

OHSC News - March 2022

OHSC Healthy Schools Conference: Update & Program

May 24th & May 25th, 2022

Delta London Armouries

Dundas St. London ON

Conference Theme: Reconnecting

OHSC's May 2022 conference is coming up fast, and the executive team has been hard at work planning and preparing for this fun two-day event. Below is a picture of our latest team meeting at the Delta Armouries in London! The conference is specifically designed to be an active, in-person conference, with a creative agenda focused on engaging all participants with multiple opportunities to reconnect personally and network with colleagues from across Ontario.



We are pleased to share with you the preliminary [conference program](#). This includes many details, including the conference schedule, keynote speakers, awards ceremony information, and the breakout session workshops (titles and descriptions).

Conference Draw Prizes

As if our conference program isn't enough to entice you to stay to the very end of our two day event, we have assembled some beautiful draw prizes for you.

Our most enticing prizes?

- **THREE!! Weekend getaway packages in beautiful Niagara-On-The-Lake.** Reconnect with friends and family. Each two-night stay comes

complete with a variety of gift certificates for lunch, dinner, and fun things to do in the beautiful winery region.

- **THREE!! Wellness Kits**
- **An overnight stay and a delicious dinner for two at the Delta Armouries Hotel in London.**



...and many others!

Registration and Hotel Bookings

If you still need to register for the conference or book a hotel, please follow the appropriate link below. **EARLY BIRD registration deadline is April 15th, 2022.**

Update on Research

The Right to Equal Education Includes the Right to Read

The Ontario Human Rights Commission has developed an executive summary and key recommendations document on the right to read, more specifically, public inquiry into human rights issues affecting students with disabilities. Check out the report excerpts written by Carol MacDougall [here](#).

A Call to Action: Systems abuse of Black students within Ontario's education system

Regardless of where Black children live, they often face anti-Black racism in the education system. Yet, despite understanding the violence and trauma that anti-Black racism inflicts on Black students and their families, there are few accountability measures within the Canadian educational system to protect them.

Read more about this call to action and what can be done [here](#).

All Our Lonely Children

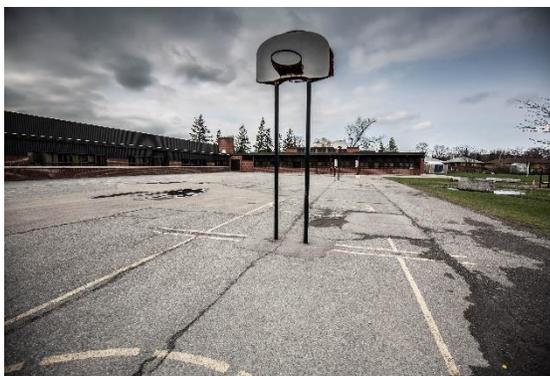
The Ontario Parent Survey (March 2022) focused on issues related to the health and well-being of caregivers, their children, family functioning, and the impact of COVID-19 across a number of domains. One notable finding: children who did not meet the physical activity and outdoor play recommendations were about twice as likely to feel LONELY. See the sobering information [here](#).

Playing for Mental Health: An Antidote to Loneliness

OHSC's Research Advisor Dr. Lauren McNamara recently added a clip to Pathstone Mental Health's Pathstone TV. She highlights the link between play and mental health and provides 3 strategies we can all integrate immediately (hint: play, play, and more play). Read more [here](#).

Schoolyards for Thought

Have you had a good and critical look at an elementary schoolyard lately, especially one in a low-resource neighborhood? Schoolyards are – or should be – a great place to make a difference in the well-being and school success of students. Check out the results from the [Schoolyard Survey and Audit Tool](#) and even encourage your schools to use the tool. Children spend a considerable portion of their developmental years at school – so Canadian schools need to urgently invest in the boosting of schoolyard quality.



Survey of Ontario Principals Reveals Lack of Action on Challenges

This school year is being called a "*perfect storm of stress*". New [findings from People for Education's Annual Ontario School Survey](#) (AOSS) released on Monday, show there has been little or no respite for educators in the second year of the pandemic. The issues that principals identified in their responses to the 2021

AOSS remain unchanged, and the magnitude and urgency of those issues has only grown.

Resources and Learning Opportunities

School Mental Health Ontario (SMHO) has developed a NEW Student Equity Resource Package, created in partnership with youth from Assembly of 7 Generations (A7G), Black Student Mental Health Advisory Committee (BSMHAC) & Wisdom2Action (W2A). This package includes 10 resources for both students and staff. The first three resources are already available: [Self Love](#); [Learn, Think, Act](#); and [How to Create Supportive Spaces](#).

Additionally, **Responding to World Events Support** is now available in response to evolving events in Eastern Europe. SMHO has framed these resources in a broad way, cognizant that world events of various forms will continue to impact students, families, and communities in Ontario.

1. [Ways to Help Students in Response to World Events](#)
2. [Supportive Conversations with Students During Challenging World Events](#)
3. [Mobilizing School Mental Health Support for Students During World Events](#)

SMHO would also like to share an exciting new opportunity for students in grades 7-11. Applications are now open for **ThriveSMH**, their provincial student reference group. For more information, [visit here](#).



**School
Mental Health
Ontario**

**Santé mentale
en milieu scolaire
Ontario**

During **Nutrition Month 2022**, dietitians explore the key “ingredients” needed to change our food systems for a healthier tomorrow. These ingredients will take the form of actions that can improve your health, plus systemic changes that can be made, not just for today, but for the future. For more information and resources, visit [UnlockFood.ca](#). Ophea also has some [resources](#) in connection with this year's theme of "Ingredients for a Healthier Tomorrow" for educators to use in the

classroom.

World Sleep Day is March 18th! Learn more about the importance of sleep health by checking out this [Sleeping with Science TED Series](#).

Earth Day 2022 is also coming up on Friday, April 22nd. This year's theme is #InvestInOurPlanet. Check out these [green tips](#) on how to celebrate with your family!



Got an article idea?

We welcome content submissions from our membership. Do you have a great resource, a successful program, relevant research, or a professional development opportunity that you would like us to feature? Send your content submissions to onthsc@gmail.com.