



R.L. Hyslop Week-At-A-Glance
 Week of April 5th – April 9th, 2021

Monday April 5 th Day 0	Easter Monday – No school 	Upcoming Events April 12th - 16th Spring Break - NO SCHOOL THIS WEEK April 26 th - Picture Day April 28 th - School Council
Tuesday April 6 th Day 4		
Wednesday April 7 th Day 5		
Thursday April 8 th Day 1	International Day of Pink	
Friday April 9 th Day 2		

Thought of the week:



A Message from Ms. Hogan, Vice-Principal:

I have decided to try something new - **PARENT WEEK AT A GLANCE**. Instead of a monthly newsletter, I have decided to move to a weekly one that keeps parents more up to date on things that are happening around the school. It is a very similar format to what I share with staff on a weekly basis. Parent Week-At-A-Glance will be shared on Friday afternoons moving forward.

Ongoing communication between the school and home is one of the most important contributions we can make for the educational development of our students. By working together, we will help all students achieve their academic best.

Please read the information below as part of our ongoing efforts to keep you informed as parents/guardians. This week at a glance will cover areas such as upcoming weekly events (if any); a thought of the week; mental wellness check-in information; and a look into our anti-racism journey that the board has embarked in.

For those of you who are not aware, this anti-racism training is mandated by the Ministry of education and all school boards must take part. HWDSB's training can be found under the Learn.Disrupt.Rebuild. headings. For more information, you can visit the following link:

<https://www.hwdsb.on.ca/helendetwiler/files/2021/02/Families-Learn.-Disrupt.-Rebuild@HWDSB.pdf>

The Week at a Glance will also cover things that we need to know to help make the school run more efficiently. Please do not hesitate to reach out and let us know how this new approach might be working for you.

Sincerely,
Ms. J. Hogan

Mental Wellness Check-Ins:

Self-Validation: Learn to accept your internal experience and build your identity. Karyn Hall Ph.D.

Validation means to express understanding and acceptance of another person's internal experience, whatever that might be. Validation does not mean you agree or approve. Validation builds relationships and helps ease upset feelings. Knowing that you are understood and that your emotions and thoughts are accepted by others is powerful. Validation is like relationship glue.

Self-validation is accepting your own internal experience, your thoughts, and your feelings. Self-validation doesn't mean that you believe your thoughts or think your

feelings are justified. There are many times that you will have thoughts that surprise you or that don't reflect your values or what you know is true. You will also have feelings that you know aren't justified. If you fight the thoughts and feelings or judge yourself for having them, then you increase your emotional upset. You'll also miss out on important information about who you are as a person.

Validating your thoughts and emotions will help you calm yourself and manage them more effectively. Validating yourself will help you accept and better understand yourself, which leads to a stronger identity and better skills at managing intense emotions. Self-validation helps you find wisdom.

<https://www.psychologytoday.com/ca/blog/pieces-mind/201407/self-validation>

Our Journey to Becoming More Equity Literate

The Equity Literacy Framework:

Equity literacy is a comprehensive approach for creating and sustaining equitable schools. The foundations of equity literacy are (1) a commitment to deepening individual and institutional understandings of how equity and inequity operate in organizations and societies, and (2) the individual and institutional knowledge, skills, and will to vigilantly identify inequities, eliminate inequities, and actively cultivating equity. At the individual level, when we embrace equity literacy, we learn to become a *threat to the existence of inequity* and an active *cultivator of equity* in our spheres of influence.

More than cultural competence or diversity awareness, equity literacy prepares us to recognize even the subtlest forms of bias, inequity, and oppression related to race, class, gender identity and expression, sexual orientation, (dis)ability, language, religion, immigration status, and other factors. Through equity literacy we prepare ourselves to understand how experience disparities, not just quantitatively measured outcome disparities, affect student access to equitable educational opportunity free of bias, inequity, and discrimination.

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

Things We Need to Know:

Below are some considerations for who might be a close contact:

- You were within 2 meters of a person who is infectious. There are different activities that increase risk in this case. For example, face to face conversations increase the risk and the longer you spend with an infected person, the greater the risk.
- You had multiple close encounters with a person diagnosed with COVID-19 over a 24-hour period.
- You had close, physical contact with a person diagnosed with COVID-19, such as a hug, handshake or massage.

Not a Close Contact:

- If you consistently maintained a distance of at least 2 meters away from the individual who was diagnosed with COVID-19.
- You had a very brief, close contact while wearing a mask and/or with a barrier in place.
- You passed by someone quickly.



Please continue to screen your child(ren) each morning and complete the Health Screener. We still have a few students showing up to school and reporting symptoms 1st thing in the morning. Another reminder that visitors on board property **MUST** wear masks.

Arrival/Dismissal:

- Please do not park on the street directly out front of the school. This makes it very difficult for the bus to drop students off and pick them up at the end of the day.

→ A reminder to parents/guardian to wear a mask during arrival and dismissal times to help keep our school community safe. Please do not gather after school to allow for safe departures, and to limit the amount of people in one area.

In-School/Remote Learning Transitions:

The deadline for our 3rd and final transition ended on Sunday, March 28th. As of now, we have no students who would like to transition from in-school learning to remote learning. Then we have 4 students who would like to transition from remote learning to in-school learning. Space in classrooms continue to pose a problem as we do not have space for most students coming in.



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