



SEL: Stretching

Stretching is a natural physical and mental stress reliever. Taking time for a short stretch in the classroom can help students re-focus with refreshed attention.

Mountain

Sit up tall in your chair. Keep your feet flat on the ground, your back straight and your shoulders relaxed.

Breathe in through your nose, and as you breath out, stretch both arms over your head as you connect the palms of your hands. Keep your shoulders down Breathe in for a three count, breathe out for a three count. Take a deep breath in again. As you breathe out, bring your arms down to resting position.

Go limp

Breathe in through your nose. Breathe out for a 3 count, fold your body over to rest on your lap, and let your arms, shoulders, and head hang. Relax as you take a breath in for a 3 count and breathe out for 3. Let all tension & stress fall out onto the floor. Breathe in and slowly return to a sitting position for a 3 count. Breathe out for a 3 count. Take one last deep breath for a 3 count out for a 3 count and smile.

-Source: School Mental Health Ontario



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Winter Solstice Traditions

The December moon known as “**Manidoo-giizisoons**” or “**the Little Spirit Moon**” is the final moon in the Anishinaabe lunar cycle which coincides with the winter solstice. In many communities, the December moon is also known as “**Bibooni-giizis**” or “**the Winter Moon**” particularly amongst some Ojibwe communities on the northern shores of Lake Superior and Treaty 3.

All across Turtle Island, the winter solstice is a time of great cultural significance for the Indigenous peoples. Amongst the Anishinaabeg, this time of year traditionally is when the winter legends or sacred stories were (are) told. In many communities, this traditional custom is still taking place and held in the highest regard. These stories are called **Aandizookaan** (Aandizookaanag for plural) which can be translated as a **legend** or a **spirit**. Many Ojibwe Elders say this is in reference and connection to spirits of the land and how the Anishinaabeg understand the land and find their place in the world.

Many of these stories revolve around **Wena-boozhoo** (Way-nah-boozhoo) the cultural hero of the Anishinaabeg. Because of the vast territory the Anishinaabeg cover, ranging from parts of eastern Quebec to the foothills of the Rocky Mountains, and down into parts of Oklahoma, we do see some variations in the name such as Nana-boozhoo, Mana-boozhoo, or Nanabush. However, it is important to understand that these are all in reference to the same individual. Elders tell us that this is where the traditional Ojibwe greeting “**Boozhoo**” comes from.

Through the passing of these stories, Families have learned for generations the important life lessons and guiding principles such as the **seven sacred teachings** often called the “**Grandfather Teachings**”. In many communities, the arrival of **goon** or **snow** was welcomed as **aandizookaan** can only be retold when snow blankets Mother Earth and all of Creation is resting.

(Animikiibineshiinhs)



CITIZENSHIP

Character Matters: Parkland Public School

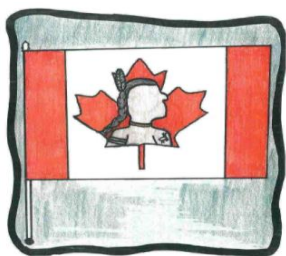


At Parkland, we felt a need to re-build a school culture and school community as we continue to move through the pandemic. Typical Character Education assemblies don't fit into the COVID protocols. We looked at ways to build a school culture while thinking about the greater community. We are holding character activities every 2 months to honour the traits of the 2 months previous. For September and October, we felt that giving honoring our veteran community by painting beautiful rocks for the Legion was a way to citizenship and cooperation. One afternoon, Ms. Kangas and Ms. Elkin presented a TEAMS event to each classroom outlining the character trait and the project. Every student in our school painted a rock for the Legion. The Legion then picked up the rocks and displayed them at the Legion for their Remembrance Day ceremony. The president of the Legion, Helen Stewart shared a video with the school and also shared that many of the veterans asked to take rocks home. I am so very proud of the students for their respectful manner and focus during this event. After so many months of the pandemic, it was very powerful to see our students give back and honour our veterans. We will continue to do these bi-monthly events which we will use as vehicles to give back to our community.

Citizenship

I show Citizenship when...

- *I obey the laws and the rules*
- *I participate in my community*
- *I contribute to school*
- *I am friendly and helpful to my neighbours*
- *I am concerned about what happens in my community*
- *I know my rights and responsibilities*
- *I vote*



Digging Deeper

[Senator Murray Sinclair: How can Canadians work toward Truth and Reconciliation](#)

Character Club Celebrates World Kindness Day

The Character Club at Korah C&VS could not let World Kindness Day pass without reaching out to members in their school community. Senior student, Maya Pomeroy said the idea of placing encouraging notes on students' lockers resulted from wanting to do something nice for people because it has been stressful time. They thought it would be a small act of kindness to brightened peoples' day. The students of the Character Club spent a week during their lunches to hand craft personal messages of cheer and hope! According to



Carolyn Fitzpatrick, the Club's staff advisor, the Club was formed in 2007 to promote a culture of caring throughout the school so that students would feel welcomed and have a sense of belonging. Carolyn emphasizes that the activities are student led and they focus on understanding, respect, and inclusiveness. The Character Club was active during the Covid shutdowns, helping boost moral with staff and students. This mighty group has a long list of accomplishments, some of the highlights throughout the years include:

Character Nominations of the month, Pink Shirt Day, Teacher Shout outs, Welcome Wall Decal, Stop Bullying Campaign, Random Acts of Kindness, Free Teacher Car Wash Day, Canned food Drive, Spreading Sunshine Posts, Student Made Character Ed Posters, and Kindness Cookies!

Promoting Character Education through action, this group of students have made a lasting impression on the staff and students of Korah. Carolyn has the creativity and fortitude to allow these students to take leadership opportunities and provide acts of kindness to fellow staff and students in their community.



SPEAK UP ADSBI It's Your Time to Shine

OPEN TO STUDENTS IN GRADES 7-12, SPEAK-UP PROJECTS ARE INTENDED TO PROVIDE STUDENTS WITH AN OPPORTUNITY TO LEAD AND/OR PARTICIPATE IN A PROJECT TO:

- EMPOWER STUDENTS TO TAKE ACTION AND SUPPORT STUDENT WELL-BEING
- MAKE CONNECTIONS/PARTNERSHIPS WITHIN THE CLASSROOM, SCHOOL AND WIDER COMMUNITY

*If you are interested in Speak Up Grants to help student led projects in your Grade 7-12 class, see your principal or vice principal for additional information. **All Speak Up Grants are due on Dec. 16 at 3:30.** This is a fantastic chance to spark student voice in your school!*

Winter Holidays



Once a week for 21 weeks you will receive a short video conversation with experts regarding workplace and personal wellness through your email.

Meet the experts.

Dr. Jean Clinton

Stuart Shanker

Max Cooke

Ann Douglas

Varsha Naik

Taunya Paquette

Host: Jim Grieve

[Learn More Here](#)



International Day of Persons with Disabilities

Dec 3, 2021

To promote an understanding of disability issues and mobilize support for the dignity, rights, and well-being of persons with disabilities.

National Day of Remembrance and Action on Violence Against Women

Dec 6, 2021

Established in 1991 by the Parliament of Canada, this day marks the murders of 14 young women at the l'Ecole Polytechnique de Montreal in 1989.

Bodhi Day

Dec 8, 2021

The day that the historical Buddha, Prince Gautama, took his place under the Bodhi tree, vowing to remain until he attained supreme enlightenment.

Hanukkah

Nov 28 – Dec 6, 2021

An eight-day Jewish observance also known as the Festival of Lights. It commemorates the Maccabean Revolt against the Syrian-Greek army.

Yule

Dec. 21, 2021

The pagan celebration of the winter solstice. It celebrates the shortest day of the year, midwinter, the return of the sun and a festival of rebirth.

Christmas

Dec. 25, 2021

A day in which Christians celebrate Jesus' birth by exchanging presents and gifts.

Kwanzaa

Dec 26 -Jan 1, 2021

A week-long celebration of African American culture that ends with a communal feast called Karamu.

WORLD HUMAN RIGHTS DAY Dec 10, 2021

The United Nations adopted the Universal Declaration of Human Rights on this day in 1948. This monumental achievement stipulates universal values and a shared standard of achievement for everyone in every country. It has been translated in over 500 languages world wide. Some Human Rights include:

- A right to education
- A decent living
- Health care
- Right to live free from any form of discrimination

This day is to remind us to protect our rights and to stand up for those who are not granted the rights and freedoms that we enjoy. It is also a day to acknowledge those who support, defend, and disrupt systems which do not recognize and uphold Human Rights for all.

RESOURCES FOR TEACHERS HERE



Vaping Facts from SMHO and CAMH

Fact 1: Trends are age dependent

Know your students. Whereas High School Students are the most likely to have tried vaping in the last year, Grade 8 students are 2.5 times more likely than Grade 7s to have vaped.

Fact 2: Vaping is NOT harmless

There are no long term studies available, so we do not know the effects vaping will have on our health. It is important to inform students about the facts surrounding vaping, nicotine, and cannabis use. See Educator Guides below for more information.

Fact 3: E-Cigarettes are not a proven way to quit smoking for youth

In fact, research shows there is a risk that youth who vape will start smoking cigarettes.

Fact 4: Vaping does connect to the curriculum.

Ontario's 2019 Elementary Health and Physical Education Curriculum gives teachers the opportunity to discuss vaping, healthy choices, and overall well-being. See more explicit learning guides below.

Learning Guides

Ophea, Grades 4-8

School Mental Health Ontario



What is it Vaping?

It is the inhaling of a vapor created by an electronic cigarette or other vaping device. E-cigarettes heat nicotine (extracted from tobacco), flavorings and other chemicals to create an aerosol that you inhale.

Electronic cigarettes and other vaping devices are made up of a mouthpiece, battery, a heating element, and a tank that can be refilled with liquid or a pre-filled pod. Some common names for these devices include vapes, e-cigarettes, e-hookahs, mods, tanks, and e-pens.

Vaping products are portable and easy to charge.

Vaping devices come in a variety of styles and sizes. Vapes can be as small as a USB, look like a pen, or be covered in a decorative skin. Vaping does not have a lingering, identifiable smell, and there is no flame.

A popular product for teens is the Juul. This device resembles a flash drive and can be charged in a USB port. It does not make a lot of smoke when it is used, making it a convenient way to vape anywhere. Juul's use pods, a pre-filled liquid packet sold separately, in a variety of flavours. The liquid used for vaping is not pure water. Vaping liquids can contain various levels of nicotine, chemicals, and cannabis.

How common is vaping? What is the appeal?

According to the COMPASS study published by Ontario Public Health:

- 1 in 4 high school students currently vape.
- 8% of students reported vaping 21 times or more in the last month
- Most (75%) Grade 7-12 students are not vaping

A commonly held belief is that vaping, and e-cigarettes are a healthy alternative to smoking and more acceptable for youth and teens. Social media and targeted advertising as well as flavour filled pods attract youth to these products.

What are the health risks of vaping?

Because vaping is new, the long-term effects on health are still being evaluated. Exposure to chemicals in addition to nicotine and cannabis may cause lung damage, risks to the developing brain, addictions, and nicotine toxicity.

Short term effects include mouth and/or throat irritation, cough, shortness of breath, and nausea.

-Adapted from: Public Health Ontario Infograph and CAMH Fact Sheet for Educators

Toolbox of Resources:

CAMH and School Mental Health Ontario:

[Fact Sheet for Secondary Educators](#)

[Fact Sheet of Elementary Educators](#)

[Not An Experiment: Vaping Resource for Students](#)

[Public Health Ontario Infograph](#)

*Need Help Quitting?
Students can text*

*Connect to 686868
or iQuit to 123456*