphobia, and Biphobia May 17, 2023

Recognized on May 17th after the WHO's 1990 decision to declassify homosexuality as a disorder, today recognizes the continued violence and discrimination folks with diverse sexual orientations experience.

Global Accessibility Awareness Day May 18, 2023

A day to learn about digital access and inclusion for peoples with disabilities and to include accessibility as a requirement.

World No Tobacco Day May 31, 2023

Recognized globally, today draws attention to the widespread prevalence of tobacco use and to the negative health effects.

Jewish Heritage Month

HOME TO APPROXIMATELY 400,000 PEOPLE OF JEWISH HERITAGE, CANADA IS THE FOURTH LARGEST JEWISH COMMUNITY IN THE WORLD. THIS MONTH, WE RECOGNIZE THE CONTRIBUTIONS JEWISH CANADIANS HAVE MADE TO THIS COUNTRY WHILE ALSO DENOUNCING THE RISE OF ANTISEMITISM, VIOLENCE, AND XENOPHOBIA THIS COMMUNITY CONTINUES TO FACE.

In Canada, Indigenous women, girls, and two-spirit folk experience disproportionate rates of violence as well as disregard from law enforcement. Recognized on May 5th, *Red Dress Day* was inspired by Métis artist, Jamie Black, who hung red dresses to represent the thousands of missing and murdered women. Since, red dresses have become symbolic of the ongoing crisis. Statistics Canada reports that 4 in 10 Indigenous people experienced sexual or physical violence before the age of 15, and that 26% of Indigenous women experienced sexual violence by an adult during their childhood. [Information on the National Inquiry into Missing and Murdered Indigenous Women and Girls can be found here.](#)



Highlights the richness of the world's cultures, and the urgent need for
World Day for Cultural Diversity for Dialogue and Development
May 21st, 2023
intercultural dialogue for achieving peace and sustainable development.

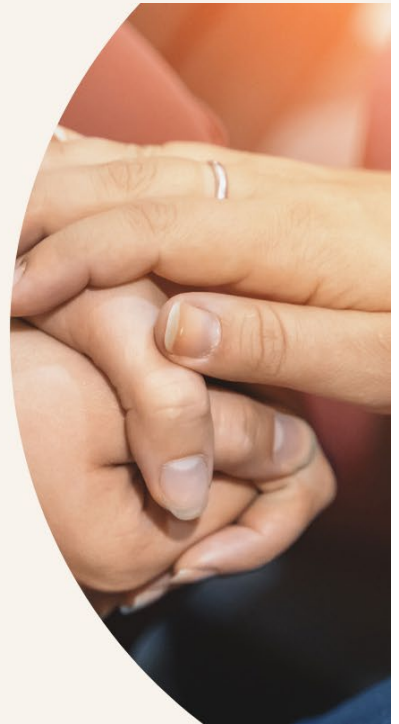
Mental Health Awareness Week

May 1st – 7th

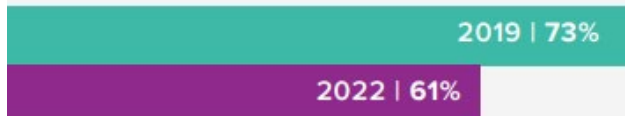
Theme: My Story

Canadian Mental Health Association (CMHA) is celebrating Mental Health Week with a focus on "My Story". We all have different, yet equally valuable stories. This year, we can encourage open and brave dialogue by shining a light on our personal journeys and how we can support each other.

Challenge yourself and your students to use the hashtag #MyStory and #MentalHealthWeek. Check out the many teaching and learning resources that can support classroom activities from May 1st – 7th!



According to the **2022-23 Annual Ontario School Survey (AOSS)**, publicly funded schools across Ontario are facing increased challenges related to the mental health and well-being three years into the pandemic. Multiple sources across the country confirm that **Canadian youth are struggling more with their mental health since 2019.**



Percentage of youth 12-17 that reported very good or excellent mental health

(Statistics Canada)



People for Education



Percentage of students feeling depressed about the future since the pandemic
(CAMH OSDUHS)

Resource Links to Support Teaching and Learning

Black Mental Health Week Resources: <https://blackmentalhealthweek.ca/>

Mental Health Foundations – Resources for Caregivers: [For Caregivers | mhfoundations-efft \(mentalhealthfoundations.ca\)](https://mhfoundations-efft.com/resources-for-caregivers/)

Mental Health Literacy Course for Educators: <https://smho-smso.ca/educators-and-student-support-staff/mh-lit-online-course/>

One Stock Talk – Free Virtual Counselling: [Provincial Mental Health Program | One Stop Talk](https://www.onestocktalk.ca/)

School Mental Health Ontario – Educator Resource Guide: <https://smho-smso.ca/educator-resource-guide/>

School Mental Health Ontario Resource Page: <https://smho-smso.ca/find-a-resource/?audience=educators-and-student-support-staff>