

NOTEBOOK

Issue #4 October 25, 2019



KNOW YOUR CONTRACT

Article D.4.5.n: Supporting Your Students

Article D.4.5.n is an important clause that provides incredible supports for identified students. Release time used by teachers under this clause ensures that teachers have the time to engage in activities that will benefit their identified 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 identified 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 includes but is not limited to: IEP meetings, planning time with EAs and LSTs, meetings with parents and personnel connected to the identified student, specific workshops or training the teacher requests for enhancing skills connected to the identified student, school visitations to observe other classrooms that may provide increased skills or training for a teacher working with an identified student, or any such activity requested by the teacher that is connected to the support of an identified student.

To access this clause, complete the form entitled **Teacher Request for Release Time As per Article D. 4.5.**

CSRs have information on how to access these forms, or visit nvta.ca. 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.

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 put so much energy into taking care of others, we sometimes fail to take care of ourselves.

You should always be your number one concern so that you can be in the best of health in order to help others. 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 was developed by Dr. Andrew Miki in conjunction with BC teachers. 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 tailored to each user.

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

- 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

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- 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. 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 or call to speak to a BCTF staff person (604-871-2119 or 1-800-663-9163, local 2119).

Making the Most of Your Pension

A two-hour workshop for members focused on how the decisions you make throughout your career can affect your pension when you retire. To view the schedule and register online, visit tpp.pensionsbc.ca

November 2019

21	5 pm – 7 pm	Surrey	Comfort Inn & Suites, Surrey
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January 2020

21	5 pm – 7 pm	Vancouver	Holiday Inn Vancouver Centre (Broadway)
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February 2020

25	6 pm – 8 pm	New Westminster	Justice Institute of British Columbia
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April 2020

8	5 pm – 7 pm	Burnaby	Accent Inns, Burnaby
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Approaching Retirement

A two-hour workshop for members nearing retirement focused on helping you understand the important decisions you need to make about your pension as retirement approaches. To view the most current schedule and register online, visit tpp.pensionsbc.ca

November 2019

7	5 pm – 7 pm	Surrey	Comfort Inn & Suites, Surrey
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20	5 pm – 7 pm	Coquitlam	Executive Plaza Hotel
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26	6 pm – 8 pm	Vancouver	Holiday Inn Vancouver Centre (Broadway)
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28	6 pm – 8 pm	North Vancouver	Seymour Golf & Country Club
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December 2019

5	6 pm – 8 pm	Langley	Best Western Plus Langley Inn
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11	6 pm – 8 pm	Burnaby	Hilton Vancouver Metrotown
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January 2020

14	6 pm – 8 pm	New Westminster	Justice Institute of British Columbia
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23	5 pm – 7 pm	Coquitlam	Executive Plaza Hotel
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28	5 pm – 7 pm	Vancouver	Holiday Inn Vancouver Centre (Broadway)
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February 2020

12	5 pm – 7 pm	Surrey	Comfort Inn & Suites, Surrey
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25	5 pm – 7 pm	Richmond	Executive Hotel Vancouver Airport
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March 2020

4	5 pm – 7 pm	Burnaby	Accent Inns, Burnaby
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5	6 pm – 8 pm	North Vancouver	Seymour Golf & Country Club
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10	5 pm – 7 pm	Vancouver	Holiday Inn Vancouver Centre (Broadway)
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April 2020

7	5 pm – 7 pm	Vancouver	Holiday Inn Vancouver Centre (Broadway)
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15	6 pm – 8 pm	North Vancouver	Seymour Golf & Country Club
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29	5 pm – 7 pm	Coquitlam	Executive Plaza Hotel
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30	6 pm – 8 pm	Langley	Best Western Plus Langley Inn
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May 2020

5	5 pm – 7 pm	Burnaby	Accent Inns, Burnaby
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6	5 pm – 7 pm	Vancouver	Holiday Inn Vancouver Centre (Broadway)
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