

# NOTEBOOK

Issue #5 November 1, 2018



## Pro D Conference 2019

*"Illuminate"*

### Workshop Call-Out

If you are interested in presenting a workshop at the NVTA District-wide Professional Development Conference on Friday, February 15, 2019, please contact Pro D Chairperson, Carolyn Pena, at the NVTA office (604.988.3224) or by email at [carolyn@nvta.ca](mailto:carolyn@nvta.ca).

Alternately, please download the Workshop Booking Form from [nvta.ca](http://nvta.ca), fill it out and email ([beth@nvta.ca](mailto:beth@nvta.ca)) or fax (604.980,8092) it to the NVTA office.

**Deadline: Friday, November 9, 2018.**

## DISTRICT COMMITTEE CALLOUT

### JEPIC

- Three Elementary positions
- Three Secondary positions

### MENTORSHIP COMMITTEE

- Three positions available

## NVTA COMMITTEE CALLOUT

### CASELOAD COMMITTEE

Committee Application Forms can be found under the "Forms" and/or "Committees" tabs at [nvta.ca](http://nvta.ca)

## A WELLNESS MESSAGE FROM THE PRESIDENT

### Starling: The First Step to Mental Wellness

Teaching is a challenging career and everyone has moments when they need extra support. As teachers we often put so much energy into taking care of others but we fail to take care of ourselves. But you can't take care of anyone if you don't take care of yourself. You should be your number one concern so that you can be in the best of health. For some, this comes through personal activities that bring joy or pursuing a healthy lifestyle with family and friends. For many of us, however, taking care of yourself is easier said than done. Today's classroom is more challenging than ever and life itself has a complexity that was not there in the past. There is no shame in seeking support in order to find the balance in life that comes with mental wellness.

One such support is the BCTF Starling Program. This program has been developed by Dr. Andrew Miki in conjunction with BC teachers. Indeed, Dr. Miki will be our keynote speaker at the NVTA Pro D Conference in February. His Starling Program is an online mental health and wellness tool that is designed specifically for teachers. It helps you assess, monitor, and improve your mental fitness in the privacy of your home. As a member of BC Teachers' Federation, it is available to you and your family members to use anywhere and anytime you want, for free. Starling is and will always be 100 percent confidential. I have used the Starling online program and have been impressed with its practical simplicity and ability to be tailor made for each user.

Twenty percent of teachers will experience some type of mental health issue. Over two-thirds of them will not seek help due to stigma and shame.

Starling helps teachers learn about stress, mental fitness exercises, and how to break unhealthy patterns that may lead to anxiety and depression. Starling provides:

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- Online training tools and education videos based on Cognitive Behaviour Therapy
- Case study videos of a teacher named Virginia
- Evidence based training and tools that are available anytime and anywhere in the world
- An assessment of symptoms and functioning that tracks progress over time
- A five-module preventative mental health program
- A rules engine to provide unique recommendations for each user
- Early intervention programs for anxiety and/or depression

Additional coverage is provided for family members.

Members can access Starling by signing up at [starlingminds.com](http://starlingminds.com). All you need is your six-digit BCTF member identification number that you use to sign into the BCTF portal. If you are unsure of your BCTF ID, you can email [portal@bctf.ca](mailto:portal@bctf.ca) or call to speak to a BCTF staffperson (604-871-2119 or 1-800-663-9163, local 2119).

All personal information shared with Starling is kept completely confidential and will not be shared with anyone including the BCTF or any school district.

## PERSONAL BUSINESS DAYS

As most of you are aware the NVTA and the NVSD reached a settlement of Personal Business Days (Article G.28.10) almost one year ago. The NVTA has received a number of calls from members on the process for logging these absences. Since the District created the Employee & Manager Web Portal many members have been logging absences through this system as opposed to the ADT phone in system. Unfortunately, members cannot log their absence for Personal Business Days through this Web Portal as it is not yet one of the options. The NVTA has requested the District include Personal Business Days as one of the options on the Web Portal but it has yet to be included. In order to log an absence under Personal Business Days members need to call the ADT system (604-903-1238) and use Absence Code 47 (Business – Personal) or contact the ADT office directly at 604-903-1230. Please do not hesitate to contact the NVTA if you have any questions or concerns with using Personal Business Days.

# KNOW YOUR CONTRACT

## Article D.4.5.n: Supporting Your Most Needy Students

Article D.4.5.n is an important clause that provides incredible supports for our most needy students. Release time used by teachers under this clause ensures that teachers have the time to engage in activities that will benefit their designated students. While these activities may occur either during or outside of the school day, those teachers who choose an activity that takes place during the school day shall be provided release time for a variety of reasons connected to designated students in their classrooms.

D.4.5.n. reads as follows:

*Release time shall be provided to the receiving teacher(s) upon request, for school visitations, training, planning with the aide and resource teacher, meetings with associated personnel and parents, and such other activities related to the integration as the teacher(s) may request.*

This is included but not limited to: IEP meetings, planning time with EAs and LSTs, meetings with parents and personnel connected to the designated student, specific workshops or training the teacher requests for enhancing skills connected to the designated student, school visitations to observe other classrooms that may provide increased skills or training for a teacher working with a designated student, or any such activity requested by the teacher that is connected to the inclusion of a designated student.

To access this clause, complete the form entitled **Teacher Request for Release Time As per Article D. 4.5.** This form can be found on the portal under “forms”. Search “D 4” and you will be able to find it. Under *Reason for Absence* there is a drop down menu to choose from that lists all the areas for the release discussed in Article D.4.5.n. The absence code for ADT is 200.

Please contact us at the NVTA if you have further questions on this.

## ATTENTION

### CHIEF STAFF REPS:

**The next NVTA Representative Assembly will be held on Wednesday, November 21, 2018 at Sutherland Secondary School, Library**