



ESCargot

September 2021



Land Acknowledgment

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.

Not currently in London?

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

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				Year 1 Orientation		
5	6	7	8	9	10	11
	Labour Day	First Day of Classes / Practicum 2				
12	13	14	15	16	17	18
19	20	21	22	23	24	25
	Canadian Federal Election *		Wellness Wednesday			
	← ESC Election Self-Nomination Period ** →					
26	27	28	29	30		
				Orange Shirt Day		
	← ESC Election Campaign Period ** →					

*The University Students' Council (USC) will have resources for students leading up to the Canadian federal election.

**See "ESC Elections" section of this newsletter for more information.

Orange Shirt Day

September 30 is Orange Shirt Day, a national statutory holiday recognizing the intergenerational trauma caused by the Canadian government's attempted cultural genocide of Indigenous peoples through the implementation of residential schools. On this day, we are called to reflect on the need for reconciliation, identify the ways in which political, legal, and educational systems continue to oppress Indigenous peoples, and take action towards justice. Unsure where to start? See the resources below for inspiration.

Buy a Shirt

- orangeshirtday.org
- orangeshirtday.net
- atlohsa.com

Donate

- [Orange Shirt Day](#)
- [Legacy of Hope](#)
- [Idle No More](#)
- [Stop Line 3](#)
- [Unist'ot'en No Pipelines Campaign](#)
- [1492 Land Back Lane](#)

Decolonize Your Lessons

- [CBC Kids Picture Books by Indigenous Authors](#)
- [Orange Shirt Day Teacher Resources](#)
- [NCCIE](#)
- [COPA - Joining the Circle: Guide for Educators](#)
- [OTF Links for Indigenous Education](#)

Get Involved

- [12 Ways to Engage in Truth & Reconciliation at Western](#)

Next Steps

Key Dates

- **Sep. 1** - Teacher Education Office reopening (unconfirmed)
- **Sep. 3** - IB Program application due
- **Sep. 21**- Police Record Check (PRC) with Vulnerable Sector Screening (VSS) due (Year 1)
- **Sep. 30** - Faculty Donation Opt-Out due

Friendly Reminders

- Resubscribe to the new TheTeacherCandidate.com.
- Purchase a [parking pass](#).
- Check out the new "BEd Checklist" and "BEd Checklist - Notes" on OWL.
- Development of the integrity module has been paused, and will hopefully be available for Term 2.

ESC Elections

Key Dates

- **Sep. 20-24:** Self-nomination period for elected positions
- **Sep. 27 - Oct. 1:** Campaign period for elected positions
- **Oct. 4-5:** Election period for elected positions
- **Oct. 7-10:** Self-nomination period for general positions



Available Positions

- **Elected Positions:**
 - French Representative
 - VP Student Affairs
 - VP Finance
 - VP Student Events
 - Year 1 Representative
- **General Member Positions:**
 - Administrative Director
 - Athletic Director (Year 1)
 - Diversity and Inclusivity Commissioner
 - ESCargot Editor
 - ETFO Commissioner (Year 1)
 - Global Community Commissioner
 - Graduation Formal Commissioner
 - OECTA Commissioners (1 from each year)
 - OSSTF Commissioner (Year 1)
 - PD Coordinator (2 members)
 - Social Event Commissioner
 - Wellness Commissioner

VOTE!

ESC Elections

Self-nomination Questions

Elected Positions:

- Why are you running for a position on the ESC?
- What experiences do you have that will make you a great fit for the role you have chosen to run for?
- What are 3 things that you want to implement for Education Students if you are elected?
- Do you have anything else you would like to share?



General Positions:

- Why do you want to fill the position?
- What experience do you have that would benefit you in the position?
- What makes you the most qualified candidate for the position?
- Provide two examples of events, actions, or plans you would like to enact should you be appointed to the position.
- Any additional information you would like to provide?

Note: The self-nomination forms will be sent out during their respective periods.



Conference Week

Attention Year 1 Candidates

What is Conference Week?

In February, all Year 1 candidates have one week of class replaced with a week of professional development. This "Conference Week" is organized by the ESC. Teacher candidates will choose from a variety of sessions to create their own custom schedule.

Important Information:

- 2022 Conference Week will be from *February 22-25*
- It is mandatory to meet the minimum attendance for the event (make sure you're available and present)
- This is a great opportunity for Year 1 candidates to learn more about their passions to form their teaching!

Important Links:

Please fill out [this](#) **Interest Survey** by *September 30, 2021*. We will invite speakers for this event based on your feedback. You can find more information about this event [here](#).

Year 1 Fur Babies

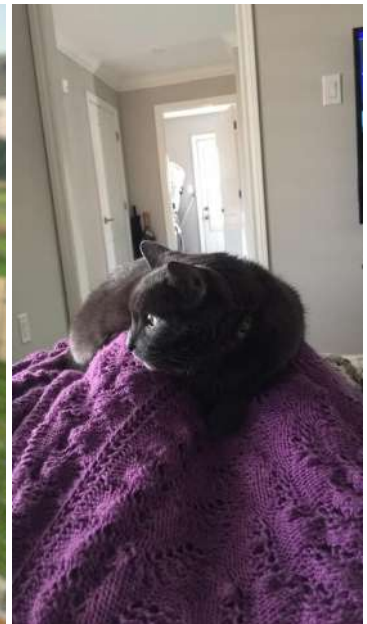
Sending a warm welcome to our incoming Year 1 Teacher Candidates, as well as their furry (and feathery, and prickly, and scaly...) friends!



Harley
(Griffin Simons)



Little Bo Peep
(Stephanie Daponte
Vanderschaaf)



Salem
(Jordon Tothill)



Hedgie
(Christie Ho)



Noelle & Grinch
(Taylor Seifert) (Courtney Santaguida)



Luna
(Courtney Santaguida)

Year 1 Fur Babies



Biggles
(Mira Beth)



Nelly & Holly
(Chris Vangalen)



Bun
(Renee Kuhl)



Moo
(Emma Reed Fritz)



Hudson
(Stephanie Clark)

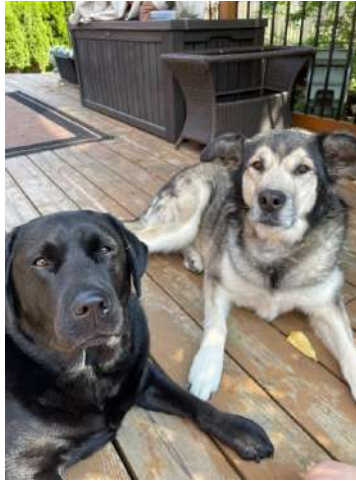


Roxanna
(Lauren Crowder)

Year 1 Fur Babies



Cassian & Jyn
(Luciana Cojocar)



Allie & Shirley
(Beth Grant)



Macy
(Krista Konecny)



Catalina
(Andrew Alkema)



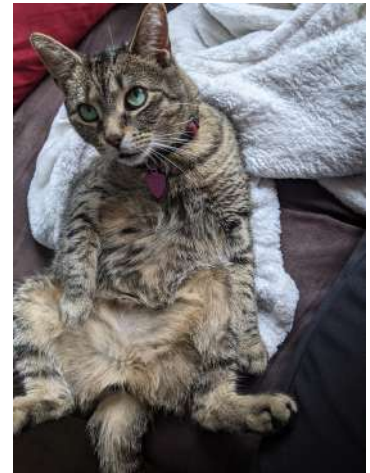
Angel
(Veronika Garbowska)



Gigi
(Emily Churchill)



Lilo & Esme
(Hannah Chan)



Ashton
(Nicole Mahony)

Self Care Toolkit

Why is a Self Care Toolkit important?

As we prepare for back to school, both as students and teacher candidates, there will be an elevated need for a "toolkit" of strategies to draw on as needed to avoid burnout. Everyone's self care is different, but try incorporating some of these ideas into your week!

- 1** Make time for "Wellness Wednesday"
When planning out your week, make sure to set aside specific time to do at least 1 thing you love!

Learn how you best cope with stress

Make a playlist that calms you down, use circular breathing, or try the 5-4-3-2-1 method to de-stress.



- 3** Find the outlets that work for you
Release pent up feelings through journaling, talking to friends, exercising, or outlets unique to you!

Rely on your Support System

Above all else, remember that you're not alone. It takes a lot of strength to ask for help!

If you are in a crisis, resources can be found [here](#).



Tell Us What You Think!

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

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!

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



@WesternU.ESC



@WesternUESC



@WesternUESC



WesternU.ESC@gmail.com

Have a question, comment, or suggestion for the ESCargot newsletter? Send us an email at escargotnewsletter.esc@gmail.com!