



this issue

World Backup Your Data Day March 18

The importance of cleaning and backing up your data:

Peace of Mind: You don't have to worry about devices failing if your files are saved in backup storage.

Sufficient Space: Removing unnecessary files and apps from devices will give you more space.

Secured Data: Less apps and accounts means less opportunity to access your data without authorization.

High Performance Devices: Cleaning up data on your device will improve its performance and increase the battery life.

Less Digital Pollution: Unnecessary files and data are digital trash. Digital trash creates digital pollution that continues to consume energy. Removing digital trash helps decrease electricity use.

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



Supporting Youth Mental Health



How to recognize the signs and symptoms of stress, anxiety, and depression



Ways to create a supportive environment for open dialogue when speaking with kids about mental health



Resources and places to get help for supporting mental health (for children and adults)



A Q&A period with our clinical psychologist



[Click Here for Registration](#)



Facilitated by Niigaan Sinclair

in partnership with Nelson Canada

TRACKING THE TRC'S CALLS TO ACTION AND "LEGACY" OF RESIDENTIAL SCHOOLS

- ADSB staff are encouraged to participate in this 5 part professional learning series.
- All staff who register will have access to all 5 recorded sessions (Child Welfare, Education, Language & Culture, Health, Justice).
- Access is available until December 31st, 2023.

[REGISTRATION LINK \(Code: LEGACY-ALGOMA\)](#)

*All staff who register for the series will be entered into a draw by the ADSB for a bundle of resources.

**Canadian Mental
Health Association
Ontario**



**Free Webinar
March 2, 12-1**



**Recording, slides,
& resources will be
provided to all
registrants - you
do not have to
join live!**





Loyalty

I show loyalty when...

- *I stand by my family and friends*
- *I honour my commitments*
- *I am faithful*
- *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*



Student Achievement: Celebrating Pink Shirt Day!

Chapleau Elementary and Secondary Schools showed tremendous kindness and community spirit this Pink Shirt Day! Every classroom from kindergarten to grade 12 created something special to share with community members ranging from seniors' residences, Nishnawbe Aski Police Services, the Ontario Provincial Police, and local First Nations community partners.



The student made creations included items such as artwork, cards, cookies, and muffins. Student Senate leaders spent time distributing these kindness-creations around town and were a wonderful representation of the kindness we hope that all ADSB students strive to embody. Well done, Chapleau Elementary and Secondary!

School Community Opportunity: Caring Citizens

OC BEAUTY

Local business, OC Beauty, has collaborated with 12 women-owned and LGBTQ+ businesses to gather donations for those who cannot afford feminine hygiene products. Organizers are looking for donations of pads, tampons, liners, and other menstrual hygiene products.

The goal is to collect over 1,000 menstrual products and donations will be accepted at the following locations: *705 Esthetics, Aline Wellness, Amore, Anthesis, Great Lakes Honda, Hogan's Homestead Gift Shop, OC Beauty, Ontario Wild, Scott Coffee, Stork and Bundle, Tamar's Trends, and The Country Way.*

Donations will be collected between March 1st – March 8th.

Period poverty describes the difficulty in affordability and access to menstrual hygiene products that many women and menstruating people face. Studies show that the cost of these products can be up to \$6000 in a lifetime (Craggs, 2018, as cited in Canadian Public Health Association). Although often available free of cost in schools, about a quarter of menstruating Canadians cannot afford these items – specifically houseless, low-income, and other marginalized folks.



Staff and students are invited to participate in this excellent community outreach opportunity and to demonstrate that ADSB students truly are *caring citizens*!

INTERNATIONAL TRANSGENDER DAY OF VISIBILITY

Trans

LIVES MATTER!



If you make a mistake, don't make a big deal, just make a change.

HOW TO ADDRESS A TRANSGENDER PERSON

USE WHATEVER PRONOUN THE
PERSON USES FOR THEMSELVES; IF
YOU AREN'T SURE ASK
"WHICH PRONOUN WOULD YOU LIKE
ME TO USE?"

March 31st is recognized globally as a day to celebrate transgender and non-binary people around the world. Today, we acknowledge the courage it can take to live authentically and honour the joy and resilience of trans people everywhere. Additionally, we must recognize and condemn the discrimination and violence that trans folk continue to face.

Importantly, we must take action to end this violence – both physical and mental. As employees of the ADSB, it is our responsibility to support these students and to follow all protocols as outlined in the board's Gender Identity and Gender Expression guide.



International Day For The Elimination Of Racial Discrimination



25%	Of discrimination complaints received by the Canadian Human Rights Commission in 2016 relate to race, colour, national or ethnic origin, and/or religion.
17%	Hate crimes targeting Muslims accounted for 17% of all hate crimes in Canada in 2017.
18%	Hate crimes targeting the Jewish population accounted for 18% of all hate crimes in Canada in 2017.
27%	27% of the federal prison population in 2017 were Indigenous people, who only comprised 4.1% of the Canadian population.
40%	Employers are about 40% more likely to interview a job applicant with an English-sounding name despite identical education, skills and experience. (Canada.ca)

Encouraging Global Citizenship

Aid for Türkiye and Syria – How We Can Help

On February 6th, a 7.8 magnitude earthquake struck southern Türkiye and Syria. Horrifically, on February 20th, another magnitude 6.3 aftershock struck the Türkiye-Syria border. The death toll has passed 35,000 (and continues to rise), thousands of people are injured, and hundreds of thousands of people are displaced.

Regardless of whether you have pupils in your classroom from these affected countries, we know there are members of our community who are grieving.

Donating what you can to humanitarian organizations that are providing rescue and relief help to earthquake victims is the best way to provide aid.

[Links to reputable organizations can be found here.](#)



International Women's Day #EmbraceEquity

Mar. 8, 2023

A global day celebrating the social, economic, cultural, and political achievements of women around the world.

March Break

Mar 13. – Mar. 17, 2023

First Day of Spring

Mar 20., 2023

International Day for the Elimination of Racial Discrimination

Mar 21., 2023

Commemorates the day in 1960 when police in South Africa killed 69 people at a demonstration against apartheid. In Canada, we recognize that Indigenous, racialized communities, and religious minorities face daily discrimination.

Ramadan

Mar. 22 – Apr. 20, 2023

The 9th month of the Islamic calendar observed by Muslims worldwide with prayer, fasting, reflection, and community.

International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade

Mar 25., 2023

An annual observance to honour and remember victims of slavery – present and past.

International Transgender Day of Visibility

Mar 31., 2023

A global day dedicated to celebrating trans people and raising awareness of discrimination faced by transgender people worldwide.

CLEBRATING

THE BEAUTY, DIVERSITY,
AND ACHIEVEMENTS OF
ALL WOMEN ALL
OVER THE WORLD.



SUPPORT

NON-PROFIT ORGANIZATIONS
THAT WORK TO DEFEND
WOMEN'S RIGHTS.



COLLABORATE

WITH FEMALE-LED AND GENDER
DIVERSE ORGANIZATIONS



VOLUNTEER

WITH FEMALE-LED AND GENDER
DIVERSE ORGANIZATIONS



ENCOURAGE

PEOPLE TO CHALLENGE
PERSPECTIVES & STEREOTYPES



CELEBRATE

WOMEN'S ACHIEVEMENT

HAPPY
INTERNATIONAL
WOMEN'S DAY!

International Women's Day

MARCH 8TH, 2023
#EMBRACEEQUITY

International Women's Day is celebrated globally and annually on March 8th. Inspired by the labour movements of the early 20th century, International Women's Day has been formally recognized since 1975. It is a day to recognize and celebrate women's and girl's social, economic, cultural, and political achievements. As we celebrate these incredible accomplishments and ongoing progress, we must also recognize the magnitude of work that remains to be done to achieve gender equity.

Today we must also acknowledge the disparity that exists for women; that diverse identities also mean diverse struggles. We cannot frame the experiences of "women" in a singular lens. The term *intersectionality* or *intersectional* was coined by Kimberlé Crenshaw in 1989 and describes how race, class, gender, and other individual characteristics "intersect" with each other to shape our lived experiences. In conversations about women and equity, we often ignore the varying experiences of Indigenous women, women of colour, women with disabilities, queer women, transgender women, and women who are economically disadvantaged. We must acknowledge that women can face many different types of oppression simultaneously based on their various social identities.

The 2023 International Women's Day Theme is **#EmbraceEquity**. This year, the focus is on understanding that "equal opportunities are no longer enough". In fact, they can be "exclusionary rather than inclusive."

Equality means each individual is given the same resources. Equity recognizes that each person has different circumstances and thus requires different resources and opportunities to reach an equal outcome.

"When we embrace equity, we embrace diversity, and we embrace inclusion" (International Women's Day).



Resource Links to Support Learning

Videos

[The Danger of a Single Story – Chimamanda Ngozi Adichie](#)

[The Urgency of Intersectionality – Kimberlé Crenshaw](#)

[Equality, Equity, and Social Justice – SIPDC Trainer](#)

Toolkit

[Government of Canada's Teacher Toolkit for International Women's Day](#)