

THE DIVISION DISPATCH

Year 9 | NUMBER 8 | May 1, 2025



PLAXTON MARKET >

Maker Market introduces students to world of business

On April 11, students at Dr. Robert Plaxton Elementary School experienced the Kids Maker Market. Two Plaxton Grade 5 students, Wren Oviatt and Brady Michaelis, came up with the

idea for the initiative, which had the whole school buzzing.

Please see the following link for a video with more details on the market: [BUSINESS](#). ■

ELECTION CENTRAL >

G.S. Lakie Student Vote Canada teaches students valuable lessons

On April 16, students at G.S. Lakie Middle School participated in Student Vote Canada.

Please see the link below to view a video and hear from three Lakie students, who spoke about what they learned about the democratic process: [ELECTION](#). ■



HEALTH/SAFETY >

Health and Safety Corner

But I don't have SIVA, what can I do?

Here are some simple strategies to help manage the situation safely when you find yourself in a situation where a student is becoming increasingly dysregulated.

Share your calm.

Take a deep breath and stay calm. If you appear anxious or upset, it can escalate the situation further. Do your best to project caring, compassion, and confidence. This helps to de-escalate the tension and models calmness for the student. Their mirror neurons will help them take cues from the adults around them.

Before addressing the student, assess the environment.

Quietly move objects that could be thrown or barriers that could block an escape route. Ensure that any other students are moved to a safe area if necessary. Be aware of the space and position yourself in a way that allows for as much distance between you and the student as possible. If the student is in an area with limited escape options, gently encourage them to move to a more neutral space.

If the student resists or refuses to go, respect their space and avoid forcing them to move. Instead, give them room to choose how they want to handle the situation. While giving space is crucial, setting clear and calm boundaries is also essential. If the student's behaviour becomes unsafe, calmly state the expectations, like, "I need you to keep your hands to yourself for everyone's safety."

Validation

Try the "3 because" strategy to help them feel seen and heard. This simple script can help as it validates the student's emotions. Using a calm voice, tell the student, "It looks like you



maybe feeling (name an emotion based on your best guess). Is it because (insert best guess)? [Pause] Or is it because (insert another guess here)[Pause], or is it because (insert another guess)?" In many cases, this will help a student begin to co-regulate because they feel supported and validated. In some cases, the student will tell you that you are wrong, that it's because of something else. But that helps too because it gives a place to start to debrief with them.

Less is more

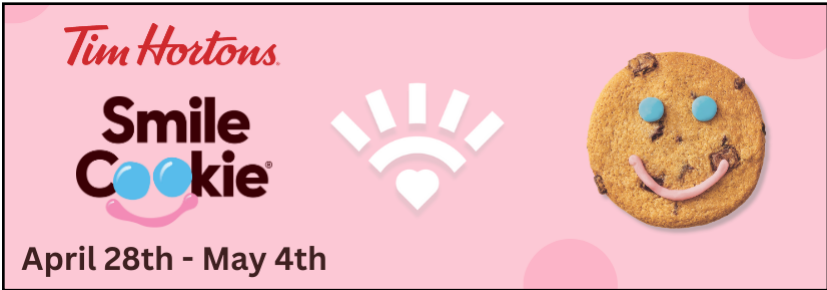
When the student is dysregulated, their ability to process complex instructions is limited. Use simple, goal directed language to guide them. You could say things like, "Take a deep breath" or "Let's go for a walk." Keep your instructions short, clear, and calm and give them time to process what you've said. The wait time in between instructions will likely need to be longer than feels comfortable. A nice rhyme to use in you head between instructions is "One, two, three, four, need to wait a little more..."

Reflect and Review

With each interaction with students, we learn more about what may trigger unexpected behaviours and what strategies are effective in supporting co-regulation. Documenting that learning in a student's ISP and/or BSP is an important step as it helps ensure that everyone on the learning team has the information on how to support the student with consistency, predictability, and proactive interventions that will minimize aggressive dysregulation.

Finally, consider registering for the next SIVA course. We offer monthly certification training sessions. Connect with your Admin if you are interested. ■

SMILE!!! >



Smile Cookie campaign to benefit Division's PIC

This year, proceeds from Tim Hortons Smile Cookie sales will go to the Lethbridge School Division [Poverty Intervention Committee](#).

Click the following link to learn how you can support the campaign through buying cookies and volunteering: [COOKIES](#). ■

TEACHER TIME >

ATA Local 41 recognizes four teachers during Ed Week

During Education Week, members of the ATA Local 41 stopped by four Lethbridge School Division schools to recognize four special teachers.

In total, 340 nominations were re-

ceived from parents, students and staff and in the end, four names were drawn (two elementary teachers and one each from middle and high school).

Learn more here: [TEACHERS](#). ■

BE WELL >

HUMAN RESOURCES PRESENTS A TWO-PART STAFF WELLNESS PROFESSIONAL LEARNING EVENT

Tiny Habits:

For you and those you work with

Join guest speaker Dr. Rick Gilson as he goes big with Tiny Habits!

Tiny Habits are the building blocks that can support us in all aspects of our lives, and can help us help others to be their best others. Drawing on the work of Dr. BJ Fogg, Stanford Professor of Human Behaviour, we will look at our own lives and explore how Tiny Habits can help us reach our aspirations, be our best selves in our work and life and how we can use the principles to help those we work with in and out of the classroom.

**May 14th and May 28th
from 4:30pm to 6:15pm
Education Centre - Boardroom**

All Division staff are invited to attend this free Staff Wellness event!

If you are interested in attending this event, details on how to RSVP will be sent out shortly to all staff.



PRIZES!!! >

Read The Dispatch!



Every month, The Division Dispatch delivers valuable information to Division staff.

If this engaging content isn't enough to make you want to read the monthly newsletter, we have another incentive!

When you read The Dispatch, reach out to us to enter your name in a draw for a prize.

Just click here to enter: [CONTEST](#).

The Division Dispatch contest winner for the month of April was Kinsey Smith. ■

Inkblot by GreenShield, ASEBP’s Employee and Family Assistance Program (EFAP) provider, has rebranded to GreenShield Health

Your journey to healthier living is just a few clicks away.

Get the right care. Without the wait. Anytime, anywhere.



The Employee Assistance Program (EAP) from GreenShield Health is here to help you and your dependents with comprehensive and personalized support from our diverse network of care providers.

Our extensive services include mental health support for individuals, couples and children, a holistic Well-being platform, an easy-to-use, needs-based Care Navigation tool, and much more.

Access a wide range of treatment options tailored to your mental health and life goals through GreenShield+.



How to Access Individual, Couples and Children’s Mental Health Support

Confidential in-person or virtual therapy and mental health support for you and your family from wherever you are. We match you with a qualified therapist, whenever you need to talk.





Counselling

Individual Counselling
Access one-to-one therapy sessions with a therapist based on the results of our matching questionnaire.

Couples Counselling
Book couples therapy sessions with a therapist who specializes in relationships.

Children's Mental Health Support

Created for children aged 5+, our unique game-based program teaches age-appropriate coping skills and Cognitive Behavioural Therapy (CBT) principles. In partnership with Mightier, this fun children's program blends digital gaming with off-screen activities to reinforce learning through play.

How to register on Greenshield+:

1. Scan the QR code below or go to greenshieldplus.ca

2. Sign in to your GreenShield+ account


3. Follow the instructions




Having trouble? Get answers to your questions using Care Navigation within GreenShield+.

How to Access Work, Health and Life Services

It takes more than just therapy to live and stay well.





Our registered nurses, dietitians, coaches, and trained professionals are here to help you navigate all aspects of life and achieve your goals. Our program includes access to:

Work and Career

→ Our career consultants are ready to help you take your career to the next level

Health and Nutrition

→ The mind and body are connected. Our dietitians and healthcare providers are here to help you reach your health goals

→ In partnership with RxFood, our virtual program offers personalized assessments and coaching from healthcare professionals committed to helping you build lasting healthy eating habits

Legal and Financial

→ Get professional financial and legal guidance to empower you to make the right decisions

Life Transition


→ We all experience change. Get support through it all with our health team

How to register on Greenshield+:

1. Scan the QR code below or go to greenshieldplus.ca

2. Sign in to your GreenShield+ account

3. Follow the instructions



Having trouble? Get answers to your questions using Care Navigation within GreenShield+.

How to Access the Well-being Program

What does well-being look like for you?





Our comprehensive program includes tools and resources to help you navigate your unique care needs.

The program offers:

→ A Well-being questionnaire to help you identify and evaluate potential health risks

→ Personalized content such as reminders, health strategies, and care plans

→ Access to a diverse library of thousands of engaging and educational micro-course, quizzes, and activities

→ Wearable data collection through synced devices for easier tracking and greater accuracy

How to access the program:

1. Scan the QR code below or go to greenshieldplus.ca

2. Sign in to your GreenShield+ account

3. Select Well-being from your dashboard

4. Follow the instructions



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GreenShield means, collectively, Green Shield Canada (CSC), Green Shield Association, and Green Shield Holdings Inc., which houses health services and benefits administration businesses, including Green Shield Health Inc. and Green Shield Administration Inc.