

RESPECT

AT THE EMSB



Join us to build a respectful community with a shared language, where we model and treat each other with respect, kindness, and empathy.

► DEFINING RESPECT

The respect campaign has been launched at the EMSB to help build a community with a shared language, where we treat everyone with respect, kindness, and empathy. The entire EMSB community, including administration, management, school staff, head office staff, parents, and students are invited to participate. What do we mean when we say respect? Following the United Nations' definition, respect involves thinking and acting positively about others and ourselves (self-respect), caring about how our actions impact others, being inclusive, and accepting others for who they are, even when they are different. Respect starts with confidence and is linked with empathy, compassion, integrity, and honesty.

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► THEMES

To explore and promote the concept of respect there are four themes that will be covered in this respect campaign: (1) Why respect is important at the EMSB; (2) What respect looks like; (3) Respectful relationships; and (4) Self-respect.*

This October, the first theme to be launched is: **Why respect is important at the EMSB. With this theme we hope that, as a community, we will explore some of the following concepts:**

- Respect means that we accept each other for who we are, our differences as well as our similarities even if we do not agree with each other.
- Treating others and being treated with respect builds feelings of trust, safety, and wellbeing in our relationships.
- Respect is something we can practice and learn. One of the best ways to teach respect is by acting respectfully towards others; treating each other with kindness, consideration, and empathy.
- Respect is an essential element of effective communication, healthy relationships, and success in school, the workplace, and life!

After each theme we will launch a challenge so each community (school, head office) can promote the concept of respect through various activities that will be shared via the media department.

The material will be collected and highlights will be shared in our next newsletter.

► EMSB CHALLENGE

Every newsletter, we will be cordially inviting you to participate in our RESPECT CHALLENGE. We encourage you to not only partake in this challenge but to share with us what you have done! So, let's put our heads together and show some R.E.S.P.E.C.T!

Respect can mean something different to each person. We are all unique individuals and need different things when it comes to respecting ourselves and one another. One thing that is universal though, is that respect is important in ALL settings, whether it be in the classroom, at home with the family or at work! It is important that we create safe environments for each other so that we can all thrive. So, our first challenge is to lay the groundwork for respect, and to think about what respect means to each of us and what we need to feel respected. You can come up with your own ideas or activities to meet the challenge or you can use some of the ideas and instructions below.

RESPECT CONTRACT

Where: At home, in the classroom, or at work.

Supplies: Paper or a smartboard, pens, markers etc.

1. Brainstorm together why respect is important and write it down.
2. Now that you've established why it's important, brainstorm together what respect looks like in your group, and what words or actions make you feel respected.
3. Once you have a list of things the group needs to feel respected, choose a handful that everyone in the group can agree with and adhere to.
4. Make a final list for the group and have everyone sign it. This can be done with a signature, thumbprint, painted handprint, whatever you like!
5. Put this Respect Contract up in your class, home, office etc. so that everyone can see your ingredients for a respectful space.
6. Take a picture and send it to us!

INTERVIEWS

Students can collect definitions of respect and/or examples of why respect is important by interviewing peers, parents, and staff about why they believe respect is important and what it means to them. The responses can be collected in various formats (e.g., video, PowerPoint, pictures, an article, etc.) and submitted to the respect committee. These submissions will be reviewed and used to create promotional material in relation to the respect campaign for the EMSB community.

MODEL RESPECT

Catch people in the "act" of being respectful to use as a model in the school. Collect pictures and stories of students, staff, and parents showing respect and create a respect wall or collage to display in your classroom, school, or workplace.

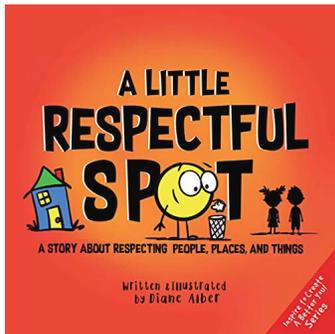


Deadline for submissions - November 11th
Submit to : dsmajovits@emsb.qc.ca

If submitting pictures, please limit to one or two. The submissions will be used to publicize the events via the media department. Please ensure that those in pictures have provided consent for their photos to be published.



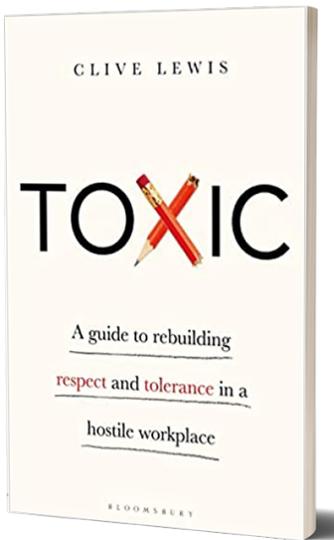
BOOK CORNER



A Little Respectful Spot: A Story About Respecting People, Places, and Things

Diane Alber, 2020

What does it mean to be RESPECTFUL? Being RESPECTFUL tells people you not only care about them but you also care about yourself too! Join a cute little yellow SPOT as he shows all the different ways to be respectful to people, places and things. With fun illustrations your child will be able to see actual scenarios that your child is in everyday! From being polite, to respecting personal space and property, your child will have a clear understand of what it means to be respectful and why it's so important.

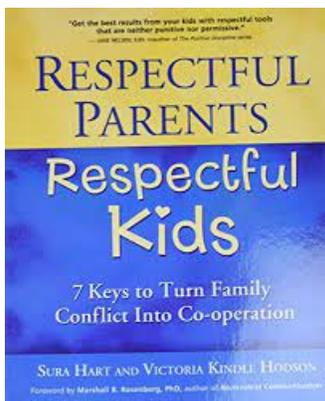


Toxic: A guide to rebuilding respect and tolerance in a hostile workplace

Clive Lewis, 2021

The workplace has become a hotbed of social toxicity – from the #MeToo movement to WeWork, it's clear that abusive bosses and entrenched cultures of discrimination have become more prevalent than ever. Such behaviour is not only simply wrong and damaging to its victims – it also results in reduced productivity, higher employee turnover, and can often leave a stain upon the wider reputation of an organization.

In Toxic, Clive Lewis draws upon his decades of experience in HR and mediation to distill the problems and underlying causes of toxic workplaces before tackling the issue head-on. He draws upon first-hand case studies from an eclectic array of workplaces (from corporate offices to hospitals) to demonstrate how toxicity can be both prevented and resolved. This is a practical guide for business leaders and HR professionals looking to preserve a peaceful workplace, while also providing tips for employees looking to remain productive and focused when working with troublesome colleagues in difficult environments.



Respectful Parents, Respectful Kids: 7 Keys to Turn Family Conflict Into Cooperation

Sue Hart and Victoria Kindle Hodson, 2006

More than a tool to correct bad behavior, this handbook urges parents to move beyond typical discipline techniques by creating an environment based on mutual respect, emotional safety, and positive, open communication. The seven outlined principles redefine the parent-dominated family by teaching parents how to achieve mutual parent/child respect without being submissive, set firm limits without using demands or coercion, and empower children to open up, cooperate, and realize their own innate potential. Based on Marshall Rosenberg's Nonviolent Communication process, the framework helps parents break down the barriers to outstanding relationships with their kids by avoiding destructive language and habits that keep parents and children from understanding one another. Activities, stories, and resources help parents immediately apply the seven keys to any parenting situation.



DELIVERY MESSAGES

Message to school administrations : Access the Word Docs below to retrieve ready-to-use delivery messages for staff meetings, students assemblies, and parent newsletters.

STAFF MEETINGS



The EMSB is proud to launch the Respect Campaign to help build a respectful EMSB community with a shared language, where we treat everyone with respect, kindness, and empathy. We are all called upon to build a stronger community and set an example for our children. The entire EMSB community, including administration, management, school staff, head office staff, students, and even parents/guardians are invited to participate.

What do we mean when we say respect? Following the United Nations' definition, respect involves thinking and acting positively about others and ourselves (self-respect), caring about how our actions impact others, being inclusive, and accepting others for who they are, even when they are different. Respect starts with confidence and is linked with empathy, compassion, integrity, and honesty.

To create a shared understanding of respect and to explore the concept fully in our community there are four themes that will be covered in our Respect Campaign, which have been adapted from the Respect. Each theme corresponds to a facet of respect and will be showcased at various moments throughout the year. These themes are: (1) Why respect is important at the EMSB, (2) What respect looks like, (3) Respectful relationships, and (4) Self-respect. To promote respect throughout our community, each theme will correspond to a challenge that all members are encouraged to complete. Staff can submit completed challenges and they will be highlighted in the next newsletter.

This October, the first theme launched is: **Why respect is important at the EMSB.** With this theme we hope that, as a community, we will explore some of the following concepts:

- Respect means that we accept each other for who we are, our differences as well as our similarities, even if we do not agree with each other.
- Treating others and being treated with respect builds feelings of trust, safety, and wellbeing in our relationships.
- Respect is something we practice and learn. One of the best ways to teach respect is by acting respectfully towards others, treating each other with kindness, consideration, and empathy.
- Respect is an essential element of effective communication, healthy relationships, and success in school, the workplace, and life!

We encourage all members of the EMSB community to embrace the spirit of this campaign whether it is in the classroom, through our teamwork challenges, or in our relationships with each other and our parents. At the EMSB we choose respect, even if it may not be the easiest choice.

Here is a great video from Sesame Street about Respect. Particularly suited for lower elementary, but comprehensive definition for all! Sesame Street: Respect | Word on the Street



Click images to access link

PARENT NEWSLETTER



The EMSB is proud to launch the Respect Campaign to help build a respectful EMSB community with a shared language, where we treat everyone with respect, kindness, and empathy. We are all called upon to build a stronger community and set an example for our children. The entire EMSB community, including administration, management, school staff, head office staff, students, and even parents/guardians are invited to participate.

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- Respect is an essential element of effective communication, healthy relationships, and success in school, the workplace, and life!

We encourage all members of the EMSB community, including caregivers, to embrace the spirit of this campaign whether it is by participating in our challenges with your children or modeling respectful behaviors. At the EMSB we choose respect, even if it may not be the easiest choice.

Here are a few resources related to this theme:

- Tap on How to Teach Respect to Adults: <https://www.bbc.com/news/health-51888888>
- Sesame Street: Respect | Word on the Street (intended for a younger audience)



STUDENT ASSEMBLIES



The EMSB, including (insert school name) is taking part in a special campaign called the Respect Campaign. We will join with all our friends and peers from every school in the EMSB to help build a respectful community with a shared language to be able to treat each other with respect, kindness, and empathy. We each have a special role to play in making sure that the entire school community feels respected. That means that principals, teachers, parent/guardians, and students are asked to act in a respectful way.

Throughout the year, we will have different themes related to respect to help us learn about the topic. Each theme also has a special challenge associated with it. These themes are: (1) Why respect is important at the EMSB, (2) What respect looks like, (3) Respectful relationships, and (4) Self-respect.

This October, the first theme is "why respect is important at the EMSB". With this theme we hope that, as a community, we will explore some of the following ideas:

- Respect means that we accept each other for who we are, our differences as well as our similarities, even if we do not agree with each other.
- Treating others and being treated with respect builds feelings of trust, safety, and wellbeing in our relationships.
- Respect is something we practice and learn. One of the best ways to teach respect is by acting respectfully towards others, treating each other with kindness, consideration, and empathy.
- Respect is an essential element of effective communication, healthy relationships, and success in school and life!

You can participate in the Respect Campaign by taking part in the challenges. Your teacher will have more information about how you can participate, but we want to see your creativity shine. If you successfully complete the challenge, you could be featured on the EMSB website or in the newsletter! At the EMSB we choose respect, even if it may not be the easiest choice.



PARENT NEWSLETTER-FRANÇAIS



La CSEM est fière de lancer sa campagne Respect pour promouvoir le respect au sein de la communauté, grâce à un langage commun où nous nous traitons avec respect, gentillesse et empathie. Chacun et chacune d'entre nous est appelé à bâtir une communauté bienveillante et à donner l'exemple à nos enfants. L'ensemble de la CSEM, y compris la direction, les administrations, le personnel des écoles et les autres intervenants, les élèves ainsi que les parents/tuteurs sont invités à prendre part à cette initiative.

Qu'est-ce que le respect? Pour répondre à la définition des Nations Unies, respecter, c'est parler et agir positivement avec autrui comme avec soi-même (respect de soi), être le meilleur de l'impression de nos actes ou attitudes, s'être inclusif et accepter les autres pour ce qu'ils sont, même lorsqu'ils sont différents, et respect commence par la confiance et il est lié à l'empathie, la compassion, l'intégrité et l'honnêteté.

Dans le but de développer une compréhension commune du respect et d'explorer autrement ce concept parmi nous communément, quatre thèmes seront abordés dans le cadre de la campagne Respect: trois objectifs de mesure, l'objectif. Chaque thème correspond à une facette du respect et sera présenté à différents moments au cours de l'année. Il s'agit des thèmes suivants: (1) L'importance du respect à la CSEM, (2) En quoi consiste le respect, (3) Les relations respectueuses, (4) Le respect de soi. Afin de promouvoir le respect à la CSEM, nous encourageons chaque membre de la communauté à relever avec nous ces défis.

En ce mois d'octobre, nous lançons le premier thème: l'importance du respect à la CSEM. Nous espérons que ce thème nous permettra, en tant que communauté, de nous aborder à certains principes parmi les suivants:

- Le respect, c'est nous accepter les uns les autres pour ce que nous sommes, avec nos différences et nos similitudes, même si nous ne sommes pas d'accord sur tout.
- Le fait de traiter les autres et d'être traité avec respect favorise la création d'un sentiment de confiance, de respect et de bien-être dans nos relations.
- Le respect s'apprend par la pratique. Une des meilleures façons d'enseigner le respect consiste à agir avec respect envers autrui, en faisant preuve de bienveillance, de considération et d'empathie.
- Le respect est essentiel que communications efficaces, nos relations saines ainsi qu'à la réussite sur le plan scolaire, professionnel et dans la vie en général!

Nous encourageons tous les membres de la communauté de la CSEM à en parler à leur école, à leur travail, à leur maison et à leur communauté, car le respect est un principe qui nous aide à nous abonner à nos comportements respectueux. À la CSEM, nous choisissons le respect, même si ce n'est peut-être pas le choix le plus facile.

Voici quelques ressources en lien avec ce thème:

- Tap on How to Teach Respect to Adults: <https://www.bbc.com/news/health-51888888>
- Sesame Street: Respect | Word on the Street (intended for a younger audience)



VIDEO CLIP TO BROADCAST *Intended for young audience



Sesame Street: Respect | Word on the Street

Sesame Street: Respect | Word on the Street
Sesame Street, 2014

Click to access video