



Supporting Youth Mental Health

Muscle Relaxation

By working to reduce muscle tension, we can change our experience of stress in the body. Share with your children how to recognize tension by contracting and relaxing different body parts.

Neck: Push your shoulders up to your ears (as if you were hiding inside a turtle shell) for 3 seconds then let them go and relax slowly for 3 seconds. Repeat.

Hands: Squeeze your hands together into fists (as if you were squeezing lemons) for 3 seconds then let them go and relax slowly for 3 seconds. Repeat.

Stomach: Squeeze your stomach in as if you were trying to squeeze through a small space in a fence for 3 seconds then let it go and relax slowly for 3 seconds. Repeat.

Feet: Push your feet down into the floor for 3 seconds, then let go and relax slowly for 3 seconds. Repeat.

School Mental Health Ontario has additional stress management strategies for families at the following [link](#).



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Mental Health Week (May 3-9, 2021)

While Mental Health Week was May 3-9, the messages are valid throughout the year.

- Even in times of extreme anxiety and stress, mental health is something we can protect, not just something we can lose.
- Heavy feelings lighten when you put them into words. When we voice our emotions, the pain gives way. So, let's understand and name how we feel. Angry? Glad? Frustrated? It's all good.
- This year's Mental Health Week focuses on how naming, expressing, and dealing with our emotions – the ones we like and the ones we don't – is important for our mental health.
- This Mental Health Week, don't be uncomfortably numb. #GetReal about how you feel, and name it, don't numb it.
- Check out the [Canadian Mental Health Association](#) website for additional resources to support youth well-being and mental health. Click [here](#) to access the website.

Get ready to **#GetReal**

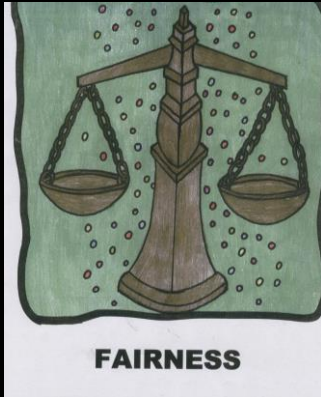
CMHA Mental Health Week May 3-9, 2021

Visit mentalhealthweek.ca for info and tools!

Canadian Mental Health Association
Mental health for all

ADSB Changemakers: Amara Ruffo

Red Dress Day – May 5



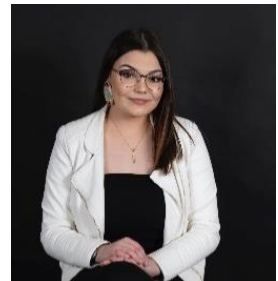
May 5th is Red Dress Day, a day to raise awareness about Missing & Murdered Indigenous Women, Girls & 2 Spirited People. Indigenous women make up 16% of all female homicide victims, and 11% of missing women, even though Indigenous people make up 4.3% of the population of Canada. Indigenous women are three times more likely than non-Indigenous women to be victims of violence. On May 5 and every day, we advocate for change. On this day, we want to recognize the dedication, hard work and leadership of our own Indigenous Student Trustee, **Amara Ruffo**.

Amara Ruffo is a grade 12 student at Chapleau High School who also serves as the ADSB Indigenous Student Trustee and a Chair of the Northern Indigenous Youth Council. In 2013 Amara was asked to be part of the *James Bay Girls at Bat* program which she said made a big difference in her life. This organization created Positivity Books, books that act as journals, a mental health resource, and includes inspirational reminders. She hopes to design and distribute books like these to Grade 7-12 students in ADSB, as they made such a big impact on her life.

Amara knows that this year is especially hard on teenagers and the struggle with mental health can be challenging. She is also keen enough to recognize that even if it is difficult this year – it is ongoing struggle for many. She would like to encourage teachers to continue to focus on the Holistic Person – the emotional mental, physical, and social and the importance of making schools a safe place for all students.

She recognizes the impact the staff have made on students this year, “I have seen teachers being there and checking in (on students), many of our teachers and culture workers are making a difference.” She recounts how a small action like hanging inspirational messages on the walls gave others a needed boost. One poster that they hung in the bathroom, a place student often goes just to find space, reminded people to breathe. She said that she has had people come up to her and explain that this simple message gave them the positive outlook they needed at the right time.

With Amara’s strength, determination and voice, we know that change is possible.



*Photo Credits:
Danyelle Santerre*

Fairness

I show fairness when...

- *I treat others equally*
- *I play fairly*
- *I do not cheat*
- *I am a good sport*
- *I am able to take turns*
- *I share with others*
- *I make fair decisions*
- *I am impartial*
- *I don't let bias or prejudice influence my decisions*
- *I do not discriminate*

Digging Deeper

Edutopia: Curwin on Fairness



Community COVID Testing

Voluntary asymptomatic COVID-19 testing for staff and students continues to be available at the following Pharmacies in Sault Ste. Marie (SSM) and Elliot Lake:

- Shoppers Drug Mart – SSM - 44 Great Northern Road, 705-949-2143
- Shoppers Drug Mart – SSM - 364 Second Line West, 705-945-1215
- Shoppers Drug Mart – Elliot Lake - 220 Ontario Street, 705-848-7125
- No Frills – Elliot Lake – 177 Highway 108 North, 1-866-987-6453
- Rome’s Independent Grocer – SSM – 50-44 Great Northern Road, 705-253-2887

In addition, testing will continue to be available at district Assessment Centres or with other partners in Blind River, Chapleau, Hornepayne, Thessalon and Wawa, on a rotational basis.

There's No App to Address Cyberbullying

On Wednesday May 5, 2021, the ADSB Parent Involvement Committee hosted Dr. Wendy Craig and her presentation, "There's No App to Address Cyberbullying". Dr. Craig works with PrevNET, a leading Canadian national organization dedicated to promoting healthy relationships and preventing bullying.

Dr. Craig's presentation focused on three areas:

What is cyberbullying?



Why worry about it?



What can you do about it?

What is cyberbullying?

Cyberbullying combines bullying and technology, bringing bullying into an online environment. Youth may refer to terms like drama or 'trash-talk'.

Cyberbullying involves:

Power imbalance + Targeting + Intent

Why worry about it?

The online world amplifies the impact of cyberbullying in that it never goes away, is accessible 24/7, has an unlimited audience, and perceptions of anonymity.

In Canada in 2021, 37% of boys and 42% of girls reported being cyber-victimized, while 20% of boys and 19% of girls reported cyberbullying others.

Some effects related to cyberbullying include:

- Anxiety, depression and PTSD (Post-Traumatic Stress Disorder)
- Poor school performance and avoids school
- Aggression
- Substance use, particularly vaping
- Rule breaking (those that cyberbully others)

What can you do about it?

You do not need to be a "tech-wizard" to address cyberbullying. Research shows that youth want support from adults and relationships are important.

- (1) Be a healthy role model
 - *be self-aware of your own use of technology, how you regulate emotion, how you deal with conflict and open communication*
- (2) Use positive parenting practices (e.g. connection, boundaries, support, trust)
- (3) Build healthy relationship skills (e.g. self-reflect, emotional regulation, attention control, scaffold skills)
- (4) Build digital literacy skills (e.g. www.commonssensemedia.org)
- (5) Recognize and identify signs of cyberbullying, including:
 - *Avoiding using the Internet and cell phones*
 - *Appearing angry or depressed*
 - *Withdrawing from friends and family*
 - *Not wanting to talk about online activities*
 - *Trying to hide the screen when people are in the room*
- (6) Educate self/family on impacts and role
 - *Talk with other parents, co-play/co-learn*
 - *Restrictive approaches do not work, but mediational ones do*
- (7) Intervene directly and provide support and resources
 - *Youth can feel traumatized if adults do not listen, respond or intervene, blame or do not believe the student, or are judgmental*
 - *Be realistic*
 - *Work together*

Days of Significance

Pascha - May 2, 2021

Orthodox Christians celebrate Easter.

**Mental Health Week
May 3-9, 2021**

**Red Dress Day
May 5, 2021**

This day brings attention to Murdered and Missing Indigenous Women, Girls and Two-Spirited people.

**Laylat al-Qadr
May 9, 2021**

The holiest night of the year for Muslims commemorates the night that the Quran was first revealed to the prophet Muhammed.

**International Day Against Homophobia, Transphobia and Biphobia
May 17, 2021**

This is a global celebration of sexual orientation and gender diversities.

**World Day for Cultural Diversity for Dialogue and Development
May 21, 2021**

The United Nations has designated this day as an opportunity to deepen our understanding of the values of cultural diversity and to learn to live together in harmony.

**Waabigwani-giizis
Zaagibagaa-giizis
May 26, 2021**

Flowering / Budding Moon

**World No Tobacco Day
May 31, 2021**

Each year, the World Health Organization (WHO) designates this day to spread awareness about the risks of tobacco use and how we can make the world tobacco free.

Physical Rejuvenation – adapted from Dr. McCarthy

Eat

- Drink water
- Follow the [Canada Food Guide](#): 50% fruits & vegetables, 25% protein, 25% whole grain
- Alcohol & caffeine in moderation

Move

- Exercise lowers risk of illness & disease, alleviates depression & anxiety
- Focus on fitness, strength & mobility

Sleep

- Aim for 8 hours a night
- Naps should be under 30 minutes or over 90 minutes
- Limit screen time prior to sleep

Anishinaabe Lunar Calendar

The moon goes around the earth approximately every 28 days. Over 365 days, the moon orbits earth 13 times. Though there are 13 lunar months each year, most of us follow the 12-month Gregorian calendar. The Anishinaabe named the moon cycles after the important natural events that influence a location on earth. Because the territory that the Anishinaabe live on is so large, the moons may not be called the same thing for all areas.

Waabigwani-giizis or the “Flowering Moon”, is the time when Creation is shifting into spring and renewal. The melting of goon (the snow) has taken place and the plant relatives have had time to absorb the water. The renewal of the warm sun brings new life and new growth. The trees have new buds on them, soon to turn into leaves or new needles. In other parts of the Great Lakes, this time of year is sometimes known as **Zaagibagaa-giizis** or, “the budding moon”. As plants blossom and grow, thanksgiving is offered through ceremony and celebration, this is a life-giving time. New babies are born from the four-legged, winged ones and fish beings. New life is coming, sharing new energy to the world. This is the time of year when lots of movement traditionally took place as Indigenous peoples began to move in to summer camps and the larger seasonal communities.

Namebini-giizis or the “Sucker Fish Moon” is an important time in the yearly life cycles of the Anishinaabe. Many Ojibwe/Anishinaabe Elders tell of a time long ago when the Anishinaabe were coming out of a very long harsh winter. There

was little food left to sustain the people to the coming days of the early spring. It is said at this time, Namebin, the white sucker fish (*Catostomus commersoni* in Latin) took pity on the Anishinaabe. Because of the compassion Namebin had for the Anishinaabe, Namebin spoke to the Creator on their behalf and said that the Anishinaabeg were in need of food as life was hard for them during this time of year. The Creator then asked Namebin what they should do, and Namebin said to G’zhe-manidoo, that they would offer themselves to sustain the Anishinaabeg. It is said because of this sacrifice made by Namebin, the Great Spirit gave Namebin an ability to multiply in great numbers.

Today all across Anishinaabe territory, there is still a lingering joking humor about “only catching suckers” when one goes out fishing at the start of the fishing season. This is perhaps a reminder of that story, or a way of knowing that “the suckers” are among the first fish to start running/spawning in this time of year.

In parts of western Great Lakes territory, particularly in the southern communities, Namebini-giizis occurs during the February moon. For other communities, particularly in the Northeastern regions of the Great Lakes, Namebini-giizis happens during the April moons to coincide with the start of the fish spawn. Today, the start of the fish spawn happens with “the smelt run”. However, we need to recognize that smelts are not Indigenous to the Great Lakes as they were introduced as a sport fish some time during the early 20th century. In the days of old, Namebin was among the first fish to begin the spawning cycle.

Among many Anishinaabe/Ojibwe Elders, “smoked suckers” and “sucker head soup” are considered a true delicacy. In modern times with the onset of commercial food production, the eating of suckers has come to be viewed as less desirable. However, if we pause to think of the cultural importance, we begin to see how in the times when the waterways were significantly cleaner, Namebin would taste quite different as “bottom feeding fish” have a slightly different taste.