

## APRIL 2021

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St. Ann's LOR 1Y0  
905-386-6223  
Principal -  
H. Nunnenmacher  
Secretary -  
K. Comfort

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**Dates to Remember:**

- Apr. 2 - Holiday (no school)
- Apr. 5 - Holiday (no school)
- Apr. 6 - Autism Awareness Day (Wear Blue)
- Apr. 9 - Spirit Wear Day
- Apr. 9 - School Wide Bingo
- Apr. 12 to 16 - Spring Break
- Apr. 21 - Earth Day (Wear Green, Blue and/or Brown)
- Apr. 27 - School Council Meeting 6:45 p.m.

Don't forget about our Chapters/  
**Indigo Fundraiser**  
If you are making any online purchases please use the following link  
<https://indigofundraising.flipgoc.com/>  
[/1393928](https://t.me/1393928)

## SCHOOL UPDATES



← Staff Room Before  
Staff Room After →  
We had our Staff Room updated with new cabinetry and counter top.



← Teacher Resource Room Before  
Teacher Resource Room After →  
We had our Teacher Resource Room updated with new shelving.



## WORLD AUTISM AWARENESS DAY

April 6th, 2021 will mark a historic day in Canada for the autism community. For the ninth year, Canadians will officially recognize World Autism Awareness Day. To formally acknowledge the day, we will be joining schools across Niagara by raising an autism awareness flag and wearing blue on Tuesday, April 6th. By participating in the "Raise the Flag" campaign and wearing blue, we are increasing public awareness about Autism Spectrum Disorder (ASD), and the day-to-day issues faced by people with autism and their families.



## STAFFING UPDATE

We wish Mrs. McPherson the best as she joins the Virtual School beginning April 9th. We are going to miss her, but know she will be a welcomed asset to the Virtual School.

**Check out our Website!!**  
<http://gainsborough.dsbni.org/>

# PAUL DAVIS SOCIAL NETWORKING SAFETY PRESENTATION

Thanks to our School Council, students and parents enjoyed a presentation from Paul Davis on March 4th. Our students from Grades 4-8 learned a lot. Here was some of things our students shared they learned.

- Deleting is a myth! We were surprised to learn that after a picture is sent it can never be deleted, even if you smash your device!
- We were surprised to know that technology

in your room is not good, including gaming.

- We were very excited about the opportunity to make a blog or website and learn more about blogs.
- We were surprised to know that there are age requirements on apps like Snapchat, Instagram and TikTok. Many of us use these apps everyday.
- We have decided to follow the advice of Paul and cover up our

webcams.

- It's scary how easily bad people can target you on the internet.
- 12 year olds can face criminal charges for bullying online
- Simple pictures shared online can be dangerous tools for predators
- It isn't good to use the same password for more than one thing
- Your parents own your phone until your are 18+.

- Photos have a binary code and a photo is worth a thousand words
- Privacy online is a lie, no one is safe and they can track everything you do
- Your exact location on the earth can be tracked.

For more information visit - [www.socialnetworkingsafety.net](http://www.socialnetworkingsafety.net)

## EQUITY, INCLUSION AND ANTI-RACISM

Throughout the year DSBN has prioritized equity, inclusion and anti-racism. Equity involves removing barriers so that all feel included for those who may be vulnerable to exclusion. The journey this year began with building an awareness that humans all carry implicit bias and are vulnerable to making snap judgements based on gender, race, ability, etc. Staff were led through examining ways in which we can interrupt bias in the moment when it occurs by interrupting, questioning, educating and echoing. In addition, and as always, staff are encouraged to ensure that the contributions of people of diverse backgrounds are celebrated, highlighted, and embedded into the curriculum throughout the year. A variety of books to support inclusion were sent to school libraries including themes of black history, gender equity, upstandership, body positivity and faith-based inclusion.

### Interrupt Bias. Every Time. In The Moment. Without Exception.

Bias is prejudice in favour of or against a thing, person, or group compared with another. Biases can be innate or be learned.

Biased language includes slurs, put-downs, stereotypes, and other negative labels. Most of these remarks are said in ignorance, but some reflect real hostility.

There are times when someone says something biased and you struggle with how you'll respond. These are opportunities that must be acted on the moment they occur.

Modelling the kind of behaviour you want to see in society is one of the best ways to teach it.

Every moment that bias goes unanswered is a moment that allows its roots to grow deeper and stronger. If you don't speak up against bias, your silence says that you condone it. In moving forward, consider the basics:

#### Interrupt

You must speak up against every biased remark, every time it happens. Letting one go, then speaking up against the next one, sends an inconsistent message that sometimes bias is acceptable, other times it is not. Interrupt Bias. Every time. In the moment. Without exception.

**TRY SAYING:**

- That is offensive.
- I don't find that funny.
- I don't like words like that.
- That phrase is hurtful.
- I'm surprised to hear you say that.
- Using that word doesn't help others. Feel safe or accepted here.

#### Question

Questions in response to biased remarks can be a powerful tool to make the speaker accountable for their words. Your goal is to understand the roots of the speaker's prejudices, then help add context and information to dispel them.

**TRY SAYING:**

- What do you mean by that?
- Why do you say that?
- What point are you trying to make by saying that?
- Did you mean to say something hurtful when you said that?
- Follow up with: Tell me more.

#### Educate

Hate is not behind all hateful speech. Sometimes ignorance is at work, or lack of exposure to diverse experiences and perspectives. Other times, people simply don't know the negative power behind certain words or phrases. Explain why a term or phrase is offensive. Encourage the person to choose a different expression.

**TRY SAYING:**

- Do you know the history of that word?
- Do you know why we do not say that?
- Did you think of the impact of your words on others?

#### Echo

If someone else speaks up against hate, thank them and restate their anti-bias message. One person's voice is a powerful start. Many voices together create change. As the echoing voice, you can restate the anti-bias message, or you can thank the first person for speaking up—or both.

**TRY SAYING:**

- Thanks for speaking up. I agree that word is offensive, and we should not use it.

#### BE PREPARED

Prepare by educating yourself on issues relating to equity, inclusion, and anti-racism. Prepare by having handy phrases you are comfortable saying. Promise yourself that you will speak up in these moments, then follow through.

#### BE POSITIVE

Do not just be reactive. Take proactive steps to help create the school and social climate you seek.

#### BE CONFIDENT

There is no need to apologize for speaking up. Do not let naysayers silence you. You recognize bias and you seek to eradicate it. This is important work and you must dedicate yourself to it.

#### BE ENCOURAGING

Help others prepare to speak up. Encourage the good behaviour you see, especially changed behaviour. If someone else has spoken up before you, be the next voice, echoing that anti-bias message—thanking the person who has spoken up and encouraging others to join in.

Access these Resources Online: [Teaching Tolerance: Speak Up at School Grade](#) | [Making it Meaningful: Interrupting Biased Comments in the Classroom](#)

# Niagara Region Public Health

## School Health Newsletter



### For Parents

#### COVID-19 Updates

For information regarding schools and COVID-19, including screening, symptoms, prevention and protection measures, visit <https://www.niagararegion.ca/health/covid-19/reopen/schools.aspx>

If you have general COVID-19 questions, you can also speak with health care professional seven days a week 9:15am to 4:15pm 905-688-8248 or 1-888-505-6074, press 7

#### Vaccine Rollout

For more information on distribution and eligibility please visit [Niagara Public Health COVID-19 Vaccination](#)

#### April is Oral Health Month!

Public Health recommends that children's teeth should be brushed twice daily for two minutes with a pea sized amount of fluoride toothpaste to prevent cavities

Children under the age of three should have their teeth brushed by an adult, using a rice grain sized portion of fluoride toothpaste until the child can spit out

Parents and caregivers with children under six years should apply the toothpaste to the toothbrush and supervise to ensure proper brushing

For more information, visit [https://www.niagararegion.ca/living/health\\_wellness/dental/prevent-cavities.aspx](https://www.niagararegion.ca/living/health_wellness/dental/prevent-cavities.aspx)

#### School Dental Screening Updates

Due to COVID-19, public health dental staff have not been able to provide school dental screenings in the 2020-2021 school year

If your child is experiencing dental pain or discomfort, please connect with our dental program through the [Niagara Region Public Health dental website](#) or call the Dental Health Line at 905-688-8248 or 1-888-505-6074 ext. 7399



#### Spring into Spring

This April, join schools across Ontario to welcome spring by encouraging your families to celebrate walking and wheeling in their community. You can combine this with other environmental celebrations such as Earth Day. For activity ideas including messages you can share on social media and in your newsletter, visit [Ontario Active School Travel](#).

#### Niagara Parents Facebook Live events

Checkout [Niagara Parents Facebook page](#) for live streaming events and videos!