

Cross Canada Check In

December 14, 2020

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On December 14, 2020 a number of Physical and Health Education teachers gathered at 7:00pm ET to celebrate the successes of this school year, brainstorm solutions for challenges, and support each other with ideas and encouragement. Below is a summary of the chat in the meeting.

- So many good things have come out of 2020 in addition to, and as a result of, the challenges we have all faced.
- We have all been given the chance to step back and look at the bigger picture, whether that is within our classrooms, schools or curricula.
- We have introduced new activities to our lessons and been pushed outside our comfort zones. Growth has certainly been felt by all.
- Student and Teacher well-being has become a key focus throughout the school - there is still a need to ensure that SEL is being incorporated properly and is taught by trained teachers.
 - Here are a few articles for those interested in better understanding the potential harms of not integrating SEL properly:
 - [Antiracism in Social Emotional Learning: Why it's not enough to Talk the Talk](#)
 - [When SEL is used as another form of Policing](#)
- Everyone is looking forward to a well deserved break and giving themselves some time to unplug and disconnect.
- PHE Canada will schedule a Check-In in February.

Happy Holidays!