

COVID 19 – UPDATE #11 (April 30)

Our Blue Cross EAP released a bulletin this week entitled “be resilient”. You can find a link to the document on our web page www.btateach.com . BTA members are encouraged to have a look.

Resilience is something all teachers have and practice daily. In the stressful time we currently find ourselves in, it is more important than ever to be the resilient leaders I know you all are.

Resilient people will focus on the positives.

We are still able to do our job and we are employed. Many families in our community are without work and are facing financial hardship due to this pandemic. Thankfully, we are still able to earn a living.

We are in a community that is looking out for our wellbeing. Thanks to a government that is looking out for us as well as the hard work of all the front-line staff, to date Brandon is relatively untouched by the severity of the Covid Virus. Looking south of the boarder, we see the realities of a different set of circumstances. Thankfully, we are safe and healthy.

Resilient people adapt to change.

As teachers, we are some of the most resourceful people on the planet. This crisis has brought out the best in many of you. To reach your students in a meaningful way, you have sought new resources that you would have never previously considered to reach your students in meaningful way. You have adapted and are starting to flourish in your new reality. Be sure to take time to celebrate these accomplishments.

Resilient people see stress as a challenge.

Our stress level grows with each day we are in isolation. Please continue to find ways to work through your stress: set a daily routine; try and get out for some fresh air; try and find more efficient ways to accomplish tasks. View this as a challenge you can overcome. Teachers deal with stress everyday and with a positive outlook we work through it.

Remember, everyone in the community is feeling a heightened stress level right now. As resilient leaders in the community the most important thing we can all do right now is be kind to one another.

Resilient people are not afraid to ask for help when they need it.

As always, please do not hesitate to reach out to me. I am here to support you.

And remember....

We are all in this together!

Cale Dunbar
President
Brandon Teachers' Association.

THINGS TO KEEP IN MIND:

Sick Time and Personal Leave

You have access to both of these provisions in our Collective Agreement. If you need sick day or personal day, book it as you normally would through Atrieve.

Privacy

It is never recommended to give your personal contact information to students or their families. If you choose to use your personal device or account to contact students, please take every precaution to ensure your privacy is maintained.

Joint PD Fund

If you find some online PD that you would like to access, please do not hesitate to put in an application. The deadline for application is May 6th. I look forward to seeing your application! The completed form should be scanned and emailed to the BTA office at: office@btateach.com We will confirm that we have received your application.