



Garden Valley Teachers' Association

The Apple Core

October 2019

Upcoming Events

Joel School Visit (SWD) – Tues, Oct 22
Joel School Visit (WES) – Wed, Oct 23
Joel School Visit (BES) – Thurs, Oct 24
MTS PD Day - Friday, Oct 25
Joel School Visit (BVS) – Mon, Oct 28
Joel School Visit (Substitute Teachers at CK's) – Mon, Oct 28 @ 4pm
Joel School Visit (ECS) – Tues, Oct 29
Joel School Visit (DO at CKs) – Tues, Oct 29 @ 4pm
Joel School Visit (EDW) – Wed, Oct 30
Joel School Visit (Fresh Start) – Tues, Oct 29th @ 12:50pm
Joel School Visit (GVC) – Thurs, Nov 14
GVTA Retreat - Tues, Nov 5
Joel School Visit (GVCtec) – Wed, Nov 6
Joel School Visit (HES) – Thurs, Nov 7
Joel School Visit (JRW) – Fri, Nov 8
Remembrance day - Mon, Nov 11
Joel School Visit (NPC) – Tues, Nov 12
GVSD board mtg - Nov 12 @ 8pm
Joel School Visit (PDS) – Wed, Nov 13
Next Apple Core – Mon, Nov 18

Greetings, GVTA-ers!

It's mid-October, and MTS PD Day is approaching! This Friday, members will travel to Professional Development sessions locally, in Winnipeg, or other locations around the province. This day is a paid day of work, where education professionals have the freedom to choose their area of growth for the day. It is important that the community recognizes the value of having this day for professional growth, and that teachers are accountable for their learning.

If you have a social media presence, consider posting from your session using the hashtag #MTSPDDAY. This allows the public-at-large to see the many beneficial sessions that are taking place. When you are engaging with parents and students upon your return, consider sharing with them one or two key take-aways that will directly impact how you teach your students. Consider writing a short paragraph for your classroom blog, school website or newsletter, or even the November *Apple Core* where you share something meaningful about the day.

In other news, shortly after the election results were announced, the PC Government announced their "100-day Action Plan". Here are the points that relate to education:

17. Continue planning for the construction of the 20 new schools as identified in our New Schools Guarantee;
18. Issue mandate letters to all post-secondary institutions receiving provincial operating funding to outline expected student outcomes and financial accountability requirements;
19. Initiate the Teachers Ideas Fund to support innovative solutions brought forth to streamline operations by teachers to streamline operations and improve educational outcomes of students with successful applicants announced in 2020;

20. Bring forward a mandate review for the Department of Education and Training, improving capacity to respond to the K-12 review and the phase-out of education taxes;
21. Re-introduce The Minor Amendments and Corrections Act, 2019; and
22. Develop and submit at least 5 applications to access the Ideas Fund.

Keep an eye out for more information on the “Teachers Ideas Fund”. We have much to be proud of in Garden Valley; if the province is looking for initiatives to implement across the province (they’re planning on implementing at least five ideas), consider whether there are homegrown ideas here that would benefit our colleagues in other divisions.

As we approach report card writing season, take care of your mental health. The October theme of the LifeSpeak Wellness Platform (available for members on the MTS website (<https://mbteach.lifespeak.com/>)). There is a collection of video modules on the topic of “What Does Your Mental Health Look Like”, and includes such topics as “Workplace Wellness Alongside Health and Safety,” “How can mindfulness help with anxiety and stress?,” “Understanding the Differences Between Worry, Anxiety and Fear,” “Can meditation or relaxation help with anxiety?”. If you haven’t checked out LifeSpeak (which replaces the Balance program), there are videos and the chance to talk to experts in the areas of Physical Conditions & Diseases, Preventative Health, Mental Health, Stress Management & Resilience, Relationships, Financial Health, Disability & Absence Management, Professional Development, Leadership & Management Skills, Children’s Health, and Parenting & Caregiving.

All the best as we approach another busy season, stay safe, stay warm.

Cheers,

Joel 204-384-5635 (call or text)

September Superintendent-President Mtg:

At their September meeting, Joel and Janice discussed new teacher orientation, 2019-20 school-year start-up, the Pine Ridge grand opening, MTS Safe & Inclusive Space cards, and the recommendation of the 2016 K-8 Prep Time Review Committee “that the school day length, morning and afternoon sessions, periods per day, and minutes per period be as equal as possible within GVSD K-8 schools.”

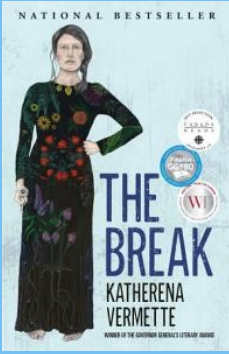
Orange Shirt Day

Thanks to all the members and schools who took time around September 30th to talk to students about Orange Shirt Day, and to recognize the tragedy that is Canada’s legacy of residential schools.



Garden Valley Teachers’ Association members work on the traditional lands of the Anishinaabe, and the homeland of the Métis nation. GVTA respects the Treaties that were made on this territory.

Equity & Social Justice Book Club



The book club will discuss the second half of Katherena Vermette's *The Break*.

The Break: "When Stella, a young Métis mother, looks out her window one evening and spots someone in trouble on the Break — a barren field on an isolated strip of land outside her house

A powerful intergenerational family saga, *The Break* showcases Vermette's abundant writing talent and positions her as an exciting new voice in Canadian literature."

November GVTA Executive Meeting:

The November Executive Meeting will be held on Tuesday, November 5th as a part of our Executive Retreat. The next after-school meeting will be held on December 3rd at 4:15pm.

GVTA President School Visits:

Joel is back from leave (for a whole week now!). Visits continue to will take place over the school's lunch hour – as soon as he can reasonably travel to your school after teaching until 11:30

BES – Thurs, Oct 24

BVS – Mon, Oct 28

DO – Tues, Oct 29 @ 4pm @ CKs

ECS – Tues, Oct 29

EDW – Wed, Oct 30

Fresh Start – Tues, Oct 29th @ 12:50pm

GVC – Thurs, Nov 14

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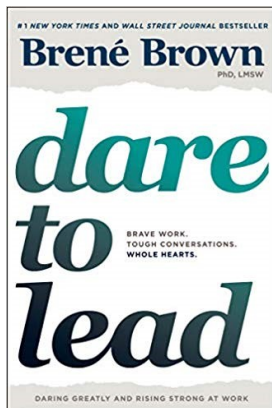
PDS – Wed, Nov 13

Substitute Teachers – Mon, Oct 28 @ 4pm @ CK's

SWD – Tues, Oct 22

WES – Wed, Oct 23

GVTA Executive Development:



The GVTA Executive has begun our professional development on Brené Brown's *Dare to Lead*. We watched her introduction video on getting started, and her SXSWedu (South by SouthWest) presentation. Both are available here: <https://brenebrown.com/dc-gettingstarted/>. There are several reading plans available – a 4-hour, and 8-hour, and a 10-hour. As we are incorporating the PD into our regular meeting time, we will be using the 4-hour meeting schedule, but splitting it up into half-hour chunks from November through April. The reading schedules are available here: <https://daretolead.brenebrown.com/wp-content/uploads/2019/02/Read-Along-Schedules.pdf>

Food Talk with Caitlin and Amanda

Split pea soup is pure comfort food for cooler fall weather and it's easy to make in a slow cooker. All you need is a ham bone or ham cubed, peas, and a few veggies. Let it cook slowly all day, and it's ready for the evening meal. Split peas are easy to cook and there's no need to soak them like you would dry beans. The soup is high in protein (8 g) and fibre (6 g) per serving. This recipe makes 8 servings.



Ingredients

- 1 package (16 ounces) dried green split peas (rinsed)
- 1 meaty ham bone (or 2 ham hocks, or 2 cups diced ham)
- 3 carrots (peeled and thinly sliced)
- 1/2 cup onion, optional (chopped)
- 2 ribs celery (plus leaves, chopped)
- 1/4 cup parsley (fresh and chopped, or 2 teaspoons dried parsley flakes)
- 1/2 teaspoon ground black pepper
- 6 cups hot water
- 1 tablespoon salt (or to taste)

Steps to Make It

In a slow cooker, layer the ingredients in the order given; add the water or stock. Do not stir the ingredients. Cover and cook on high for 4 to 5 hours or on low for 8 to 10 hours until peas are very soft and the ham falls off the bone.

Remove the meat from the bones and chop. Save some of the chopped ham for a garnish, if desired. Before serving, mash the peas slightly to thicken the soup or blend the soup in batches for a smoother texture.

SAFE LIFTING

Proper lifting helps prevent back injuries.

Safe

- Test the weight of the load before lifting.
- Use your leg muscles and keep your back straight. Turn your body using your feet.
- Breathe out when lifting.
- Make sure your pathway is clear.



Unsafe

- Lift with back bent and legs straight.
- Twist your body when lifting.
- Hold your breath when lifting.
- Bend to the side to lift a load.
- Use a back belt.



Indigenous Education

Submitted by Ashly Dyck & Roxanne Baraniski

Are you hesitant to integrate Indigenous Education in your classroom? You are not alone. I have some personal experience with the content and I still hesitate. I have had several conversations about this topic in my 16 years of teaching in Garden Valley School Division. Our reasons for hesitating range from a lack of knowledge to fear of perpetuating culture appropriation.

On September 30 many of us honoured residential school survivors by wearing orange shirts. At our school, our message was simple- it's ok to be different because everyone matters here. We used the book *It's Ok to be Different* by Todd Parr. Indigenous Education was initially colonized by our governing body because Indigenous ways of learning and knowing were different from those of the settlers. Perhaps some of the Indigenous ways of learning and knowing can help us begin integrating some basic principles of Indigenous Education into our classrooms.

This begins a series of traditional strategies that have been a part of learning and knowing for Indigenous peoples that may help you start on your journey to decolonizing education in your classroom.

Strategy # 1: Building a Learning Community

Marie Battiste, is a mik'mak scholar and professor in educational foundations at the University of Saskatchewan who has done extensive work on decolonizing education. In writing about Indigenous ways of learning and knowing, Battiste talks about "the learning spirit". She talks about how the residential school experience essentially crushed the learning spirits of the Indigenous Peoples. Learning in community was a tradition that was taken from the Indigenous people and contributed to a loss of culture.

Many teachers have used community building as a strategy for learning. Manitoba Education and Training has published a document called *Creating Racism-free Schools through critical/courageous conversations on race*. The department affirms community building as an essential part of developing our social awareness stating:

"Self-reflective and reflexive ways of being and doing within the classroom, our community, and our home are important ways to develop a personal understanding of critical literacy, social justice, and anti-racism".

Below is a table from the document outlining some indicators of class community at various grade levels.

Social Responsibility Standards for K-12				
K-3	4-5	6-8	8-10	11-12
Contributing to the Classroom and School Community				
Usually welcoming, friendly, kind, and helpful	Friendly, considerate, and helpful	Routinely kind and friendly, and helps and includes others if asked	Usually kind and friendly	Kind, friendly, and inclusive
Participates in and contributes to classroom and group activities	Contributes and shows commitment to classroom and group activities	Takes responsibility, contributes, and works co-operatively	Takes some responsibility for the school or community and contributes willingly to class and group activities	Works actively to improve the school or community; often volunteers for extra responsibilities and shows leadership skills

Share your community building ideas with us- what has worked? Email Ashly or Roxanne your tips and tools. We will include them in next months issue of the Apple Core with strategy #2!

Pine Ridge Elementary School Opens

By Mike Urichuk



Following a successful first September, Pine Ridge Elementary held its grand opening ceremony on October 17th. Those in attendance included parents, community members, members of GVSD board past and present, MLA Cameron Friesen, Education Minister Kelvin Goertzen, Pine Ridge Principal Renae Hildebrand, Pine Ridge Vice-Principal Ashly Dyck, and Pine Ridge students. There have been a few local news articles talking about the school's capacity of 875 students, once the planned addition is constructed, and the much-needed

relief that this space has provided to other schools in the division.

This ceremony marked my third time in Pine Ridge, but it was my first look at the culture that is being established. Most notable was the intentional decision to ensure that students were the focus of the day and that they had leadership roles. Student patrols directed where vehicles parked, students welcomed and shook each person's hand as they came into the building, students shared speeches at the ceremony about what it means to be a Paladin, the school band and choir both performed, students led tours of their building, and so much more. It is evident that staff had set a strong tone and empowered each one of the students to show great pride, leadership, and ownership of their school.

Being at the ceremony last week made me hopeful for the growing community of kindness and leadership in the Pine Ridge halls. It was inspiring to see students and staff coming together to highlight their school and all the great things that have happened within the first month and a half. Thank you to the Pine Ridge community for opening your doors and sharing your journey with us. I wish you all the best in the days and years to come.

Bargaining Update

By Mike Urichuk

We are at the start of the third school year that is impacted by Bill 28. This legislation restricts the bargaining rights of Manitoba's public sector workers including over 15,000 teachers throughout the province. Although this legislation has never been proclaimed as law, it has cast a shadow on bargaining in the province.

The most common statement about Bill 28 is that it restricts salary increases to a 0%/0%/0.75%/1% over four years defined as the "sustainability period". Although teachers may in some cases agree to wage freezes in a collective agreement, the issue is that there is no leverage in our current bargaining circumstance. If there is no leverage, there is no power in collective bargaining. The right to meaningful collective bargaining has been tried, tested, and protected in the Supreme Court of Canada on multiple occasions. The Partnership to Defend Public Services (PDPS) has filed a challenge against Bill 28 to protect this right again. It is likely that this case will end up in the Supreme Court of Canada. However, the court case must first take place in provincial court, then the court of appeals, and then it can go to the Supreme Court of Canada. This is an issue because the justice system is not often known for its expediency and this process is expected to take around 8 years- much

It is important to note that neither Bill 28 – nor the amendments made to it in Bill 2 – have been proclaimed into law. Meaning that this legislation is not actionable as a law. Due to this fact, there have already been arbitration awards for annual salary increases above the 0%/0%/0.75%/1% for other unionized public workers. This means that an impartial third party has deemed that an objectively fair salary increase would be above 0%/0%/0.75%/1%. The most recent arbitration was awarded to the Professional Association of Residents and Interns of Manitoba (PARIM) with annual increases of 1.5%/1.25%/1.5% with additional increases for first year workers. Louis Riel Teachers' Association (LRTA) has arbitration dates set for November 18-22 and a binding decision will be made in the months to follow.

Bill 28 is going to be challenged in provincial court on November 25- December 6 of this year. On October 7th, Bill 2 was introduced to make amendments to Bill 28. These amendments gave the government the ability to approve “modest increases” in collective agreements brought to them for approval and gives the government flexibility in applying the “sustainability period”. Any increases bargained for locally (or awarded in an arbitration) but not approved by the province will be clawed-back by the government if Bill 28 and Bill 2 are proclaimed into law. The amendments proposed in Bill 2 outline greater clarity for how this claw-back would happen. These amendments in Bill 2 were initially being used to tell the courts that the increased flexibility of government allows for leverage in the bargaining process and therefore the challenge on Bill 28 should be dismissed. However, the government has recently stopped pursuing dismissal of the court case.

The LRTA arbitration is likely to set the bargaining trend for the province and the Bill-28 challenge will impact bargaining in Manitoba and possibly beyond. With Manitoba’s auditor general stating that Manitoba posted a \$9 million surplus in 2018-19, it will be interesting to see what arguments are made in court in November. Whatever decisions are made, they are sure to impact the future of our education system and the teaching profession.

Fall Picnic

By Mary Eberling-Penner



MTS PD Day at Garden Valley Collegiate

Well-Being and Self-Regulation in the Elementary Years



This session is taking place at Canada Inns Destination Centre Garden City, 2100 McPhillips Street and is being streamed to Garden Valley Collegiate, Winkler, MB

This session will examine the practical ways to use and understand the neuroscience of learning to create safe inviting classrooms where learning will be optimized.

We now know we only deeply engage in materials and learning that we care about, that we have an emotional connection to. How do we create this for all our learners? Through dialogue and interaction we will create pathways for connection.

Dr. Jean Clinton is a Clinical Professor, Department of Psychiatry and Behavioural Neurosciences at McMaster, division of Child Psychiatry. She is on staff at McMaster Children's Hospital with cross appointments in Pediatrics and Family Medicine, and an Associate in the Department of Child Psychiatry, University of Toronto and Sick Children's Hospital. She is also a senior scientist at the INCH (INFant Child Health) Lab at McMaster University. In addition, she is a Fellow of the Child Trauma Academy, as well as a Zero to Three Academy Fellow since 2013. She has been a consultant to children and youth mental health programs, child welfare, and primary care for over 30 years. Dr. Clinton was appointed as an education advisor to the Premier of Ontario and the Minister of Education 2014 – 2018.

Dr. Clinton is renowned nationally and internationally as an advocate for children's issues. Her special interest lies in brain development, and the crucial role relationships and connectedness play therein. Jean champions the development of a national, comprehensive child well-being strategy including a system of early learning and care for all young children and their families. She is equally committed to ensuring that children's and youths' needs and voices are heard and respected.

- 8:30-8:55am – Registration
- 9:00am – Session Begins
- 10:30 – Break
- 11:30-1:00pm – Lunch Break (subject to change)
- 2:15 – Break
- 3:30pm – End of Session, door prize draws



19

MANITOBA'S
EXCELLENCE
IN EDUCATION
AWARDS

20

DO YOU KNOW AN OUTSTANDING EDUCATOR?

Nominations are now being accepted for Manitoba's Excellence in Education Awards, recognizing outstanding achievement by educators in the following award categories:

TEACHING EXCELLENCE

OUTSTANDING NEW TEACHER

OUTSTANDING TEAM COLLABORATION

OUTSTANDING SCHOOL LEADER

PREMIER'S AWARD FOR EXCELLENCE IN EDUCATION

For complete information on selection criteria and the nomination process, visit:

www.edu.gov.mb.ca/k12/excellence/

FOR FURTHER INFORMATION, CONTACT:

Jeannette Aubin, Manitoba Education and Training

Phone: 204-945-6263 • Toll free: 1-800-282-8069, ext. 6263

Email: excellence@gov.mb.ca

Submission Deadline:
December 2, 2019

Manitoba 

SHREK

A Musical Performance
by

NORTHLANDS PARKWAY COLLEGIATE

at the

P. W. ENNS CENTENNIAL CONCERT HALL

November 28th, 29th, & 30th
@ 7:30

\$10 Tickets
available in person at
the Winkler City Hall
or at NPC high school

Tickets available
online at
winklerconcerthall.ca

SHREK THE MUSICAL -TYA VERSION

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All authorized performance materials are also supplied by MTI.
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