



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.



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Social Emotional Learning: Al's Pals

Last June, approximately **60 ADSB Early Childhood Educators and Kindergarten teachers** participated in a two-day virtual training to implement Al's Pals in their classrooms. Educators know that incorporating social emotional learning in the early years through an evidence-based practice such as Al's Pals promotes healthy decision-making, problem solving skills, and self-control in children. The intentions of this timely training were to then be able to deliver this program in schools throughout the district starting in September 2020. In the midst of our current learning environment, explicitly teaching and modelling social emotional skills for our children has become essential in promoting healthy classrooms. Al's Pals uses puppetry, guided play, original songs, movement and brainstorming to engage in learning. This system wide approach to ensure our students learn to manage and master these skills is valuable! Creating strong children and communities through programs such as this is commendable. To learn more about Al's Pals and it's application in the classroom go [here](#).

How to support student Mental Health?

- ✓ Trusted classroom-ready resources
- ✓ Effective support
- ✓ Easy-to-use Lesson Plans



Student
Mental Health
ACTION KIT





Starting Points...

Key Messages to Use with Students about Mental Health and Well-being

- We know the transitions are a hard one – we are here to help.
- It is not unusual to feel worried, tired, or sad right now because these are challenging times.
- Mental health is a good thing! We all want to have good mental health for ourselves, our family, and our friends.
- We can take care of our mental health, just like we take care of our physical health.
- We can do this by eating well, getting a good night's sleep, being active, and taking time to relax, have fun, and do some things that make us feel happy every day.
- Remember that part of staying mentally well means connecting with others who share your interests, culture, identities, and values.
- There are people who work in schools, and in our community, who are trained to help you to find ways to get through this so you can feel better.
- If you are feeling unwell (e.g., overwhelmed, depressed, panicky), you can talk to me or another trusted adult.
- Please take care of yourself.

- [From School Mental Health Ontario/COVID-19/Educators](#)

ADSB Changemakers: Mountain View Public School

Educators at **Mountain View P.S.** are working together to build a school environment that supports students and community through intentional Social Emotional Activities. Using **MindUp** as a



base, they are working on completing a unit every two weeks as a school. Take a look at the bulletin boards promoting mindfulness and well-being at Mountain View.

Caring

I am caring when...

- I use kind words and kind actions
- I look at a situation from someone else's point of view
- I treat others kindly
- I am able to forgive others
- I am concerned about how others feel
- I express gratitude
- I help take care of people in need
- I think good thoughts towards others
- I give to charity

Digging Deeper

[Edutopia: Brene Brown on](#)

Empathy



Safe and Accepting Schools: Pink Shirt Day

There is no place for bullying in our schools. On February 24, 2021 join schools across Canada in recognizing that students can make a difference and take a stand against bullying. Encourage your students to wear pink and learn more about taking a stand, bullying prevention and the signs of being bullied [here](#).

Pink Shirt Day has its roots in Nova Scotia, where two high school boys took a stand when they saw a new student being bullied for wearing pink. In a heartfelt show of support, these boys were able to organized the first Pink Shirt Day.

BLACK HISTORY
MONTH 2020
**CANADIANS
OF AFRICAN
DESCENT:**
GOING
FORWARD,
GUIDED BY
THE PAST



Canadian Black History in the Classroom

February is Canadian Black History month. We celebrate this month by acknowledging the contributions and teaching the rich history of Black Canadians in Canada. We also recognize that Black History is Canadian History and should be woven in the fabric of our classrooms throughout the year. We can help create community through a shared learning and discovery of our heritage, struggles, and injustices. Take a moment to look at these resources.

- **Lucia and Thornton Blackburn** – They first escaped slavery in Kentucky via the Underground Railroad and then later fled to Canada when they were discovered in Detroit. This couple settled in Toronto operating a cab and helping others escape through the Underground Railroad.
- **Viola Davis Desmond** - She confronted segregation in 1946 and was honored by being featured on the \$10 bill in 2016.
- The **Right Honourable Michaelle Jean** – A social activist, linguist, reporter, filmmaker, broadcaster, and Governor-General of Canada, 2005-2010.
- **Willie O'Rea** – Became the first black Canadian to play for the National Hockey League in 1958. He was inducted in the Hockey Hall of Fame in 2018.

Learn More at [Government of Canada: Noteworthy Historical Figures](#)

Days of Significance

**Lincoln MacCauley
Alexander Day
Jan 21, 2021**

First Black Canadian member of Parliament, Cabinet and lieutenant-governor of Canada. Designated to honour his accomplishments.

**International Holocaust
Remembrance Day
Jan 27, 2021**

An annual observance to honour the victims of the Holocaust. This date coincides with the liberation of Auschwitz.

**Black History Month
February 2021**

Every February, Canadians are invited to participate in Black History month festivities and events that honour the legacy of Black Canadians past and present.

**Murdered & Missing
Indigenous Women
Feb 14, 2021**

National Day of Action addressing violence against Indigenous women.

**Flag Day
Feb 15, 2021**

Commemorate the day in which the flag of Canada was inaugurated.

**Pink Shirt Day
Feb 24, 2021**

Schools across Canada participate in this anti-bullying day.

Healthy Schools: Unfiltered Facts (Vaping)

What we know

Vaping changes a liquid mixture, or juice, into a vapor which is inhaled.

Vapes are made in different sizes and shapes and can be hard to detect in schools and buses.

Youth are the target for marketing of fruit flavored vaping products.

Lasting effects of vaping are unknown.

Most Canadian teens, 85%, are not vaping.

Visit the Ontario Public Health website below for more information on Vaping.

