

JCSH News and Resource Bundle for February 25 2020

Hello everyone

Here is the News and Resource bundle for this week. February 26 marks Pink Shirt Day.

Cheers

Susan

News Articles:

1) Teachers use meditation to inspire and calm: 'Imagine a voice coming from your heart'

While not all research into mindfulness practices in schools show [positive outcomes](#), there is other [scientific testing](#) that finds substantial reduction in perceived stress” in students who took part in a randomized control trial studying students after mindfulness session. Other educators believe that, whether or not research shows associations of school-based mindfulness practices and academic improvements in students, the consequences of the sessions are positive and important for all in the school community. Teachers at one of the trial schools feel that students are more kind and more open to learning: “Students need a moment of respite from the day,” said the school’s principal. “I’ve seen it again and again: They emerge ready to learn, frankly grateful for the opportunity.”

https://www.washingtonpost.com/local/education/imagine-a-voice-coming-from-your-heart-teachers-use-meditation-to-inspire-and-calm/2020/02/22/e08d5c8e-4dbd-11ea-9b5c-eac5b16dafa_story.html?wpisrc=nl_sb_smartbrief

2) Surrey kids launch anti-bullying campaign ahead of Pink Shirt Day

In a peer mentorship program in Surrey, BC, a high school teen is matched with a group of children aged eight to 12; together they created a social media campaign and a series of posters to support other kids and youth who have faced bullying. "These young people develop relationships with their older youth peers that are going to go to the same high school as them," said the youth engagement coordinator. "It is a really nice relationship piece. Those youth reported a lot of positive feelings just about those mentors and the relationships that they had formed throughout the process

<https://www.surreynowleader.com/community/surrey-kids-launch-anti-bullying-campaign-ahead-of-pink-shirt-day/>

3) Bullied Marystown dropout completing high school with newfound confidence

The student featured in this article made the decision to drop out of high school at 15, when bullying became intolerable for him. Now, at 20, he will graduate with classmates two or three years younger than him, but after a much more positive school experience. While he doesn't recommend dropping out he found opportunities to develop personal strengths, and these gave him the confidence to understand the difference between having skills and developing them. "I think finding something you're good at is the building block of self-confidence. I know so many people who left school because they didn't think they were smart enough or capable enough, but smart is something you become, not something you are. You might learn some things more slowly than others, but you can't practice something and come out knowing less."

<https://www.thechronicleherald.ca/news/canada/bullied-marystown-dropout-blake-colbran-completing-high-school-with-newfound-confidence-410234/>

4) New strategies aim to teach PEI students critical 'life skills'

Advancing social-emotional learning practices in Prince Edward Island practices will cover a broad range of topics, from emotions management to healthy relationships to responsible decision-making. The skills developed not only assist students in numerous areas of their lives, they also transfer across many curriculum areas, says the province's K-12 health and physical education leader. "Having the ability to seek out healthy relationships and knowing what that really means and maintaining healthy relationships" are critical skills, said Marybeth Rogers-Neale. And "it's something that's happening ... which then could transfer to a literacy unit where students are looking at characters and text.... Or it could cross over into math where they're working in groups and they're fostering teamwork skills."

<https://www.cbc.ca/news/canada/prince-edward-island/pei-teaching-strategies-social-emotional-learning-1.5446756>

Resource: Pink Shirt day is Feb 26; 2020 theme is [#lifteachotherup](#)

Now a movement celebrated across the globe, Pink Shirt Day has humble beginnings. Inspired by an act of kindness in small-town Nova Scotia, CKNW Kids' Fund, working with partners Boys & Girls Clubs and 980 CKNW, was inspired to raise funds to support anti-bullying programs.

Here is a snippet of an article detailing the original incident:

"David Shepherd, Travis Price and their teenage friends organized a high-school protest to wear pink in sympathy with a Grade 9 boy who was being bullied [for wearing a pink shirt]...[They] took a stand against bullying when they protested against the harassment of a new Grade 9 student by

distributing pink T-shirts to all the boys in their school. 'I learned that two people can come up with an idea, run with it, and it can do wonders,' says Mr. Price, 17, who organized the pink protest. 'Finally, someone stood up for a weaker kid.'

<https://www.pinkshirtday.ca/resources>