



this issue

Staff Well-being: Kindness Jar P.1

Character Matters: Caring P.2

Days of Significance: Classroom Resources P.3

SEL: Kindness Jar

The goal of creating a kinder classroom/school/community by being kinder people.

Discuss

Why should we spread kindness and compassion?

What does kindness look like, sound like, feel like in school or home?

Get Ready

Gather a large jar, dried beans/marbles, pebbles or jellybeans.

Explain that the jar will be used to capture "acts of kindness" for everyone in the class/home.

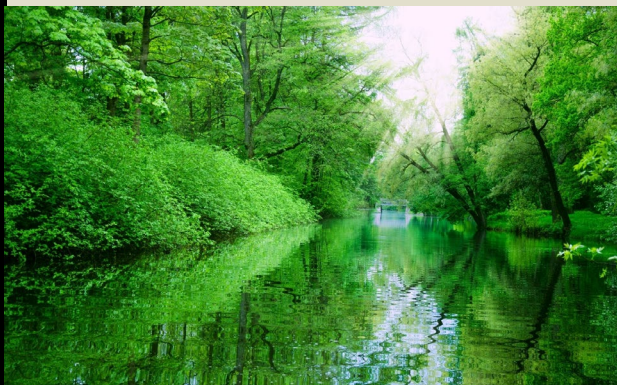
Talk about what an act of kindness is and share examples.

Go

Add beans when someone notices an act of kindness that someone else is doing.

Share and name the act.

Set aside a daily time (after lunch) to bring out the kindness jar.



Thank-you for going the extra mile this January. It is important to remember that caring for yourself helps sustain your own well-being and is also necessary for those who you support. Going for a ski, cooking a special meal, reading a book, practicing gratitude are all rich ways that we have learned to care for ourselves during this pandemic. As we dig even deeper to find ways to cope with these challenges, School Mental Health Ontario has 4 important elements to consider this month.

Compassion

Being compassionate to others makes us feel good. It is imperative that we show that same gesture of kindness to ourselves, committing to making ourselves a priority. *Questions to ask: Have I been gentle with myself, how have I practiced self-compassion today?*

Self-Awareness

Taking the time to check in and see what activities give us energy and which depletes our energy stores. Being aware of how you feel allows you to give make time to give yourself what you need. *Questions to ask: How am I doing today? What do I need? What will fill me up?*

Replenish

Once you identify what restores you emotionally, spiritually, physically, and socially be flexible incorporating these into your life. Keep a list on your phone or calendar to remind you of your top activities. *Questions to ask: What works for me personally to replenish? How do I prioritize ways to replenish myself?*

Everyday Practice

Building activities like deep breathing, gratitude moments, nature walks into our daily lives help build resilience to manage the daily stressors that creep into our days. Healthy personal habits take moments to incorporate but yield significant benefits.



**School
Mental Health
Ontario**

-Source: School Mental Health

Yoga

Try something new this year, on us.

**SIGN UP
HERE**

Wednesday, January 26th 6:30-7:30

All levels welcome,
via TEAMS

Wellness Wednesday
Fostering Seeds



Culturally Responsive Educators' Book Study

Our world is changing rapidly, and as educators we often are the first to grapple with societal changes that are happening to the families and students in which we work. Join a community of learners as we explore the exciting world of anti-racist work. In this ADSB book study we will consider our own self-identities, examine how we can bring change to existing structures and systems, and discover classroom practices that encourages participation from marginalized students. This **Virtual Book Study** will include both synchronous gatherings in which to share with colleagues as well as asynchronous opportunities to learn at your own pace. Books we are considering include *Be the Change* by Sara Ahmed and Liz Kleinrock's *Start Here, Start Now*. Interested in learning more? [Inquire here](#)



Promoting Positive Mental Health

Whether teaching online or in-person, classroom teachers, educational assistants, and early childhood educators are the eyes, ears, and heart of connecting to our children. Through modelling, day-to-day interactions, and intentional instructional activities, educators are key to promoting positive mental health for all students. Whether in person or online, we can contribute to the sense of well-being and connectedness with students. [School Mental Health Ontario](#) outlines three (3) tiers of supports for educators to use in their daily interactions with students.

Tier 1: Supports all students

All students will benefit from actions that encourage belonging and inclusion. Simple measures that can be taken in any class include a warm welcome, a genuine smile, someone who reaches out, a safe place to risk, and a calm environment.

Tier 2: Notices students needing extra help

Do you have a student who feels hopeless, very unhappy, angry, sad? Has had an abrupt change in mood or outlook? Feels tired more than usual? Is often alone?

Acknowledge that there are times when everyone feels upset.

Start a conversation. **Listen** with kindness and empathy.

Remind them of coping skills that can help. **Reassure** the student. **Ask** how you can help.

Connect the student with additional resources (see insert below).

"Social connection can lower anxiety and depression, help us regulate our emotions, lead to higher self-esteem and empathy, and actually improve our immune systems. "
-Canadian Mental Health Association

Tier 3: Help students and families access mental health supports

Intervene. If you have a concern about a student or are worried about a change you see in the student's behaviour or demeanor, it is never a mistake to ask for help or seek guidance.

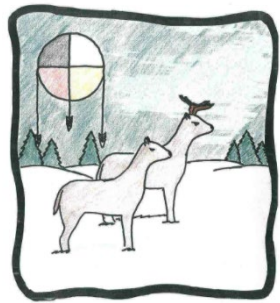
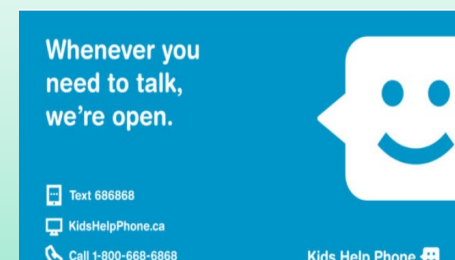
-Adapted from "Tip Sheet for Staff to Support Positive Mental Health for All Students"

Additional Resources:

[Kids Helpline](#) provides 24/7 confidential counselling to all Ontario students. Share the link or image on your Edsby page for easy reference!

[School Mental Health Ontario](#) has easy to use, reliable, teacher tested classroom resources.

If you are concerned about a student, new referrals can be made to your school principal. ADSB staff will be checking in with students and families.



Digging Deeper

[The Power of Kindness](#)

Manidoo Gizis

JANUARY SPIRIT MOON

January's Moon is a time to be silent, reflect,
and realize our place within all of Great
Mystery's creatures.

- From Muskrat Magazine.com

Tamil Canadian Heritage Month January 2022

A month to recognize and celebrate the rich heritage and contributions of Tamil Canadians to Canada. Canada is home to the largest Tamil Diasporas in the world.

Dias de los Reyes, Epiphany Jan 6, 2022

A celebration of the day the three wise men visited Christ. In many cultures this is a day of gift giving and the last day of the Christmas holidays.

Guru Gobind Singh's Birthday (Observed) Jan 9, 2022

A leader, poet, warrior, and philosopher. He was the tenth of the Sikh Gurus. It is a religious day where prayers of prosperity are offered.

Robbie Burns Night Jan 25, 2022

This night commemorates one of Scotland's National Poets, Robbie Burns. This night is often celebrated with a traditional Scottish meal of haggis and whiskey and reading of his poetry.

Family Literacy Day Jan 27, 2022

A day to raise awareness and promote literacy-related activities for families.

International Holocaust Remembrance Day Jan 27, 2022

An international memorial day which recognizes the genocide of European Jews by Nazis Germany.

Covid-19

Zhichigedaa Enendaagoziying
Let's do our part



Gego Besho Niibiwiken



Dengwechgan
Biiskan!



Weweni Gzibiigininjik



Aanggowaamzik,
Paayaaik



AAKOZIWIN E'BEMIBDEK



DENGWECHGAN
BIISKAN



AABJI
GIZIBIIGINJIN



WAASA GWAYA
ZAABAM!



AANGGOWAAMZIK!



Download and use these posters in your class:

Poster #1, Poster #2

LOOKING AHEAD...



2022 Bon Soo Virtual Olympics

Hosted by ADSB Student Senate for Secondary Schools



February is Black History Month

Watch for an ADSB Supplemental Resource to
celebrate and incorporate Canadian Black History