# JCSH News and Resource Bundle for March 26 2021

Hello everyone

Here is the News and Resource bundle for this week. March 26 is International Social and Emotional Learning Day.

Cheers

Susan

News Articles:  
1. Rooting out inequity through collaborative inquiry

In this opinion piece, educator Jill Harrison Berg calls on education systems to adopt a collaborative inquiry process in order to “identify what we need to do to unlock the patterns reproducing inequity” in schools. She argues it is not possible to achieve educational equity while using only individual or informal commitments to change. A combination of teacher-leadership, use of evidence collected and available, and cultivating cultural change is required in a commitment to more formal and disciplined cycles of inquiry. “Educators do not want to leave children behind: If we knew what to do, we would already be doing it. We need to *learn our way* to more equitable schools.”

[Rooting Out Inequity Through Collaborative Inquiry - Educational Leadership (ascd.org)](http://www.ascd.org/publications/educational-leadership/feb21/vol78/num05/Rooting-Out-Inequity-Through-Collaborative-Inquiry.aspx)

2. YWCA program aims to safeguard youth against human trafficking

A YWCA in Moncton, New Brunswick is partnering with other agencies and area schools to raise awareness, provide safety plans and guides, and offer support to girls, women, and non-binary youth aged 11-19. "We certainly know that it's happening," said Alicia Mazerolle, the organization's director of youth services. "I would say that it's certainly happening on a much broader scale than probably what we're aware of." The Brave YW project has received funding from Public Safety Canada and works with its participants to develop resources, including how to help a friend who is being exploited: "They're really the experts," said Mazerolle. "They know what's impacting them, how this issue is getting into their lives.” Children as young as 11 are eligible for the Brave YW program because they are not too young to be targets, with middle and high school students being particularly vulnerable times for young women and gender diverse youth, she noted. The Canadian Centre to End Human Trafficking operates a website and phone line for people who want help getting out of sex trafficking situations or who want to report a tip. It can be reached at <https://www.canadianhumantraffickinghotline.ca/> or 1-833-900-1010.

<https://www.cbc.ca/news/canada/new-brunswick/ywca-moncton-human-trafficking-1.5947947>

3. Media use tied to childhood emotional, behavioral problems

A Finnish study has found increased screen time in pre-schoolers is connected to increased likelihood of emotional and behavioural problems by age 5; however the screen activities that are connected to these outcomes are in watching movies and shows, but not in playing video games. The study of 700 children in Finland found that, by age five, 23% of 18-month-olds and 95% of 5-year-olds in Finland spend more than an hour each day on an electronic device, in excess of World Health Organization screen time guidelines. "Screen time may replace significant other activities, like socializing with peers and family members, which can be problematic because children learn social skills by practice in everyday life," said senior researcher Dr. Juulia Paavonen, deputy chief physician for child psychiatry at Helsinki University Central Hospital. Video games might not produce the same effect because "some of the games are based on physical activity, like Wii, and others are more based on problem-solving or more interactive," said Dr. Jaeah Chung, an assistant professor of pediatrics at Icahn School of Medicine at Mount Sinai in New York City, who reviewed the findings.

[Does Too Much 'Screen Time' Have Your Preschooler Acting Out? - Consumer Health News | HealthDay](https://consumer.healthday.com/3-18-does-too-much-screen-time-have-your-preschooler-acting-out-2651090019.html)

4. How to help teens with sleep and social media use

Schools, like families, are looking for resources to help students make good decisions about sleep and social media use, but need something more than anecdotal information. A research team at the University of Glasgow have been working to improve the [evidence base](https://www.tes.com/news/social-media-overuse-struggle-get-school). They have found that school programs to improve teens’ knowledge of the harmful connection of social media and sleep result in improved knowledge but no behaviour change. A collaborative inquiry approach was taken involving teachers and students examining the evidence and student views on how much sleep they need and want and the impact of social media. “Seeing statistics allowed pupils to feel that they were ‘not the only one’ who worries about staying connected and being a good friend online.”

[How schools can promote sleep and healthy social media use | Tes](https://www.tes.com/news/how-help-teens-sleep-and-social-media-use)

Resources:

Resource 1: March 26 **International Social and Emotional Learning (SEL) Day**

International SEL Day is March 26th, 2021. SEL Day is an annual celebration of the people and organizations that promote social and emotional learning. Visit the [SEL Day website](http://r20.rs6.net/tn.jsp?f=001Cbc9hp7BQmSqJowZEYXPWwpp8UirhpMfdiVMpYrJ0KIxMzm1HM1ZgkWgoL7_cx5-B91r6BzeU-eS6Y3gecrfDU_hGjKcLLXqvJAk5F8DMu8HtgXYhn-cFXlHzQtKfNmauDRH5eGq_LE=&c=xBFJaoy8I4tq8iwDPbGrGgB9Fx1XnGBCPgphFlBBHNydtkomwGC5lw==&ch=eIaDPtQ6njqZrLs4KGF-xfPJTIJLZd2Fq__JaMuxmUcNdojjUF0QhA==) to sign up and gain access to resources to help you showcase, promote, advocate and support SEL in your school community. The UBC Resource Finder also provides a variety of resources to help you learn about SEL, apply teaching methods and asses your efforts. [Find out more.](http://r20.rs6.net/tn.jsp?f=001Cbc9hp7BQmSqJowZEYXPWwpp8UirhpMfdiVMpYrJ0KIxMzm1HM1ZgkWgoL7_cx5-wgDKQpjHWeCKt2sTUZAT3StPX1dpGd9LvGMVPmiiP2WfEQWHOc8Z9WAijWl3Pl52_eXdnoMkc5nf7ZCUpRU_i0iddR4Jj1V1SDtXm0_muPY=&c=xBFJaoy8I4tq8iwDPbGrGgB9Fx1XnGBCPgphFlBBHNydtkomwGC5lw==&ch=eIaDPtQ6njqZrLs4KGF-xfPJTIJLZd2Fq__JaMuxmUcNdojjUF0QhA==)

Resource 2: School Closures and COVID-19: Interactive Tool

Statistics Canada just released a new mapping tool to show the impacts of the pandemic on student health. There is a map for the following topics: mental health, physical and fitness, students with learning disabilities and socio-economic outcomes and food security. It provides statistics on different geographical regions across BC and Canada.

<https://www150.statcan.gc.ca/n1/pub/71-607-x/71-607-x2021009-eng.htm#a4>