JANUARY 2022

ESCARGOT

HAPPY NEW YEAR
AND WELCOME BACK (VIRTUALLY)
We acknowledge that Western University is located on the traditional lands of the Anishinaabek (Ah-nish-in-a-bek), Haudenosaunee (Ho-den-no-show-nee), Lūnaapéewak (Len-ahpay-wuk) and Attawandaron (Add-a-won-da-run) peoples, on lands connected with the London Township and Sombra Treaties of 1796 and the Dish with One Spoon Covenant Wampum. With this, we respect the longstanding relationships that Indigenous Nations have to this land, as they are the original caretakers. We acknowledge historical and ongoing injustices that Indigenous Peoples (e.g. First Nations, Métis and Inuit) endure in Canada, and we accept responsibility as a public institution to contribute toward revealing and correcting miseducation as well as renewing respectful relationships with Indigenous communities through our teaching, research and community service.

Not currently in London? Check out native-land.ca or the Whose Land app to learn about the history of the land you are on!
### Important Dates to Remember

#### January

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#### Year 1 Dates

- **1st January:** New Years Day
- **16th January:** First day of classes

#### Year 2 Dates

- **23rd January:** ESC Elected Self-Nomination
- **25th January:** World Day for African and Afrodescendant Culture
- **30th January:** International Holocaust Remembrance Day

#### Additional Events

- **24th January:** ESC Elected Self-Nomination
- **27th January:** London Knights Event
- **28th January:** National Day of Remembrance of the Quebec City Mosque Attack and Action Against Islamophobia

**Notes:** Tamil Heritage Month

**May change according to health regulations.**
DATES TO KEEP IN MIND

ELECTED POSITIONS:
- Self Nomination Period: Jan 22nd - 28th
- Campaign Period: Jan 31st - Feb 4th
- Election Period: Feb 7th - 8th

AVAILABLE ELECTED POSITIONS
- President
- VP Academic Affairs
- VP External Affairs
- VP Student Affairs
- VP Finance
- VP Student Events
- VP Communications
- Year 2 Representative

GENERAL MEMBER POSITIONS:
- Self Nomination Period: Feb 21st - Mar 4th
- Awarding positions: Mar 5th and onwards

AVAILABLE GENERAL MEMBER POSITIONS
- Athletic Director (Year 2)
- OSSTF Representative (Year 2)
- OECTA Representative (Year 2)
- ETFO Representative (Year 2)
- ESCargot Editor
- Graduation Formal Commissioner
- Social Events Commissioner (Year 2)
- Marketing Assistant
- MPT Commissioner

we would love to have you join our amazing team!
Now that we're all back from the break, it can be hard to also get back into the groove of school. Here are some tips and tricks to help with staying motivated!

1. Stay organized - whether you work better on a computer or on paper, make sure your work is organized. For those who mainly have everything on your laptop, create folders by subject so that everything is easily accessible when you need it. For the old-school learners, have different binders or binder dividers for each subject.

2. Know your dates - having so many courses on your plate can definitely feel OVERWHELMING. And for most of us, that can make us not want to start working on it until we HAVE to. To combat this, have an agenda, a checklist, or an excel sheet with all your assignments and due dates listed. This way you can visually see everything that needs to be done. Additionally, checking things off will release a surge of your happy hormone - dopamine!

3. Make a schedule - this can be done by writing in your agenda or just making a mental note. By scheduling your work, you can complete parts of a task daily and work toward completing your assignments.

4. Schedule in breaks - this is something most people forget to do but is also vital to staying motivated. To prevent burnout, you NEED to have time that lets you relax and have time for yourself.
A LITTLE PEAK INTO
THE CLASSROOMS
OF OUR FUTURE TEACHERS

CHRIS VANGALEN'S
FDK CLASS

CHESKA VIRAY'S
FDK CLASS
KELSI VANDERVELDE'S GR 3 CLASS

ANDREW RETHAZI'S FDK AND GR 4 CLASSES

REBECCA EVANOFF'S FDK CLASS

STEPHANIE DAPONTE VANDERSCHAAF'S GR 2 CLASS
PRACTICUM
A COLLECTION OF ARTWORK

DONATED BY JAMIE KINZIE
DONATED BY KELSI VANDEVELDE
DONATED BY CHRISTIE HO
DONATED BY NICOLE CAREY

DONATED BY CHESKA VIRAY
HAVING DIFFICULT CONVOS IN THE CLASSROOM

January includes World Day for African and Afrodescendant Culture, International Holocaust Remembrance Day, and National Day of Remembrance of the Quebec City Mosque Attack and Action Against Islamophobia. It is important to address these dates in the classroom as each date holds history and significance. Here are some ways that may help you in your future classroom.

Preparing Students for Difficult Conversations
Students establish a safe space for holding sensitive conversations, before introducing the events surrounding them, by acknowledging people's feelings.

Responding to the Insurrection at the US Capitol
This Teaching idea is designed to help guide an initial classroom reflection on the Insurrection at the US Capitol.

14 Antiracist Books for Kids and Teens Recommended by BIPOC Teachers and...
We asked librarians and teachers—all Black, Indigenous, and people of color (BIPOC)—to share books that they’ve found can help kids understand...
Next Steps

- **T2P Schedule**
  - Several changes to the T2P Term 2 schedule in response to Western's recent announcement
  - See schedule in OWL BEd Class of 202# (under "Calendar" tool and/or "T2P PD Series" tool)

- **Job Postings**
  - Many employers reaching out with postings and recruitment events
  - Sign up for new Job Board alerts at TheTeacherCandidate.com

- **Adjusting Term 2**
  - Western closed until Jan 4
  - Classes start Jan 10

- **Vulnerable Sector Screenings**
  - Many school boards consider a TC's VSS expired 6 months after the date of search
  - You can check your preferred board's VSS policies in OWL “BEd Class of 202#”
  - We recommend requesting a new VSS now to ensure your VSS is valid for the duration of the spring Practicum blocks
  - New VSS should be scanned and emailed to eduwo@uwo.ca so the TE Office can update our records
    - (You can double check the VSS date of search that the TE Office has on file for you in OWL > BEd Class of 202# > BEd Checklist)

- **Temporary Certificate (Year 2’s Only)**
  - Applications for the OCT Temporary Certificate are now open
  - Find more information on OWL > BEd Class of 2022 > Graduation Prep > Temporary Certificate
  - Check out ESC social media accounts for a simple checklist to get started!
puzzles

ANSWERS FROM LAST ISSUE

December Puzzle

Word directions and start points are formatted: (Direction, X, Y)

CHRISTMAS (S,3,1) GIFTS (S,10,5) SNOW (S,15,2)
DECEMBER (E,5,4) HANUKKAH (E,6,2) WINTER (E,11,11)
DISABILITIES (S,17,1) HOLIDAYS (E,1,10)
tell us what you think!

Got a comment, suggestion, or concern about the ESC or anything related to the program?

Leave us a comment on the ESC Digital Comment Box!

forms.gle/rr536mXHro63ViW6
Student Services

Contact Information

Psychological Services
Offers confidential counselling for personal and social issues through individual appointments, and workshops on a variety of topics.
Visit https://www.uwo.ca/health/psych/

Accessible Education
Offers services for students with a variety of disabilities by providing academic accommodation, assistive technology, and related support.
Contact ssd@uwo.ca or visit https://studentexperience.uwo.ca/leadershiplearning/

Wellness Education Centre (WEC)
Offers a safe, comfortable environment for Western students to explore the many health and wellness resources available on and off campus.
If you don't know where to go, start here.
Contact wec@uwo.ca, visit https://www.uwo.ca/health/

Gender Violence & Survivor Support Case Management
The Gender Violence & Survivor Support Case Manager will provide you support regardless of if you were subjected to gender violence on or off campus, or before you came to Western. The Survivor Support Case Manager will listen, and with your consent, connect you to resources within the university and city, explain reporting options, assist with safety planning, and navigate academic and other accommodations. At no point will you be required or pressured to follow a specific path.
To learn more, visit https://www.uwo.ca/health/student_support/survivor_support/index.html

Writing Support Centre
Provides individual writing support, seminars, and online support to help both undergraduate and graduate students strengthen their writing skills.
Contact wsc@uwo.ca or visit http://writing.uwo.ca

ESC

Contact Information

Have a question, comment, or suggestion for the ESCargot newsletter?
Send us an email at escargotnewsletter.esc@gmail.com!
THANK YOU FOR READING

ESCCargot