

NOVEMBER 2021

ESCargot



Land Acknowledgement

Not currently in London?

Check out [native-land.ca](https://www.native-land.ca) or
the **Whose Land** app to learn about
the history of the land you are on!

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.

NOVEMBER

important dates to remember

NOTES: Albanian Heritage Month & Hindu Heritage Month

YEAR 1 DATES YEAR 2 DATES *dates are tentative

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Practicum Q&A*	2	3	4	5	6
	First day of classes	Treaties Recognition Week (Nov 1-7)				
7 Daylight Savings	8	9	10	11	12	13
Treaties Recognition Week		Social Event*		Remembrance Day		
14	15 First day of practicum	16	17 Wellness Wednesday*	18	19	20 National Child Day Transgender Day of Remembrance
	Grad photos (Nov 15-26)					
21	22	23	24	25 Athletic Event*	26	27
	16 Days of Activism Against Gender Violence (Nov 25-Dec 10)					
Grad photos (Nov 15-26)						Holodomor Memorial Day
28	29	30				
16 Days of Activism Against Gender Violence (Nov 25-Dec 10)						
Hanukkah (Nov 28-Dec 6)						

WHAT IS MOVEMBER?

During the month of November, the Movember initiative works to raise awareness around men's health issues. Three of the larger issues that the initiative is tackling include: mental health and suicide prevention; prostate cancer; and testicular cancer. Growing a moustache has become a symbol used to help bring awareness to these issues, but there are other things that you can do to help, regardless of your moustache-growing-abilities.

There is unfortunately a stigma that lies with men's health, as men can be reluctant to seek help and open up about their issues, as they may be worried that doing this will make them look weak or "unmanly". To break down this stigma, you can help by sharing information on men's health issues, and by encouraging others to seek help. To help, here are some resources that you can use and share.

TESTICULAR CANCER

Testicular cancer is the most common type of cancer in young men. It's the most common cancer in males aged **15 to 39**. Fortunately, the testicular cancer survival rate is pretty good with treatment – 95%. **Early detection is also key**. The best thing you can do for your testicles is to give them a feel **every month** or so – get to know what's normal for you. That way, if anything changes you can act on it and go see a doctor.

To learn how to perform a self-examination of your testicles, check out this video: <https://youtu.be/OhojaxF7Rc0>

Learn more about testicular cancer at the following link: <https://nutsandbolts.movember.com/>

Here's a great and quick video on testicular cancer: <https://youtu.be/HBP7Efc6EVw>

PROSTATE CANCER

Anyone with a prostate can get prostate cancer. And it's important to have regular checkups with your doctor, to monitor your prostate health. Your risk of developing prostate cancer **increases with age**, but that doesn't mean it's a disease that only affects older people. It is however particularly common in men **over the age of 50 years**.

Like with other cancers, early detection can improve survival rates. To check for prostate cancer the first tests are usually a blood test (Prostate Specific Antigen (PSA) test) and a physical exam (digital rectal exam or DRE). Which tests you have will depend on your doctor's guidance.

Learn more about prostate cancer at the following link: <https://truenorth.movember.com/en-ca/about-prostate-cancer>

Here's a great and quick video on prostate cancer: <https://youtu.be/Wkkv8RoG2jo>

MENTAL HEALTH & SUICIDE PREVENTION

Mental health is something that **affects everyone**, as we all have our days when we feel up, down, and everywhere in between. **Talking and sharing** with others how you are feeling can be very helpful. The **stigma** around men's mental health however contributes to men struggling with their mental health. Some men may feel the pressure that expressing and sharing emotions will make them look weak and think it could come off as unmasculine. Being reluctant to address mental health issues can contribute to more serious mental health issues. The rate of male suicide is alarmingly high: in Canada, **3 out of 4 suicides are by men**.

Talking more and with more meaningful words can save lives. It can be difficult to get men to open up, but using the **ALEC model** can help you with navigating a conversation with a person who might be struggling.

Ask: Start by **asking** how they are feeling. It's also worth mentioning any changes you've picked up on.

Listen: Let them know you're **listening** and give them your full attention.

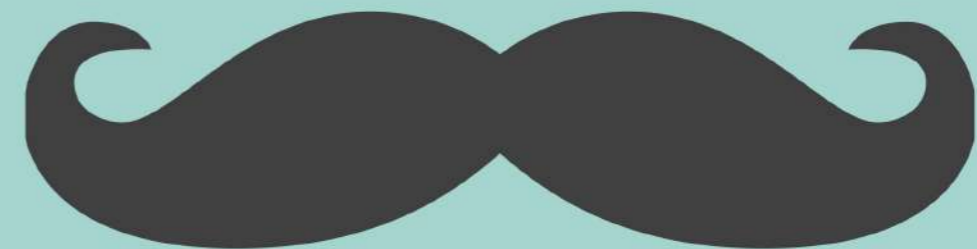
Encourage Action: Encourage them to focus on simple things that could improve how they feel (like exercising and eating well). If the issue is more serious or long lasting, **encourage** them to speak with a health professional or to connect with a crisis service or resources.

Check In: After your chat, follow up your conversation to **check in** with them. This helps to show that you care, and you'll get a feel for whether they're feeling any better.

To practice these conversations, check out this resource: <https://conversations.movember.com/en-us/>

Click on this link for a list of support services available to Canadians: <https://ca.movember.com/mens-health/get-support>

Here's a great and quick video on mental health and suicide prevention: <https://youtu.be/nwlic7nXmuQ>



To learn more about men's health, the Movember initiative, and what else you can do, head to the Movember website. <https://ca.movember.com/?home>



new
ESC
members

Please join us in welcoming
the newest members of the
Education Students' Council



Laura Bechard

VP Student Affairs

*I continue to look forward to each
and every new experience this year
will bring.*



Christopher Vangalen

Year 1 Representative

*I'm so excited to learn firsthand what
it's like to be a teacher on my first
practicum!*



Joshua Frey

Athletic Director - Year 1

*I'm super excited to get to know
everyone better and get some good
friendly competition going!*





Olivia Sykes

French Program Representative

*I am excited to facilitate fun and interesting events for Western Teacher Candidates!
J'ai hâte d'animer les événements amusants et intéressants pour les candidats à l'enseignement de Western!*



Renee Kuhl

OSSTF Commissioner - Year 1

I'm excited to get to know more teacher candidates and create a community here!



Christie Ho

ESCargot Editor

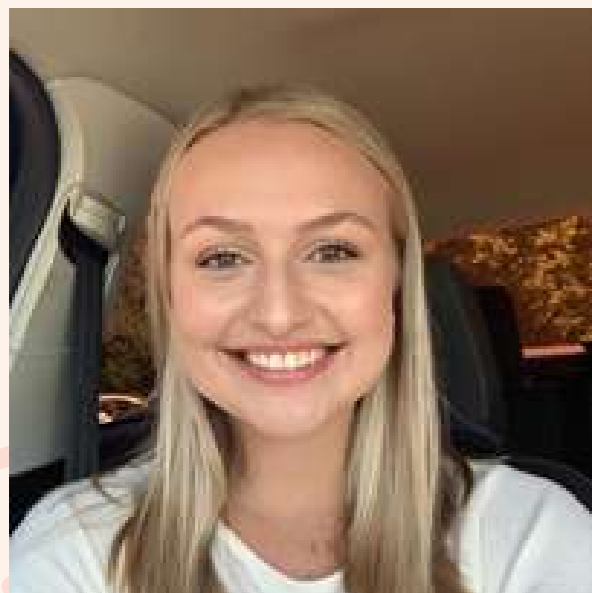
I'm excited to continue to get to know everyone :) come say hi if you see me!



Emily Beaulieu

ETFO Commissioner- Year 1

I am so excited (and nervous!) to see what my experiences will be like in my first and second practicums this year!



Keirsten Sanderson

PD Coordinator

I am excited to explore this incredible career path we have all chosen and connect with teacher candidates across all streams this year!



Renu Sidhu

Diversity and Inclusivity Commissioner

I am most excited to attend practicum and gain practical experience!





Menley Langham

Diversity and Inclusivity
Commissioner

I'm excited to meet so many new faces through council events!



Shaina Ecclestone

Social Event Commissioner

I am excited to get to know the other teacher candidates and experience this program together over this next year!



Alyssa Lampkin

Wellness Commissioner

I'm excited to finally be on campus, to meet everyone in person and to share our practicum experiences with one another!



Beth Grant

General Member

I am most looking forward to meeting as many people from the program as I can! I've really missed connecting with people the last couple of years.



Colin Brown

Social Event Commissioner

I'm excited to finally meet all my classmates in-person and have an incredible last year of student life!

stay tuned for all the exciting events coming your way!

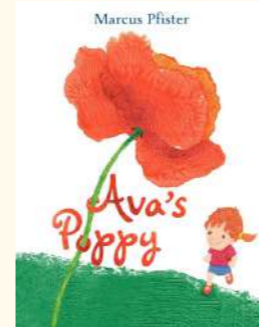


RESOURCES FOR

Remembrance Day



PRIMARY



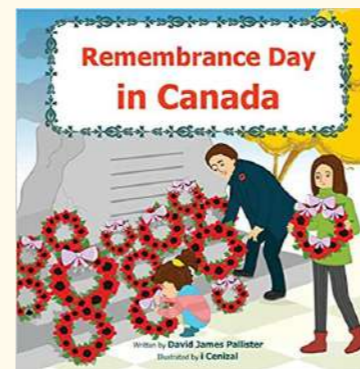
Ava's Poppy
by Marcus Pfister



Little Poppy Poem and Craft | FREE
Use this poem and accompanying popp...
teacherspayteachers.com

Little Poppy Poem Crafts
on Teachers Pay Teachers

JUNIOR



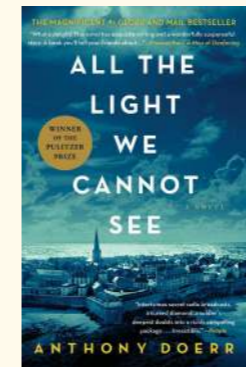
Remembrance Day in Canada
by David James Pallister



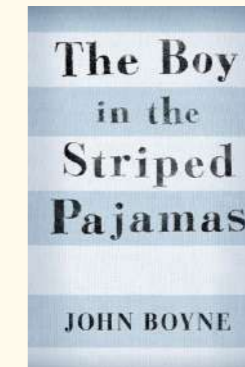
In Flanders Fields: Poem & Reflection
teacherspayteachers.com

In Flanders Fields
on Teachers Pay Teachers

INTERMEDIATE

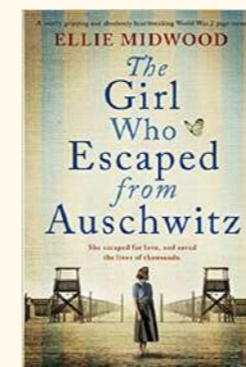


All the Light We Cannot See
by Anthony Doerr



The Boy in the Striped Pajamas
by John Boyne

SENIOR



The Girl Who Escaped from Auschwitz
by Ellie Midwood



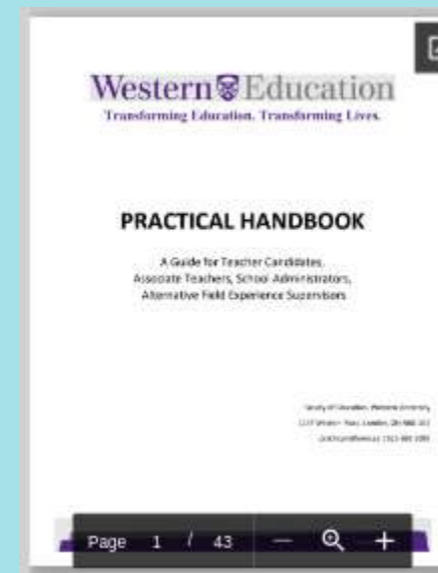
Catch-22
by Joseph Heller

Year 1's! Your practicum is just around the corner... here are some things to keep in mind

Your practicum is a 4 week experience that allows you to immerse yourself in the classroom. This first practicum is focused on active observation of the class, student and teacher relationships, and other aspects of the school. You will be receiving an email shortly that confirms your placement school. Head over to <https://www.edu.uwo.ca/intranet/> to find your school when you receive the email!



This practicum experience counts as a 0.25 credit and will be graded on a pass/fail basis. To ensure that you gain the full experience and meet expectations, check out the Practicum Handbook for the details. <https://www.edu.uwo.ca/CSW/my-program/BEd/Practical-Handbook-OCTOBER-7-2021.pdf>



For more information about your first practicum, go to the **BEd Class of 2023 (1219)** tab on OWL



PRACTICUM INFO

Practicum Memories

some snapshots from Year 2 practicum



"I live for when you're explaining something (or in my case, demonstrating) and after a while you finally see that "ah-ha" moment among the students. Once they finally get it, ya know?"

- Michael Ippolito



the grade 6s. They created 3D models of animals with body/scale/fur patterns."

- Kaitlin Ritlop

"This is a STEAM activity I did with my grade 5/6s today. We were finishing our patterning unit in math and starting biodiversity with



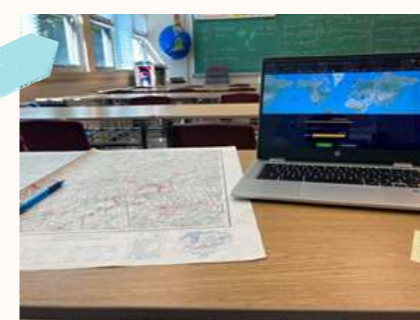
"I am teaching Foods and Nutrition gr 9/10, we are learning all about healthy eating and where our food comes from. I am so grateful for the experience working in a food lab with the kids, shows me how much I will need to juggle when I am on my own. It's nice to see the kids try new things, some hadn't cooked pasta before and you can see the pride they feel when they eat their own food."

- Justine Townsend



"The greatest aspect of my practicum by far was building relationships with the students. Even though I was teaching Civics and Law (which are not my specialty subjects), I always looked forward to spending time with my students and leading some amazing, deep discussions. Through this experience, I learned that it is not the subject that determines my enjoyment in the classroom, but rather the connection that I build with the people in it. On my last day, I gave out some treats to show my appreciation for the time we spent together."

- Heather Lambert



"Something that I've really enjoyed about my practicum is the aspect of teaching skills to students. It's unfortunate, but during the last two years of online school, some students were unable to properly develop necessary skills, necessary for them to succeed on their education journey. I had a grade 9 geography class, but I still prepared lessons and activities that focused on skills like the difference between stating and explaining, how to write a paragraph, and the importance of reading and following instructions and expectations. Sure, we have our curriculum documents that outline the expectations of what students should be learning in their subjects, but students still need to have these foundational skills to succeed."

- Flo Goetz

Next Steps

FIRST YEAR

- Mentorship Matters in Education
 - November 5 (Friday) @ 1PM
 - Online – registration required
 - Optional
- **Professional Boundaries**
 - **November 9 (Tuesday) @ 12:30 PM**
 - **Onsite & Online**
 - **REQUIRED**
- Chronic Medical Conditions and Medical Emergencies for the Classroom
 - November 12 (Friday) @ 1PM
 - Online – submit Qs in advance (OWL)
 - Optional

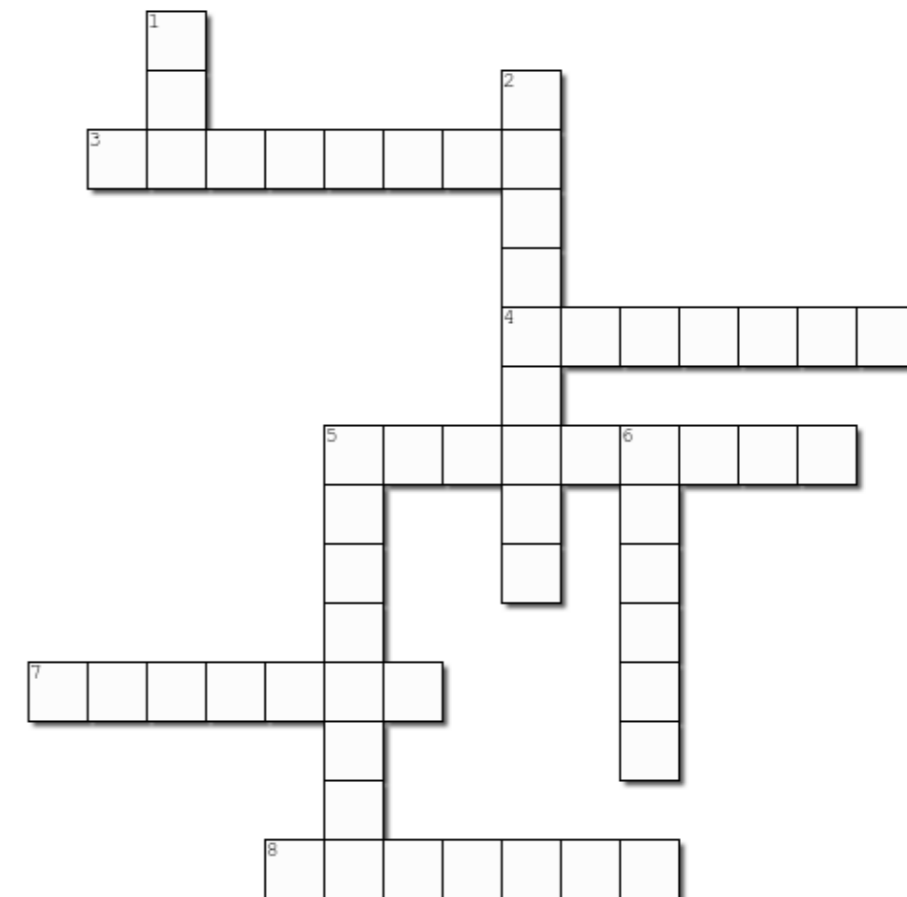
SECOND YEAR

- **Welcome Back Year 2s!**
 - **November 2 (Tuesday) @ 1PM**
 - **Orientation Auditorium**
 - **Additional Events @ 1:30-3:30PM**
- Chronic Medical Conditions and Medical Emergencies for the Classroom
 - November 12 (Friday) @ 1PM
 - Online – submit Qs in advance (OWL)
 - Optional
- Deaf & Hard of Hearing Student Success: Building on the Fundamentals
 - **for those who completed the "Fundamentals" series last year – 4 part series***
 - November 19 & 26, December 3 & 10
 - Online - registration required
 - Optional



puzzles

ANSWERS WILL BE RELEASED IN THE NEXT ISSUE



Created using the Crossword Maker on TheTeachersCorner.net

Across

3. mustache month
4. the future you
5. faculty of _____
7. _____ University
8. what you currently are but will soon teach

Down

1. ESC president
2. where you experience being an educator
5. ESC newsletter
6. teaches you about the learning environment

*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!*

ESC Digital Comment Box

The ESC wants to hear from you as you experience and complete your Bachelor of Education. By sharing any comments, suggestions, and concerns you have, the ESC can better advocate for and support you. Whether it is something relating to classes, practicum, the ESC, or anything else, we want to hear from you.

Please know that any submissions made to this form are done anonymously. Some ESC members will have direct access to this form and will be able to see responses submitted. If your concerns of a more serious nature, please contact the Faculty of Education (email).

Do you have any comments regarding the ESC?

Your answer

Do you have any comments regarding classes?

Your answer

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

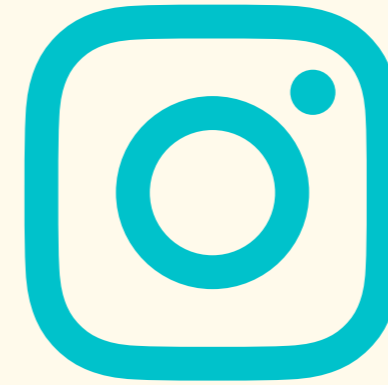
https://www.uwo.ca/health/student_support/survivor_support/index.html

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



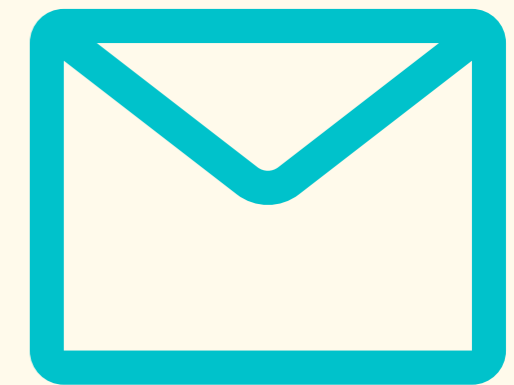
@WesternUESC



<https://www.facebook.com/westernu.esc>



@WesternUESC



FacEd-ESC@uwo.ca

Have a question, comment, or suggestion for the ESCargot newsletter?

Send us an email at

[escargotnewsletter.esc@gmail.com!](mailto:escargotnewsletter.esc@gmail.com)

THANK YOU

FOR READING

ESCARGOT

