

RESPECT

NEWSLETTER # 2



December 2022

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.

THEME # 2

WHAT RESPECT LOOKS LIKE AT THE EMSB

For the month of December, we call on all of our EMSB community members to explore and engage in discussions about what respect looks like in action. How do we show others respect? And what does it feel and look like to be treated with respect? For example, when there is respect in a relationship:



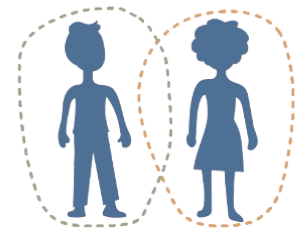
You both talk openly about your needs and wants



You feel safe being around each other



You know it's ok for both of you to express who you are



You both allow the other person space if they need it



You both can express different opinions



When you disagree you listen to each other and be patient

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!

1. Many of you are already involved in projects that encourage respect in your homes, schools, workplace, or community. Share some examples of what you do in these spaces, or what others have done that shows respect.

2. Using the pictographics from kidshelpline as inspiration, show us how you demonstrate respect in various places. You can use any form of multi-media from photography and sculpting to drawing and filmmaking to capture the spirit of the graphics provided above. Let your creativity guide you!



3. Schools can also celebrate the respectful actions of students, staff, and parents through a kindness wall or bulletin board. Individuals can nominate others they feel treated them with respect and a short description of the kind encounter can be added to a collage on a school wall.

Selected artwork submissions will be featured on EMSB's social media platforms giving credit to the individual and school they represent.

Deadline for submissions - December 22

Submit to : 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.



Roslyn

October 30 · 🌐

Guest speaker Svens Telemaque spoke to Roslyn students and staff about Respect.

#EMSBR espectCampaign

Part of the EMSB Respect Campaign, Svens Telemaque presented to students at Roslyn Elementary School in Westmount on self-respect, respect for others and the respect for environment. Svens, who persevered after an upbringing filled with drugs, crime and near death experiences, has dedicated his life to empowering youth, helping to inspire creativity, motivate performance, cultivate leadership and discourage bullying.

Below is a video with Svens, students Emery Bruce Blackburn, Isaiah Leacock and Lea Coletti as well as Roslyn Principal Joanna Genovezos and Mireille Tehbellian, following his dynamic presentation: [See this short video.](#)



As part of the ongoing EMSB-wide Respect campaign, Roslyn School welcomed Virgin Radio's Lee Haberkorn recently. Lee spoke to Ms. Geraldine's and Ms. Karaline's Grade 5 classes about mental health and his personal battle with it. Additionally, Lee raised awareness about acceptance and empathy and not being afraid to talk about one's feelings. While the students were definitely impacted by the visit, the feeling was mutual, as Lee spoke about his time at Roslyn that afternoon on air. Click on the following link for the clip: <https://vimeo.com/774516441>.



Thank you to Spiritual Community Animator Mikaella Goldsmith for organizing this visit.

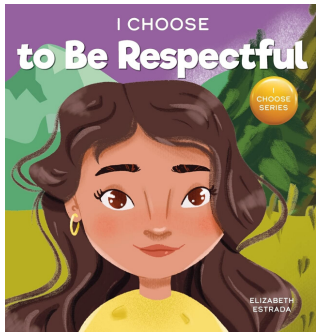
Respect Beagle



Submission from Sinclair Laird

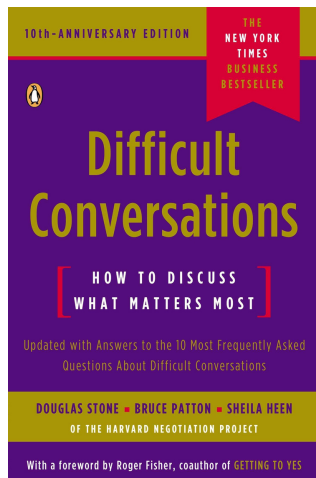


BOOK CORNER



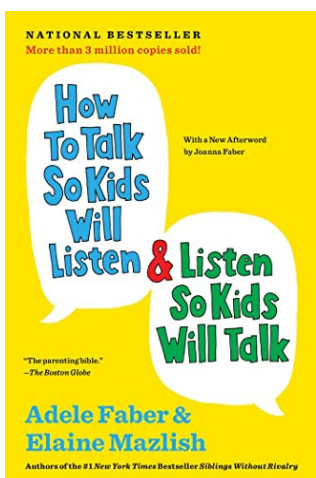
I Choose to Be Respectful by Elizabeth Estrada

"In this rhyming story, we see how respect is earned when given. We also observe how we can respect people, places, and things. Through colorful illustrations and rhythmic rhymes, we learn coping mechanisms on how to deal with big emotions like anger. Could your child use some examples on how to give respect? This book gives concrete scenarios on what respect looks like. "I Choose to Be Respectful" is a story with social emotional learning (SEL) in mind. It has been praised by teachers and therapists worldwide. I Choose to Be Respectful was developed alongside counselors and parents to be used as a resource in a social emotional curriculum."



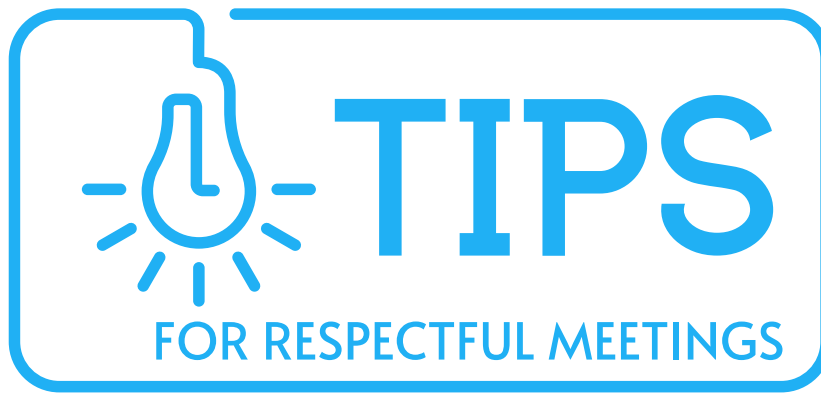
Difficult Conversations: How to Discuss what Matters Most by Douglas Stone, Bruce Patton, Sheila Heen

We attempt or avoid difficult conversations every day—whether dealing with an underperforming employee, disagreeing with a spouse, or negotiating with a client. From the Harvard Negotiation Project, the organization that brought you Getting to Yes, Difficult Conversations provides a step-by-step approach to having those tough conversations with less stress and more success. you'll learn how to: Decipher the underlying structure of every difficult conversation; Start a conversation without defensiveness; Listen for the meaning of what is not said; Stay balanced in the face of attacks and accusations; Move from emotion to productive problem solving.



How to Talk so Kids Will Listen & Listen so Kids Will Talk by Adele Faber and Elaine Maslish

"This bestselling classic by internationally acclaimed experts on communication between parents and children includes fresh insights and suggestions, as well as the author's time-tested methods to solve common problems and build foundations for lasting relationships, including innovative ways to: Cope with your child's negative feelings, such as frustration, anger, and disappointment; Express your strong feelings without being hurtful; Engage your child's willing cooperation; Set firm limits and maintain goodwill; Use alternatives to punishment that promote self-discipline; Understand the difference between helpful and unhelpful praise; Resolve family conflicts peacefully. Enthusiastically praised by parents and professionals around the world, Faber and Mazlish's down-to-earth, respectful approach makes relationships with children of all ages less stressful and more rewarding."



Listen when people talk

Pay attention to nonverbal communication

Help your colleagues

Be transparent

Acknowledge your team's strengths and accomplishments

Express gratitude and appreciation for team members' contributions

Ask questions that lead to greater understanding

Emulate the actions of people you consider respectful

Be empathetic about everyone's life situation

<https://ca.indeed.com/career-advice/career-development/respect-in-the-workplace>

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RESPECT
WE CHOOSE IT