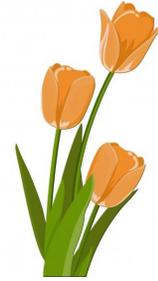


John Black PS April News 2022

April is Sikh Heritage Month, the observance of Ramadan, the nine nights of Chaitra Navratri, Passover and Easter. Wishing all of our families observing and celebrating, an abundance of joy, peace, and celebration.



VAISAKHI/BAISAKH SIKHISM/HINDUISM

Vaisakhi, also known as Baisakhi is a festival in Sikh and Hindu religions having distinct significance for each culture. In Sikh understanding, this date marks the founding of the Sikh community. It is also celebrated as the New Year and Harvest Festival by some. For Hindus, the day is marked by going to temple to pay respect and seek blessings.

PESACH (PASSOVER) JUDAISM

Pesach or Passover is one of the most commonly observed Jewish Holidays even by non-observant Jews. Pesach is a biblically derived Jewish holiday commemorating liberation by God from slavery in ancient Egypt and the freedom as a nation under the leadership of Moses.

RAMADAN ISLAM

Ramadan occurs in the ninth month of the Islamic calendar and is observed by Muslims worldwide commemorating the first revelation of the Quran to Muhammad. Ramadan is a time for prayer, self-examination and fasting. Fasting happens during the daylight hours, only eating before sunrise or after sunset, in special situations related to age and health there are variations to fasting. Eid al/ul Fitr marks the end of Ramadan.

EASTER/GOOD FRIDAY CHRISTIAN

"Easter is a festival and holiday celebrating the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day of his burial after his crucifixion by the Romans at Calvary c. 30 AD."

Upcoming April Dates:

April 1 - Ramadan begins

April 11 - School Council Meeting 6:30

April 13 - International Day of Pink - wear pink for awareness

April 14 - Hat day - Wear a hat to school today!

April 15 - Good Friday/Passover Begins - Board Holiday (No School)

April 17 - Easter Sunday

April 18 - Easter Monday - Board Holiday (No School)

April 18th - April 22nd - Earth Week

April 22 - Term 2 **Pizza days** begin and run until June 27th.

April 26 - Forest of Reading Voting Day!

April 27 - Administrative Professionals Day - Recognizing our Office Coordinator Mrs. Mackenzie!

April 29 - Comfy Cozy Day





A huge thank you to all of our students and families for their participation and contributions to our annual Live Free Campaign. A **total of \$789 was raised** and will be put directly into our Snack Program.

School Council: Our next school council meeting is on **Monday, April 11th** from 6:30-7:30pm. Parents/Guardians can join us virtually or by phone:

[Join with Google Meet](#) or [Join by phone:](#) (CA) +1 647-737-9592 PIN: 728 559 095#



Ramadan Mubarak to all of those observing!

April 2nd, with the sighting of the new moon, marks the beginning of Ramadan. Many students, families and staff in the UGDSB and worldwide are observing Ramadan, during this 9th month of the Islamic calendar.

Prayer in John Black School:

- o A multifaith prayer space is available in John Black School. The location of the prayer space is indicated with signage on the door of the conference room in our office.
- o Prayer spaces will be equipped with carpets to aid in comfort
- o *Use of this space will NOT be enforced or denied*
- o A multifaith prayer space has been established in the Guelph Board Office.

As a reminder **students and families who require religious or creed-based accommodations as supported by the Ontario Human Rights Code can make those requests by contacting Mrs. Schoettler at 519-843-2665**

- [Creed Accommodations, UGDSB - Policy 504](#)
- [Accommodating Students During Ramadan](#) downloadable poster
- [Ontario Human Rights - Duty to Accommodate](#)

EQAO 2022 Assessment:

Assessments of Reading, Writing and Mathematics—Primary and Junior Divisions will be taking place this year for our **grade 3 and grade 6** students between **May 4–June 24, 2022**. More information will be provided in the upcoming weeks

April 13, 2022 is the International Day of Pink!

Discrimination takes many shapes, whether it's based on race, age, disabilities, gender or sexuality. The 2SLGBTQIA+ community is no stranger to the bullying and violence that stems from hateful beliefs.



While progress has been made towards removing these social barriers from our society, discrimination still persists. At John Black, our GSA team will be creating pronoun buttons for those who would like



to wear one and as a school we will be wearing pink in solidarity.

UGDSB launches 'We Are' initiative

The past several years have been unusual, uncertain and at times unsettling.

While these feelings may still persist, there are things that we can work toward with certainty, as we re-engage with our students and school communities, refresh the good, solid practices in place, and re-imagine our learning and working environments.

We are launching a new way of communicating about what we know and what we strive for.

We Are...

- Safe
- Accepting
- Inclusive
- Supportive
- Kind



We Are UGDSB. We are continuing to promote public health measures to ensure the safety of our families, schools and communities. We are focusing on our Safe Schools Policy and Bullying Prevention and Awareness Plan. We are expanding staff training in Culturally Relevant and Responsive Pedagogy, embedding equity and inclusion into all aspects of our work. We are kind to others and accepting of others' differences, rejecting division and polarization. We are supportive of our local communities, we centre student voice and student and staff well-being. Follow along as we continue to make connections in the varied work that happens within education, with the safety and well-being of our students, staff and families at the centre. **#WeAreUGDSB**



Wellness Works: April 2022 Authenticity

“In order for connection to happen, we have to allow ourselves to be seen, really seen.” BRENÉ BROWN

Authenticity is so important, but not always easy! Learning to be authentic means:

- Speaking your truth in an honest and respectful way while remembering to also value that others have different opinions and that is okay
- Making decisions that align with your values and beliefs and lived experience while also being respectful and aware that your values, beliefs and lived experiences may not be the same as those around you
- Pursuing your passions
- Listening to the inner voice guiding you forward
- Allowing yourself to be vulnerable and open-hearted when it is safe to do so
- Speaking up for yourself and others with courage and kindness in a way that is safe for all. Sometimes one person's truth can be another person's ally.

Did you know that studies have linked authenticity with increased levels of happiness, personal growth, improved self esteem and better relationships!? So, where do you start? Here are some ideas:

Value your child's voice/opinion: A child that feels valued and heard is more likely to feel confident and safe in expressing their true self. You can encourage your child to share their opinion by providing options and choices whenever possible, for example “Do you prefer milk or water with dinner?”. Another tip is to remember that you can respect your child's opinions and feelings and not agree with them!

Celebrate differences. Likely your child/ren will have some things they do or like that are different from your own likes and preferences. Make sure to celebrate the individualism of your child like that creative arts project or the chosen outfit for photo day. These are expressions of self and by celebrating and acknowledging, you are accepting and also teaching acceptance of others.

Live authentically yourself. Remember to model your own authenticity for your child/ren. This can be a powerful way to show your child/ren that it is okay to be your authentic self.

Make a list: Have everyone in the family/house make a list of their unique traits and qualities, likes and wishes. Share with each other. Acknowledging our own list can be a great start!

