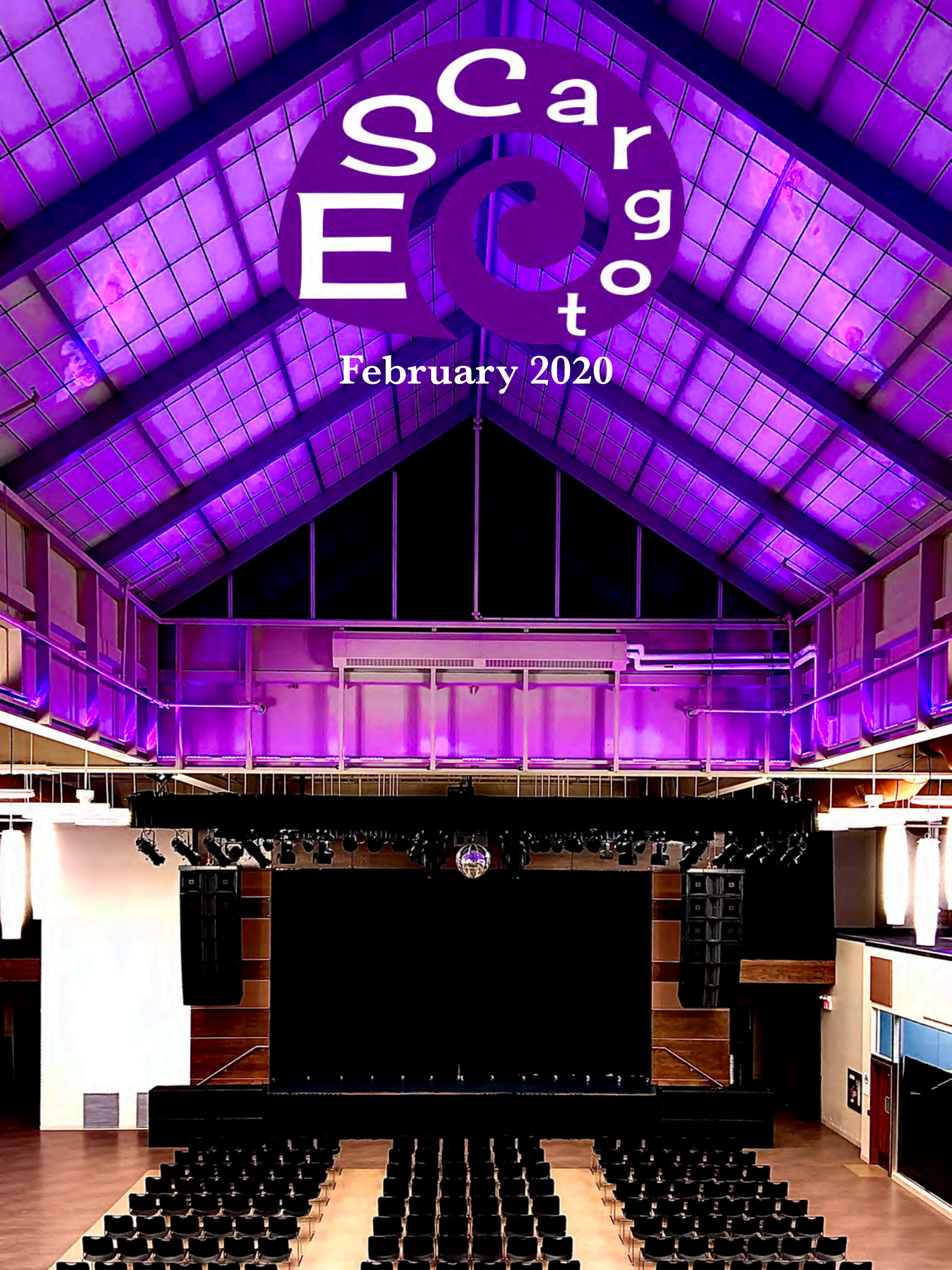


ESCargo

February 2020





CALLING ALL

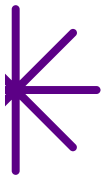


#TEACHERSOFT ALTHOUSE

Want to share your story of what
teaching/Althouse means to you?



DM THE EDUCATION STUDENTS' COUNCIL
ON INSTAGRAM TO BE FEATURED!
@WESTERNUESC





WANTED

Are you looking for a way to get involved at Althouse? Have a knack for writing/journalism? Need a way to scratch your itch for leadership or need an outlet to share your thoughts? Excel at graphic design or illustrations? Want to get published?

Look no further, the ESCargot wants YOU!

The ESCargot is seeking to expand its masthead. Whether you want to be a regular contributor or want to share a piece for even just one of our issues, we encourage you to get into contact with us! Send us your questions, ideas, thoughts, and suggestions to the email address down below.



escargotnewsletter.esc@gmail.com



Thanks for coming!



WELCOME BACK SOCIAL



SPINACH
STUFFED
MUSHROOM
CAPS



VEGGIE
SPRING
ROLLS



ONION
RINGS



POTATO
SKINS



GARLIC
CHEESE
BREAD

Before



After



Fact:

60+ teacher candidates at any given point within the first 2 hours!



ON THE GO!

We asked teacher candidates...

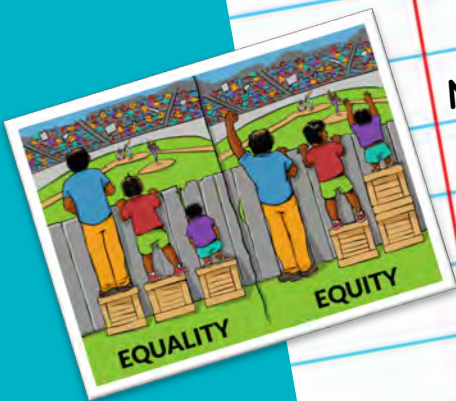
The year is 2050, and students at Althouse are ready to open a hypothetical time capsule created by students at Althouse in 2020. What will they find inside?

Here's what they said:

Math Proficiency Test Cheat Sheet.

Pictures of all the grads.

A reflection on reflections.





Found in Weldon





WELLNESS EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
JANUARY						
5	6 The Groove	7	8 Yoga Recharge Room	9	10	11
12	13 The Groove Recharge Room	14	15 Yoga Recharge Room	16 Lunch & Learn	17	18
19	20 The Groove Recharge Room	21	22 Yoga Recharge Room	23 Lunch & Learn	24	25
26	27 The Groove Recharge Room	28	29 Yoga Recharge Room	30 Lunch & Learn	31	1
FEBRUARY						
2	3 The Groove Recharge Room	4	5 Yoga Recharge Room	6 Lunch & Learn	7	8
9	10 The Groove Recharge Room	11	12 Yoga Recharge Room	13	14	15
16	17 Family Day	18	No Wellness Committee Events			
23	24 Recharge Room	25	26 Yoga Recharge Room	27	28	29
MARCH						
1	2 Recharge Room	3	4 Yoga Recharge Room	5	6	7
8	9 Recharge Room	10	11 Yoga Recharge Room	12	13	14



THE GROOVE: LUNCHTIME DISCO

Come dance your lunchtime away!
12:45 TO 1:15 PM | AUDITORIUM



YOGA

All levels are welcome. See you on the mat!
11 AM TO 12 PM | GYMNASIUM



LUNCH & LEARN: THE FOUR AGREEMENTS

Using the book, The Four Agreements, by Miguel Ruiz, we examine freedom from self-limiting beliefs.
12:30 TO 2:30 PM | 2015



RECHARGE ROOM

Drop in to relax and recharge!
MONDAYS | 1:30 TO 3:30 PM
WEDNESDAYS | 9:30 TO 11:30 AM
COMMUNITY ROOM

ESC Spirit Week



For Wellness

Tuesday

Hot Chocolate



★ ★ **Movie** ★ ★
★ ★ **NIGHT** ★ ★

Inside Out

Wednesday

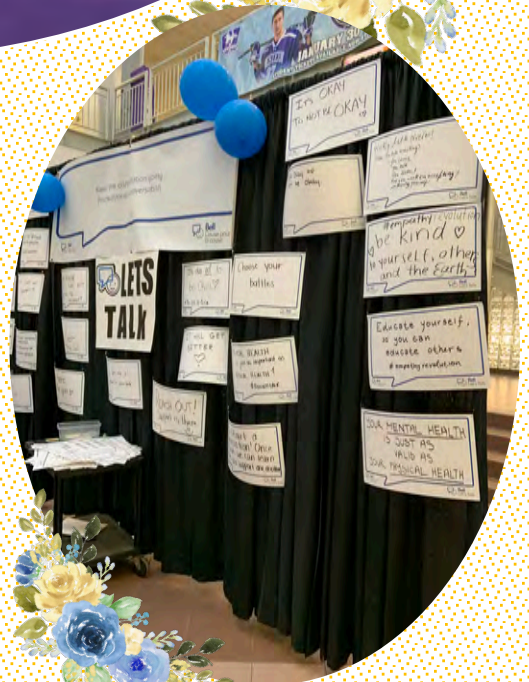


At Althouse



Bell
Let's Talk

In the pages that follow are submissions by fellow teacher candidates about personal wellbeing and mental health. Thank you to those who has bravely submitted their story, and thank you to the readers that respect the importance of these accounts.



At the UCC

#AlthouseLetsTalk

"I've struggled with anxiety and disordered eating for many years. There were often times where these things ruled my life and dictated what I could and could not do. It was not until I started going to to see a psychologist a few years ago that I finally began to feel a sense of freedom from my panic disorder and EDNOS. Some days are better than others, but I know I can get through them and through therapy I have learned how to equip myself with the tools I need to ride the wave that is mental health."

-Anonymous



#AlthouseLetsTalk

"The B.Ed course is really intense. There are always assignments and readings to complete. It was very stressful at the start. I think talking to fellow teacher candidates once in a while really helped me, as it made me realise that we are not alone. Everyone faces challenges. It has gotten better now. Sometimes though I wish I had more friends in the program."

-Anonymous



#AlthouseLetsTalk

"I was depressed at age 10, but I wasn't diagnosed with moderate depression and OCD until I was 22. It's been hard. I stopped doing things I loved because I was scared and felt terrible about myself. For the past few years, I have been on medication and it has saved my life. It took a lot for me to finally get on meds, but I'm happy I did. I'm still figuring out what works for me and try to find the good in every day. School has been stressful and I have experienced a lot of loss in my life recently, but I keep pushing forward because I know that every day matters, and you can change someone's life for the better without even realizing it :) take care of yourself out there."

- Anonymous



#AlthouseLetsTalk

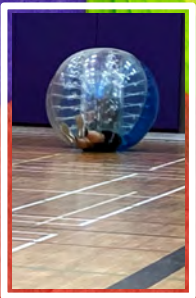
"Teacher's college has been conflicting, the drag of repetitive classes, the amazing intellectual environment of aspiring teachers and invested educators, the socially isolating practicums (that often lack life-changing inspiring moments we've come to expect), and the OVERWHELMING stigma of teachers unable to talk about their own mental health struggles (because as people who take care of minors, we should not be struggling ourselves... apparently). It's difficult, but I think as educators, we need to be willing to challenge the stigma, even if admin and parents and peers pressure us/send messages that we are expected to be mentally healthy all the time. To teach our students that it is safe and normal to talk about mental health, we should show them how!" ~Anon



Bubble Soccer Tournament 2020



Donations to Kids Help Phone



“Play ball so kids can call”





Thanks to all who came out!



π -Charts

The Math Proficiency Test saga has arrived at a new chapter: registration for the π lot/field tests. Read on for the perspectives of **116** fellow Althouse students.

(And yes, the choice to use *Comic Sans* was intentional)

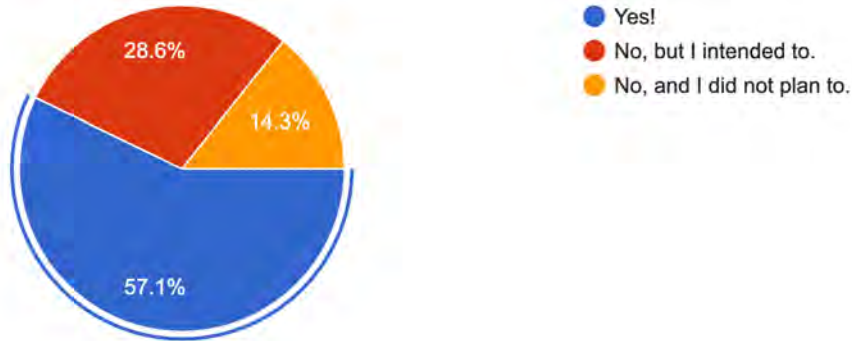


The Year 1 Response

(21/116 respondents to the *Pilot-MPT by the Numbers* poll on Facebook were Year 1 students).

Did you sign up/get waitlisted for a pilot MPT?

21 responses



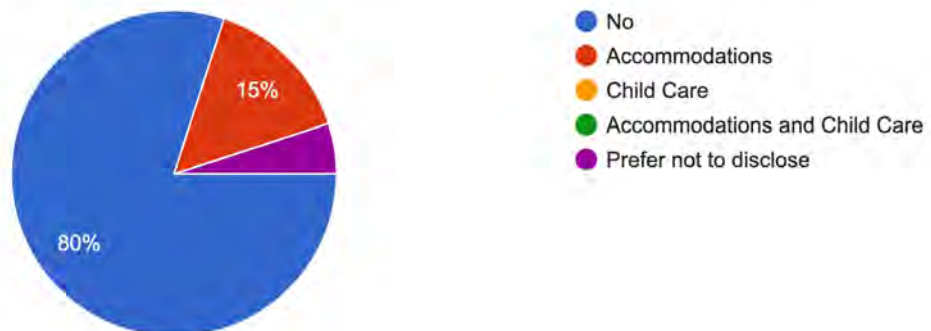
How long is your anticipated travel time (by car/bus) to attend the pilot MPT?

21 responses



If attending a pilot MPT, do you anticipate any "extra costs"?

20 responses



The Year 1 Response

"Waiting for a **closer** location to open up."

"It's frustrating you can't go back and look at options until you cancel your **bookings**."

"Why not have a pilot in **London** considering there is a teacher's college here?"

"[I] do not feel **ready** to write the MPT"

"I got **waitlisted** after only 6 minutes of the site opening! Only one option in southwestern Ontario is ridiculous!"

"The server **crashed** and there were way too **few** options close to home. **Travelling** so far to write a test seems unreasonable if not **compensated**. Spots filled up so quick and we are **unable** to see if other locations are opened up if we already signed up for a slot."

The Year 1 Response

"Gas money for additional costs."

"Seems silly not to have more testing locations since it is mandatory. I also think there should be more times available for it."

"I hope it gets cancelled lol"

"Why didn't Western host any MPT sessions???"

Check out The Teacher Candidate Blog to stay up to date with workshops being offered!

Need help preparing for the Math Test?

MATH PROFICIENCY TEST (MPT): UPCOMING WORKSHOPS

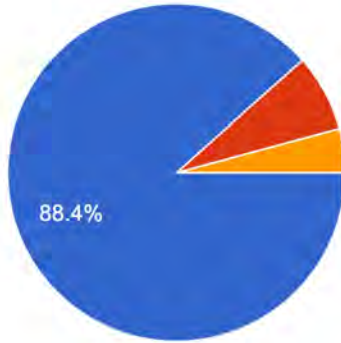


The Year 2 Response

(95/116 respondents to the *Pilot-MPT by the Numbers* poll on Facebook were Year 2 students).

Did you sign up/get waitlisted for a pilot MPT?

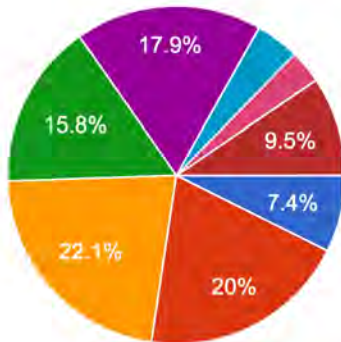
95 responses



- Yes!
- No, but I intended to.
- No, and I did not plan to.

How long is your anticipated travel time (by car/bus) to attend the pilot MPT?

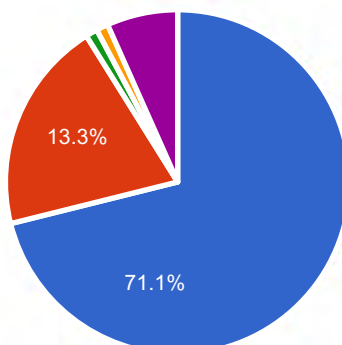
95 responses



- 1-30 minutes
- 31-60 minutes
- 61-90 minutes
- 91-120 minutes
- 121-150 minutes
- 151-180 minutes
- 181+ minutes
- I am using a different means of travel to attend the pilot MPT.
- I am not attending a pilot MPT

If attending a pilot MPT, do you anticipate any "extra costs"?

90 responses



- No
- Accommodations
- Child Care
- Accommodations and Child Care
- Prefer not to disclose

The Year 2 Response

(95/116 respondents to the *Pilot-MPT by the Numbers* poll on Facebook were Year 2 students).

"Absolute **mess** trying to get into the system and the test centre closest to me didn't even have their **dates** up for the test."

"This test is **stupid**."

"I expect extra costs on **gas** and food."

"**Gas** money for costs."

"The **lack of** thought and close test locations is ridiculous."

"Not a single test **location** is at a Faculty of Ed., not are there locations in **prime central areas** such as KW and London!"

"This is completely bullshit. There should be a pilot Center in **London** that can accommodate the **second year** teacher candidates. I'm appalled that after 20,000 dollars in tuition and most of the education received at the faculty was not even being taught, it was us teaching students on practicum that we have to endure once again putting out more money. It is also hilarious that we are not allotted a sick day or vacation day or a whatever day to attend the math test. We should not have to **make up a practicum day** when some of us are travelling over 2 hours for a 75 question test. Completely bullshit."

The Year 2 Response

(95/116 respondents to the *Pilot-MPT by the Numbers* poll on Facebook were Year 2 students).

"I intended to sign up until I saw there were no local test locations. Why isn't **London** a location?"

"Extra costs: **gas** money & **parking**."

"Having to **travel** to a different city to take the test is just an added stress when we are already stressed about the test and will be **mid-practicum**.."

"I actually agree with the MPT in theory, but holy heck has the **implementation** of this been absolute garbage."

"MPT [makes] no sense!"

"Extra cost will be **parking**"

"This test should be offered at **teacher's colleges** so that everyone has the **ability** to take it. The **website** had a ton of issues and some people couldn't even sign up for the pilot test. But more importantly, we shouldn't have to take this test at all. It is a complete waste of **time** and very **unfair** to those of us who didn't expect to need to pass a math test to be certified when we signed up for teacher's college. We are not well prepared for this. It is extremely stressful to have our certification riding on this, **especially if we haven't studied math in years, and if we won't be teaching math**. Very disheartening way to end the year."

The Year 2 Response

(95/116 respondents to the *Pilot-MPT by the Numbers* poll on Facebook were Year 2 students).

"Waste of our **time** and **money**. We have perfectly good **facilities** ready to be used close by..."

"Extra cost is **transportation**- via rail because I don't drive."

"The worst part about the MPT is the **lack of information** about what content we should be studying. Questions were given for form but not content. There is 2-4 weeks before the P-MPT and we still don't have a lot of information."

"I can't believe how poorly this has been implemented, from the **lack of information** to the terribly planned roll out."

"It's incredibly frustrating."

"As an example, I selected a pilot MPT five minutes after it opened and there was already a **waitlist**. Did they not anticipate how many people would be registering for these tests? Not to mention the fact that they scheduled most of the tests during the **weekday** while we're at **practicum**."

"I'm **lucky** enough to be situated in Toronto with my parents, and even I have to take a day from practicum and **travel an hour** by bus to get to the local test. I know many people are in much worse situations."

The Year 2 Response

(95/116 respondents to the *Pilot-MPT by the Numbers* poll on Facebook were Year 2 students).

"No cost for accommodation or child care, but **missing an evening of work** (aka income) and have to make up a **practicum** day (which will mean **another** day off work and missed income). So essentially I'm taking about \$150 out of my pocket on top of **gas** and **food** for the day."

"I signed up **within two minutes** of the test opening, but spots for my preferred location (Sheridan) were **not available** as they hadn't yet been submitted to the MPT."

"I thought it was unacceptable that they went live without having all of the locations with dates available (**Sheridan**). I think it is silly that you can only sign up for one waitlist. Also, I have signed up for Centennial, however if Sheridan becomes available I would like to go there instead. The issue is, **I cannot see the available dates** for Sheridan unless I cancel my Centennial booking."

"MPT was **too much of a hassle** for me to bother trying to sign up. I'm just going to wait until the chaos of the pilot is over and see what happens, and take the test later on. Also don't want to have to be prepping and studying during **practicum**..."

"Spending \$130 to **travel** by train."

"I could not get into the closest **location** (Sarnia) even though I was in the portal just **4 minutes** after it opened. I am now forced to **travel** to Toronto, pay for **gas**, **parking**, etc. to take this test and have my husband take the day off of work since I am taking our **only vehicle** and leaving my dog at home **all day** to do this test."

The Year 2 Response

(95/116 respondents to the *Pilot-MPT by the Numbers* poll on Facebook were Year 2 students).

"I was not ready to do the pilot MPT due to needing **accommodations** with my learning disabilities. I also couldn't have got to it even if I was ready. It would be an hour or more to get to a test centre and the costs associated with that for **gas** or **bus** costs."

"No locations in **London** and **Windsor** is extremely detrimental for students who do not drive. Very **inequitable** process."

"This pilot needs a **London** date. The limited spots are ridiculous and **not equitable** for **2nd** year students."

"I couldn't get on the list for any of my preferred test **locations** - they were full within the **first few minutes!** I chose not to go on a waitlist. Besides, who knows what will happen to the test by springtime?"

"Attending the MPT exam I will miss my first day of **practicum**. It counts as an unexcused absence. I noticed the sign-up process caused many students **distress**. There were **technical difficulties** with the system causing login problems."

"This should be for only **year 2's**."

"I feel as if **second year students** should get priority."



Conference Week

for year 1 teacher candidates

February 18 to 21, 2020



This Year's Workshops Included...

TVDSB Environmental
Education Centre

safeTALK

Intersectionality in the
Classroom: Exploration
Through Colour Field Collage

Teaching Democratic
Citizenship

First Aid

ADDIE-Based Instructional
Design

Equity as Leadership
Competencies

Teaching Genocide & Promoting
Human Rights

Copyright Rules for Teachers



Supporting Queer Students

Teaching Mindfulness in
Education

Remixing English

Teaching Through Debate &
Discussion

Computational Thinking

Deconstructing Shakespeare

B.Ed. Alternative
Careers

Photogrammetry in
History

Accessibility & Disability in
Education

Junior Achievement



Conference Week 2020

A big thanks goes out to the organizing team and to all presenters that came to help grow upon our professional development goals!



EVENTS AND REMINDERS



Sports Day:

Biweekly Tuesdays | 2:30 – 5:30
Education Gymnasium



Wellness Wednesdays:

Every Wednesday
12:00 – 4:00

*Music, snacks and colouring
@ Althouse Cafeteria*



Pink Shirt Day:

February 26th
Year 2s, the countdown is on!

UPDATES

Be sure to check out the Teacher Education Office bulletin board around the bend of the east hallway leading to the cafeteria. Nearby you will also find the Education Students' Council bulletin board case as well. If you're ever in search for information while roaming the halls, these are your go-to stops!



CONTACT US

Welcome to the figurative “phonebook” of the ESCargot. If you would like to get in touch with any of the Executive Members of Council, their information is listed down below. As always, feel free to approach them in person or reach out to them via their email addresses. The strength of the Council comes from the support of the constituents. We’d love to hear your feedback, ideas, concerns, and questions!



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