



SEL Skills

At A Glance

Students will learn to:

- Identify and manage emotions
- Recognize sources of stress and cope with challenges
- Maintain positive motivation and perseverance
- Build relationships and communicate effectively
- Develop self-awareness and self-confidence
- Think critically and creatively

So, they can:

- Express their feelings and understand the feelings of others
- Develop personal resilience
- Foster a sense of optimism and hope
- Support healthy relationships and respect diversity
- Develop a sense of identity and belonging
- Make informed decisions and solve problems

Ontario. (2010). The Ontario Curriculum, Grades 1-8: Health and Physical Education: H & PE. Toronto, Ont.: Ontario Ministry of Education.



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SEL in the Classroom **P.1**

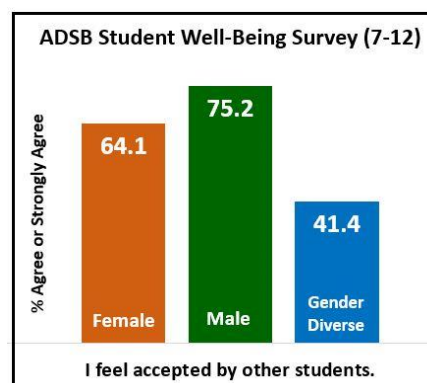
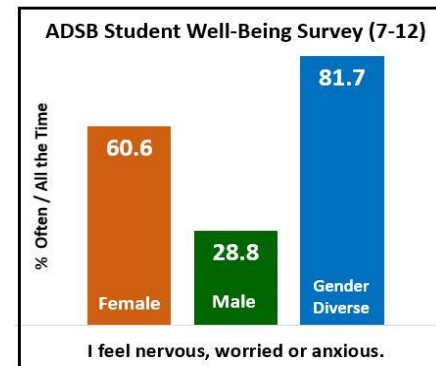
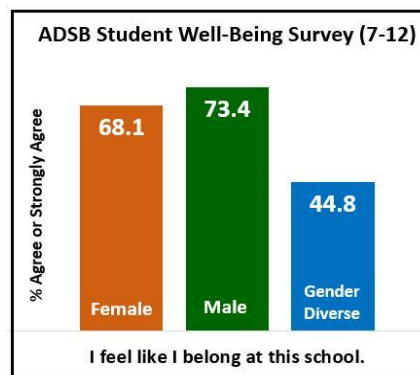
Character Matters: Loyalty **P.2**

Equity & Inclusion: Women **P.3**

Every Voice Matters: ADSB Student Well-being Survey (7-12)

The Gender Discussion

Using the data gleaned from the 2019 ADSB Student Well-being Survey, we can start to see a broad picture of what students are saying about their experiences in schools. The graphs below speak to the discrepancy males, females, and gender diverse (identify as a gender outside of male or female) students encounter at school.



How to Address Inequities:

- 🍏 Be aware
- 🍏 Examine your practices
- 🍏 Check out our resources on p.3



Loyalty

I demonstrate loyalty when...

- I stand by my family and friends
- I honour my commitments
- I respect myself and my values
- I question to whom or to what I am loyal
- I do not mistreat my friends
- I am devoted to a cause

Digging Deeper

Get Comfortable with Being Uncomfortable



ADSB Changemakers: 2021/2022 Student Trustees

Election of Student Trustees: The Student Senate and the Northern Indigenous Youth Council elected three Student Trustees in the February meeting for the 2021/2022 school year. The new student trustees are Shail Giroux from Korah C&VS, Annika Morrison from Michipicoten High School, and Mannok Wilson from Elliot Lake Secondary School. Manook served as Vice Chair of the Northern Indigenous Youth Council in 2020/2021 and will become the Chair of the Northern Indigenous Youth Council as well as the ADSB Indigenous Student Trustee.



Shail



Annika



Manook

Healthy Schools: Virtual Project ABCD



Seven secondary schools participated in this year's Virtual Project ABCD. Competing individually, in cohorts or in classes, students built snow sculptures, danced, chanted, and exercised their way through the six healthy choice challenges. Korah took the Bon Soo 1st place trophy while Michipicoten and White Pines C&VS earned second and third place respectively.

INTERNATIONAL WOMEN'S DAY

#ChooseToChallenge
#IWD2021

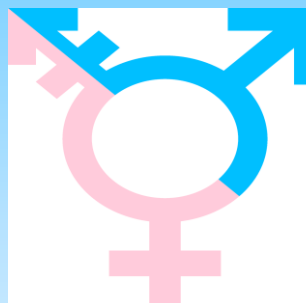


March 8th

Transgender Day of Visibility – March 31

Transgender Day of Visibility is dedicated to celebrating trans people and raising awareness of discrimination faced by trans people.

Look for the ADSB Guideline for Supporting Transgender Students and Staff to be released by the end of March.



Resources

Staff looking for information and resources for Trans Day of Visibility are encouraged to visit:

<https://egale.ca/egale-in-action/trans-day-of-visibility-2020/>

Looking for resources to explore International Women's Day? Try:

<https://www.internationalwomensday.com/>

"DO THE BEST YOU CAN UNTIL YOU
KNOW BETTER. THEN WHEN YOU
KNOW BETTER, DO BETTER."

-MAYA ANGELOU

Days of Significance

Bangladeshi Heritage Month

March 2021

Celebrating the many important contributions of the Bangladesh community in Ontario.

International Day of Women

March 8, 2021

This day is a focal point in the women's equal rights movement.

International Day of Happiness

March 20, 2021

Declared by the UN in 2012...a day to practice your smile!

World Down Syndrome Day

March 21, 2021

A global awareness day advocating for the rights, inclusion and well-being of people with Down Syndrome.

Pesach/Passover

March 27- April 4, 2021

Celebrates the deliverance of Jewish people from slavery in Egypt.

Transgender Day of Visibility

March 31, 2021

A day to celebrate trans people and raise awareness of discrimination faced by transgender people worldwide.