



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

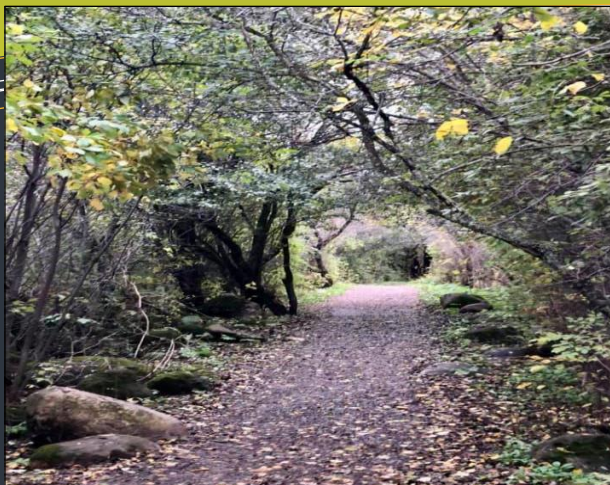
Foster a sense of optimism and hope

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.



this issue

SEL in the Classroom: Gratitude **P.1**

Character Matters: Leadership **P.2**

Healthy Schools: Student Nutrition **P.3**

Social Emotional Learning: Gratitude

Practicing gratitude with students helps to refocus their (and our) attention to the positive areas of our lives. By appreciating what is valuable and meaningful our brains begin to navigate toward more positive ways of thinking. Even better, practicing gratitude takes no prep and cost no money! Three common ways to practice gratitude include:

1. Notice 3 things you are grateful for and write them down each day for a month.
2. Get in the habit of writing a thank-you note to someone who you appreciate.
3. Pause and reflect on the small things you are grateful for like sunshine, coffee, or new shoelaces.

For more ideas and how you can incorporate gratitude into your classroom go to **School Mental Health Ontario** at <https://smho-smso.ca/emhc/positive-motivation-and-perseverance/expressing-gratitude/>.

Gratitude Moment

Being grateful makes you more patient when life is difficult.

1. Think of something that you are grateful for.
2. Hold this in your mind for a moment.
3. You may choose to write the details of your gratitude moment in a journal or share with someone.



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

Energy Exchange

Did you know....

- 50% of adults don't get recommended levels of daily activity
- 91% of children and youth don't get recommended levels of daily activity
- 60% of adults are overweight or obese

Walking is the wonder drug:

- The risk of obesity goes down by 5% for every Km walked
- Walking improves mood and concentration, boosts mental agility, and fights depression.

-canadawalks.ca



Leadership

I show Leadership when...

I set a good example for others

I help others help themselves

I think for myself

I am an inspiration to others

I know when to be a follower

I take charge of a situation

I listen well to others

I make good decisions

I plan

I take good risks

I organize

I have courage to follow my own path

Digging Deeper

Drew Dudley,
"Leading with Lollipops"



ADSB Changemakers

Beth Barban, a first-year contract teacher, has partnered with students and other staff in her school to make a difference in the community around her. Beth saw a post about Blessing Bags, bags filled with non-perishable snacks, socks, mittens, toiletries, and other essential items, which are then given to people in need.

Knowing that many in her community are struggling this year to make ends meet she sprang into action. Beth, crafted earrings to sell in the staff room to fund the items used to fill the bags.

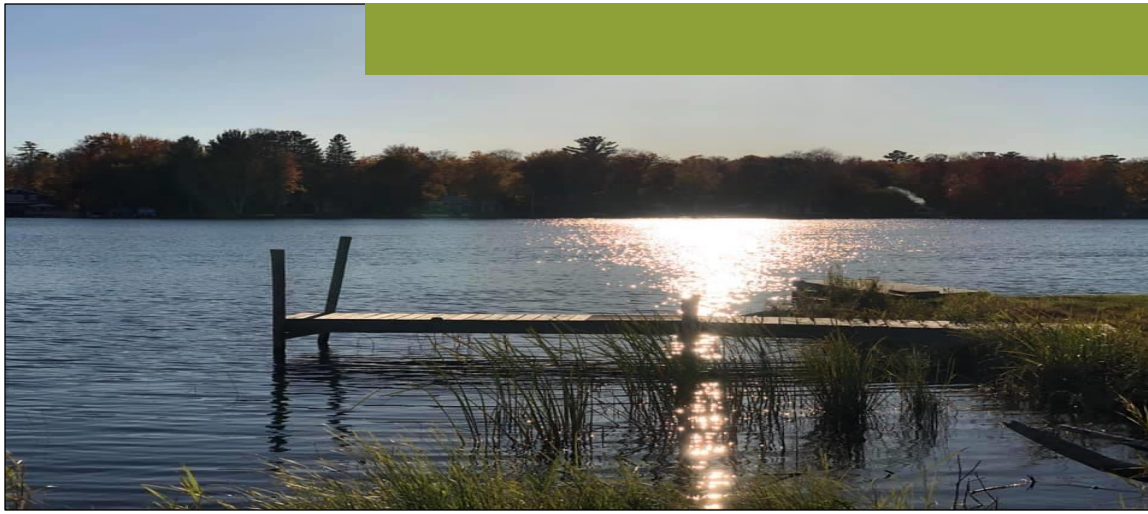


Friends and staff heard what she was doing and soon offered to give money and items for her project. Students from her school have gotten involved and are writing inspiring messages to put into the bags of essential items. It is Beth's hope to raise enough money to add a small gift in each bag – her goal is to have 40 bags in time for Christmas. When asked why, Beth states "If I could bring some joy to someone in our community that feels forgotten, that would give me joy, I want people to know that they matter."

Character Matters

Reinforcing Character in the Classroom:

1. **Talk** about leadership with your students, brainstorm a list of leadership attributes as a class.
2. **Share** Read-A- Loud books such as You Hold Me Up by Monique Gray Smith and Danielle Daniel or view Drew Dudley's "Leading with Lollipops" Ted Talk.
3. **Call it out!** When you see positive character attributes in your class, notice it, and name it.



Days of Significance

Louis Riel Day Nov 16, 2020

Louis Riel Day is the anniversary of Riel's execution in 1885 and an opportunity to open conversations around the Métis people and one of their leaders, Louis Riel. Riel was hanged by the Canadian government in 1885 for treason, but with the passage of time, he is considered not only a hero by the Métis people, but a Father of Confederation.

National Day of Remembrance and Action on Violence Against Women Dec 6, 2020

This is a day to commemorate the murder of 14 women at l' Ecole Polytechnique de Montreal simply because they were women. This day is also known as White Ribbon Day

Human Rights Day Dec 10, 2020

Human Rights Day commemorates the day the United Nations adopted and proclaimed the Universal Declaration of Human Rights.

For Worries about Current Problems, Solve What you Can

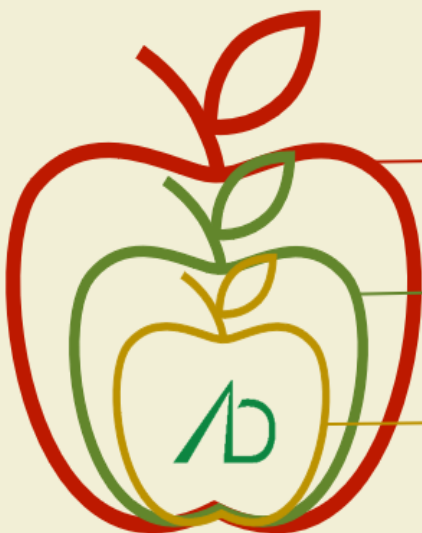
You have direct control over some situations. For example, you can budget to manage your finances or decide which stroller to get. The best way to deal with current worries is to focus on what you can do to help solve the problem you are worrying about.

Many worriers think they are problem solving when they worry. In fact, the opposite is usually true. When you worry, you are going over a problem in your head. But problem solving involves action, not rumination. It involves getting out of your head and actually doing something about it. Worriers often get so anxious that they avoid actually solving the problem, or they procrastinate.

Taking action to solve a problem will likely make you feel less anxious. For every problem you solve, you have one less thing to worry about. Learn more about effective problem solving with the Anxiety Canada resource, how to solve daily life problems.

Adapted from www.anxietycanada.com

Healthy Schools: Student Nutrition Program



1,005,755
Meals
served

6257
students
per day

97%
Schools
participated

Healthy Schools: Student Nutrition Program

ADSB has partnered with Algoma Family Services to provide healthy food and snacks each day through the Student Nutrition Program. Foods such as fruits, vegetables, grains and/or proteins are made available to our students. This program supports healthy food choices and provides nourishment to our learners.