

# RESPECT

## NEWSLETTER # 3



February 2023

The respect campaign has been launched at the EMSB to help build a community with a shared language, where we treat each other with respect, kindness, and empathy. The entire EMSB community, including administration, management, school staff, head office staff, parents, and students are invited to participate.

### IMPORTANT DATES

February 19  
Random Acts of Kindness Day

February 22  
Pink Shirt Day

## THEME #3 RESPECTFUL RELATIONSHIPS

For the month of February, the EMSB respect campaign will focus on respectful relationships. A respectful relationship is one of mutual respect, trust, good communication, understanding and honesty. It includes:



Click to download print copy for your classroom

## WHAT FRIENDSHIP SHOULD FEEL LIKE

With a good friend, you should feel:

### SAFE

You can count on me!



### Free to be YOURSELF

I like your hat!



### SUPPORTED

What's the matter?



With a good friend, you should **NOT** feel:

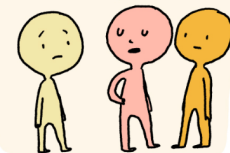
### AFRAID

How could you miss that goal?



### REJECTED

We're not playing with you today.



### ASHAMED

Your hat looks stupid!



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# CONFLICTS IN



# RESPECTFUL RELATIONSHIPS

Even in a respectful relationship you will have disagreements and arguments. Conflicts are normal and can help you learn about and understand each other. While conflict can be unpleasant, and can make you feel sad, guilty, confused, or angry, being able to manage your differences and come to resolutions are important in maintaining respectful relationships.

- Express feelings calmly and in a non-blaming way.
- Understand that it is ok to have differences, and to have different opinions.
- Be open to learning about new things and about each other's values and perspectives.
- Communicate wants and needs clearly.
- Be willing to resolve disagreements, to negotiate and come to a compromise.
- Don't pressure others to do something they don't want to do.
- Don't pressure yourself to do something you're not comfortable with.
- Find ways to manage anger, without hurting others.
- Give each other personal space.
- Recognize, take responsibility, and repair in the case of mistakes and misunderstandings.

# RESPECT IN ACTION

Every newsletter, we will be inviting you to show us RESPECT IN ACTION.

We encourage you to not only partake but to share with us what you have done!

So, let's put our heads together and show some R.E.S.P.E.C.T!

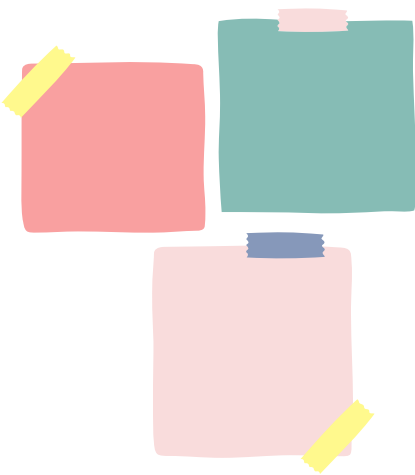
## High-Five to Friendship



- As a class, brainstorm some characteristics of good friends (e.g., sharing, kindness, truthfulness).
- Have students take two pieces of paper and trace both their right and left hands.
- On one hand, have them write five strengths/characteristics that make a good friend. If students have trouble doing this on their own, they can partner up to come up with more ideas.
- On the other hand, have them write five areas where they think they have room to grow to become a better friend.
- Ask students to select one item per hand to put into practice that week (set a small goal).

\*<https://smho-smsso.ca/fw/healthy-relationship-skills/being-a-good-friend/high-five-to-friendship/>

## Positive Post-its



- Students reflect on the positive characteristics of their classmates.
- On separate post-it notes, students write down one characteristic per note and the student they believe demonstrates this quality.
- Positive post-its are then stuck to the designated students' lockers during class-time by a staff member.
- When students are dismissed, they will find kind words about themselves written by their peers.

Deadline for submissions - March 3rd

Submit to : [dsmajovits@emsb.qc.ca](mailto:dsmajovits@emsb.qc.ca)

If submitting pictures, please limit to one or two. The submissions will be used to publicize the events via the media department. Please ensure that those in pictures have provided consent for their photos to be published.

# RESPECT IN ACTION

## Let's Play Charades\*

Children practice acting out 7 basic emotions using 4 different formats, and their peers take turns guessing what they are expressing.

### 1. Facial Charades

Write down different emotions on paper. Take turns acting them out without using any sound.

You can only use facial expressions. Here are seven basic emotions:

SAD; ANGRY; SCARED; SURPRISED; HAPPY; EMBARRASSED; CONFUSED

### 2. Voice Charades

Act out various emotions using only your voice as a tool. Turn your back towards the person so that your face cannot be seen.

### 3. Body Charades

Act out various emotions using only body gestures, not voice, nor facial expressions.

### 4. Full Body Charades

Act out various emotions using a combination of facial expressions, voice, and body gestures.

\*Adapted from Kids in the Know

## Video Submission

A kind thank you to the students from Edward Murphy Elementary School.

[Click to watch video](#)

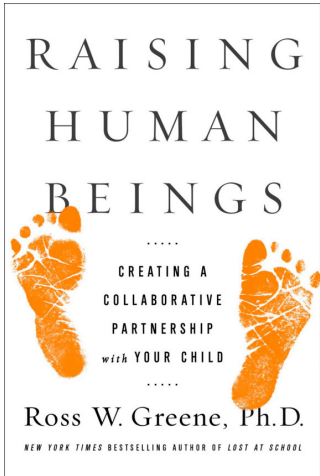


Ce court clip vidéo présente un message important des élèves de l'école primaire Edward Murphy, à savoir que les enfants respectueux ont des relations sociales harmonieuses.

This short video clip features an important message from students at Edward Murphy Elementary, that respectful children have harmonious social relationships.

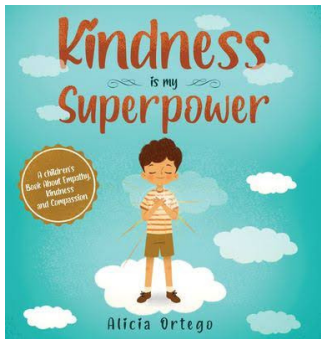


# BOOK CORNER



## Raising Human Beings: Creating a Collaborative Partnership with Your Child by Ross W. Greene

Parents have an important task: figure out who their child is—his or her skills, preferences, beliefs, values, personality traits, goals, and direction—get comfortable with it, and then help them pursue and live a life according to it. Yet parents also want their kids to be independent, but not if they are going to make bad choices. They want to avoid being too overbearing, but not if an apathetic kid is what they have to show for it. They want to have a good relationship with their kids, but not if that means being a pushover. They don't want to scream, but they do want to be heard. Good parenting is about striking the balance between a child's characteristics and a parent's desire to have influence.



## Kindness is my Superpower: A children's Book About Empathy, Kindness and Compassion by Alicia Ortega

The best social-emotional learning (SEL) book for raising kind children. This charming story with peaceful rhymes and colorful illustrations will explain to your child that it is okay to make a mistake and say I'm sorry. Lucas will teach your child good manners and positive behaviour at home, at school, in the store, and on the playground.



# Greater Good Magazine

SCIENCE-BASED INSIGHTS FOR A MEANINGFUL LIFE

**WORKPLACE** | Articles & More

## Four Ways to Help Your Coworkers Feel Respected

A lack of respect is driving people to quit their jobs. What can you as a colleague do to help?

BY KRISTIE ROGERS, BETH S. SCHINOFF, NITYA CHAWLA | AUGUST 17, 2022



**WORKPLACE** | Articles & More

## Seven Ways to Improve Your Relationships With Coworkers

Small moments of listening, sharing, and being present can make us feel more connected at work.

BY ERIC KARPINSKI | SEPTEMBER 27, 2022



*Click on images to access webpage*

# 5 QUICK DE-ESCALATION TIPS

<https://caffeinatedbehaviorchange.com/5-quick-de-escalation-techniques/>

**DON'T TAKE IT PERSONALLY**

**GIVE SPACE**

**VALIDATE FEELINGS  
AND EXPERIENCES**

**DON'T RUSH THE PROCESS**

**REMEMBER THE END GOAL**

## POSTERS TO PRINT FOR SCHOOLS





**THE EMSB IS  
DEDICATED TO  
PROVIDING  
OUR COMMUNITIES  
WITH A SAFE  
ENVIRONMENT.**

**We model and expect  
courteous behaviour.**

**We speak to each other  
with kindness and respect.**

**Intimidation and violence have  
NO place in our community.**

**Any threatening or aggressive  
interactions will not be tolerated.**

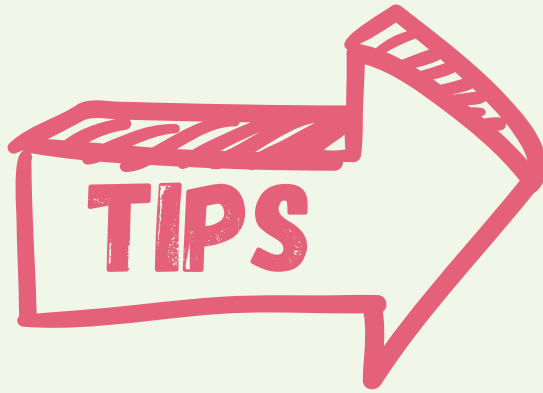
**We are committed to leading with respect!**



**RESPECT**  
ON LE CHOISIT



**RESPECT**  
WE CHOOSE IT



## **RESPECTFUL COMMUNICATION IN DIFFICULT SITUATIONS:**

**Take a breath, slow down.**

**Listen without interrupting.**

**Speak calmly and clearly.**

**Ask questions for greater  
clarity and understanding.**

**Reflect and acknowledge the other  
person's main points and key concerns.**