

## JCSH News and Resource Bundle for March 21 2019

Hello everyone

Here is the News and Resource bundle for this week. Today is International Day for the Elimination of Racial Discrimination.

Cheers

Susan

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### News Articles:

#### 1) Regina high school celebrates multiculturalism, rejects racism

The theme of this year's multicultural celebration at a Regina high school is "Know Where You Stand" — a call for everyone to better understand their own privileges while encouraging acceptance, peace, and inclusion. "We need to acknowledge that just because we're different we shouldn't be judged because of our differences. We need to come together and celebrate as one, celebrate life," said one of the two students organizing the event. "It makes me feel really proud that I'm here sharing my culture and getting people educated," said the other student organizer. "That's what I think multiculturalism is."

<https://www.cbc.ca/news/canada/saskatchewan/regina-high-school-standing-up-against-racism-1.5063973>

#### 2) How these Grade 9 students are promoting the Mi'kmaw language, one word at a time

A Mi'kmaw language teacher in Cape Breton asked her students how to bring back their language. They suggested that the class post a word each day to Twitter, complete with meaning and pronunciation. The students have continued to share their learnings with family and friends: "My parents speak fluently to me and learning these helps me understand them a lot better," said a Grade 9 student.

<https://www.cbc.ca/news/canada/nova-scotia/mikmaw-language-word-of-the-day-dalbrae-1.5058533>

### 3) 'You shouldn't be at it': Survey reveals vaping levels high among NL young people

The focus of this story and the one in the second link below is the widespread use of vaping by NL students, both during and outside of school hours. High school administrators are understanding the extent of the problem: "They seem to be open to doing it just about anywhere. That would include on the bus, in schools, mostly in bathroom facilities," said vice-principal Sheldon Marsh. "And they seem to think that it's OK." Students are participating in supports such as a [Health Canada maze](#) on the consequences of vaping, but non-using peers wonder what needs to happen to have them stop using the devices. "We need to take away the social acceptance...," said the principal of a high school in Mount Pearl. "They're getting duped into buying a product that they're being told is cool and is healthy to do. And I just feel rotten for them."

<https://www.cbc.ca/news/canada/newfoundland-labrador/anti-vaping-campaign-1.5064076>

<https://www.cbc.ca/news/canada/newfoundland-labrador/vaping-newfoundland-labrador-phillips-1.4823489>

#### 4) How Inuit parents teach kids to control their anger

While this is not directly a school health story, it is a glimpse into cultural social emotional learning and the process of education in family. It celebrates story and conversation and relationship as a way to teach children emotional regulation. It also an account of the [experiences](#) of psychological anthropologist Jean Briggs during a 1960s stay with a family in a Baffin Island hunting camp, and more recent views on child discipline by Elders and Inuit artists, such as [film producer](#) Myna Ishulutak. It is a complex piece, and worth the read:

“Traditionally, the Inuit saw yelling at a small child as demeaning. It's as if the adult is having a tantrum; it's basically stooping to the level of the child, Briggs documented. Elders I spoke with say intense colonization over the past century is damaging these traditions. And, so, the community is working hard to keep the parenting approach intact.”

<https://www.npr.org/sections/goatsandsoda/2019/03/13/685533353/a-playful-way-to-teach-kids-to-control-their-anger>

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#### Resource: International Day for the Elimination of Racial Discrimination

In its recent [resolution on eliminating racism](#), the United Nations General Assembly reiterated that all human beings are born free and equal in dignity and rights and have the potential to contribute constructively to the development and well-being of their societies. The resolution also emphasized that any doctrine of racial superiority is scientifically false, morally condemnable, socially unjust and dangerous and must be rejected, together with theories that attempt to determine the existence of separate human races.

<http://www.un.org/en/events/racialdiscriminationday/>