

RTA Newsletter

April 2022

Starling Minds Mental Fitness Challenge

Starling Minds has launched their annual six-week interactive Mental Fitness Challenge to help teachers build resilience to stress, anxiety, and burnout. The challenge will take place every Tuesday at 4:00 pm. **April 5, to May 10**, over Zoom. The Webinar series includes:

- Guided support and training around Starling Mental Fitness program,
- A weekly live session with Dr. Andrew Miki that includes a question-and-answer period.
- Weekly homework exercises to put learning into action.

[Click here](#) to learn about the weekly themes and to [register](#) for the six-week Mental Fitness Challenge. You can also register for the [Starling Minds Mental Fitness Program](#) to access additional resources for mental well-being.

Use the access code **BCTFMEMBER** to register for the Mental Fitness Program.

All members, including teachers teaching on call, can register.

All your personal information, answers, and interactions with Starling Minds are kept strictly confidential and anonymous.

Individual Mental Health Funds

Members will have another opportunity to access funds to help offset the costs related to counselling, therapy, or other clinical mental health supports. To access this support, members need only email me and attach copies of receipts. The amount reimbursed will be dependent partially upon demand and partially on the amount spent on services. If you applied in October, provide new copies of receipts with a starting date after the last cut-off date.

I am asking for those who are interested in applying for funds to help cover those expenses to contact me no later than **April 29th**. Funds will be distributed in May. Names of those who receive funding will be known only to me. I will report to the superintendent as to how the funds were dispersed but names of recipients will not be shared.

I, along with a few other RTA executive members, will again review the requests and decide how much we are able to reimburse each member. I will be the only one who sees the names of applicants. - information and documents provided to other executive members will have names redacted.

If you have any questions, please do not hesitate to contact me.

New Teachers' Zoom Gathering – April 13, 2022

Come share ideas and resources while making connections with new teacher colleagues and bilingual SOGI-focused practitioners from across the province at our upcoming New Teachers' Zoom Gathering. [Register Now!](#) (Choice of English or French breakout rooms)

Join an open discussion on building awareness and growing enhanced practices through SOGI-inclusive language for English and French language programs. Explore how your Collective Agreements have the potential for mindful interactions with students and teachers that are intended support respect and dignity for everyone.

Theme: Enhancing SOGI-Inclusive Language and Practices

Time: 3:30-4:30 p.m., Wednesday, April 13th



New Teachers'
ZOOM Gathering

Enhancing SOGI-Inclusive Language and Practices

Join an open discussion on building awareness and growing enhanced practices through SOGI-inclusive language for English and French language programs. Explore how your Collective Agreements have the potential for mindful interactions with students and teachers that are intended support respect and dignity for everyone.

 **Wednesday, April 13, 2022**
3:30 p.m. to 4:30 p.m.

 **BCTF**

<https://members.bctf.ca/EventDetails.aspx?EventID=2344>

Staff Rep & Health and Safety Rep

Are you aware that each of our schools has at least one staff rep and a health and safety rep? Staff reps are there to support members, including TTOCs, on site with any concerns they might have regarding working conditions, collective agreement issues and much more. Health and Safety reps sit on school-based health and safety committees that report to the district joint health and safety committee. If you have any health and safety concerns at a school, you can bring those concerns directly to them. The following is our current list of reps.

Arrow Heights Elementary

- Staff Rep - Gabriella Dabroczki
- Health and Safety Rep - Tara Johnson

Begbie View Elementary

- Staff Rep - Kim Floyd
- Health and Safety Rep - Hannah Langille

Columbia Park Elementary

- Staff Rep - Jillian Russell
- Health and Safety Rep - Victoria Strange

Revelstoke Secondary School

- Staff Reps - Stacey Grimm & Jeff Wilson
- Health and Safety Rep - Theresa Browning

Professional Development – May 2

May 2 Professional Development (PD) Day is fast approaching. Your PD committee is working on the finishing touches and will be sending out the details for the sessions by Easter. Here are a few highlights to look forward to:

- “Equity; Power, Privilege and You” with Erin and Dana
- Mini-Dive into Dyslexia - online
- Secwepemc story telling with Kenthen Thomas
- Kinball with Sarra Dupuis
- Go to Educator training

...and even more PD:

Let's connect! The PD committee will be hosting several after-school hikes in April, May, and June. This will be an opportunity to re-connect with your colleagues, as we highlight the excellent trail guide that School District #19 (Revelstoke) teachers have put together.

A [Fillable PD Form](#) on the RTA website is available for your convenience. TTOCs are reminded that they can apply to access funds to attend locally organized PD activities. Please check out the [PD Handbook](#) for more details.

Important Dates for Teachers

Please follow this link to find [Important Dates for Teachers](#). This page gives you a quick reference to timelines and dates as related to leaves, requests for part time assignments and increases in assignment and other related matters. For more information, please refer to the articles in the collective agreement, and please do not hesitate to email or call the RTA office if you have questions.

RTA AGM – May 12

Save the date! The RTA Annual General Meeting will be held **Thursday, May 12th at 4:00 pm**. We will be electing our executive positions for next year, passing our budget, sharing a meal, and hopefully will be provided with a provincial update from a member of the BCTF Executive Committee.

RTA Table Officers:

President, Vice-President, Secretary, and Treasurer

RTA Officers:

Local Representative, Indigenous Education Chairperson, Bargaining Chairperson, Health and Safety Chairperson, Professional Development Chairperson, Social Justice Contact, TTOC Contact, Local Election Contact, and Social Convenor

Please follow the link to the [RTA Constitution and Bylaws](#) to find the duties of any of the Executive Committee Officers.

All RTA members are eligible to put their name forward for any position on our executive, and I encourage anyone who is interested to do so.

We are planning an in-person RTA AGM in the Mount Begbie Room at the Regent Hotel. The meeting will be followed by a buffet meal. More details will be posted along with a sign-up sheet in your staff room as we get closer to May. The meeting will pivot to online if conditions change and we are unable to meet in-person. I really hope to "see" many of you there.

BCTF Provincial Bargaining

Local RTA bargaining ended in early March. Thanks again to your RTA local bargaining team Jeff Colvin, Erin England, Jason Stevens, and Barry Rourke who attempted to find common ground on a range of issues.

Throughout the provincial bargaining process, the BCTF will post regular updates on the website at bctf.ca/whats-happening/bargaining-updates-and-information. You can also just click [what's happening](#) on the website to see the latest information from the Federation on any topic. Remember, you need to be logged into the website to view these updates, which are confidential to BCTF members. The Federation will also host various information sessions along the way to help keep members informed and engaged.

As the union and the employer table proposals, those will be posted on the [bargaining updates and information page](#).

Election Results from 2022 BCTF AGM

President - Clint Johnston, acclamation

First Vice-President - Carole Gordon, acclamation

Second Vice-President - Robin Tosczak

Member-at-Large designated for an Aboriginal member - Rick Joe

Member-at-Large designated for a Member of Colour - Bénula Bunjun

Members-at-Large - Jelana Bighorn, Lisa LaBoucane, Katherine Trepanier, & Winona Waldron

Contacting the RTA

Do not hesitate to call, text (250.837.2255) or email Barry rtapresident19@gmail.com. Please make sure the RTA has your personal email to receive valuable information like this newsletter.

RTA Newsletter Challenge

Thanks for reading the newsletter! As always there is a newsletter challenge question designed to help you become more familiar with our contract and other related issues. The names of all of those who submit a correct answer by Friday, April 8th will be entered into a draw. **Three** lucky winners will each receive a **\$25.00 Southside Market or Save-On-Food's** gift card.



April's newsletter challenge has two questions.

Question 1: "If you are interested in transferring from one school to another or wish to express an interest in a specific subject/grade, what is the name of the Article and date you must notify the superintendent in writing? "

Question 2: "If you are interested increasing your FTE what is the name of the Article and date you must notify the superintendent in writing?"

Email your gift certificate choice (Southside Market or Save-On-Foods) and answers to **rtapresident19@gmail** by **Thursday, April 7th**.

Have a wonderful week!