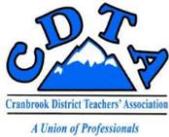


Cranbrook District Teachers' Association

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President: Shelley Balfour
Vice-President: Connie Merz



President's News

HAPPY SUMMER HOLIDAYS!

Who knew that when I wrote this column for the Spring Break edition that our world, as we knew it, was gone and different one was waiting for us! This is a year to remember without a doubt!

Since that time, I have attended more Zoom meetings that I would ever care to as have you – either with those daily required “Check in” meetings with your administrators, the Zooms with parents and students and working groups and planning committees and, and, and! You made it through many more “startups” than ever before (and hopefully ever again)! What a year – oh sorry – that was just the last three months!

Congratulations to our four retirees – Dot Galvin, Nancy Dyck, Bill Walker and Darrell Taylor. We were able to surprise them all with a 50-car parade on Wednesday night which was so much fun! It really brought to light the large community we have as teachers and the camaraderie we share in that community. We wish them all a bright and happy future without school bells to dictate their daily schedules! I hope for all of our sake that the “To Hell with the Bell” breakfast on the first day of school is happening and that the pandemic is behind us ☺ Wishful thinking I know!

Now for the future as we know it – September is a huge unknown so I am begging, pleading or demanding that you take the first six weeks of summer off! Enjoy the lakes, beaches and mountains around us! The Minister of Education will apparently not be making any announcements about what stage we are going into until August 17th and District administration will not be back until then either so, in the words of the Superintendent Silke Yardley, the teachers need to “Chill” until then! You heard it hear first!

I will be available all summer through cell or email as post and fill never really stops, people decide to retire after the school year is over and we have the contract to meld! I will be taking time off to garden and work on my yard. This pandemic has encouraged me to secure a food source closer to home!

Enjoy the summer! Remember to stay away from the screen and enjoy the beauty around us!

-Shelley

Vice President's News

Hello from the new world of online learning opportunities and social distancing classrooms!

Thank you for your support and votes to re-elect me as Vice-President. This last year has been a huge learning curve and I value and appreciate Shelley's patience and leadership for all of us. I hope to continue to serve you in all that comes about in the coming months and years of changes in our teaching world.

I am always amazed at how much we take in and do as professionals. As teachers, we intuitively create a world of learning for our students so they have an understanding of the world they live in. Our world is going through a pandemic, changes in social behaviours/customs, living/learning/working as a quarantined family unit, race riots, , and so much more. These all are things that we bring into our teaching world. So, not only do you create new, online learning opportunities, you create them

with the intention of helping our learners understand the changing world around them.

Being a teacher is a gift and a burden. Our students have a connection with us that helps them to understand the world around them. These current times put a lot more stress on us, to help our students, but what we give them will mold their immediate world, and hopefully positively change the one they live in and create as adults.

Thank you for the time and effort you have put in to become “online learning opportunity” teachers, classroom teachers, coaches, team leaders, and whatever other hat you wear as a teacher. Know that what we do today, helps to create the leaders of tomorrow who will fight for health, human rights, working conditions, housing, and so much more.

Thank you – take care ☺

Connie

Contents

President's News	1
Vice President's News	1
Upcoming Events	1
BCTF Virtual AGM	2
Leadership Report	2
Retirements	3
Health & Wellness	4-5

Upcoming Events

- ◆ June 26, 2020
Administrative Day
- ◆ Sept. 8, 2020 - School
Back in Session
- ◆ Sept. 16, CDTA
Executive Meeting
- ◆ Pro-D Exec. Meeting
Sept 15, 2020
- ◆ September is Classical
Music Month!

BCTF Virtual AGM - March 25-27, 2020

Last year – 800+ delegates in the Hotel Empress in Victoria, BC.

This year – 4 delegates at the CDTA office connected to the rest of the province through Youtube, SimplyVoting, and the BCTF event portal.

The idea of connecting with that many people on so many platforms in such a huge area was unprecedented within the BCTF. It was weird to not meet with colleagues from around the province, not to hear from leaders in the education community, and get a sense of the big goals of the BCTF. It was nice to sit with our local delegates and be able to chat with each other and not fight the din of 800 other people talking. The platforms worked well, voting was quick and results almost immediate.

The BCTF elected Teri Mooring as President, Clint Johnson as first vice-president, and Carol Gordon and second vice-president.



Specific school-based strategies for mental health promotion, prevention and treatment of internalizing and externalizing disorders are effective.

*School Based Mental Health: A Final Report
September 2013*

“When written in Chinese, ‘crisis’ is composed of two characters”. One represents danger and one represents opportunities.

John F. Kennedy



President—Teri Mooring

First Vice-President—Clint Johnston

Second Vice-President—Carole Gordon

Member-at-Large—Aboriginal—Peggy Janicki

Member-at-Large—Racialized—Benula Bunjun

Members-at-Large—Robin Toscza, Katherine Trepanier, Matt Westphal

Violette Baillargeon, Karen Edwards, Rae Figursky, and Jody Polukoshko are completing the second year of their two-year terms.

Fee for 2020–21

That for the 2020–21 membership year, the fee for those who are members under By-law 1.1(a) shall be 1.69% of the actual salary of the member, allocated as follows:

- 1.319% to the General Operating Fund
- 0.220% to the Collective Bargaining Defence Fund
- 0.074% to the Public Education Defence Fund
- 0.050% to the Provincial Bargaining Fund
- 0.027% to the W.R. Long International Solidarity Fund
- 0.000% to the Contingency Fund.

Except that the fee for active members who are teachers teaching on call shall be 1.59%.

Leadership Report

2020–21 Leadership Priorities

That the Federation commit to:

1. promoting the teaching profession and the fundamental role that teachers play as change-makers in their communities and society as a whole.
2. advocating for extensive strategies for the recruitment and retention of certified teachers and associated professionals in all public school districts in BC.
3. creating an equitable and inclusive union in which the structures, processes, and culture ensure that all members can count on access, agency, and a sense of belonging.
4. forging alliances and reaffirming public education as vital to democratic engagement and thriving, sustainable communities.
5. achieving improvements in autonomy and learning and teaching conditions by supporting members to engage with our collective agreement rights in all the stages of the collective bargaining cycle.
6. supporting locals and engage members to develop strategies to protect teachers' health and safety, defend the integrity of public education, and improve teachers' working conditions during the COVID-19 pandemic.



Retirement 2020!

Congratulations to CDTA retirees **Darrell Taylor, Dot Galvin, Bill Walker, and Nancy Dyck!**

Honoring our teachers who have collectively put in decades of work was a challenge during these Covid-19 times! Retirement Zoom meetings and car convoy celebration drive bys... the excitement, joy, and memories of our friends and co-workers was a huge success!





Cranbrook District Teachers' Association

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Take Care of Yourself This Summer: Recharge, Relax, and Rebuild

More than a Digital Mental Health Solution

Starling Minds™ is a mental health movement that lives inside your organization so you can be the advocate your employees deserve. Our workforce mental health platform eliminates barriers to mental health treatment via digital cognitive behavioral therapy (CBT) programs.

Starling Minds is a free program offered by the BCTF which helps one to navigate personal stress, anxiety, and confusion of our teaching world. You may find it a useful tool in your summer recharge!

https://youtu.be/-oN_o2Ykz3o

<https://www.bctf.ca/wellness/>

Please click on the Youtube and BCTF Wellness link above to watch a video overview and see if Starling Minds is a good fit for you.

10 Ways Teachers Can Recharge Over the Summer

From: <https://www.scilearn.com/10-ways-teachers-can-recharge/>

Summer is finally here, and you know what that means! Summer is a great time to relax and get away from the stress of teaching, grading papers, and dealing with rowdy kids. From self-care routines to discovering new locations, here are 10 amazing ways teachers can unwind and de-stress over the summer.

1. Reflect

For some, transitioning into summer when you have no set schedule or tasks can be challenging. During the break, it can be difficult to fill the void of teaching or constantly working. Reflecting on the past school year is a great way to slow down your teaching gears and smoothly transition into a relaxing summer.

When reflecting, think of 3 issues you encountered in your classroom and ways that you can solve those problems. Identify different methods to improve your class and teaching experience. This is also the perfect time to plan lessons and make any changes to your curriculum. Once you tackle your classroom problems, take your mind off work so that you can relax and enjoy the rest of your summer, guilt-free!

2. Set goals for yourself

To combat the inherent, unstructured nature of summer, set a few goals for yourself in order to have a fulfilling experience. For example, you can aim to try something new, like wood carving, eating foreign cuisine, or going paintballing with friends. You can even tap into your creative side and start a new hobby, or try activities that you never got around to doing.

Make sure to pick a manageable number of activities to devote your time and energy to. It's impossible to do everything over the summer, so don't spread yourself too thin!

3. Develop healthy habits

A break from work is a great time to make beneficial choices and lead a healthy lifestyle. Developing healthy habits can even be one of the goals you set for yourself over the summer. Try cooking nutritious and nourishing meals, create a schedule for exercise, or do yoga and meditate.

Making healthy choices improves the mind and body and makes you an effective and happier teacher. Remember, your students need you to be mentally, physically, and emotionally strong!

4. Get lost in a book

Everyone knows that students can experience summer slide or summer learning loss when school isn't in session, but even teachers can experience summer slide at times!

Reading books keeps your mind sharp and active during the summer, and helps you mentally prepare for the upcoming school year. Summer break is the perfect time to read books for pleasure or read anything that you've always wanted to read, but never had the time to. Now's your chance to spend time with that book that's been sitting in your Amazon shopping cart.

5. Catch up on your favorite shows

What's not to love about a classic Netflix binge? Catch up on your favorite shows that you've missed out on during the school year. It's guilt-free this time!

6. Travel

Traveling to new places and seeing new sights can be refreshing for many. A change of scenery gives you the experience of being a tourist in unknown surroundings and provides a thrilling and exciting feeling that disrupts the monotony of everyday life. Additionally, separating yourself from the world of stress and work is an excellent opportunity to get to know yourself better and try new things.

7. Immerse yourself in nature

Similar to traveling, being in tune with nature is an incredibly refreshing experience. Studies have shown that going outside and connecting with nature can reduce hypertension, lower the risk of diseases, and improve mental health.

Activities like hiking and camping provide an opportunity to take a break from technology and isolate yourself from the world of stress. They can also be a great time to truly connect with friends, family, and loved ones.

8. Volunteer

If you're itching to do something over the summer to fill the void of the school year, then volunteering is an excellent option. Volunteering is a great way to connect with the community and work with organizations to help those in need. It's a fun and self-fulfilling experience that leaves you with the sense of feeling accomplished!

9. Reconnect with friends and family

Summer is the perfect time to catch up with friends, especially those that live far away, and hang out with family. You don't have to spend large amounts of money to have fun with your friends and family. Create lasting memories with your loved ones by going on trips to local attractions and even doing simple bonding activities.

10. Prepare for the upcoming school year

As the new school year approaches, it's a good idea to prepare yourself for what's to come. Gently ease into the school year by buying supplies, organizing your papers, and setting schedules for an easy start to the year. This is also the time to reorient yourself and plan for the worst. Make a plan for how to deal with problems you may encounter, such as intense stress. That way, you'll be prepared to tackle any problems when the time comes.

No matter what you do over the summer, it's important to come back into the school year feeling recharged and ready to start the year off right!