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### Social Media

Be proactive and protect yourself from the harms of social media. Social media can be used in a safe way by following some simple tips.

#### Top tips from ECNO:

- **Ensure** anything you post is private and can only be seen by your direct connections.
- **Review your privacy** settings frequently – especially after an application update.
- **Think before you share** online. Keep the following information private:
- **Personal information** – don't share your phone number, address, or full date of birth.
- **Location** – Verify you're not sharing your location and remove geotags from older photos.
- **Life news** – post your vacation and events photos when you get back home.
- **Financial information** – Don't post any bank or purchase information online.
- **Other people's life updates** – Be careful with what you share about your friends and family. Always ask permission.

Learn more at [ECNO.org](http://ECNO.org)



## Human Trafficking in Algoma

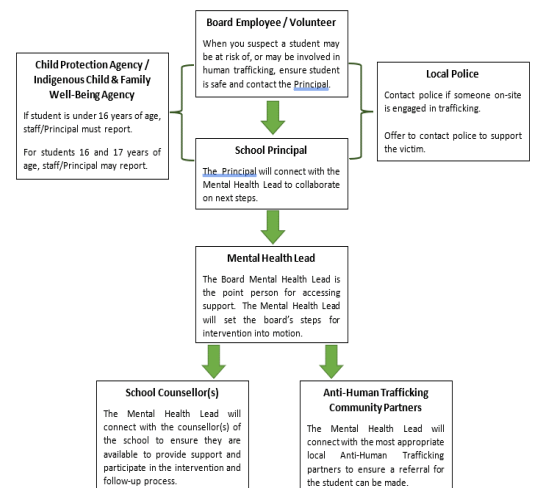
School personnel are essential in identifying potential Human Trafficking situations and preventing human trafficking through awareness. According to Durham Victim Services, the average age of recruitment is 13 years old. Educators see students daily and can notice behavioral changes in students. Why do we need to be aware of human trafficking in Northern Ontario? The image and information below illustrates why students in our region are vulnerable to human trafficking.

### Why Human Trafficking – Algoma Lens



- Transportation Hub: Trans-Canada Highway, Intercontinental & national railroads, St. Lawrence Seaway
- International Border – United States
- Many small, isolated communities, spread over a large geographic area with limited police coverage
- Large Indigenous community including multiple Indigenous communities spread over a large area
- Growing number of transient work mining camps in northern areas
- Limited resources for youth
- Substance Use & Criminal Activity

What to do if you suspect a student is involved or at risk of human trafficking? The flow chart to the right (which can be found within the [ADSB Human Trafficking Protocol here](#)) is to notify your school administrator. After assessing the situation the school principal can contact local agencies or the ADSB Mental Health Lead as necessary. More information regarding warning signs, classroom resources and ADSB protocol for educators can be found on the ADSB website, Community Tab.



# Student Voice: Northern Indigenous Youth Council



ADSB students came together at the Enji Maawnjiding (Where We Gather) Room at Sault College in November to choose the next Vice Chair for ADSB's Northern Indigenous Youth Council (NIYC) at the annual Leadership Forum.

ADSB Vice Chair and First Nations Trustee Elaine Johnson brought greetings to the group of secondary school students who attended.

There was representation from eight ADSB secondary schools from Chapleau, Wawa, Sault Ste Marie, Central Algoma, Blind River and Elliot Lake.



Once again Turtle Concepts was invited to inspire and motivate students. Dave Jones and his colleagues have a way of connecting with our youth, reminding them that they have the right to be themselves and feel good about themselves socially, emotionally, spiritually, and physically. They helped students focus on developing leadership and communications skills, self-esteem, and the importance of finding and using their voices. This segued into presentations and speeches by Vice Chair candidates.

Students selected Desirae Schell-Migwans, a Superior Heights student, as the NIYC Vice Chair for the 22/23 school year.



## Citizenship

*I demonstrate citizenship when...*

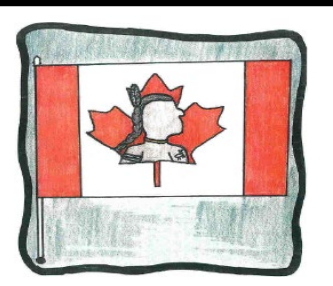
- *I obey the laws and the rules*
- *I participate in my community*
- *I contribute to school*
- *I am friendly and helpful to my neighbors*
- *I am concerned about what happens in my community*
- *I know my rights and responsibilities*
- *I vote*

## Guidelines for Use of Interpretation Services

To support clear and equitable access for families and schools the use of interpreter is necessary when:

- *Communicating in English with a parent/guardian whose main language is not English.*
- *Any participant in the conversation or meeting (including the school) would be disadvantaged without the support of an interpreter.*
- *A meeting is likely to include educational or legal terminology or confidential/sensitive information.*
- *Preventing miscommunication or cultural disconnect is an identified goal.*

Type of Service	When to Access	How to Access
<b>On-demand Interpretation</b> <ul style="list-style-type: none"> <li>• Telephone</li> <li>• Available 24/7</li> </ul> <p><b>Note: This service would be used for conversations that would likely be no more than 30 minutes.</b></p> <p><i>Rarer languages may not be available on demand.</i></p>	Any conversation that supports ongoing home/school communication  Emergency situations (e.g. injury)  Parent arrives at school for an unplanned conversation  Phone calls home to communicate modifications that have been made to curricular expectations (as per ROAM document)	Call the MCIS immediate phone line: <b>1-888-990-9014</b> Provide the 4-digit access code <b>7395</b> , Press 1 to confirm that you are an MCIS customer.  <b>If you are using the service when the person you are communicating with is face-to-face:</b> Press 2 to connect to an immediate telephone interpreter.  <b>If you are using the service to make a three-way call:</b> Press 0 to connect to an operator <ul style="list-style-type: none"> <li>• <b>You will need to indicate that you would like to make a third-party call when the operator asks which language you would prefer. The operator will connect you to an interpreter and then to the family.</b></li> </ul>
<b>Scheduled Interpretation</b> <ul style="list-style-type: none"> <li>• Telephone</li> <li>• Video link (Teams)</li> </ul> <p><b>Note: This service would be used for conversations that would typically be 30 minutes or longer.</b></p>	Planned discussions such as: <ul style="list-style-type: none"> <li>- Parent/teacher conference</li> <li>- Course selection</li> <li>- Transition meeting</li> </ul>	As this service needs to be booked centrally, send the following information one week in advance to Megan Turner McMillan, ELL Coordinator, <a href="mailto:turnerm@adsb.on.ca">turnerm@adsb.on.ca</a> <ul style="list-style-type: none"> <li>• Time and date of meeting</li> <li>• Attendees</li> <li>• Language needed</li> <li>• Anticipated duration of meeting</li> <li>• Video Link/Teleconference #</li> <li>• Purpose of Meeting</li> </ul>



## Digging Deeper

Resources for Teachers  
HERE

# Human Rights Day

• 2022 •  
10 December 2022

The United Nations adopted the Universal Declaration of Human rights on this day in 1949. This monumental achievement stipulates universal values and a shared standard of achievement for everyone in every country. It has been translated in over 500 languages world wide.

Some Human rights include:

- A right to education
- A decent living
- Health care
- Right to live free from any form of discrimination
- This day is to remind us to protect our rights and to stand up for those who are not granted the rights and freedoms that we enjoy. It is also a day to acknowledge those who support, defend, and disrupt systems which do not recognize and uphold Human Rights

## World AIDS Day

Dec 1, 2022

Established by the UN, this day unites people around the world to show support for people living with and affected by HIV and to remember those who lost their lives to AIDS.

## International Day of Persons with Disabilities

Dec. 3, 2022

To promote an understanding of disability issues and mobilize support for the dignity, rights, and well-being of persons with disabilities.

## National Day of Remembrance and Action on Violence Against Women

Dec 6, 2022

Established in 1991 by the Parliament of Canada, this day marks the murders of 14 young women at the École Polytechnique de Montreal in 1989.

## Hanukkah

Dec 19-26, 2022

An eight-day Jewish observance also known as the Festival of Lights. It commemorates the Maccabean Revolt against the Syrian-Greek army.

## Yule/Winter Solstice

Dec 21, 2022

The pagan celebration of the winter solstice. It celebrates the shortest day of the year, midwinter, the return of the sun and a festival of rebirth.

## Christmas

Dec. 25, 2022

A day in which Christians celebrate Jesus's birth by exchanging presents and gifts

## Kwanzaa

Dec 26 – Jan 1, 2022

A week-long celebration of African American culture that ends with Karamu (feast).

# Winter Solistice

The December moon known as "Manidoo-giizisoons" or "the Little Spirit Moon" is the final moon in the Anishinaabe lunar cycle which coincides with the winter solstice. In many communities, the December moon is also known as "Bibooni-giizis" or "the Winter Moon" particularly amongst some Ojibwe communities on the northern shores of Lake Superior and Treaty 3.

All across Turtle Island, the winter solstice is a time of great cultural significance for the Indigenous peoples. Amongst the Anishinaabeg, this time of year traditionally is when the winter legends or sacred stories were (are) told. In many communities, this traditional custom is still taking place and held in the highest regard. These stories are called Aandizookaan (Aandizookaanag for plural) which can be translated as a legend or a spirit. Many Ojibwe Elders say this is in reference and connection to spirits of the land and how the Anishinaabeg understand the land and find their place in the world.

Many of these stories revolve around Wena-boozhoo (Way-nah-boozhoo) the cultural hero of the Anishinaabeg. Because of the vast territory the Anishinaabeg cover, ranging from parts of eastern Quebec to the foothills of the Rocky Mountains, and down into parts of Oklahoma, we do see some variations in the name such as Nana-boozhoo, Mana-boozhoo, or Nanabush. However, it is important to understand that these are all in reference to the same individual. Elders tell us that this is where the traditional Ojibwe greeting "Boozhoo" comes from.

Through the passing of these stories, Families have learned for generations the important life lessons and guiding principles such as the seven sacred teachings often called the "Grandfather Teachings". In many communities, the arrival of goon or snow was welcomed as aandizookaan can only be retold when snow blankets Mother Earth and all of Creation is resting.  
(Animikiibineshūnhs)

# 2022 Geminid Meteor Shower

Peak viewing Dec 13-14, 2022

All night

## Viewing Tips

- Dark skies, clear skies are needed!
- The Geminid will compete with a waning gibbous moon. The peak hours for viewing will be 2 am.
- Meteors can be viewed with the naked eye. No special equipment is needed.

# Vaping Facts from SMHO and CAMH

## Fact 1: Trends are age dependent

*Know your students. Whereas High School Students are the most likely to have tried vaping in the last year, Grade 8 students are 2.5 times more likely than Grade 7s to have vaped.*

## Fact 2: Vaping is NOT harmless

*There are no long-term studies available, so we do not know the effects vaping will have on our health. It is important to inform students about the facts surrounding vaping, nicotine, and cannabis use. See Educator Guides below for more information.*

## Fact 3: E-Cigarettes are not a proven way to quit smoking for youth

*In fact, research shows there is a risk that youth who vape will start smoking cigarettes.*

## Fact 4: Vaping does connect to the curriculum.

*Ontario's 2019 Elementary Health and Physical Education Curriculum gives teachers the opportunity to discuss vaping, healthy choices, and overall well-being. See more explicit learning guides below.*

### Learning Guides

[Ophea, Grades 4-8](#)

[School Mental Health Ontario](#)



# Vaping FAQs

## What is it Vaping?

It is the inhaling of a vapor created by an electronic cigarette or other vaping device. E-cigarettes heat nicotine (extracted from tobacco), flavorings and other chemicals to create an aerosol that you inhale.

Electronic cigarettes and other vaping devices are made up of a mouthpiece, battery, a heating element, and a tank that can be refilled with liquid or a pre-filled pod. Some common names for these devices include vapes, e-cigarettes, e-hookahs, mods, tanks, and e-pens.

## Vaping products are portable and easy to charge.

Vaping devices come in a variety of styles and sizes. Vapes can be as small as a USB, look like a pen, or be covered in a decorative skin. Vaping does not have a lingering, identifiable smell, and there is no flame.

A popular product for teens is the Juul. This device resembles a flash drive and can be charged in a USB port. It does not make a lot of smoke when it is used, making it a convenient way to vape anywhere. Juul's use pods, a pre-filled liquid packet sold separate, in a variety of flavors. The liquid used for vaping is not pure water. Vaping liquids can contain various levels of nicotine, chemicals, and cannabis.

## How common is vaping? What is the appeal?

According to the COMPASS study published by Ontario Public Health:

- 1 in 4 high school students currently vape.
- 8% of students reported vaping 21 times or more in the last month
- Most (75%) Grade 7-12 students are not vaping

A commonly held belief is that vaping and e-cigarettes are a healthy alternative to smoking and more acceptable for youth and teens. Social media and targeted advertising as well as flavor filled pods attract youth to these products.

## What are the health risks of vaping?

***Because vaping is new, the long-term effects on health are still being evaluated. Exposure to chemicals in addition to nicotine and cannabis may cause lung damage, risks to the developing brain, addictions, and nicotine toxicity.***

Short term effects include mouth and/or throat irritation, cough, shortness of breath, and nausea.

-Adapted from: Public Health Ontario Infographic and CAMH Fact Sheet for Educators

## VAPING RESOURCES:

**CAMH and School Mental Health Ontario:**

[Fact Sheet for Secondary Educators](#)

[Fact Sheet of Elementary Educators](#)

[Not An Experiment: Vaping Resource for Students](#)

[Public Health Ontario Infograph](#)

[Vaping: What's the Hype?](#)

*Need Help Quitting?  
Students can text  
Connect to 686868 or  
iQuit to 123456*