

NOTEBOOK

Issue #6 January 29, 2016



REPORT FROM THE NVTA GENERAL MEETING

The NVTA membership elected its delegates to the BCTF Annual General Meeting to be held at the Hyatt Regency Vancouver from March 12-15, 2016.

NVTA BCTF AGM delegates (in alphabetical order): Tara Alexis, Diane Arbez, Alexa Bennett Fox, Raphael Choi, Michelle Chow, Susan Coe, Christine Fannon-Bird, Carolann Fraenkel, Judi Israel, Jennifer Lactin, Serge Marion, Carolyn Pena, Normand Ponton, Katrina Russell, Patti Stewart and Martin Stuiblé.

These delegates will join Local Representatives Jane Blaiklock and Robin Deleurme to form our NVTA delegation.

The delegation will meet throughout February to review the *Reports & Resolutions* booklet and will attend the Wednesday, March 9, 2016 Representative Assembly at Sutherland Library to present their report.

Thank you to everyone who put their name forward to be a delegate in service of your colleagues.

Congratulations to door prize winner Kevin Williams, and to the staff of Upper Lynn who won the pizza lunch for having the highest percentage of staff in attendance.

HEALTH AND WELLNESS

Teaching is a rewarding career but it can also be very challenging, especially if teachers are struggling with their own health issues while trying to meet the diverse needs of students in their classrooms. This time of year can be an especially difficult time with cold, wet weather, students and colleagues with colds and flus and the ongoing pressures of the school year.

Both the School District and the BCTF offer a number of programs to provide support to teachers struggling to remain healthy or struggling with the demands of teaching. Additionally, teachers are always encouraged to contact the NVTA if they need support of any kind. The NVTA can explain different options and approaches to both personal and professional problems facing members.

NVSD Employee and Family Assistance Program

Homewood Human Solutions provides confidential counselling and support services to teachers and their families at no cost as it is paid for by the Board. Counselling services are available for any challenge, including marital, family, depression/anxiety, addictions, financial and stress. To access this service call 1-800-663-1142 or visit Homewood's website at www.homewoodhumansolutions.com.

NVSD LifeSpeak

LifeSpeak is a full, guided program of support and inspiration to keep you thriving in your life. The LifeSpeak resource library lets you access experts who deliver knowledge on a range of subjects from sleep issues to mental health to couples relationships. The LifeSpeak series of videos allows you to access health and wellness supports anywhere, anytime, to fit your schedule. It is designed to be an additional wellness resource to be used together with Homewood Health and your own healthcare professionals. You can access the LifeSpeak website at lifespeak.com and use the username *nvsd* and the password *wellness*.

BCTF Health and Wellness Program

The BCTF Health and Wellness Program assists members who are unable to maintain, or return to, their teaching positions due to a medical illness or disability by funding an early intervention rehabilitation program. A rehabilitation consultant works directly with a member on a one or one basis to assess their medical needs and support their treatment plan. This program is offered on a voluntary basis and members can refer themselves by calling the BCTF at 604-871-2283 or they can be referred through the NVTA.

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North Vancouver Teachers' Association

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Phone: 604-988-3224

Fax: 604-980-8092

Website: nvta.ca

Health and Wellness (continued from Page 1)**BCTF Starling Minds**

Starling is an online program that provides education and a mental health toolkit to manage stress and prevent depression & anxiety. Mental health problems are not uncommon as one in five people are affected. That's 8200 BCTF Members, 124,056 BC students and 922,000 British Columbians. Mental illness directly or indirectly affects all Canadians at some point through a family member, friend, or colleague. The Starling program is free for all BCTF members and is based on the protocol Dr. Andrew Miki developed specifically for teachers. As a part of Starling, Dr. Miki will guide you through the program, and teach you the basics of Cognitive Behaviour Therapy (CBT). Teachers can access this program at starlingminds.com. Teachers will need their BCTF ID number to register for this website.

BCTF Peer Support Program

If you have ever hit a challenging patch in your teaching career, you may have wondered where to turn to for help and coaching. Who can you call? Where are the resources? When is it safe to admit you could use some colleague support? Who can actually help with the classroom practice questions you have? The BCTF has such a service to support teachers with their teaching practice. This Peer Support Service (PSS) is designed to provide direct, individual assistance to active teachers who are experiencing difficulty with their teaching practice. To find out more and to access this program, teachers should contact the NVTa at 604-988-3224.

If you would like any further information or have any questions, please contact the NVTa office.

THINKING ABOUT RETIRING

If you are within five years of retirement, then this free seminar is for you. Thinking about retiring and starting your pension may raise many questions for you. We can help you with this period of change. Pre-registration is required. Registration online at tpp.pensionsbc.ca.

February 9, 2016	6 – 8 p.m.	Richmond	Kwantlen Polytechnic University, Richmond
February 13, 2016	9 – 11 a.m.	Vancouver	BCIT Downtown Campus
February 13, 2016	1 – 3 p.m.	Vancouver	BCIT Downtown Campus
February 18, 2016	6 – 8 p.m.	Surrey	Comfort Inn & Suites
March 5, 2016	9 – 11 a.m.	North Vancouver	Seymour Golf & Country Club
March 5, 2016	1 – 3 p.m.	North Vancouver	Seymour Golf & Country Club
March 9, 2016	6 – 8 p.m.	Chilliwack	Best Western Rainbow Country Inn
March 10, 2016	6 – 8 p.m.	Langley	Holiday Inn Express Hotel and Suites
April 12, 2016	6 – 8 p.m.	Vancouver	BCIT Downtown Campus
April 13, 2016	6 – 8 p.m.	Squamish	Sandman Hotel & Suites
April 19, 2016	6 – 8 p.m.	Abbotsford	Best Western Regency Inn & Convention Centre
April 26, 2016	6 – 8 p.m.	Delta	Delta Town and Country Inn
April 27, 2016	6 – 8 p.m.	Coquitlam	Best Western Coquitlam Inn Convention Centre
May 3, 2016	6 – 8 p.m.	Langley	Holiday Inn Express Hotel and Suites
May 4, 2016	6 – 8 p.m.	Burnaby	Accent Inns
May 10, 2016	6 – 8 p.m.	Vancouver	Holiday Inn Vancouver Centre

YOUR PENSION, YOUR FUTURE

This free seminar is aimed towards new- and mid-career plan members. Join us as we explain your pension benefits and help you understand how decisions you make today can impact your future pension income, no matter how far into the future that may be. Pre-registration is required. Register online at tpp.pensionsbc.ca.

February 17, 2016	6 – 7:30 p.m.	Richmond	Executive Airport Plaza Hotel
March 1, 2016	6 – 7:30 p.m.	North Vancouver	Holiday Inn & Suites
March 8, 2016	6 – 7:30 p.m.	Abbotsford	Best Western Regency Inn & Conference Centre
April 14, 2016	6 – 7:30 p.m.	Vancouver	Holiday Inn Vancouver Centre

COMMITTEE APPOINTMENTS

Congratulations to Kaitlyn Love and Jessica Johnson who were appointed by the NVTa Executive on December 9, 2015 to the Aboriginal Advisory Committee; and to Paul Clarke, who was appointed to the JEPIC Steering Committee by the NVTa Executive on January 6, 2016.

COMMITTEE CALL OUT**Embedding Technology into Classroom Instruction**

This committee will collect data to establish the current level of technology integration within curriculum and establish what types of supports are required to further enhance the integration of technology in the supporting of teaching and learning environments.

The NVTa is looking to appoint both teachers with extensive experience integrating technology into the classroom and teachers with little or no experience. We want to ensure that there is representation across the continuum of technology integration.

Two primary; 2 intermediate and 2 secondary teachers are needed for this committee.