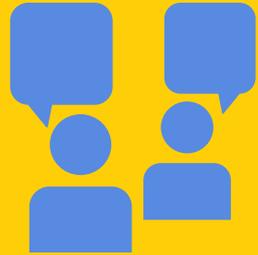




EDUCATION WEEK 2021
LA SEMAINE DE L'ÉDUCATION



3RS
RENEW.
REFRESH.
RECONNECT.

3R
RECOMMENCER.
REVIVIFIER.
RENOUER.



JANUARY 17 - 23 JANVIER 2021

A Message to Teachers from NLTA President Dean Ingram



Dear Colleague,

Education Week has always been about celebrating education and the importance of learning. The theme for 2021 reflects the current circumstances of all our students and educators and asks participants to focus on the *3Rs: Renew. Refresh. Reconnect.*

This year's theme is about renewing our focus on mental health, taking time to refresh after a very stressful year and reconnecting not only with yourself, but also finding new ways to connect with peers. This past year has been a challenging one for everyone but we are finding new ways to learn, new ways to connect and new ways to ground ourselves and focus on what is important.

Education Week can be an enriching experience for students, teachers and parents. We encourage primary and elementary teachers to continue their practice of observing this week with their students. We especially encourage intermediate and high school students to become involved in the week as it presents an exciting opportunity to promote school spirit. Our students have much to contribute and would grow and learn from their involvement in Education Week activities.

Our sincere thanks to all those who have assisted in planning Education Week. We value the input of our fellow educators and assure you that your efforts are appreciated.

We trust you will find this resource to be useful and that your activities during Education Week and every week of the school year are truly a celebration of education. *Have a great week!*

Sincerely yours,

Dean Ingram
President

SUGGESTED ACTIVITIES

RENEW

Calm Kit

Have students make their own Calm Kits. Anxiety is prevalent in today's youth and we cannot only teach students to identify and acknowledge their anxieties, but to also improve their coping skills. Students can fill their Calm Kits with things that simply make them feel better or motivate them to keep going when things get tough. Of course, this goes without saying, but students with severe anxiety and depression need to know that there is also a line of communication open with the Guidance Counsellor if they need professional help. This Calm Kit is not a remedy, but simply a tool to help students cope. Another variation: Instead of students making a kit individually, teachers could have students make a Classroom Calm Kit together. This could be beneficial for Primary/Elementary.

Guided Meditation

Meditation improves focus and helps to clear the mind. Teachers could orchestrate a guided meditation in their classrooms. There are many guided meditations already on YouTube to choose from. Sometimes, students just need a break from the stress, pressures and expectations of school and life. A few minutes is all it takes to help students feel more centered, calm and inspired to tackle their goals.

People Working Together

Make a collage of pictures of people in a community who work together to help us.

Peace in My Community

Have students think of a person they admire who often tries to help people cooperate. This could be a teacher, coach, or community leader. Have them make a list of this person's positive qualities and/or write a note to this person to express their appreciation to them for working at keeping the peace.

A "Me" Collage

A collage is a dynamic art process. Have students create a collage that reveals who they are – what they like, things they have done, their family, etc. They may use various materials such as pictures, medals, trinkets, and other items that are important to them.

Bring It On

Have students make a list of negative and positive statements like "This is useless", "There's no hope", or "I can do this" and "Bring it on". Have them circle the ones that they know they need to say more often.

I'm a Star

For self-esteem development, children need to feel important to both themselves and others. Have students talk about what they consider to be their best quality. This quality (e.g. I am a good friend) is put on a star. When all stars are completed they might be put on a blue bulletin board representative of a sky.

Perseverance

Have students define the word perseverance and discuss why it is important in reaching goals. Have students write acrostic poems using the word perseverance.

Me Masks

Have students create masks using papier mache and a balloon. When the papier mache has dried have students prime the masks with white paint. Then ask them to decorate their mask to resemble themselves. They can use paint, markers, pictures, etc. Have students write a journal entry explaining why they decorated the masks the way they did. Also, have each student present their mask to the class and give a brief description of it.

My Superhero

Students write about their real-life superhero. Could be a friend, teacher, parent, guardian, grandparent etc. or about front-line workers and how they were inspired.

REFRESH

A Better School

Students can collaborate on ways to improve the wellness of their school. They can submit their ideas to the school improvement committee, to the student council or the administration.

What Concerns You?

Have students discuss an issue which is important to their school or local community (or province). Have them write a letter to the town council, or MHA, voicing the concerns of the class. After students have discussed the issue, have them ask other students if they would like to sign the letter (as a petition).

Express Your Feelings

Have students begin each day with a journal entry that would only be read by the teacher with the student's permission. In the journal, have students write how they coped or solved a problem. Have students write about their feelings at different stages in resolving the problem, especially if the problem is resolved. If a student is uncomfortable with this idea, they could

respond to problems/difficulties characters are experiencing in books they are presently reading, telling how they would feel if they were the character or how they would try to solve the problem. The student could also write how a poem or story has made them feel.

How Often Do You Wash Your Hands?

Have students discuss what hygiene they practice and why, with emphasis on dental hygiene, sharing combs and makeup. Now explain that students should keep a journal for two days that will be private. Next have them respond to their own journal. Do they feel they practice good hygiene? Do they need to change anything? Why do they feel they need to change?

Let's Talk

It often seems easy to help someone else find solutions to problems in life. Have students write an imaginary conversation they would have with a character from a book they have read. Have them offer the character advice about a problem. How did they feel about giving suggestions to another person/character?

Overcoming Obstacles

Have students research how people they know have overcome obstacles and reached their goals. These can include parents, friends, relatives, ancestors, or famous people. What were the obstacles? What steps did they take to overcome these obstacles?

Fitness Plan

Have students make a list of physical activities they would enjoy doing. Have them create a fitness plan for each of the five days of Education Week, incorporating the activities they have chosen. Included in the fitness plan should be a goal they want to reach. Have them use a table with the following headings: Things That Will Motivate Me to Achieve My Goal; Barriers That Make It Hard for Me to Reach My Goal; and What I Can Do to Overcome the Challenges. Students may also want to include How I Know I Have Achieved My Goal and Length of Time Spent on the Activity Each Day. They can compare with other students.

Reach Your Goals

Students should set a goal for the week and make sure they follow through on their goal. Have students seal their goals in an envelope to be opened on a certain date or at the end of the week.

RECONNECT

A Positive Environment

Create a display of photos that remind students about positive experiences, times of celebration or accomplishments. Discuss with the class how important a positive environment can be.

I'm Puzzling

On a sheet of 8 1/2 x 11 paper have students design a puzzle that contains seven pieces. In the pieces of the puzzle print the following: Favorite book; Favorite subject; I would like to be...; My hero; I'm good at...; My name; My family. Photocopy these onto white card stock. Have students fill in each piece and then cut the puzzle apart.

Making History

Have students draw a cartoon of a historical character making a momentous discovery. They could indicate in a speech balloon what the individual might have said at that particular moment (i.e. Marconi receiving the first wireless message).

What Would I Do Without...

Have students/teachers stop using all forms of modern technology for a day, e.g. calculators, computers, overheads, photocopiers, microwaves, etc. Discuss the impact this may have on daily living.

Private Facebook Discussion Groups

Instead of traditional forums, allow students to interact in a private, controlled Facebook group. Teachers can regularly post topic ideas.

Lessons in Life

The more students know about a given situation, the more information they will have to come up with creative solutions for current problems that may be inducing stress. Have them ask, "What can I learn from this experience?" Have students think of a situation that easily improves how they feel and have them write down the reasons why it makes them feel better.

WEB RESOURCES

<https://smho-smso.ca/emhc/>

<https://smho-smso.ca/wp-content/uploads/2020/03/Self-Care-101.pdf>

<https://www.thepathway2success.com/25-ways-to-integrate-social-emotional-learning/>

<https://xello.world/en/blog/social-emotional-learning-activities-growth-mindset-kids/>

<https://www.prodigygame.com/main-en/blog/social-emotional-learning-activities/>

https://kognito.com/blog/mental-health-lesson-plan-ideas-for-middle-high-school-classrooms?utm_source=fac&utm_medium=social&utm_content=blog

<https://www.islandhealth.ca/sites/default/files/2019-06/mental-health-literacy-schools.pdf>

Due to the COVID-19 pandemic and ongoing public health emergency, the NLTA is advising that all Education Week 2021 activities, including Opening and Closing Ceremonies, must take place in manner that is consistent with Public Health and school district safety protocols, particularly with respect to gatherings and physical distancing.

