



R.L. Hyslop Week-At-A-Glance
 Week of April 26th – April 30th, 2021

Monday April 26 th Day 3		Upcoming Events April 28th - School Council
Tuesday April 27 th Day 4		
Wednesday April 28 th Day 5	School Council	
Thursday April 29 th Day 1		
Friday April 30 th Day 2		

Thought of the week:



A Message from Ms. Hogan, Vice-Principal:

Thank goodness, we were able to get through our 1st week of remote learning. As a school, we deployed over 70 iPads last week so that students could have technology at home. Please note that if you still require an iPad for your child, please call the school and leave message and you will be placed on the waiting list and you will be called for a pick-up as soon as one becomes available.

I know for some students it is not the best option but unfortunately, due to the current situation, it is our only option for learning at this time. Saying this however,

we do know that the problem with remote learning, is that students are missing out on the vital social and emotional benefits that come from in-person learning.

I came across an article with a few tips on how we can make the best out of it.

- ✓ Provide an environment conducive to learning – This isn't always easy. If they're too isolated, it's difficult to check-in with them. If they're at the kitchen table, depending on the child or their environment, they may be too distracted. This is even more challenging when everyone is home, and the house is full.
- ✓ Set (and keep) a schedule – The closer this is to the 'school schedule', the easier it will likely be on everyone. You obviously can (and probably should) revise whatever you come up with at first to fit your circumstances at home (your work schedule, sleeping schedules, etc.). But once you've got something that works, stick to it.
- ✓ Make sure all work is completed – and any work that remains incomplete is incomplete for a good reason and has a time-bound, actionable next step (e.g., email the teacher asking for clarification of the activity so that you can turn it in as soon as possible).
- ✓ Help your child check for messages daily from their teachers and other students and make sure to reply to any messages that require one.
- ✓ Most important, remember it is about your child and not the work. Our student's mental wellness must always come first. At some times, it is necessary to put the work aside and give your child(ren) time to rest.

*Sincerely,
Ms. J. Hogan*

Mental Wellness Check-Ins:

Mental Health includes our **emotional, psychological, and social well-being**. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. **Mental health is important** at every stage of life, from childhood and adolescence through adulthood.

Being emotionally healthy doesn't mean you're happy all the time. It means you're aware of your emotions. You can deal with them, whether they're positive or negative. Emotionally healthy people still feel **stress**, anger, and sadness. But they know how to manage their negative feelings. They can tell when a problem is more than they can handle on their own.

Emotional health allows you to work productively and cope with the stresses of everyday life. It can help you realize your full potential. It helps you work with other people and contribute to society.

There are many ways to improve or maintain good emotional health:

- ✓ Be aware of your emotions and reactions. Notice what in your life makes you sad, frustrated, or angry. Try to address or change those things.
- ✓ Express your feelings in appropriate ways. Let people close to you know when something is bothering you. Keeping feelings of sadness or anger inside adds to stress. It can cause problems in your relationships at work or school.
- ✓ Find purpose and meaning. Figure out what's important to you in life, and focus on that. This could be your work your family, volunteering, caregiving, or something else. Spend your time doing what feels meaningful to you.
- ✓ Stay positive. Focus on the good things in your life. Forgive yourself for making mistakes and forgive others.
- ✓ Spend time with healthy, positive people.

<https://familydoctor.org/mental-health-keeping-your-emotional-health/>

Our Journey to Becoming More Equity Literate

Cultural Identity/Cultural Diversity

Everyone has a cultural identity, of which they are often unconscious because it is so much a part of them. However, in countries with ethnic, religious or linguistic minorities of indigenous origin, cultural identity often becomes a human rights issue, especially when a more powerful group seeks to impose its culture on less powerful groups.

The Convention on the Rights of the Child pays particular attention to a child's right to his/her cultural identity. Article 29 guarantees a child an education that develops respect for his or her culture, language and values.

Article 30 especially recognizes the rights of children of minority communities and indigenous populations to enjoy their own culture and practice their religion and language and article 31 recognizes a child's right to participate fully in cultural and artistic life.

<https://www.un.org/en/letsfightracism/classrooms.html>

<https://www.equityliteracy.org/equity-literacy>

Things We Need to Know:

Participation:

Please remind your child(ren) to make sure that they are checking in with their teachers daily. We have had a few cases where students just login for attendance but do not respond/take part in any of the learning that is happening in their class.



Next Meeting Date: Wednesday April 28th at 6:30 pm via MS Teams. Please email our School Council Chair to ensure you are added to the Teams invite list!

For more information about School Council, please reach out to our Chair, Christine Scheewe, by email: RLHyslopSC@hwdsb.on.ca

On Behalf of our School Council Chair.....Free Tree Giveaway!!!

Ward 5 and Ward 8 Free Tree Giveaway is here! Register by May 12th, 2021! Quantities are limited! Please visit: www.hamilton.ca/PrivateTreeGiveaway

The City of Hamilton Ward 5 and Ward 8 councillors are giving away 300 trees to residents this spring to plant in your back or side yard! The trees available are Tulip Tree, White Pine, Pagoda Dogwood, or Serviceberry. These are all beautiful native trees and you are sure to find one that is just right for your home and help grow our #CanopyforCommunity!

If you need advice on which tree to select, please reach out to Green Venture at contact@greenventure.ca. We are happy to provide more information to help you choose just the right tree for your yard and help you select the best planting location, so that your new tree will thrive and provide you and your neighbours with many urban forest benefits for years to come.

Free Tree Giveaway

WARD 5
RESIDENTS



 Hamilton