



Supporting Staff

Mental Health

Reflection

Like students, many staff members have experienced a range of experiences and emotions over the last year. Coming back to school holds many emotions for all of us. Before we can get to the work at hand and preparation for the school year, take a moment to check in and reflect on these questions.

Stepping back and thinking about the last year, what are 3 words you would use to describe your experience?

What has helped you most to get through these times?

What are you most apprehensive about re: back to school?

What are you looking forward to re: back to school?

What is your fondest wish for our students?



this issue

Cultivating Calm **P.1**

Responsibility, My Name, My Identity **P.2**

Foundational First Days **P.3**

Cultivate Calm: Take the time to take care

You have a significant impact on the folks in your classroom. Promoting Mental Wellness for your students, begins with you. How we care for ourselves is deeply personal for each individual. The following chart provides some examples of activities and strategies that may be helpful to consider incorporating into your everyday routines and practices

Source Adapted from *Coping with Corona - Applying Emotional Intelligence at Work and Home [Leadership Edition]*

DURING a break in the SCHOOL DAY			After school
1 min	5 min	10 min	30+ min
Get Grounded Pause. Feel your feet in your shoes. If seated, lightly push your feet against the floor.	Say Thank You Reach out to a colleague during a break and thank them for something they did for you.	Journal Write down 10 things you are grateful for.	Phone a Friend Ask them how they are feeling. Share your thoughts and experiences too.
Recall Who is someone that makes you smile? Bring them to mind for a moment or two.	Listen Have a favourite song that you listen to when relaxing? Press play!	Sip. Savour. Prepare and enjoy a cup of your favourite tea or other beverage.	Sweat! Choose an activity that gets your heart pumping! HIIT - Run - Weights
Cell Phone Free Set your phone to DND or keep it stashed away during your breaks in the school day.	Meditate Find a free guided meditation online. Find a style that works for you.	Walk it Out Take a quick walk around the block – on your own or with a colleague.	Stretch it Out Find a free yoga class online.
Breathe Inhale (5 sec.), Exhale (7 sec). Repeat 3x.	Tidy Up Set your timer and take a 5 min break to tidy up your work space.	Dance Have a favourite jam that makes you want to move? Press play. Repeat.	Laugh! Watch a funny movie, show or YouTube video.



EAP

Help. When you need it.



Algoma District School Board

All Full and Part-time Employees along with their families have access to the EAP. This service helps direct you to services that assists with personal and work-related problems. For more information please click [here](#).



ADSB Changemakers: Summer Wellness Team

Disengaged students from all schools have received summer check-in calls and Welcome Back messages for fall 2021 from the Summer Wellness Team. Three of our dynamic School Attendance Counsellors, **Grace Winter, Shawna Thomas, and Christina Williams** reached out to the students and families of Algoma District School Board and fielded phone calls from concerned parents. This team of mental health professionals also manned the Wellness Line and helped to provide additional support to our communities.

The ADSB Summer Wellness Program is a celebration story! Many of our disengaged students, based on lists provided by schools, were delighted to get phone calls, and asked for a follow-up call later in the summer. Students were ready to talk and received support, information on how to access community programs, and strategies to promote well-being from these caring individuals. Do you have students who may need additional intervention? Reach out to the School Attendance Counsellor in your school for direction.



Responsibility

I show Responsibility when...

- I accept the consequences of my actions
- I am a good citizen
- I am there for those who count on me
- I do what I say I will do
- I don't put things off
- I reflect on how my actions affect me and others
- I do what I know I should do
- I fulfill my obligations

Foundational First Days

WELCOME

Social and Physical Environment

- In what ways do I communicate to students, so that they know they are welcome in our physical or virtual learning spaces?

INCLUDE

Student Engagement and Belonging

- How do I take action when bullying or discrimination based on race, gender, class, etc takes place?

UNDERSTAND

Mental Health Literacy and Knowing Your Students

- What strategies and tools do I model for students to reflect and share my own awareness of mental health?

PROMOTE

Curriculum, Teaching and Learning

- How do I encourage learners to reflect on their strengths and areas for improvement? Have I considered how my assessment practices impact student mental health?

PARTNER

Home, School, Community Partnerships

- What is one new thing you could add to enhance home, school and community partnership?

School Mental Health Ontario

Santé mentale en milieu scolaire Ontario

Digging Deeper

#mynamemyidentity project



RESPONSIBILITY

High Impact/ Low Prep SEL Resources

Primary



These Read Alouds can be used at home, in class or with the School Mental Health Toolkit. Check out these resources at School Mental Health Ontario HER

K-12

Social Emotional Strategies are outlined on these beautiful, classroom ready posters. Sets of posters are available for both the primary and secondary classrooms. Access these classroom sets at School Mental Health Ontario.



Tense and Relax

Secondary



This package of 50 Questions and Answers will get your class talking and thinking about Mental Health. Use weekly or daily to help your students get straight answers about their mental health. Go to School Mental Health Ontario to access this resource!

Days of Significance

Honouring

National Day
for Truth and
Reconciliation

Sept. 30





HELLO

my name is...

Teach us your name

Have each student tell their name, then teach the class how to pronounce it the way they want it said, and something about their name's meaning. Model this activity and go first. Be sensitive and give students time to prepare and practice what they want to say.

"BY PRONOUNCING STUDENTS' NAMES CORRECTLY, YOU CAN FOSTER A SENSE OF BELONGING AND BUILD POSITIVE RELATIONSHIPS IN THE CLASSROOM, WHICH ARE CRUCIAL FOR HEALTHY SOCIAL, PSYCHOLOGICAL, AND EDUCATIONAL OUTCOMES."

#MYNAMEMYIDENTITY

Labour Day

Sept 6

Annual holiday to celebrate the achievements of workers.

Biinaakwe Giizis

Falling Leaves Moon

Rosh Hashanah

Sept 6-8

The Jewish New Year, commemorating creation of the world. Rosh Hashanah and Yom Kippur are the two "High Holy Days" for Jewish people.

Ganesh Chaturthi

Sept 10

A Hindu festival that marks when Lord Ganesh a, representing power, wisdom and prosperity made his presence on earth known.

Yom Kippur

Sept 15-16

Jewish Day of Atonement, a solemn Holy Day devoted to prayer and fasting.

Powley Day

Sept 19

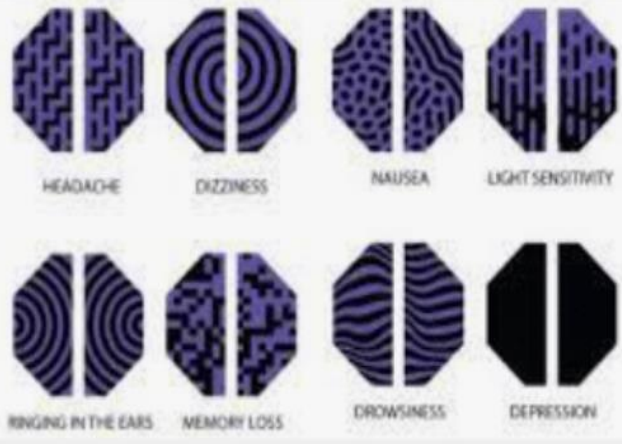
A day for Métis people to celebrate their right to hunt and fish. In Sault Ste Marie, the Métis community traditionally celebrate with a community feast.

International Week of the Deaf

Sept 20-26

Increase public awareness of Deaf issues, culture, and people.

Rowan's Law Day, September 22



HIT. STOP. SIT.



**ROWAN'S
LAW**
ontario.ca/concussions

ROWAN'S LAW DAY, RECOGNIZED WED. SEPT 22 IN ADSB, HONOUR'S ROWAN STRINGER, A HIGH SCHOOL STUDENT WHO DIED AS A RESULT OF A HEAD INJURY SHE SUSTAINED WHILE PLAYING RUGBY. LEARN ABOUT CONCUSSIONS AND HOW TO OFFER SUPPORT WHILE THOSE WHO ARE INJURED HEAL. ADDITIONAL TOOLS, TIPS, LINKS, AND STUDENT ACTIVITIES CAN BE FOUND AT OPHEA.COM