



The Bark

Fall 2017

Upcoming Events

September 15 - [International Day of Democracy](#)

September 18-22 - [Hunger Awareness Week](#)

September 21 - [International Day of Peace](#)

September 26 - [International Day for the Total Elimination of Nuclear Weapons](#)

September 27 - [World Tourism Day](#)

September 29 - [Orange Shirt Day](#)

October - [Healthy Workplace Month \(Canada\)](#)

October 1 - [International Day of Older Persons](#)

October 2 (1st Monday in October) - [World Habitat Day](#)

October 5 - [United Nations' World Teachers' Day](#)

October 10 - [World Mental Health Day](#)

October 11 - [International Day of the Girl Child](#)

October 16 - [World Food Day](#)

October 17 - [International Day for the Eradication of Poverty](#)

October 24 - [United Nations Day](#)

November 16 - [International Day for Tolerance](#)

November 20 - [Universal Children's Day](#)

November 25 - [International Day for the Elimination of Violence Against Women](#)

Food is a Powerful Connector

Susan Robichaud

The sharing of food connects human beings to one another in many positive ways. We socialize during meals together, we comfort others during difficult times with offerings of food, and we celebrate by enjoying foods especially prepared for momentous occasions. We take pride in serving foods based on unique recipes from our diverse cultures and we enjoy the adventure of exploring new foods from cultures other than our own.

Besides meeting basic nutritional needs, food has come to support community building for the students at my school in both concrete and symbolic ways. We work together to prepare breakfast each morning to get everyone energized and ready for teaching and learning; serve healthy snacks during nutrition breaks; and distribute Brown Bagging 4 Calgary Kids lunches to students who might otherwise go hungry. Along with students, school staff have witnessed first-hand the positive impact that food has had in reinforcing social justice themes that promote and sustain healthy communities and positive relationships.

The two **Aspen Foundation Social Justice grants**, from which my students and our communities have benefited, centred on food as a way to connect children with others at school and with families at home. To fulfil the first project, called Kids Cooking Up Kindness, our elementary students prepared and froze meals for families in need. Student-made lasagnas, hamburger soup, and desserts were delivered to families who were experiencing a tragedy, an illness, or the joyous birth of a new baby. Students created cards for each family so that warm messages of sympathy, support or congratulations accompanied each meal.

The second project, called "Muffins for Mercy," raised awareness at the junior high level of the importance of students having access to healthy snacks during nutrition breaks. The Aspen Foundation grant that funded this project enabled our school to purchase the ingredients for a class to team up to bake together. Our Career Technology Foundation Foods course succeeded in bringing our district's vitally important faith theme for 2016-2017 to life: *Be merciful just as your Father is Merciful*. This theme aligns extremely well with the foundational principals espoused by the Aspen Foundation. Our students engaged in meaningful learning experiences as they researched healthy recipes, developed baking skills, collaborated with one another, and then delivered the baked goods to neighboring schools. Students observed how closely connected nutrition is with learning and how food can positively influence students' health and wellbeing. Similarly to the first project, students created personalized cards expressing a caring message to accompany each delivery of muffins. Recipients at the schools expressed their gratitude not only for the delicious muffins but also for the messages of love and support from their peers.

Thanks to these two transformational Aspen Foundation Social Justice grants, our students have experienced real-world opportunities to reach out to others with kindness and compassion in purposeful ways that have deepened their understanding of the importance of strong communities and positive relationships. We are so very grateful for the funds we received, which provided an invaluable opportunity for students to learn about nourishing our souls as well as our bodies.



Aspen Foundation for Labour Education



Resource Corner

Teaching about Residential Schools?

How about a focus on the topic of residential schools and their legacy on Orange Shirt Day, September 29th? Resources can be found at:

[Safe and Caring Schools](#)

[Orange Shirt Day](#)

[Secret Path](#)

Social Justice Learning Grants

The Aspen Foundation works to help educate young Albertans by developing citizens that are engaged with issues that affect their communities, country and world. Teachers and students can apply for a grant of up to \$1500. Please visit our [website](#) for further information and the application form or check the latest ATA school mail out. The deadline is October 3, 2017.

Half of the grant will be paid when the application is approved. The balance is paid on completion of the project, and the recipient provides an accounting and evaluation report.

The GWG: Piece by Piece—A Resource for Alberta Teachers

If you have not seen the latest teacher resource developed by the Aspen Foundation, please check out our web site: www.afle.ca. The newly developed resource includes lessons for grades 4, 5, 7, 9, 10-1 & 10-2 and 12-1 & 12-2. The lessons include music from the 60-minute video ballad performed by Maria Dunn. It includes lessons based on the Alberta Social Studies curriculum that identify Outcomes, Competencies, Concepts and Inquiry Questions for each of the grades.

Aspen Foundation Annual Appeal

Once a year, the Aspen Foundation does an Annual Appeal for assistance to help us with our program. Our appeal is on line [here](#).

Aspen Foundation Feedback and Participation

We value your comments, please send them to us. If you would like to write an article regarding social justice work in the classroom, please contact Laura at aspenfoundation@gmail.com.

We believe that it is important that schools teach about building new, fairer, kinder, and more just workplaces and communities. Friends like you make our work possible.

Your support is key to offering Social Justice and Labour Education in schools

Aspen Foundation is a registered charity and provides **income tax receipts** to individual donors.

[Click here to support our work!](#)

Resources and Links

Free Course: [Indigenous Canada](#)

Article: [Icebreakers that Rock](#)

Video: [Classroom Activity:](#)

[Number Race \(Diversity\)](#)

Article: [LGBTQ-Friendly Books for Kids and Teens](#)

Video: [How Does "Fake" News Become News?](#)

Article: [Age-by-age guide to discussing racism with kids](#)

Article: [Mindfulness Activities for Children and Teens](#)

*Always review resources before using them in class.

Visit us on [Facebook](#) or [Twitter](#) for more resources



The Aspen Foundation for Labour Education

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