



Start Well

Five days of ready to use activities to connect, calm, and begin your day.

Day 1

Checking in and breathing activity. These two activities provide a concrete strategy that students may find helpful.

Day 2

Sharing stories and muscle relaxation activity. Strategies to help students feel grounded and ready to learn.

Day 3

Connect the dots and four finger affirmations. Designed to promote positive feelings and connection with peers.

Day 4

Learning together and visualization to foster a sense of calm.

Day 5

'All the Feels' and muscle relaxation to create a sense of well-being.

Access Resources!



-Source: [School Mental Health Ontario](https://www.schmho.org/)

this issue

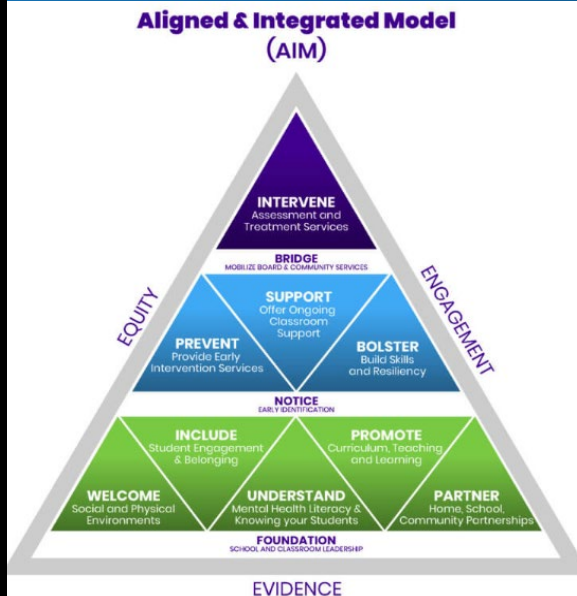
Building Assets in Students P.1

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Supporting Student Mental Wellness



As an educator, you have a key role in promoting Mental Wellness in your classroom, but you are not alone. School Mental Health Ontario has broken down the levels of support in three tiers. To learn more, you can go to their website [here](https://www.schmho.org/).

Tier 1 – Good for All, includes promoting healthy habits, creating an inclusive and welcoming environment, and partnering with caregivers.

Tier 2 – Necessary for some, identifying those who need additional supports and guiding them to access those who can assist. Building supports into classroom instruction.

Tier 3 – Essential for a few, students may need more significant help through mental health professionals. As an educator you can continue to stay involved as a part of the student's circle of care.

25 Ways to Show Kids You Care by Building Assets

1. Notice them.
2. Ask them about themselves.
3. Be yourself.
4. Cheer their accomplishments.
5. Go places together.
6. Introduce them to new experiences.
7. Expect their best; don't expect perfection.
8. Catch them doing something right.
9. Laugh at their jokes.
10. Suggest better behaviours when they act out.
11. Affirm them often.
12. Be curious with them.
13. Play outside together.
14. Delight in their discoveries.
15. Be available.
16. Create a safe, open environment.
17. Daydream with them.
18. Make decisions together.
19. Magnify their magnificence.
20. Build something together.
21. Let them make mistakes.
22. Inspire their creativity.
23. Listen to their favourite music with them.
24. Help them to set realistic goals.
25. Love (accept) them no matter what.

Character Matters: MMIWG Projects



Integrity

I demonstrate Integrity when...

- I do the right thing
- I am honest and sincere
- I determine my values and what matters to me
- I am consistent
- I am true to who I am
- I do what I say I will do
- I do not give into peer pressure



Korah Students Raise Awareness Through Art



May 5th is recognized as a day to raise awareness about the disproportionate number of women, girls, and 2 Spirited folks who are missing and murdered from Indigenous communities. Grade 11 and 12 students from Korah created powerful original pieces to demonstrate their understanding of the Murdered and Missing Indigenous Women and Girls crisis in Canada. Learning about the greater risk Indigenous women, girls, and 2 Spirited individuals face, as well as ways in which this narrative can change, brings real world and meaningful learning into the classroom.



National Indigenous Peoples Day

June 21, 2022

More Info



Shavout

June 4-6, 2022

Is one of the three pilgrimage festivals. Shavout commemorates the giving of the Torah at Mount Sinai. It is observed with prayer and all-night study.

Canadian Armed Forces Day

June 5, 2022

A celebration of Canadian Armed Forces, their heritage, and their personnel.

World Refugee Day

June 20, 2022

Observed by the UN, recognizing the strength, courage, and resilience of millions of the refugees. Raising the awareness of the plight of the refugee.

National Indigenous Peoples Day

June 21, 2022

This day is observed on the Summer Solstice to signify the importance of this day to Indigenous people. A day to learn, celebrate, and recognize First Nation, Metis and Inuit cultures.

National Day of Remembrance of Victims of Terrorism

June 23, 2022

Honouring those who lost their lives in acts of terrorism in Canada and around the world. This date was chosen to coincide with the anniversary of the bombing of Air India Flight 182 off the coast of Ireland.

Saint Jean-Baptiste Day

June 24, 2022

Francophones across the nation show their pride by celebrating their traditions and language.

World Vyshyvanka Day

May 19, 2022



Raeanne L. Van Daele,
Teacher, ADSB

World Vyshyvanka Day occurs on the third Thursday of May annually. On this day, generations of Ukrainians around the world unite and show their pride in their heritage by wearing a traditional Ukrainian embroidered shirt known as "vyshyvanka." In Ukraine, the patterns of embroidery and the colours used, differ from region to region. Each year across Canada, Vyshyvanka Day events such as photos and parades take place. This year, in light of recent events, Vyshyvanka Day is even more important as Ukrainians are striving to preserve their culture.

PROGRESSIVE FLAG

The Progressive Pride Flag was designed by Daniel Quasar in 2018 and has since been largely adopted by the LGBTQ2S+ community. Daniel incorporates the colours of the original Rainbow Flag (1978) with the white, pink, and light blue found in the Transgender Pride Flag (1999), then added the black and brown stripes to represent marginalized LBGT communities of colour. Many schools in ADSB have chosen to fly this flag in recognition of Pride Month.

[Learn more about this flag here.](#)

"If you're always trying to be normal you will never know how amazing you can be."

– Maya Angelou

2SLGBTQIA+ STUDENTS IN ONTARIO

12 EVIDENCE-BASED FACTS

1

There is more than XX and XY.

Worldwide, people born with bodies outside of traditional male/female categories are **as common as people with red hair** (or twice the estimated population of Canada).



3

Gay and bisexual male students are **twice as likely to self-harm**. Lesbian and bisexual female students are **two to three times more likely to self-harm**.

5

42% of trans students in Ontario were **sexually harassed**, 30% were **physically threatened or injured**, and 19% had **run away from home**.



7

Schools are identified by 2SLGBTQIA+ youth as potential **safe havens**.

9

Providing gender-neutral bathrooms to all students **helps 2SLGBTQIA+ youth feel safer at schools**.



11

Schools with established GSAs and anti-homophobic bullying policies have **lower odds of discrimination, suicidal thoughts, and attempts among LGB and heterosexual students**.



2

75% of surveyed Canadian transgender youth reported **self-harming** in the past year, nearly 50% experienced **extreme stress** in the past 30 days, and a third had **attempted suicide** in the past year.



4

67% of trans youth in Ontario reported **experiencing discrimination because of their gender identity**.

6

6. All Ontario students (2SLGBTQIA+ and otherwise) are **legally entitled to be treated with respect and dignity**, to start a GSA in their school, and to attend a discrimination-free school.



8

Transgender students in Ontario who reported **feeling connected to their schools** were twice as likely to report good or excellent mental health compared to transgender students with lower levels of connection.



10

57% of transgender students in Ontario have **avoided public washrooms** due to safety fears.

12

Displaying **2SLGBTQIA+ friendly symbols** helps improve 2SLGBTQIA+ youths' self-esteem and fosters a sense of belonging.



[For More Information](#)

[Click HERE](#)