

COQUITLAM TEACHERS' ASSOCIATION

February 15, 2019 - No. 22

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President's Message

Snow Day!

SD43 experienced its first snow closure day in many years this week. Situations like this always lead to complications in their application. We have heard from a number of members with questions and concerns with regard to this event. We will be meeting with the board to discuss these next week. It's looking like there may be more snow in the forecast so, everyone please be careful out there!

Mental Health

The CTA is experiencing a marked uptick in matters of mental health for members that we are dealing with in the office. A resource available immediately to address this are the employer's Employee and Family Assistance Plan, which can be contacted at 1-844-880-9143. Also, there is the Starling Minds Program available online through the BCTF website. Just search the terms on site and you will find it. This program is self-paced and online Cognitive Behaviour Therapy program that assists with coping strategies. It has recently been revamped and updated.

The only thing a BCTF member needs to access this is their BCTF Member ID, which the BCTF can help you find, if it's not remembered. Just call them at 604-871-2283. There is absolutely nothing wrong with experiencing issues of mental health, one in two Canadians report a significant issue of mental health in their lifetime, according to an IPSOS poll from last May.

**A huge thank you to our first responders, city, health, utility and other workers for keeping us safe and moving during these snowy days.

Update on BCTF bargaining

As bargaining gets under way, the BCTF will provide regular updates to members in the MyBCTF.ca member portal. The first bargaining update has been posted. These updates are not to be distributed on other websites or in social media.

All members have access to the portal and need to log in using their member ID number. For members who have never accessed the member portal before, click the "Sign up now" button when you first arrive at MyBCTF.ca. If you don't know your BCTF Member ID, you can register for the first time with your employee number.

Update on CTA bargaining

Locally, the CTA and district bargaining teams will meet next week to review the protocol agreement and set dates to commence bargaining. We will keep updates on the CTA portal and via staff reps at schools. Staff Rep Training is end of this month, please ensure your school sends a staff rep or alternate to attend and get important information for your staff.

Congratulations to our CTA delegates for the BCTF AGM March 16-19

Ken Christensen (CTA Office)

Elaan Bauder (Kwayhquiltum)

Frankie Brovold (Aspenwood)

Benson Chang (Suwa'lkh)

Ryan Cho (Terry Fox)

Meggan Crawford (Suwa'lkh)

Jacqueline Favelle (Mountain View)

Lisa Herten (Lord Baden Powell)

Catherine Hodges (Leigh)

Chung Ip (Port Moody Secondary)

Erika Ireland (Harbour View)

Kay Jasinski (Port Moody Secondary)

Angela Jimenez (Leigh)

Karen Jogha (Continuing Education)

Tiffany Kearns (Continuing Education)

Christi Livingstone (Scott Creek)

Amanda Long (CTA Office)

Morgan McKee (TTOC)

Travis Mendgen (Scott Creek)

Kara Obojski (CTA Office)

Erlinda Palines (Cedar Drive)

Mike Roest (Heritage Woods)

Kate Russell (Seaview)

Aliisa Sarte (Port Moody Secondary)

Hadi Toure (Centennial)

Christine Wong (Continuing Education)

Lorna Wou (Rochester)

Local Reps:

Sandra Cowan (Seaview)

Andy Gilligan (CTA Office)

Diether Malakoff (Centennial)

Amanda Roberts (Port Moody Secondary)

Alternates:

Geoffrey Kehrig (TTOC)

Holly Stibbs (CTA Office)

*Re-circulated on behalf of the City of New Westminster via the New Westminster & District Labour Council

Advancing Women in STEAM (Science, Technology, Engineering, Arts, and Mathematics) is a day-long symposium on International Women's Day, March 8, that features panelists and speakers on topics such as "Why Does Industry need STEAM?" "When Barriers Collide" and "Holding Space for STEAM" as well as a presentation on the role of emotion in learning and a keynote from Aoife Mac Namara, the Dean of the Faculty of Communication, Arts, and Technology from Simon Fraser University. The full line up of speakers is available **here**, as are tickets; lunch is included. Partial or full subsidies are available for those experiencing financial barriers- please email innovatenw@newwestcity.ca for more info.

Advancing Women in STEAM is just one part of Innovation Week, a week long collection of events uncovering regional innovations hosted by the City of New Westminster. More info can be found here: www.innovatenewwest.ca

March 8, 2019
9am to 4pm



ADVANCING WOMEN IN STEAM



CTA UPDATES

The 30th edition of one of the largest francophone festival on Canada's West Coast - **the Festival du Bois** - will take place **from March 22 to March 24!**

They are looking for dynamic, dedicated and enthusiastic volunteers who would like to help during the Festival du Bois weekend.

Apply online at <http://www.festivaldubois.ca>



Closing date for registrations : March 7 For more information you can contact the volunteer coordinator Waël Azzam at 604.515.7070, by email at reception@maillardville.com, or directly at their offices : 938 Brunette Avenue #200, Coquitlam.

CARE for Teachers: Cultivating Awareness and Resilience in Education Spring 2019 Workshop Series

Do you want to be more focused and present? Would you like to increase joy and reduce time pressure?

Join us for **CARE for Teachers**, a series of skill building sessions to develop your own resilience and emotional balance. Learn simple ways to infuse mindfulness into your everyday life.

CARE for Teachers is an evidenced-based program specifically created to support social & emotional wellness for teachers. We will focus on a mindfulness-based approach to enhancing well-being and self care.



Sponsored by SEL BC (<http://www.selbc.ca/>), the CARE Program is a series of skill building sessions to develop your own resilience and emotional balance. Learn simple ways to infuse mindfulness into your everyday life.

CARE for Teachers is an evidenced-based program specifically created to support social and emotional wellness for teachers. We will focus on a mindfulness-based approach to enhancing well-being and self care.

For more information on CARE, visit <https://createforeducation.org/care>

There will be three sessions:

Tuesday, March 19, 9:30am - 3:30pm

Wednesday, March 20, 9:30am - 3:30pm

Saturday, April 13, 9:30am - 3:30pm

Tea, coffee, continental breakfast and lunch provided. Please bring own water and mug for coffee/tea.

Registration deadline is March 8, 2018.

Click here for more information and to register: <https://www.eventbrite.ca/e/care-for-teachers-march-april-2019-tickets-55664184073>



Here are the **Top Eight** things for you to know about Friday, February 22nd.

- 1) The main event is at Pinetree Secondary [google.com/maps/@49.2890669,-122.7918273,16z](https://www.google.com/maps/@49.2890669,-122.7918273,16z)
- 2) **We start at 8:15.** Yes, this is earlier than usual! Plan to arrive extra early to get a coffee, listen to the music and visit with colleagues.
- 3) Make plans now to carpool or take SKYTRAIN. There is no parking onsite. We need the staff lot for presenters and volunteers.
- 4) Please be **incredibly extra kind** to our student volunteer parking lot attendants.



I did the math.
If 1/2 of us carpool,
1/4 of us walk, and
1/4 take transit, we're fine.
Do your part.



YES EXAMPLES	NO EXAMPLES
❖ Across the street at Town Centre in Lot E above Cunnings Field. The sign says “2 hrs only” but we have secured free all day parking here.	❖ There is no parking available onsite at Pinetree Secondary
❖ Walton Elementary has space for about 45 vehicles. This is an 8-minute walk through the trail.	❖ Do not use the staff parking lot at Pinetree Secondary
❖ Some free street parking is available on Pinetree Way between David and the Fire Hall at Pinewood Avenue.	❖ Do not park in the Douglas College lots. Both the onsite lot and the lot by Lafarge Lake are reserved for Douglas College students with passes.
❖ There are some side streets with free parking in the area of Glen Elementary and nearer to the tennis courts off of Pipeline and Guildford.	❖ CCAC Parking is for the Aquatic Centre
❖ There is pay parking available. Read the signs carefully as some spots have a maximum of 2 or 4 hours.	
❖ Carpoolers could share the cost of pay parking bringing it down to \$1 each for the day	

What Does “SCOOCH” Mean?

When you arrive in the gym and choose your seat, you will be asked to **scooch** over.

According to your dictionary.com:
verb

The definition of a **scooch** is moving a small amount or distance.

An example of **scooch** is the slight movement on a couch to make room for another person.

In this case, **scooch** means to move towards the centre of the row and leave room for others to seamlessly join us after the welcome and introductions but before the keynote.

5) When you see me trying to get started at the podium, please stop your conversations so we can begin. It's a ripple effect. The later we start, the shorter your nutrition break.



6) Your email confirmation included the names of your workshops. After the keynote with Charlie Demers, you signed up to attend two sessions: A (10:00 a.m. – 11:30 a.m.) and B (12:00 p.m. to 1:30 p.m.) unless you signed up for C. **You need to know the names of your sessions to find the rooms.** Please check your junk/spam folders before requesting another confirmation.

7) **A LIGHT lunch is provided** to carry you through to 1:30 p.m. Bring your own mug or water bottle to refill.

8) **We finish at 1:30 p.m.** Yes, this is earlier than usual. Start earlier, finish earlier. Be kind and arrive on time.



You are in for an awesome day!

See you there,
-Holly



COMMITTEE VACANCIES

Teachers interested in the following committees should go onto our website for a curriculum vitae form and submit it to the CTA Office (padolf@cta43.org) by:

Monday, February 25, 2019.

If you have questions, call the CTA Office at 604-936-9971.

CTA PD Committee

- 1 elem. rep

CTA Teachers Teaching on Call Committee

- 5 members-at-large

CTA Policies & Procedures Committee

- 2 member-at-large

CTA Committee of Action on Social Justice (CASJ)

- 2 Secondary reps, 2 Middle reps, 3 Elementary reps

District Student Services Advisory Committee

- 2 CTA reps

District French Advisory Committee

- 3 CTA reps

District Student Achievement Advisory Committee

- 4 CTA reps

District Review Panel Committee

- 1 CTA rep

District Technology Advisory Committee

- 4 CTA reps

District Student Wellness & Safety Committee

- 2 CTA reps

District Aboriginal Ed Advisory Committee

- 1 CTA rep

New Westminster & District Labour Council

- 5 CTA reps



CONGRATULATIONS

Amrita Kauldher (Citadel Middle) on the CASJ committee

NEW! School Moves Working Group - Members needed! - 2 CTA reps

This working group will have discussions with the school board to improve processes around school moves. Meetings TBD, but will likely be just a few in total.

Please go to our website for a curriculum vitae. <http://www.coquitlamteachers.com> and submit it to Pat Adolf, padolf@cta43.org ASAP.



UPCOMING EVENTS: submit your details to kstewart@cta43.org for posting.

Emerging Talent Art Show

From **January 19th-February 17th** artwork from some of district 43's talented art students is on display at **Evergreen Cultural Centre**. This free exhibition showcases the work of graduating students who are pursuing visual arts in a variety of ways, whether they hope to be a storyboard artist, fashion designer, 3D animator, or game designer. With pieces from five different high schools, the show brings together a diversity of individual expressions, but encourages the question of what greater meaning the pieces have when showcased together. Whether you are an artist yourself, or are new to gallery exhibits, the Emerging Talent Showcase is worth a visit! Evergreen Cultural Centre is located at 1205 Pinetree Way in Coquitlam and is open Wed-Sat 12pm-5pm and Sun 12pm-4pm.

FEBRUARY

- BCTF Representative Assembly Fri-Sat, **February 1 & 2**
- CTA Executive Committee Wednesday, **February 13**
- School Not in Session Friday, **February 15**
- BC Family Day Stat Monday, **February 18**
- CTA District PD Day Friday, **February 22**
- CTA Executive Committee Wednesday, **February 27**
- Staff Rep Training (Session 2) Tues-Thurs, **February 26, 27, 28**

February	
18-24:	BC Heritage Week
20:	United Nations Social Justice Day
24-March 2:	Freedom to Read Week
27:	Pink Shirt Day
Black History Month	



*Back issues of the previous school year CTA Newsletters can be found on our website.



[/CTA43](https://www.facebook.com/cta43)



[@CTA43](https://twitter.com/cta43)

The CTA can be found on Facebook and Twitter. You can also email us or check out the website

www.coquitlamteachers.com

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