



## Central Region

### Safe & Inclusive Schools

# Newsletter

Hello Everyone,

We trust you all had an enjoyable, restful, and relaxing summer break.

This year we have two new people hired as Safe & Inclusive Schools Itinerants in the Central Region. Richard Churchill has accepted the position for Vista/Burin, and Allison Mercer is replacing Suzanne Hogg in Grand Falls-Windsor & Area until December 14th. Sharon Fifield is covering the Gander area again this year.

We're really excited about the new school year and the opportunity to connect with our colleagues in the 78 schools in Central. Together, we will continue to build upon the great work schools in our region are doing to create safe and inclusive school communities.

If you have any questions, please do not hesitate to reach out to us. We look forward to working with you all in the 2018-19 school year!

Allison Mercer  
Richard Churchill  
Sharon Fifield

## Contact Info for SIS Itinerants:

### Burin/Vista: Richard Churchill

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- Web (Blog): <http://rchurchill.weebly.com/>

### Gander & Area: Sharon Fifield

- Email: sharonfifield@nlesd.ca
- Phone: 709-256-2547 EXT. 312

### Grand Falls-Windsor & Area:

#### Allison Mercer (Suzanne Hogg)

- Email: allisonmercerc@nlesd.ca
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## Tidbits for the new year:

1. Make some time during the 1st weeks to build relationships with your students. It's an important part of the beginning of the school year and definitely helps build a safe and caring classroom environment.
2. Make some time for **YOU!** Teaching is a challenging career; we always need to make sure we take time to recharge our batteries.
3. A great activity for the first weeks of school is a learning styles quiz. You might want to try this one: <https://www.edutopia.org/multiple-intelligences-assessment>

- An interesting article on **gender neutral** language can be found here:  
<https://www.teenvogue.com/story/how-to-use-gender-neutral-words>
- You got this! Be uniquely you, and have a great year of teaching!

## An Icebreaker for your class:

### THIS OR THAT:

- Write a variety of choices on opposing ends of popsicle sticks, such as “Land **OR** Sea” “NETFLIX **OR** Youtube” “Rock **OR** Rap”.
- Get each student to choose a popsicle stick from the container.
- The student says their name, reads the options, chooses an option, and polls their classmates.

EXAMPLE: Richard chooses “Cat or Dog”. He says: “My name is Richard. I prefer dogs. The teacher then says: “Who agrees with Richard?” Then, the next student takes their turn.

- I put the sticks in a mason jar.

## Safe & Inclusive Schools Success Stories

If your school has a safe & inclusive success story, please share it with us for inclusion in our next newsletter. You can email the story to one of your Safe & Inclusive Schools Itinerants!

## Important Dates:

*We will add to this throughout the year*

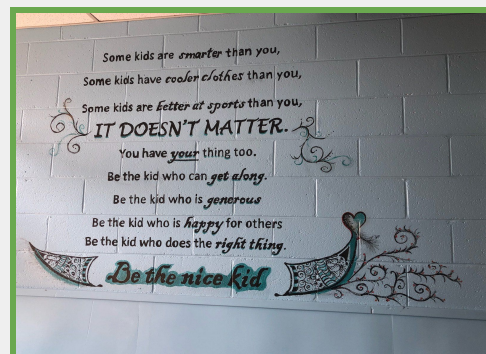
World Suicide Prevention Day - Sept. 10  
World Mental Health Day - October 10th  
Bell Let's Talk 2019 - Not Released Yet  
Pink Shirt Day - February 27th

Violence Prevention Month - February

## Check it Out!



We love this ‘word wall’ at Clarendville Middle School! A great way to encourage reflection for students around values.



The message found on a wall at Sprucewood Academy in Grand Falls-Windsor is simple yet empowering to students...choose kind!