



NWTU UNION NEWS

FEBRUARY 2022

PRESIDENT'S MESSAGE

Sarah Wethered

This month has been a challenge for everyone in public education. Our constant TTOC shortage has been exacerbated by the Omicron variant and most of our non-enrolling staff have been in classrooms covering for their sick colleagues. Teachers go home each night not knowing if tomorrow will be the start of a functional closure and they will have to make the switch to remote learning.

I try to be a very optimistic person and hope that we are nearing the end of this Omicron wave and that the world will begin to open up again. I was really looking forward to our Winter Rep Assembly this weekend, as it was going to be the first in person event that the BCTF was to have held since I became president. I was looking forward to spending a night in a nice hotel downtown and seeing people in person – and not just via Zoom. Unfortunately, Omicron has changed that, and all BCTF meetings have reverted to virtual events, including our Annual General Meeting during Spring Break. Hopefully, the NWTU AGM delegation will be able to participate together so we can have some fun during this event.

This month, our 2nd VP, D'Alice Marsh has had to step down, and the executive committee has appointed Darryl Schelp from Lord Kelvin Elementary in her place. I enjoy working with Darryl and welcome this opportunity to work with him more closely. At our February 15, 2022 general meeting, we will be holding an election for 2nd VP and anyone who wishes to run for this position may. There are also several other positions available, and these are outlined further in this newsletter. Thank you D'Alice for your service to our local.

Due to the lack of TTOCs, local bargaining has been moved from happening during the day until after school. I am eternally grateful for the flexibility of our bargaining team – Kristie Oxley, Eric Young, Darryl Schelp, and Andre Kozak – to agree to this arrangement so this vital work can still be completed by the March 4, 2022 deadline. I am confident that under the skilled leadership of Darryl, we will come out of local bargaining with some improvements for all members.

When I was at NWSS, the end of January/the beginning of February meant the end of first semester and the beginning of second semester. I always saw it as the start of something new, and a second chance to get the goals for my year completed. I wish NWSS teachers best wishes for the second semester, and to the rest of you, a good end of term 2.

IMPORTANT DATES

Feb. 8 - NWTU Executive Meeting

Feb. 11 & 12 - Federation Leadership Institute

Feb. 14 - Love Your Library Learning Commons Day

Feb. 15 - NWTU General Meeting

Feb. 17 - Mentorship INSPIRE

Feb. 21 - Family Day

Feb. 22 - Non-Instructional Day

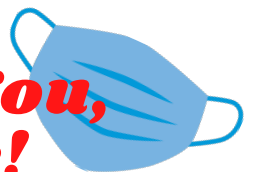
Feb. 23 - Pink Shirt Day

Mar. 8 - NWTU Executive Meeting

Mar. 12 to 27 - Spring Break

Mar. 19 to 22 - BCTF AGM

***Thank You,
Vitacore!***



Vitacore Industries, Inc. generously donated thousands of N95 masks to schools around the province. Each teacher should have received two of these masks in late January.

MEMBER NEWS



Happy Retirement, Yvonne!

On Monday, January 31, Yvonne Pepper will be retiring as NWTU office manager, after 23 years on the job.

She has been the constant as four presidents have come and gone.

She has ensured that our members have been kept informed, our records have been kept and our bills have been paid.

She reminded us to take some time for some fun every day.

Yvonne will now have more time to spend with her husband, Greg, her 4 adult children, and her 8 grandchildren.



As she passes the torch to our new office manager, Taryn Townshend (our current office assistant), we wish her well in her retirement.

Thank you for your dedication to New Westminster teachers.

You will be missed!



WHAT'S HAPPENING

Black History Month

February is Black History Month.

This year's theme, ***February and Forever: Celebrating Black History Today and Every Day***, reminds us that honoring the contributions of Black Canadians shouldn't stop on March 1.

The Government of Canada's 2022 [digital toolkit](#) will be available on their website in early February.

The NWTU would love to hear how teachers are celebrating Black History Month. Please send stories, pictures, etc. to Kristie Oxley at Ix40vp@bctf.ca. Contributions will be added to our next newsletter.



Pink Shirt Day

Pink Shirt Day 2022 is coming up on February 23.

Started as a grass roots movement in 2007, Pink Shirt Day has become an important celebration of kindness and anti-bullying messages every year.

More information on Pink Shirt Day can be found on the Pink Shirt Day website: <http://www.pinkshirtday.ca/>

As with Black History Month, the NWTU would love to hear how teachers are celebrating Pink Shirt Day. Please send stories, pictures, etc. to Kristie Oxley at Ix40vp@bctf.ca. Contributions will be added to our next newsletter.



Love Your Library Learning Commons Day

Love Your Library Learning Commons Day occurs annually on February 14th.

Take some time that day to explore all the physical and virtual resources in your school's library learning commons.

And don't forget to show some love for your teacher-librarian!



WHAT'S HAPPENING

Member Induction

The NWTU will hold an induction ceremony for our many new members at the beginning of our General Meeting on Feb. 15th. All teachers who have been BCTF members for under 5 years and have not previously been inducted into the union will receive an emailed invitation from the NWTU. Please ensure that the NWTU has your personal email by following the steps outlined on the last page of this newsletter.

As induction is a special event for new teachers, we encourage all NWTU members to attend this ceremony and welcome our newest teachers to the profession.



Special Technology & Pro-D Fund

The *NWTU Remedy Funds Committee* met in December to discuss a plan for leftover remedy funds from 2018-19 and 2019-20. The following plans were put in place:

2018-19

These funds were divided among schools and sent to Professional Development Treasurers. The funds are earmarked for pro-d related to reconciliation.

2019-20

These funds have been used to create an Technology & Additional Pro-D Money fund. Teachers may apply for up to \$1000 for Pro-D or technology. The deadline for applications is March 1 and recipients will be randomly drawn during our March NWTU Executive meeting. Members can review additional criteria and submit an application [here](#).

A Focus on Physical Literacy

Since beginning of his teaching career in 2005, Chad Oatway has had the opportunity to work with youth of all ages as a Foods & Nutrition, Physical Health Education, Career Education, Sport Leadership, Math, and Science teacher. Chad currently works at Fraser River Middle School as a grade 8 generalist teacher and is a District Physical Literacy Mentor. He coaches various sports in the district and community and is a sport director for a multi-sport camp in New West. Chad serves as a BCTF PSA vice president for Physical & Health Education BC and is passionate about sport, physical literacy, and social, emotional and physical health promotion. Personally, Chad loves being active with his family, coaching his children, and being involved in athletics and sport.

The following article is reprinted with from *Teacher Magazine* with permission from Chad and the BCTF.



TIME FOR HEALTH



By Chad Oatway, teacher and coach, New Westminster

EXPLORING HEALTH TODAY can be confusing and frustrating, and trying to teach health in a meaningful way can be overwhelming. Exercise, sport, sleep, nutrition, sex... are we mentally healthy? These are thoughts that might come to mind when thinking about physical and health education (PHE).

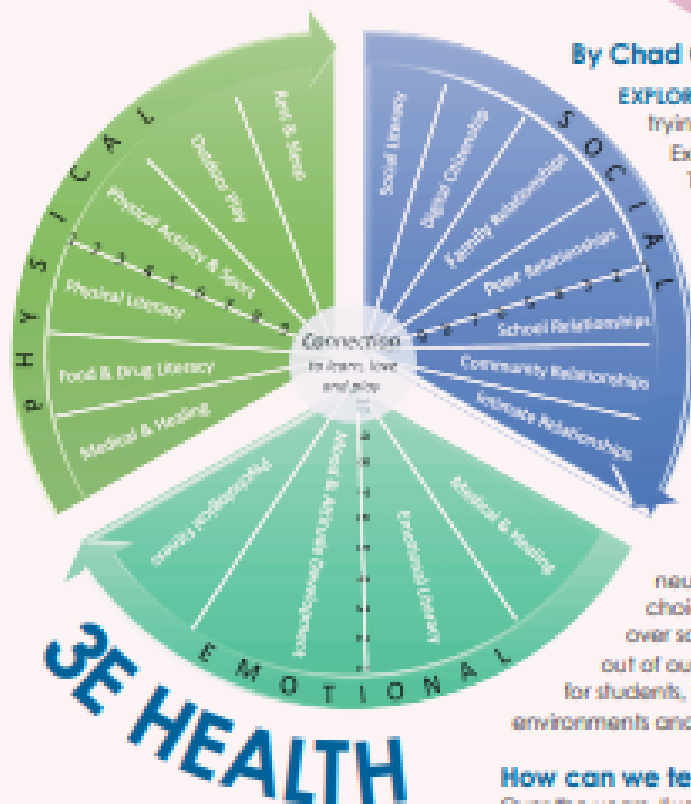
What is health?

Everything around us and in us is connected; this is the root of health. The interrelated components that make up the foundation of our health are social, emotional, and physical in nature. The 3E Health graphic (pictured left) summarizes ways of socially, emotionally, and physically empowering health. Curricular connections to these components in school create conditions for health and ultimately learning.

These components are influenced by four factors of human health: 1) genetics, 2) the internal self-regulation of our organs, neurons, and cells, 3) the environments we live in, and 4) our lifestyle choices. Depending on our circumstances, we may have control over some of these factors of human health, but others are completely out of our control. None of us have any control over our genetics. And for students, there are many inequities that can affect their control over their environments and lifestyle choices.

How can we teach health?

Over the years, I've learned that teaching health is not as much about knowledge and resources, but rather making time for social, emotional, and physical activities that nurture health in the classroom and our personal lives. How do we make or take time to teach meaningful health with busy classroom schedules and personal lives? The good news is, everything we already do and every subject we teach is potentially a health class.



1.

Reduce stress

School can mean safety, challenge, reward, and belonging to some, yet for others school may bring unhealthy stressors to light in the form of insecurities, shame, trauma, and/or inequities that exist in individuals and society. It is heartbreaking

when students are unable to succeed or thrive in class.

When I watched students struggling to succeed in my PHE, foods and nutrition, career education, and leadership classes, I did not see a lack of ability in these students, but rather a lack of health. Students are often avoiding stressors in their social, emotional, and physical health, which translates into learning challenges in the classroom.

Chronic unhealthy stress ultimately affects the body's internal self-regulation for health. Lack of control, uncertainty, and lack of information are three of the leading causes of chronic stress. So how do we reduce this unhealthy stress in our students? In my classroom, I work on creating a supportive environment socially, emotionally, and physically by first creating a democratic classroom that allows students to have ownership and control over how we make decisions as a class. Next, our classroom routines and expectations are clear and consistent, which provides students with certainty and information. We don't want learning to be a surprise or forced. We want to foster healthy levels of stress and challenge that provide personal insight toward health.

2.

Build self-awareness

We can't always control the factors that affect our health, but we can build self-awareness and understanding of how health factors affect us. Building self-awareness into our students' lives is hard, as this means sometimes taking individuals to difficult places, but this is the starting point for building healthier students.

My approach for self-awareness begins with three expectations: 1) to do and use positive language, 2) to be and share positive energy, and 3) to feel positive growth. Homework, tests, projects, presentations, fitness, play, and health are the "to do" part that creates emotional experiences where we "use" positive language with ourselves and our peers. The second expectation asks students to reflect on what type of person they would like "to be" and how they can "share" that person with respect, honesty, and confidence in the classroom. And finally, we expect "to feel" positive physical and mental growth when we overcome challenges. It's important to acknowledge that the outcomes of these expectations are not always positive. Being ready for push back, conflict, disappointment, and failure is important and expected, but can build stronger self-awareness. The process of health is ultimately a circular journey, so whatever the outcome, we repeat and try again!

3.

Get moving

Movement has made humans who we are. Before cars, trains, and planes, humans travelled and settled almost every corner of the world in social groups to find food and safety—all of which happened by moving our

bodies. Now, in our domesticated society with limited time, PHE is where most movement happens in our schools, and for some students, it's the only place this happens. It's important to include movement in all curricular areas, so students can practise health throughout the day. For example, thinking critically and creatively with a friend during a walk and talk can build communication skills, and personal and social awareness, while diving deeper into any subject area.

As PHE educators we also need to find ways to teach nutrition, rest and sleep, medical and healing practices, physiology, sexual health, and mental health in our schools. But the question is, do we forgo movement to teach it in a colonial way (seated, quiet, and stationary)? Or can we look at finding ways to teach health through physical movement using behaviour education?

Behaviour education focuses on using personal insight to learn about the social, emotional, and physical effects of different actions and reactions. The best way to teach behaviour education is through play. Play helps children and adolescents learn critical social, emotional, and physical skills. Teaching health through play and physical movement creates experiences that facilitate social and emotional connections, personal challenges, growth from failure, and strategies to resolve social disputes, leading to healthy growth.

4.

Make time for health every day

Can we take time to get outside for play, dance, sport, gardening, or just a walk? Can we take time to shop, prepare, cook, and eat with friends and family? Do we take time for rest and sleep? Do we make time to support our neighbors and volunteer in our communities?

Do we take time to care for ourselves and our planet? Making time for health in our busy schools and busy lives is not easy, but we all need to do this.

I recognize that I am speaking from a place of social, emotional, and physical privilege when it comes to health, but with that I need to find time for health to support myself and my community. As citizens we need to challenge government, corporations, businesses, and school boards to give back time for health, because this time is for the health of our children and students. Physical and health education is one area to make time for health in schools, but we all need to find time for health in our classrooms, schools, and busy lives, which is where the ultimate power and pathway for health lies. ♻️

WHAT'S HAPPENING

WorkSafe BC Claims

Luke Olver, Assistant Director of WCB Advocacy in the Income Security Division of the BCTF has shared the following recommendations for filing claims related to COVID absences.

If a member has COVID-19, the COVID-19 infection coincides with employment in a classroom environment, and they are missing work due to this condition, they are encouraged to apply for WCB using the Teleclaim service (1-888-WORKERS, toll-free). This applies to teachers regardless of employment status (contract, temporary, TTOC, continuing, etc.). The WCB claimant must have COVID-19 to file a claim. Verification is either from a test result, or a diagnosis from a physician, or other evidence of infection.

Members are encouraged to call the claim number even if they are unsure if they qualify for filing a claim. You will be walked through the process and have your questions answered.



BCTF AGM

The BCTF AGM will be held from March 19 to 22. This year's event will once again take place online.

The NWTU is looking for additional delegates to attend this meeting. Participants will be provided with a link to the event and can participate from home or at the NWTU office.

If you are interested in being an AGM delegate, please email NWTU president, Sarah Wethered, at lp40@bctf.ca.

NWTU Vacant Positions

At the NWTU General Meeting on February 15, we will be electing a new Second Vice President. The position is currently being held on an interim basis by Bargaining Chair, Darryl Schelp, after being appointed by the NWTU Executive.

Darryl has put his name forward for election to the Second VP position. Additional nominations (for self or others) for this or any vacant position can be sent to Sarah Wethered at lp40@bctf.ca in advance of the meeting. There will also be a call for nominations from the floor.

We are also looking for members to fill the following positions:

- Aboriginal Education Contact
- Political Action Contact (2 positions)
- French Language Education Chair
- New Westminster and District Labour Council Rep



OPPORTUNITY FOR MEMBERS



New Teacher Survey

The BC Teachers' Council is looking for new teachers to participate in a survey regarding their experience with teacher-education. All teachers who completed their teacher education in an approved BC teacher education program between 2015 and 2020 are invited to participate.

This survey will take approximately 15 to 20 minutes to complete and will ask you about four stages of your transition into the teaching profession:

1. Teacher education program coursework
2. Teacher education program field experiences
3. First year of teaching
4. Supports for professional learning

At the end of the survey, you will be asked about your experience of being an educator (certificate holder) in British Columbia.

Those interested in participating in the survey can access it [here](#).

Golden Star Award

The BC Retired Teachers' Association has launched this year's **Golden Star Awards**.

This award is open to any K-12 program that features the interaction of students and seniors.

Application deadline is April 15, 2022.

For more information, visit <https://bcrrta.ca/bcrrta-golden-star-awards/>.

HELPING BC STUDENTS AND SENIORS CONNECT

GOLDEN STAR AWARDS

FIVE \$1500 AWARDS
GIVEN TO PROGRAMS FROM
KINDERGARTEN TO GRADE 12
PLUS ONE \$1500 AWARD

SPONSORED BY
 Legion

**SUBMISSION DEADLINE
APRIL 15**
Local award ceremonies
are held in the communities
of winning entries.

British
Columbia
Retired
Teachers'
Association

*Celebrating School Programs that Feature
the Interaction of Seniors and Students*

SUBMISSION GUIDELINES: www.bcrta.ca/bcrrta-golden-star-awards/

BY MAIL: 100 - 550 WEST 6TH AVENUE, VANCOUVER, BC V5Z 4P2

EMAIL: office@bcrrta.ca



REMINDER

NEW TEACHERS' CONFERENCE



This May, the BCTF will be hosting both a virtual New Teachers' Conference.

The official registration link will be posted to the BCTF website and to the PD page of our NWTU website when it's available.

[Click here](#) to learn more about the conference and to receive notification when registration opens.

DO YOU HAVE SOMETHING TO SHARE?

Do you know an NWTU member that has received special recognition for their work as an educator? Or do you know a member that you would like to highlight work they are doing in their school?

If so, please send an email to Kristie at, lx40vp@bctf.ca to have them included in an upcoming edition of the NWTU Union News.

CHANGE OF ADDRESS

If you find yourself living at a new address, please take the time to update the following:

- **BCTF:** Go to <https://www.bctf.ca/> and login to access your member profile.
- **New West School District:** Update through Gordana Ballarin (Manager of HR, Teacher/Admin), gballarin@sd40.bc.ca
- **NWTU:** Update through Office Manager, Yvonne, nwtuadmin@telus.net.

STAY UP TO DATE

NWTU Email List

http://bit.ly/NWTU_email_list



NWTU Facebook Page

http://bit.ly/NWTU_Facebook



New Teacher & TTOC Email List

http://bit.ly/NWTU_NT-TTOC_Email



CONTACT US

- Sarah Wethered, President, lp40@bctf.ca or 778.789.5713 (cell)
- Kristie Oxley, 1st VP, lx40vp@bctf.ca
- NWTU Office: 604.526.8990.