



Garden Valley Teachers' Association

The Apple Core

Sept 2020

Upcoming Events

Orange Shirt Day GIVEAWAY- Friday 25 September

Orange Shirt Day – Wednesday 30 September

Employee benefits seminar - 1pm Friday, 2 October

Employee benefits seminar - 9am Saturday, 3 October

Collective Bargaining Seminar — Saturday 3 October

New Teachers BBQ - 4:30pm Monday, 5 October

GVTA Executive meeting - 4:00pm Tuesday, 6 October

CB Committee Meeting - 4:00pm Thursday, 8 October

CLG applications due – Friday 16 October

PD Committee Meeting 4:00pm Tuesday, 20 October

Applecore Monday, 26 October

Welcome new and returning GVTA members to the 2020-2021 school year.

As we walk through the halls of our schools we tread in the history of our futures. This is a once in a century moment. How will we look back on it? Success forged in the fires of adversity requires dedicated and deliberate action.

Each action we perform and word we utter directs our collective path through our shared reality.

Without intentionality in our actions, we will fall victim to the destination of the path of least resistance. Without intentional socializing, it will become easy for us to isolate ourselves from one another due to the suggested seclusion of cohorts. Without establishing boundaries, we will burnout. Without intentionally living our values, we run the risk of losing who we are as a community.

I implore you to intentionally live our values of grace, trust, and honesty.

In all that you do, extend grace to all. Be kind to those in your building and approach concerns in need of resolution with understanding and openness. Being gracious, kind, and patient with yourself is not a luxury – it is a necessity. Too often, we decide that we can scrape by because we don't believe that we have the time (or perhaps that we do not deserve to take the time) to stop and take care of ourselves first. Self care is not selfish.

In your interactions, trust that each person is trying their best. In times of confusion, trust that we are all working to create clarity. If trust is damaged, work to repair it. Trust that with the support of one another, we can make it through this.

Be honest with what we can do and who we are. We are all people in need of connection, support, and purpose. When asked how you are doing, let people know. If you are asking how someone else is doing, listen to their answer and engage presently with them. Be honest with your own limitations and communicate what you need early on.

When we look back on this year, let us reflect on a moment that strengthened our resilience and taught us to lead with grace and trust while living in honest and present moments.

This is a year where we need to focus on wellbeing and health, community, and curriculum – in that order.

Please reach out at any point throughout the school year.

I wish you well until we speak again.

In solidarity,

Mike Urichuk

GVTA President

gvtapresident@gmail.com

204-573-6214 (call or text)

ESJ (Equity and Social Justice) Committee

Chair: Donna McCausland Co-Chair: Val Harder

This summer I watched, listened to and read a lot of material in the area of social justice as I was shocked by many of the actions that transpired in the world this summer. There is still so much work to do in this area. Val and I are excited to be working with the ESJ committee this year. We have 27 members on the committee from many different schools. The committee meets on the first Wednesday of every month.

Mission Statement: “One small change can make a world of a difference in the lives of other.”



We read books that raise awareness in the different areas of equity and social justice.

Every member has received reflection questions and a notebook to record their reflections or the reflections of others.

1. How does this book affect how I will do my job?
2. What is one specific action I can try before we meet again to make a difference?
3. What is one action we could do as a group to move towards a more equitable place?

These questions will lead to actions that move us towards a more equitable and just world.

Our first book that we will be discussing the graphic novel *Surviving the City*, written by Tasha Spillett and illustrated by Natasha Donovan, at our next meeting. More on that in the next Apple Core ...

Contacts: Donna.mccausland@gvgsd.ca Valerie.Harder@gvgsd.ca

Joel Swan

Greetings again, GVTA-ers!

I'm glad to be back on the Garden Valley Teachers' Association Executive for a 9th year, this time as Past-President and as a member of the Manitoba Teachers' Society's Provincial Executive.

Locally, I continue to represent Parkland Elementary as a school rep, I remain a member of the Collective Bargaining table team and divisional committee, I keep on reading books with the ESJ Book Club CLG, and I

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.

meet with and support our President and Vice-President in their work.

Provincially, in addition to meeting with the rest of the Provincial Executive, I am chairing the Disability Benefits Plan Investment Committee (DBPIC), am a member-at-large on the Teamsters Negotiations Committee for MTS Admin Staff, and I liaise with three Special Area Groups of Educators (SAGE): Manitoba Association of Teachers of French (MATF), Manitoba Teachers for Students with Learning Disabilities (MTSLD), and Technology Educators' Association of Manitoba (TEAM). I am also a co-liaison for locals in the South West Region of the province: Beautiful Plains Teachers' Association (BPTA), Brandon Teachers' Association (BTA), Fort la Bosse Teachers' Association (FLBTA), Rolling River Teachers' Association (RRTA), South-west Horizon Teachers' Association (SHTA), and Turtle Mountain Teachers' Association (TMTA).

Nationally, I have been appointed as a trustee to the Canadian Teachers' Federation (CTF) Trust Fund on a three-year term.

I am excited to learn some new roles, wear some new hats, and to be back in the classroom full-time when I'm not away at meetings. I'm excited to be at the local table, representing our members, and continuing the excellent work that moves us all forward as GVTA members. – Joel Swaan

GVTA Workplace Safety and Health

Chair: Mary Eberling-Penner

As your GVTA Workplace Safety and Health representative, I recognize that the challenge and stress of working in an environment of many individuals from a variety of settings. I see the unique situation of teaching and working with a mask in place! The typical job hazards of slips, falls or injuries now has a new partner—the risk of catching the COVID-19 virus. Your WSH committee continues to work with GVSD to provide a safe environment. Do contact your WSH school representative or me, if you have safety concerns relating to your work.



Stay safe and healthy

Mary Eberling-Penner, Principal of Edelweiss and Plum Coulee Schools.

https://www.gov.mb.ca/asset_library/en/coronavirus/workplaces-faq.pdf

Social and Teacher Wellness

Chair: Brenda Co-Chair: Carmelle

Welcome to another exciting year! I hope you had a relaxing and restorative summer. The Social and Teacher Wellness has two new members, Brenda Richer as the Chair and Carmelle Gerein as Co-Chair. We hope to bring you information that can uplift, motivate, recharge and of course build morale. The challenges of the upcoming year are not yet known, however, as dedicated, caring teachers, we will rise to the circumstances and create a positive impact for our students and the community. At this time, the committee will be planning how best to implement our activities over the year, please check the Applecore for upcoming events.

I was wondering if anyone has interest in sharing their favorite recipes, which I could combine and make into a digital cookbook, please keep in mind I am not a publisher ☐ Appetizers to desserts, healthy to vegan. Please submit to Brenda.richer@gvdsd.ca by the October 15th. In the meantime, a favorite recipe of mine that is healthy, delicious and keto Fudge Babies <https://chocolatecoveredkatie.com/make-these-now/>

Reminder to check The Manitoba Teachers' Society website for a list of vendor discounts. Also, under the Health and Benefits tab you will find information about the LifeSpeak App. The app has hundreds of experts led videos and live chats available.

Education breeds confidence. Confidence breeds hope. Hope breeds peace.

- Confucius

Collective Bargaining Update

Hello new and returning GVTA members to the 2020-2021 school year. To start off the year, I wanted to provide an update for where we are in the collective bargaining process:

The priorities of members have been identified, categorized, and placed into an opening package Letters to open have been sent to initiate bargaining (April 2018, 2019, 2020)

We await the setting of bargaining dates

Our current collective agreement has expired but remains in effect until a new one is bargained

Manitoba's Bill 28 (Public Services Sustainability Act) has been challenged in court and has been deemed unconstitutional as it infringes on rights outlined in the Charter of Rights and Freedoms. Queen's Bench Justice Joan McKelvey, who oversaw the case wrote the following:

"I have concluded that the (bill) operates as a draconian measure that has inhibited and dramatically reduced the unions' bargaining power and violates (charter) associational rights."

"The (bill) has made it impossible for the plaintiffs to achieve their collective goals and limits the right to freedom of association."

The Pallister government is looking to appeal the decision, but no dates have been set. The full court decision provides greater depth to the statements above.

An arbitration award between Louis Riel School Division and Louis Riel Teachers' Association has come back granting members pay increases and language protecting term teachers. Another arbitration is scheduled in January for Pembina Trails.

The Collective Bargaining Committee members are listed below. Please note vacancies and contact m.urichuk@gmail.com if you are interested in joining the committee.

Chair: Mike Urichuk

Emerado: Jessica Riddell (co-chair)

Parkland: Joel Swaan

WES: Maryanna Aaldyck-Doerksen

NPC: Tammy Macdonald

GVC: Kirsten Carman

Plum Coulee/Edelweiss: Joanne Litchie

Prairiedale: Anny Froese

Southwood/Hochfeld: Joanne Unrau

Sub: Jim Perry Hill

DO: Jessica Askin

BVS/Blumenfeld: --

JRW: --

Pine Ridge: --

In solidarity, Mike

Employee Benefits: We're Not in Kansas Anymore Toto

Submitted by Kirsten Carman

The start of this school year is like no other, whether you are new to your teaching career or a seasoned veteran. As teachers and principals, we are collectively rising to the challenge of providing safe learning environments for our students in this new frontier. We are facilitating the voyages of Garden Valley Schools, with our continuing mission to learn and discover together, to be good neighbours, workers and citizens. This year, we are boldly going where no one has gone before. So...enough with the movie references (although I may slip one in later...you'll have to keep reading), let's get down to business.

We are faced with a plethora of new challenges this year and at times, it may seem daunting. The implementation of the new practices and protocols means changing established routines (then changing them again), incorporating new tasks, perhaps hurriedly exploring and changing your pedagogy and preparing for the possi-

bility of remote learning. Despite this, when I look around and see all the amazing things that the educators (and all staff) in this division have done, I am in awe. Our challenges are great, but our response is remarkable! I'd like to suggest that in times like these, it is more important than ever to collaborate, to talk, to listen and to support one another. Don't go it alone. "Negative" stress and anxiety are emotions that can be disregarded or misunderstood. Practicing self-care is always important, but especially now. Burn-out does not happen because of a single request. It doesn't happen over the course of a day. It builds up in an insidious way. If you are in need of additional support or even think you may be headed that way, reach out! The Educator Assistance Program (EAP) is available to you and can be accessed through MTS at mbteach.org. In addition, LifeSpeak is also available through the website and provides expert-led tips and strategies to encourage peace of mind on a variety of topics including Sleep and Health, Addressing Anxiety, Resilience and Technology Use, to name a few. See the attached page at the end of the Apple Core for more information.

Stay positive and stay strong!

Live Long and Prosper.

GVTA 2020-2021 Executive

Raffaele Bagnulo (NPC) – PD Chair

Roxanne Baraniski (PRS) – Indigenous Ed. Chair

Kirsten Carman (GVC) – Emp. Benefits Chair

Jonathan Cullen (NPC) – PR Chair

James Driedger (NPC) – Ed finance Chair; VP

Ashly Dyck (PRS) – Indigenous Ed Co-Chair

Mary Eberling-Penner (PCS/EDW)-Secretary; WSH

Carmelle Gerein (NPC) – S&TW Co-Chair

Val Harder (DO) – ESJ Co-Chair

Jennifer-Laura Heide (DO) – PD Co-Chair

Kayly Letkeman (DO) – PR Co-Chair

Gerald Letkeman (SUB) – MAL

Donna McCausland (NPC) – ESJ Chair

Jessica Riddell (ECS) – CB Co-Chair

Brenda Richer (NPC) – Social/Teacher Well. Chair

Karla Rootsart (SWD/HES) –MAL

Rhonda Peters (NPC) – Treasurer

Shanna Potter (WES) – Member-at-Large

Joel Swaan (PLS) – Past-President; Provincial Exec.

Laura Unger (DO) –Ed Finance Co-Chair

Mike Urichuk (ECS) –President; CB Chair

Moyra Valletly (COSL/JRW) – MAL

Sarah Waldner (NPC) – Social Media Coordinator

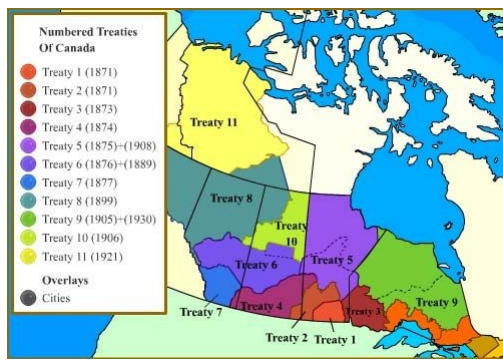
Indigenous Education

Submitted by Ashly Dyck and Roxanne Baraniski

Orange Shirt Day– SEPTEMBER 30

Each year on September 30, many Canadians renew their commitment to reconcile mistakes of the past, to restore relationships between Indigenous and non-Indigenous peoples and to relearn Canada's historical relationship with Indigenous peoples.

The motto of the campaign, "Every Child Matters", summarizes the goal. Supporters of orange shirt day acknowledge the inequities that have existed in our Canadian education system and commit to continuing their efforts to have every child in their class and school



Treaty Kits

We would like to draw your attention to the Treaty Kit learning resources available to teachers. These kits contain valuable resources for teaching students the history of Canada's Indigenous peoples. Each kit includes strategies, tools, artifacts, media, and lessons appropriate for all grade levels.

The teacher's guide for each grade level begins with the concept of treaties and how treaty people work together to build relationships and community.

Your classroom belief statement is a good example of a treaty. Some of the beginning lessons on treaties would support and strengthen the early lessons taught using a restitution approach.

Giveaway!

Enter to win a hand-beaded pin designed for orange shirt day. How to enter:

1. Email a sharable pic of a resource or activity that you might use (or have used previously) to honour orange shirt day in your school or class. Or send a pic of how you use the treaty kit with students. Send your submission to ashly.dyck@gvsc.ca AND roxanne.baraniski@gvsc.ca by September 25 at noon.

*Ensure any students in pictures have photo use permission; entries will be shared in the Applecore!

1. Include a caption describing how the resource or activity has/will be used.
2. Follow [@gvteach](https://www.instagram.com/gvteach) to see if you're the winner (announced on September 25 at 3 pm.)



AVAILABLE IN THE APP STORE AND ON
GOOGLE PLAY, IN ENGLISH AND FRENCH.



We are so excited to introduce you to the LifeSpeak app!

Now you can get the expert information
you trust from the device you always
have with you.

The app gives you the same amazing expert-led content, along with
brand-new features:

- Download videos for offline viewing
- Stream podcasts; no need to download them
- Earn points and badges for any activities you engage in either on the app or on the LifeSpeak website (watching videos, reading tip sheets, participating in a web chat, etc.)
- Join leaderboard (anonymously) to measure your activity against your peers'
- Participate in Ask the Expert web chats right from your phone
- Manage your account from the app



App FAQs

Is the app free?

Yes, it is offered free of charge as part of your organization's LifeSpeak program.

Is my activity on the app confidential?

Absolutely, 100% confidential at all times. We are committed to our users' privacy.

Can I use the same personal account I created on the LifeSpeak website to access the app?

Yes, and vice versa.

Will the activity I engage in on the LifeSpeak website count towards points on the leaderboard?

Yes.

Can my family members download the app?

Yes! We truly hope they do!

How do I download a video for offline viewing?

Go to LEARN, select a video series, then tap the download symbol.

Where do I find my downloads?

You can find your downloads by selecting 'More' at the bottom of the screen, and then tapping 'My Downloads'.

How to get in touch with EAP

You can contact the offices of the Educator Assistance Program at:

Winnipeg

McMaster House, 191 Harcourt Street
Winnipeg, Manitoba R3J 3H2
Phone: 204-837-5801
Toll free: 1-800-378-8811
Fax: 204-831-3083
Toll free fax: 1-866-713-6071

Leanne Laroche, EAP Administrative Assistant
eap-wpg@mbteach.org

Brandon

153 - 13th Street
Brandon, Manitoba R7A 4P4
Toll Free: 1-800-555-9336
Phone: 204-837-5802
Fax: 1-204-729-8869

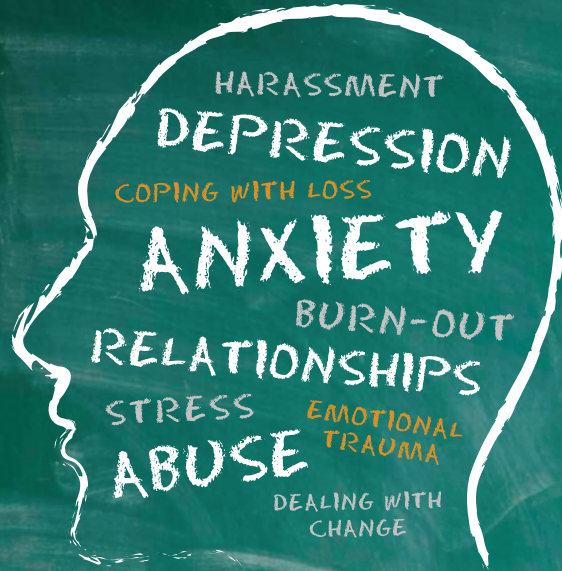
Lorette Delaurier, EAP Administrative Assistant
eap-bdn@mbteach.org

Information available on many topics at:

<http://www.mbteach.org/health-benefits/eap.html>
(Click on Web and Print resources to access)

Services are available in English and French.

We are a confidential MTS service. Independent of school divisions, we understand teaching and teachers.



WE'RE HERE TO HELP!

Our purpose is to provide confidential and voluntary professional counselling, consultation and referral service to members.

We provide and promote Mental Health Education. When appropriate, we collaborate with other MTS services.



Educator Assistance Program

A Helping Hand

Every day teachers encourage students to ask for help when they need it. We at the EAP encourage teachers to do the same. That's why we're here.

Teachers face an array of issues different than those faced by people in other occupations. We understand that because we are a service supported by public school teachers, for public school teachers.

We are a confidential MTS service, independent of school divisions. We understand teaching and teachers.

Frequently asked questions:

1. Who is eligible for service?

You are eligible if the issues that you are confronting in your life are impacting your mental health to the degree that you are concerned about your ability to sustain work.

2. What types of issues are addressed through EAP counselling?

The professionally qualified team at EAP provide service to members struggling with a wide variety of issues related to work or home, such as stress and anxiety.

However, a number of member issues are better addressed by specialized services. As our goal is to provide the best and most appropriate service to members, we refer members to specialized services for the following when these resources are available in the community:

- Addictions
- Family Violence
- Parenting Skills Development
- Financial Stress
- Fertility Issues
- Chronic Pain and Illness
- Alternate Career Exploration

3. How do I access services?

Step 1: Telephone your nearest EAP office (Winnipeg or Brandon). When making contact with EAP please ensure you have your Manitoba Teachers' Society membership card number available (not your Teaching Certificate number).

Step 2: After you have provided your membership number, and your eligibility for service has been determined you will be asked to do an intake interview. This will be completed over the telephone. Once the intake interview has been completed, an appointment for service will be offered.

4. Are services accessible in areas other than Brandon or Winnipeg?

Yes. EAP provides service to rural and remote areas of the Province. SKYPE and telephone services may also be provided.

5. Is there a charge for this service?

No. All costs are covered through your MTS dues.

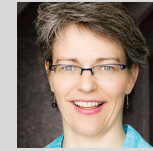
Faces of EAP Brandon



**Louise
Lamont**

Louise Lamont, B.G.S., B.Ed.AD., M.Ed. (Guidance and Counselling) is a certified counsellor through the Canadian Counselling and Psychotherapy Association. She has extensive experience working in public schools as she was a school counsellor in Manitoba Schools for 17 years and also worked at Brandon University in the Student Services Department as a counsellor. Her approach is client centered with some interest and training in EMDR (Eye Movement Desensitization & Reprocessing) as well as Cognitive Behavioural Therapy.

Faces of EAP Winnipeg



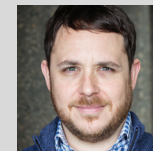
**Angela
Haig**

Angela Haig, Ph.D., C. Psych., is a Clinical Psychologist. She has worked in the mental health field for 30 years, in both Manitoba and the west coast. She works collaboratively with members in a holistic approach to counselling, with a particular interest in the effect of nutrition on mental health.



**Sylvie
Ringuette**

Sylvie Ringuette, B. Psych., M.Ed. Counselling, is a Certified Counsellor through the Canadian Counselling and Psychotherapy Association. She has worked with individuals and couples for over 14 years. Her work is client centered with an interest in emotionally focused therapy.



**Zach
Schnitzer**

Zach Schnitzer M.Ed. Counselling, is a Canadian Certified Counsellor through the Canadian Counselling and Psychotherapy Association. He has worked in private practice, schools, government, and with community counselling agencies. Zach has a client-centered, collaborative approach, with an interest in Cognitive-Behavioural Therapy, Mindfulness, and Emotion-Focused Therapy.