



JULY 2020 EDITION



I Know My  
Name!

Read  
It

Emma

Box

Trace

# WELCOME!

My name is Emma and I am the new editor of the ESCargot this year! I would love to hear your thoughts on what the ESCargot should include and any other ideas you may have. You can always email me at

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

I hope you are enjoying your summer so far and staying safe!

Write  
It

Color  
It

# BIG SHOUT OUT TO...

THETEACHERCANDIDATE.COM

As most of you know, this website is your go to spot to find out anything about the Faculty of Education at UWO! Even though it's summer, there are lots of updates and info to keep up to date on!

## THETEACHERCANDIDATE

for Teacher Candidates at Western University

Search Here

Home New Students Courses Practicum AFE Beyond the BEd Students' Council Wellness FAQs

YEAR 1'S:

Start with this section to find out some important things for your upcoming year and then explore the other sections as well!

YEAR 2'S:

These two sections are so helpful when we need to know more about our practicums and virtual AFE's!

# ESC SOCIALS

Since this year will look so different vs. previous years in the Faculty of Education, ESC is going to be working hard to update everyone throughout the process.

Follow these socials and you can stay up to date on any ESC information or virtual events that will be planned for you!



Facebook:  
[@WesternU.ESC](#)

Twitter:  
[@WesternUESC](#)

Instagram:  
[@WesternUESC](#)

E-mail:  
[WesternU.ESC@gmail.com](mailto:WesternU.ESC@gmail.com)



[@WesternU.ESC](#)



[@WesternUESC](#)



[@WesternUESC](#)

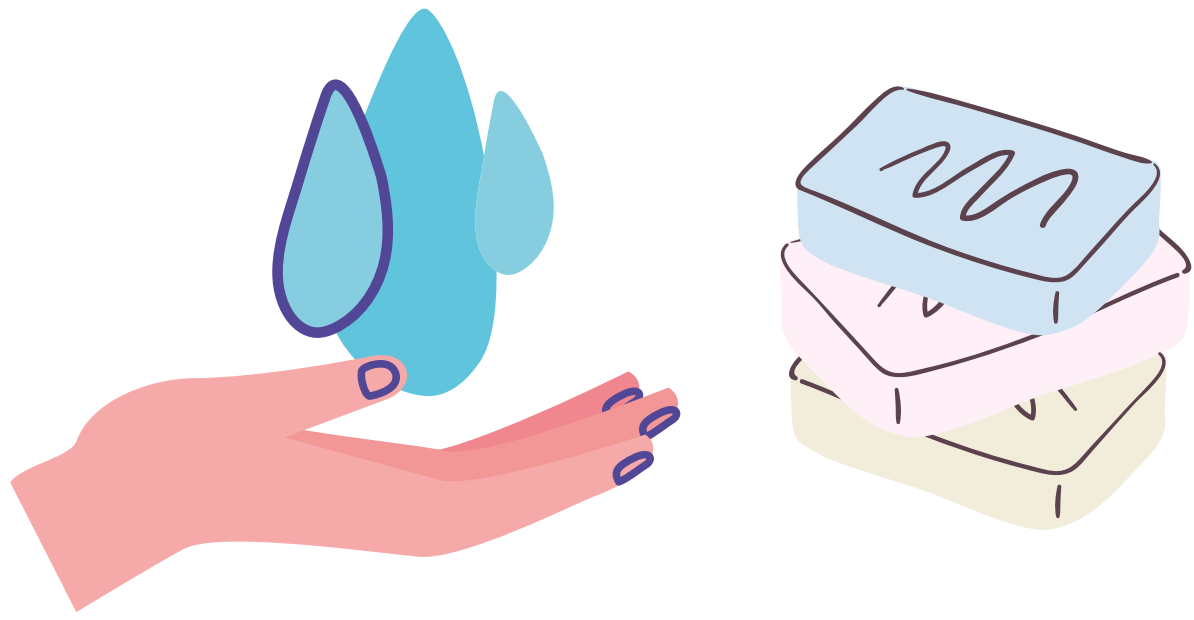


[WesternU.ESC@gmail.com](mailto:WesternU.ESC@gmail.com)

# STOP THE SPREAD

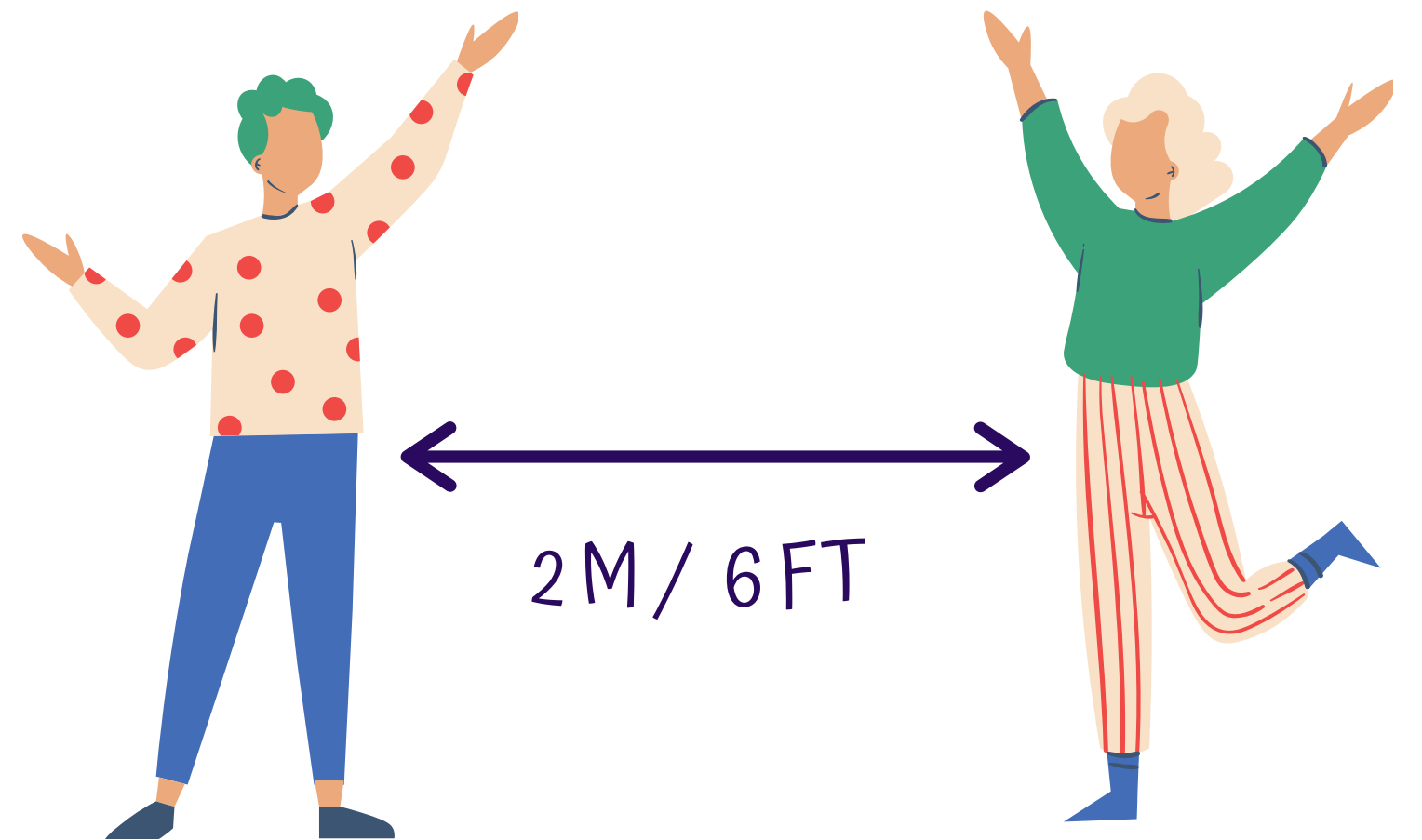
## HELP OTHERS STAY SAFE & HEALTHY

SOME TIPS TO SHARE WITH YOUR FRIENDS, FAMILY & STUDENTS



### WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



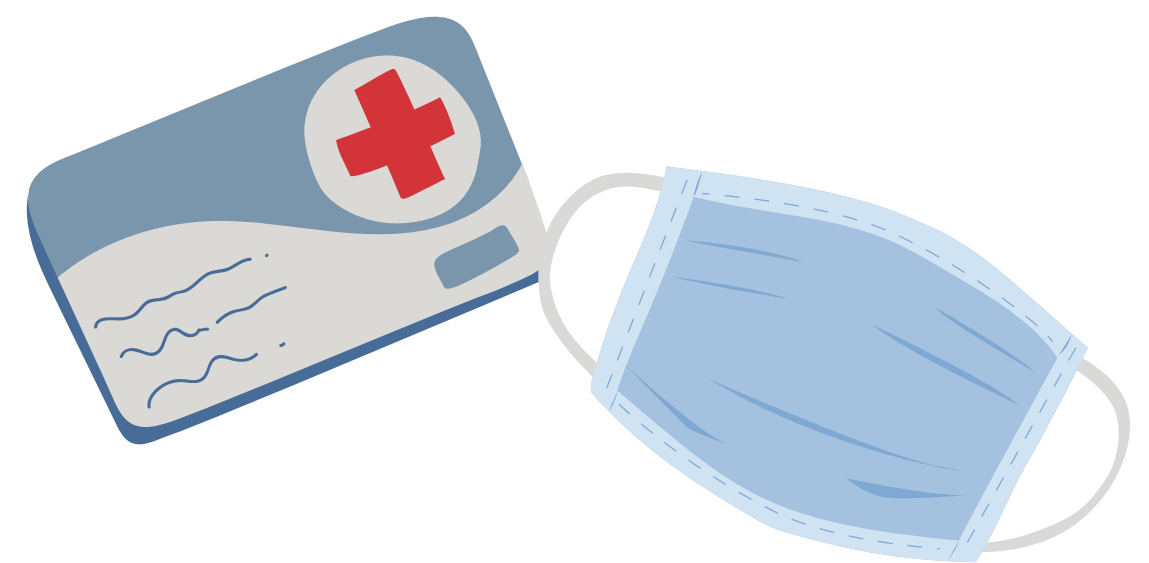
### MAINTAIN PHYSICAL DISTANCING

Maintain at least 2 meters (6 feet) distance between yourself and anyone who is coughing or sneezing.



### AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



### IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.

# AND MVP GOES TO...



**KATIE MENTONE**  
PROGRAM COORDINATOR

- She always goes above and beyond for all of us
- she keeps us up to date on what is happening through email and on the teacher candidate website
- she always answers our emails within days
- she is such an amazing person and resource for us!

We are so thankful for someone like you to help us along  
our BEd journey!

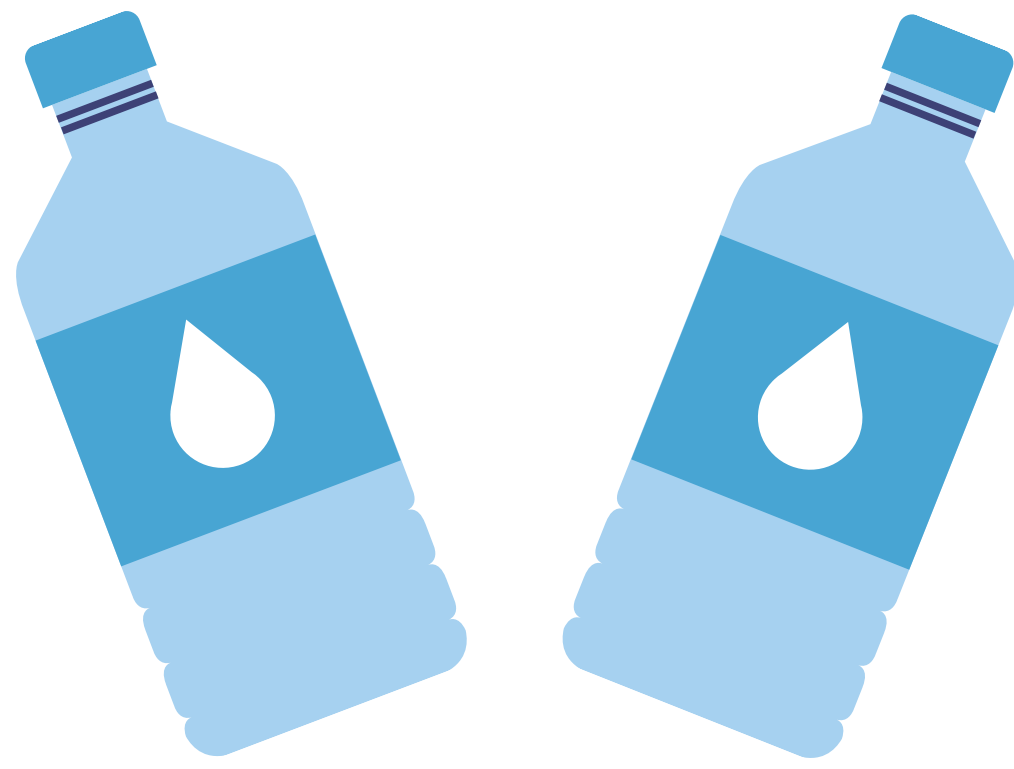
submit your requests to  
[escargotnewsletter.esc@gmail.com](mailto:escargotnewsletter.esc@gmail.com) for the next MVP and  
tell me why you think they should be MVP!

# THANK YOU

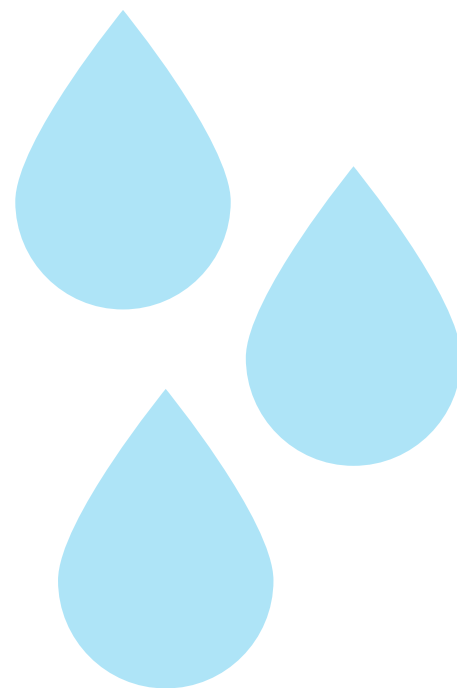
Find time in your day to have a moment of gratitude

I am thankful for...  
[something big or small]

## THANKYOU



Drink lots of water



Do something that educates you

- Listen to a podcast
- Read a book
- Do a free course online
- Watch a documentary

## MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH

Eat well

Incorporate more fruits and vegetables into your diet



Reach out to friends or family, even if it's just over the phone



Get out and move your body in some way

- Go for a walk
- Workout (at home or the gym)
- Yoga practice



# BLACK LIVES MATTER MOVEMENT

## SOME RESOURCES TO EDUCATE YOURSELVES, PEERS AND STUDENTS

<https://www.tolerance.org/>

- This website has classroom resources and general resources to educate yourself
- <https://www.tolerance.org/professional-development/webinars/lets-talk-discussing-race-racism-and-other-difficult-topics-0>

<https://www.purewow.com/news/petitions-black-lives-matter>

- These are some petitions you can sign to support BLM

<https://www.freshdaily.ca/news/2020/06/black-lives-matter-canada-donate/>

- These are some places you can donate to support BLM
- Remember to always do your research before you donate, these are just ideas for you to get started

<https://www.teacherspayteachers.com>

- This is one of the many websites out there that have teaching resources to support all students in your classroom



# THINGS WE ARE EXCITED FOR IN THE UPCOMING YEAR

- Placement starting again and working with students & the teaching team
- Year 2's are excited to graduate from UWO
- New classes next year - learning more about our specialities, learning from different teachers and working with our peers on new projects

# WHAT PEOPLE DID FOR THEIR VIRTUAL AFE'S

- Virtual tutoring students all over Ontario
- Creating lesson plans for our future students
- Working with UWO staff on research projects
- Made video lessons about many topics

If you want to be featured in the next issue about something cool you are doing this summer, please email me at [escargotnewsletter.esc@gmail.com](mailto:escargotnewsletter.esc@gmail.com). I would love to share with everyone some fantastic things we are up to in our time off!



STAY HEALTHY AND HAPPY  
THIS SUMMER!