

DDSB Trustees: Responsibilities & Accountability



Shane Stagg
TBU and District President

Roles and Responsibilities

The last municipal election on October 24 saw the election of 11 DDSB trustees as follows:

Michelle Arseneault, Tracy Brown and Christine Thatcher representing Whitby, Emma Cunningham and Stephen Linton representing Pickering, Donna Edwards and Kelly Miller representing Ajax, Deb Oldfield, Shailene Panylo and Linda Stone representing Oshawa, and Carolyn Morton representing Brock/Uxbridge/Scugog.

District 13 was engaged in the election of trustees and offered endorsements to candidates. These endorsements were chosen in partnership with our education partners in Durham through the Durham Region Labour Council and with the assistance of a survey sent to candidates as well as an examination of their online footprints.

At a November 15 meeting of the Board, trustees elected their chair, Donna Edwards, as well as membership on Board committees. These roles have influence on finance, special education, parent involvement and other important matters related to public education in Durham and the working conditions of members.

Trustees hire the Director of Education, set policy and communicate with the public. They are represented through the umbrella provincial organization of the Ontario Public School Boards Association (OPSBA). OPSBA sits at the table of provincial negotiations. Trustees do not interfere with operational matters of the Board. When dealing with parent or community concerns for example, a trustee shall not provide direction to administrators or educators.

Meetings of the Board occur as often as 3 or 4 times a month. A web search for DDSB Board Meeting Calendar will take you to a page showing the dates. Also shown is a link to the agenda for each meeting and a link to

the live stream for the meeting. The links for past meetings remain available for a recorded view. Meetings can also be attended in person at the Ed Centre.

Addressing Concerns

District 13 has an Educational Issues and Political Action Committee which meets regularly. Included in the agenda is a discussion of Board

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DDSB Trustees: Responsibilities & Accountability (cont'd)

meetings. Members of the committee attend or observe the Board meetings to make note of significant items that may affect members. The links to a live or recorded version of the meetings has assisted in this mandate.

The District will reach out to trustees on matters of concern to members. Members are welcome to share their concerns with the District Office to be brought forward. The District also holds trustees to account with regard to their

positions on issues which may be expressed on social media for example. There is an expectation for trustees to uphold values that support public education in Durham including staff, students and families. They also have an expectation to uphold DDSB policies and a responsibility to uphold the Ontario Human Rights Code.

A DDSB Trustee Code of Conduct informs what is acceptable behaviour by a trustee. For example,

participating in discriminatory behaviour, such as making posts on social media that promote hate speech, is identified as discreditable conduct. An integrity commissioner appointed by the Board responds to complaints of trustee behaviour that may contravene the Code of Conduct. A web search for DDSB Integrity Commissioner will find the web page with both the Code of Conduct and the process for submitting a complaint to the Integrity Commissioner.

Where is President Waldo?

To reward our eagle eyed readers, the first 5 members to find President Waldo and send an email to Ruth Leone at ruth.leone@d13.osstf.ca identifying his location will receive a D13 prize!

Shop Safely Online this Holiday Season

Provided by OTIP



Online shopping has become a big part of many Canadians' lives. As an online shopper, you get to avoid checkout lines, scout for the

best prices and shop whenever you want – all from the comfort of your home. Here are nine online shopping safety tips to help prevent scams and protect yourself and your family this holiday season.

Read more at www.otip.com/article157.

FeelingBetterNow®

Connecting Mental Health Problems to Solutions

Stressed, anxious or depressed?

Go to: feelingbetternow.com/otip



Assess your
mental health



View your
action plan



Access your
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toolbox

Resources in *Your Toolbox* include:



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Yourself



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Reduction



Helping
Others

www.feelingbetternow.com/otip



Union Solidarity in Action



Richard McCormack
District Representative

The repeal of Bill 28, *Keeping Students in Class Act*, along with an Ontario court's decision to overturn Bill 124, *Protecting a Sustainable Public Sector for Future Generations Act*, has demonstrated the power of solidarity.

Both of these bills were introduced by the Ford Government and they violated a chartered right, the freedom of association. Ultimately, these bills were designed to directly interfere with collective bargaining. This government continues to be very motivated to find ways to bust unions and chart their own path in collective bargaining. These actions are a consistent reminder that we must remain united against an anti-worker government.

The power of solidarity cannot be underestimated. Before the repeal of Bill 28, private sector unions and public sector unions were mobilizing to protest the use of legislation that preemptively removed the right to

legal strike action as well as, enacted the notwithstanding clause, to ensure the legislation could not be challenged or overturned in court. This mobilization included plans for a mass labour rally at Queen's Park on Saturday, November 12, and a province-wide political protest on Monday, November 14, organized by the Ontario Federation of Labour (OFL). It was the might of the collective labour movement that forced the Ford government to repeal the bill.

The court's decision soon after to overturn Bill 124 demonstrated once again that legislation that interferes with collective bargaining is unconstitutional. It was the collective actions of many public sector labour unions who launched the legal challenge in

November 2019 and placed it in front of the courts that provided the opportunity for the court to overturn the legislation.

The efforts of individual members do not go unnoticed by OSSTF. In fact, it is the actions of our individual members who come together in support that demonstrate solidarity, and it is this collective action that enacts change. As OSSTF President, Karen Littlewood, indicated in a previous communication to the membership, "We thank all of our Members for their solidarity and support in standing up against Bill 28. The power of a united labour movement continues to be the best protection for school-board sector bargaining and of workers' rights in Ontario and beyond."

LifeWorks

LifeWorks counselling service is available through the OTIP LTD contract for Permanent Teachers. On an annual (calendar year) basis, you can access up to 12 hours of free face-to-face psychosocial counselling for you and your immediate family members. LifeWorks can assist you with work-related, family, personal or dependency problems. At this time, sessions are also available via distance options. As well, there are other web-based services available.

LifeWorks is mentioned on the District 13 website and in each newsletter.

To access LifeWorks, download the app or visit otiptl.lifeworks.com.

Log in with the username and password below:

Login: Lifeworks1 Password: @OTIPTL123

Can We Talk? Happy Holidays



Garrett Metcalfe
District Representative

It is that time of year again as social media engages in the same old debate – Happy Holidays versus Merry Christmas. We have all seen it play out year after year. You may have even lost some family or friends over it.

From an anti-oppression and social justice perspective, there really is no debate. As Bell Hooks, noted writer and activist, states “when you’re accustomed to privilege, equality can feel like oppression.” Equity is about ensuring that the needs of all in society are being met, not just those of the dominant group. True social justice relies heavily on the allies who are a part of the dominant group to step up and ensure that all are represented and have access. It is our responsibility to utilize this “social capital” to ensure that everyone has a place and voice at the table.

Those who find themselves offended by “happy holiday” greetings may be unintentionally

demonstrating to others a lack of awareness of their social capital and the responsibilities that come with it. This lack of awareness is in itself a key marker of privilege.

To be clear, there is no “war on Christmas”. Christianity does not come under attack when someone wishes you a “Happy Holiday.” Folks don’t necessarily know what holiday you celebrate, and we should make no assumptions about what others around us are celebrating. A Happy Holiday greeting is just a friendly way to ensure that the needs of all in society are being included in our well-wishes. This is an entry point of equity work.

This may feel like an attack for some Christians. However, as Hook suggested, sometimes when we have always been a part of the dominant culture, it can feel like oppression.

Christians have not lost any power by saying or receiving a Happy Holiday greeting. Christianity is still held in a place of value: they still get their holidays off from work, folks still understand and validate the faith they practice, they can access churches safely, Christianity is imbedded in all institutions, and Christians can find others who share their religious views anywhere in Canada.

From November to January, there are well over 20 different celebrations, and all of them have in common the key values of compassion, generosity, kindness, love, and peace. In these values, we find ourselves all united!

Wishing everyone a much deserved and needed break.

Happy Holidays to all!



CAREpath provides support for our Permanent Teachers and their families when they are faced with a new diagnosis or a recurrent diagnosis of cancer. The support also includes a cancer survivor support program which can assess health risks in order to reduce the risk of recurrence. If you, your spouse or children need this support, call today! Contact the District Office for the LTD Policy #. If you want cancer treatment information for friends and extended family members, you can call the free Cancer Info Line at 1 800 290 5106.

Protective Services Committee - Regional Fall Conference: Negotiations Training



George Chaktsiris
Communications Chair

I had the opportunity to attend a workshop about bargaining that was put on by the Protective Services Committee during their most recent regional conference in November. This was the first time I've had an opportunity to attend a bargaining workshop of this kind. Our work started early on a Friday and continued until midday on Saturday. One of the other opportunities that came from this experience is the chance to network with other bargainers in the GTA school boards that OSSTF represents.

Through some of my conversations with others, it provided a chance for me to hear first-hand some of the issues and struggles that other districts are having as well as some of the success stories they can provide. However, the main event of this conference commenced on Friday morning. We were greeted with a whole group introduction and overview prior to breaking off

into small groups for the rest of the day. Our groups were assigned by the organizers, which included our own Chief Negotiator, Nicole Bléau, who sits on the Provincial Committee, as we were divided into negotiators for either the employer or union. The purpose of these groups was to conduct a negotiations simulation where we were given a set of circumstances and had to try and negotiate an agreement between the two parties. Time was of the essence in these negotiations not only because we had a limited amount of time to carry out this activity, but we were provided with periodic updates including new information that would affect our negotiation. I personally learned a lot from my group members, some of whom also had limited experience with negotiations and other group

members that have been negotiating for decades. This is an excellent example of some of the mentorship opportunities that our Federation provides its local leaders to help them represent us as members and our needs. The chance to spend time with our local group of leaders that attended from our own District was also had. We exchanged stories and experiences about the workshop as we begin the process of preparing for local bargaining during the current round of negotiations. This proved to be a priceless team building exercise for our local negotiations team. Once again, I think I can say with a level of certainty that we have one of the best local negotiations teams in the province, comprised of individuals with various experiences and perspectives, looking to learn from each other.

Resisting Rust: How to Protect Your Vehicle from Rust Damage

Provided by OTIP

While road salt helps drivers get safely from one place to the next by keeping streets clear of ice and snow, repeated exposure can leave your vehicle vulnerable to rust. If not correctly taken care of, rust can cause significant damage to your vehicle and pose serious safety risks. Here are 5 things you can do to protect your vehicle from rust damage this winter.

Read more at www.otip.com/article156.

News from ARM Chapter 13/16

Iain Beaton

President, ARM Chapter 13/16

The Active Retired Members of Durham and York started the school year with an online meeting of its new Home Care committee. This committee had a second meeting in November, and is developing a presentation we hope to deliver to colleagues in ARM and the local Districts. We have identified improvements to Home Care as an issue that matters to many of us – not just the elderly and retired, but those who are caregivers to members of our families and want alternatives to sub-standard care in long-term care homes.

Our first in-person event was a lunch at Slabtown Cidery in Uxbridge on September 29. A couple of days later, two Chapter

members attended the Ontario Health Coalition's Annual Action Assembly at the Central YMCA in Toronto. The OHC has been vigorous in its opposition to Ford's efforts to undermine, and to privatize, all aspects of the public health care system – long-term care, hospitals, and home care. They recently announced a court challenge to the government's new law forcing elderly patients out of hospitals into long-term care facilities, and ARM 13/16 strongly supports this.

Back in June, several Chapter members volunteered for candidates in the provincial election. Unfortunately, no PC incumbents were unseated, but a few of them won by smaller margins than the previous election. It was encouraging to see OSSTF

members (working and retired) and other education workers out canvassing for committed candidates, despite the lack of electoral success. We need to build on this activism, and the union solidarity exhibited in the recent CUPE contract fight, to oppose Ford in the next three years and to be ready for the next election.

The ARM 13/16 Executive for 2022-23 is: Iain Beaton, President; John Pownall, Treasurer; Cyndie Jacobs, Communications; Cristal Diemer-Ewles and Judith McCutcheon, members-at-large.

If you want to get in touch with us, our email address is: chapter13and16@gmail.com.

Best wishes for the holiday.



Partner For Life
2022/2023
1 888 2 DONATE

TEAM NAME

District 13

OSSTF

Partner ID:

DIST0102203



Kitchen Korner

Heather Tyrrell
Communications Rep.
J. Clarke Richardson

"The weather outside if frightful"
.... oh, who's kidding who? It has been nice outside weather-wise so far. However, "Old-Man" winter will be here before we know it. Which means the holiday season will also be here soon!! Time for relaxing, celebrating with friends and family or if you are good friends with "Old-Man" winter.... maybe skiing is your thing!! Either way

food is the fuel that keeps us going, the international language we all understand, and food is used during most times of celebration. I personally love making food for people as it is a way for me to express how much I care. Home-made food gifts are often underrated!! I love when someone makes me something from their own kitchen or gifts me a jar that requires very little effort on my part! Here are some links to some gift ideas that you can make for someone.

<https://www.tasteofhome.com/recipes/cranberry-chocolate-chip-cookie-mix/>

<https://confessionsofanoverworkedmom.com/gifts-in-a-jar-for-christmas/>

<https://thefrugalgirls.com/2020/04/best-homemade-brownie-mix-recipe-from-scratch.html>

<https://tastesbetterfromscratch.com/candied-pecans/>

Today's Tip

Cook apples for pie

To keep apple pie crust from getting too brown, give the apples a head start so they won't have to bake as long to get tender. Shirley Miller of Browns Valley, Minnesota, says, "Put sliced apples in a pie plate (not metal) the same size as the pie you're making. Cook in the microwave for eight to 10 minutes. Place partially cooked apples in your prepared crust along with the other filling ingredients. Put the top crust on and bake."

~Chef Tyrrell~

Today's Funny

"Spaghetti can be eaten most successfully
if you inhale it like a vacuum cleaner" 😊

- Sophia Loren-

PSSP Update: I'm Back!

Amanda Frumkin PSSP Vice President

It feels like just yesterday I was drafting a sassy little composition to prepare for the 2021 Winter Break yet here we are again, preparing for the same break a full year later!

Last year's tongue-in-cheek submission was filled with simple yet effective strategies to promote positive interactions at social gatherings. I encourage you to reread for a cheeky refresher.

This year, a brief retrospective.

So many wonderful, exciting, and interesting things came out of 2022. They include, but are not limited to the following:

The return of in-person area team meetings

How lovely it has been to see our members in psychological services, social work, speech and language pathology, interpreters, intervenors, and child and youth workers as well as our educator colleagues back in the schools and/or around the meeting tables. Engagement seems to be higher when we are all able to share the same space physically. There is no substitute for face-to-face, in-person meetings. Also, good riddance to the phrases "you are on

mute" and "is my mic working?"

Cyber hacks and attacks

On the surface, cyber attacks are stressful and by no means a joking matter. But there is a silver lining, and it is that we have once again seen the strength, speed, and agility with which our Board IT colleagues responded to these events. They continue to work through the issues, and we manage to react with flexibility and grace once again, while parents, schools, and our management give us time and space to do our work differently. #notetaking old school #totally cool

The Right to Read Inquiry Report

Very sobering and staggering statistics have been presented regarding meaningful access to education for students with reading disabilities. PSSP staff have the experience and expertise to provide a solution that is evidence-based to support our students and help them, through collaboration with the school teams, become more proficient and fluent readers. We are ready and able to work as a team with classroom teachers, literacy tutors (reminder, they are also OCT certified teachers), SERTs, and curriculum facilitators. The

PSSP members will be able to assist directly or direct you to a person who can. (For more-serious-information, please have a look at <https://www.ohrc.on.ca/en/right-to-read-inquiry-report>)

A healthy mix of new and experienced members on the PSSP executive

We have fresh faces with high and positive energy as well as some experienced staff who have returned for another term on the executive. We are eager to work for you, answer questions you may have, provide you with support if you require, and encourage you to consider joining us for activities. We are open to your suggestions about how to improve the members' experiences and increase engagement. You are always welcome to contact any of us for any matter with which we can assist (especially if you would like to consider running for a position on the executive in the future).

My wish for you all, always, is that you have a peaceful and joyful break, a healthy and happy year ahead, and many hours filled with the people and activities you love the most.

Signing off for 2022,

Amanda Frumkin SLP-c

Mental Health Supports for our Members



Nicole Bléau
District Representative

If you are struggling, it is important that you know that help is available. There are various levels of counselling, from free options to those reimbursed under our benefits plan. There are online supports to help with coping strategies and to help manage stress, anxiety and depression. Help is there if you need it.

If due to mental health reasons, you are too unwell to work, people often use the term "stress leave". But that is a bit of a misnomer. If, for reasons physical or psychological, you are too unwell and not able to work, that is what sick days are for. It is perfectly acceptable to use sick days due to extreme stress or anxiety or depression or other mental health-related issues. You would use these days as you would for any physical illness. If you are off for 1 or 2 days in a row, you call in sick and that's it. If you are off for more than 2 days in a row, you will need your doctor or psychologist to complete an Abilities Form attesting that you cannot work. You can access the Abilities Form at any time on our website at www.d13.osstf.ca/abilitiesform.

Outlined below are the various counselling and mental health assistance options available to our members. Please take advantage of the help available. There is no need to struggle in isolation. If you have any questions about this, please contact me at the District Office at (905) 668-7100 or use my District 13 email address at Nicole.Bleau@d13.osstf.ca at any time.

Counselling Options

There are three levels of practitioners when it comes to mental health issues and they each fall under different payment/benefit areas:

1. Psychiatrist: this is a medical doctor so they are covered under OHIP; you need a referral from your family practitioner and the wait time to get an appointment can be VERY long unless it is a crisis situation (the wait can be up to 8 or 9 months); these practitioners will have the highest level of training but will have very little time to spend with each patient; they are the source for diagnosis and medication; you should definitely seek help from someone else while waiting for your referral to the psychiatrist.

2. Psychologist/Psychotherapist/Registered Social Worker/Registered Family Therapist/Registered Clinical Therapist/Registered Psychoanalyst/Psychological Associate under

supervision of a Registered Psychologist: these practitioners are the next highest level of training (Masters or PhD); these practitioners are registered within their respective designations; they will have by-the-hour fees in the range of \$150-\$250/hour that you will pay upfront, those for a psychologist being the most expensive; the services of these specific types of practitioners are those that are eligible for coverage under the OSSTF benefits plan up to a combined benefit year (i.e. school year) max of \$2,000; these practitioners will engage in talk therapy and provide strategies to deal with your issues; you must find your own practitioner rather than through a formal referral process (no referral required); you should especially access these practitioners if you need intensive or long-term counselling; during pandemic times, they are arranging virtual sessions as well.

3. Counsellor/Therapist (plus various other titles): these practitioners are the next highest level of training (usually a minimum of a Masters); these are the practitioners who most often offer services under the free LifeWorks plan (formerly Posaction - 12 free counseling sessions per calendar year-see below) and the DDSB EFAP plan (see below); these practitioners will engage in talk therapy and provide strategies to deal with your issues. These practitioners are NOT eligible for reimbursement under the OSSTF benefits plan.

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Mental Health Supports for our Members (cont'd)

How to Access Free Services:

- **STARLING MINDS --- Available to All OSSTF Members:**

Starling Minds is a confidential, self-guided digital program that helps you identify the thoughts and feelings of stress, anxiety, or depression. It helps you build the knowledge, skills and tools you need to better manage your mental health through checkups, exercises, educational videos, guided training sessions, and a peer community. Starling Minds is an educational program that is based on Cognitive Behavior Therapy. It's a helpful tool to use alongside medication and/or in-person therapy.

Visit: member.starlingminds.com

Access code: **OSSTFMEMBER**

- **LifeWorks (formerly Posaction) – Available to Permanent Teachers:**

LifeWorks is a free program that provides up to 12 hours of psychosocial counseling per year for Permanent Teacher members and their family through their LTD plan. As well, it offers access to articles, videos, podcasts, assessments and toolkits. There is a wide variety of counselors available to aid with work-related problems, personal difficulties, family difficulties, substance abuse, and many other topics. The program is completely confidential, available to yourself and immediate family members. During the pandemic, they are arranging virtual sessions. It is important to note that LifeWorks is designed to be used when you need help now. If you need ongoing

visits for a long period of time or year-over-year, you should be finding a local counsellor through our benefits plan who can provide you with more personalized care.

Call 1 800 668-0193 or Download the app on the App Store or visit otipl.lifeworks.com.

Log in with the anonymous username and password below:

Login (Username): Lifeworks1

Password: @OTIPL123

(case sensitive)

- **EFAP – Available to All DDSB Employees:**

EFAP (Employee and Family Assistance Program) is a set of free support services and limited counselling options provided by the DDSB for all Permanent employees and their immediate family. They also provide different kinds of “modalities” for care: from phone sessions or video chats, to email or live chat. The EFAP is not designed for long-term counselling (only a few sessions per year available), but they may offer other helpful assistance including financial, legal, nutritional and family support.

1 844 880-9142 or workhealthlife.com

Identify yourself as an **employee of the Durham District School Board**. No special password or contract number required.

IMPORTANT NOTE: the LifeWorks/Posaction program was recently purchased by the same company which runs the Board's EFAP program. When you call or use their website, there might be some confusion around which program

you are trying to access. You have access to both. You should provide the word “OTIP” in order to successfully access the counselling services.

- **WWW.FEELINGBETTERNOW.COM /OTIP – Available to Permanent Teachers:**

This is a free program through OTIP which will help you start a conversation with your doctor about mental health issues. Within 20 minutes of entering the website, you will have a preliminary assessment of your emotional and mental health. In the event that you are at high risk for a clinical disorder, you will be provided with a set of online tools to help you and your physician identify and treat emotional and mental health problems using Medical Best Practices.

Note regarding Login: To enter the FeelingBetterNow® Web site, please **start to type in the FULL name of your Employer**. When your Employer name pops up, **press ENTER to proceed**. Your Access ID will be displayed below **AFTER** you press enter. (access ID : OTIPRAEO)

Attention D13 Members

The D13 PD Committee provides up to \$100 to members who attend conferences or workshops or take non-credit courses as self-directed professional development.

Apply using the PD request form by June 1st.

<http://www.d13.osstf.ca/pdfunding>

District 13-DDSB Joint Professional Development Day Another Successful Day—Thank You!



Garrett Metcalfe
District Representative

This year's theme "Reconnect & Build Together" could not have been more perfect having come out of two years of virtual professional development days. We had a huge number of proposals come in and are so thrilled to have been able to offer over 65 in-person sessions this year. We were certainly all embracing the opportunity to come together in community and learning.

Pulling a day like this together requires a huge team effort and District 13 would like to extend our appreciation to everyone who offered a session and to our Professional Development Committee for making it all happen!



Student Achievement Awards 2023



Nicole Bléau
District Representative

The Student Achievement Awards is an OSSTF writing and creative arts competition which is open to all public secondary school students in Ontario. The competition is meant to encourage the intellectual development of our students and an interest in society. The theme this year is "I Am Everything They Say I Am Not". We travel through life facing critics at every turn. Yet, with all those critics and constant evaluation, the worst critic often ends up being ourselves. We can prove every one of those critics, including our toughest critic - us, wrong. We can be everything they say we will never be. We can be everything they say we are not.

Students around the province were inspired creatively by this theme. Eleven provincial winners will be awarded \$1,000 each in prizes and will be invited to our Annual General Meeting in March, where a video showcasing their work and the OSSTF member who supported them will be screened.

In Durham, eight entries in five different categories were submitted from around the DDSB. The entries included a wide variety of poetry, short stories, paintings, sculptures and digital art. Our regional winners who will be going forward to the Provincial level were supported by the following members with students at the following schools:

Division A – Prose and Poetry

Category A-1: Prose and Poetry, Intermediate, 9-10 Academic

Supporting Teacher: Alexandra Kelly, Student from O'Neill CVI

Category A-3: Prose and Poetry, Senior, 11-12 University

Supporting Teacher: Zabel Ashukian, Student from Ajax HS

Category A-6: French, Senior, 11-12

Supporting Teacher: Khadija Chatar, Students from Pickering HS

Division B – Visual and Media

Category B-1: Visual, Intermediate, 9-10

Supporting Teacher: Arren Young, Student from Pickering HS

Category B-2: Visual, Senior, 11-12

Supporting Teacher: Theresa Wyatt, Student from R.S. McLaughlin CVI

Best of luck to all of the participants!

New Teacher Workshop

Shane Stagg
TBU & District President

With over 80 new permanent teachers hired to the DDSB over the last year, District 13 hosted 3 workshops for our newest Teacher Bargaining Unit members. These sessions were held at the District 13 office on December 13 & 14, and online on December 15.

During these sessions, new teachers were introduced to the collective agreement, pensions, benefits, sick leave, professional boundaries, professional judgement, anti-oppression, health & safety, incident reporting, district committees and more. Starting a new career in teaching is a significant challenge. We are grateful that our newest members took time out of their busy schedules to become acquainted with the work of the District Office and the services we provide to members.

Upcoming Member Engagement Events

RECONNECTING

You are invited to join OSSSTF members in a supportive space as we slow down and take the time to reconnect with ourselves and one another.

Your Well-Being Matters!

On January 19th you are invited to join

D13 member Daphne Marsella

from 4:15—5:15 pm at the D13 Office

We know the importance of supporting the students in our care, but we can't pour from an empty cup. This will be an opportunity to pause, practice mindfulness and promote compassion within ourselves. Daphne is hoping that those who attend experience:

- Increased Energy
- Feelings of Calm
- Improved Well-Being
- Compassion for Self & Others

There may be an opportunity to make these more regular sessions if the interest is there. To register for this event please visit the following link: <https://forms.gle/T9Fb1n5PK5BLKKtbA>

The Anti-Oppression & Social Justice Collective
and D13 Public Relations Committee Presents

PAINT NIGHT

WITH CURLY
SHIRLEY ART

FRI JAN 27

D13 OFFICE 601
PALACE ST, WHITBY

4:30PM - 7:30PM

**FOOD & DRINKS
PROVIDED**

\$25 TO PARTICIPATE

CLICK HERE TO REGISTER



D13 Jewish Advisory and Public Relations
Committees Present

**JOSEPH
THE
AMAZING
TECHNICOLOP
DREAMCOAT**
LYRICS BY TIM RICE MUSIC BY ANDREW LLOYD WEBBER

Thursday February 9th

Open to all District 13 Members
10 Tickets Available (1st come 1st served)

Princess of Wales Theatre
8:00pm Curtain

Join us for dinner prior at Pizzeria Libretto

You pay only \$24.50
(plus your dinner)

Register by completing the google form or
calling Garrett at the office: 905 668 7100



Click here to register

LACE UP YOUR SKATES

For the D13 OSSTF Annual
Member Free Skate
Family Day, February 20th, 2023
1-3 PM
McKinney Centre Whitby
Arena #3

Please bring a non-perishable food item

See your Branch President for FREE tickets



Upcoming Events for D13—2022-2023 (as currently scheduled)

January 19, 2023	Reconnecting Wellness Workshop, 4:15 –5:15 pm at the D13 Office
January 27, 2023	Paint Night, 4:30-7:30 pm at the D13 Office
February 9, 2023	Joseph and The Amazing Technicolor Dreamcoat
February 20, 2023	District 13 Skate, 1:00-3:00 pm at McKinney Arena, #3, Whitby
February 22, 2023	Pink Shirt Day
April 25, 2023	Pregnancy/Parental Leave Workshop, 4:15-6:15 pm at the D13 Office
April 28, 2023	Day of Mourning
May 4, 2023	District & TBU Annual General Meeting 2023, Ajax Convention Centre details TBD
May 7, 2023	Steps for Life, 10 am, details TBD
May 11, 2023	PSSP Annual General Meeting 2023, details TBD
May 16, 2023	World Education Support Personnel Day
May 17, 2023	Student Award Night, details TBD
May 18, 2023	OTBU Annual General Meeting 2023, details TBD
June 4, 2023	Durham Pride Parade, details TBD
June 9, 2023	District 13 Golf Tourney @ Lyndebrook Golf Course, details TBD
June 16, 2023	Deceiving Divas, 8 pm, Oshawa Legion
June 25, 2023	Toronto Pride Parade, details TBD

Happy Holidays & Warmest Wishes

From District 13 Executive,

Shane, Nicole, Richard, Garrett, Chris, Esther, Rob, George,
Orit, Kathie, Marcy, Senthuran, Jacquie, Khogu,
Stephanie, Julia



DISTRICT 13 OSSTF



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