

Vernon Teachers' Association VOICES

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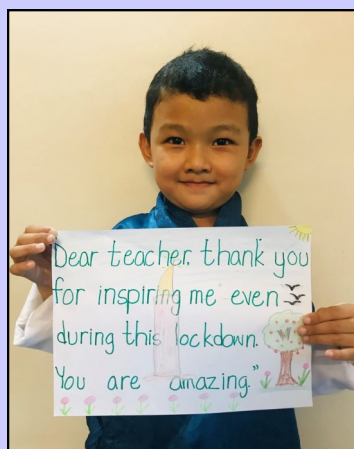
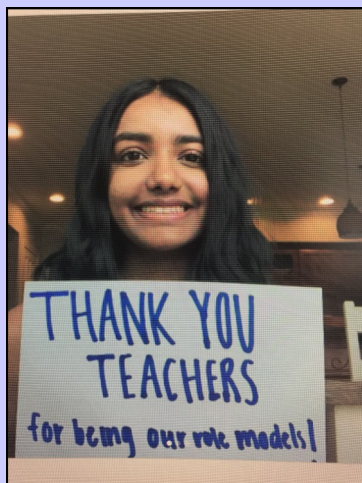
COVID-19 has caused unique challenges to delivering education, with a peak of more than 1.5 billion children in 190 countries out of school.

During this time, teachers have gone to incredible lengths to help their students keep learning.

To every teacher around the world, we have two words for you:

Thank you!

From children and young people in Bhutan and the Philippines, to Uganda and Canada, UNICEF has compiled a heart warming tribute to teachers, here are just some of them in their own words:



***From your VTA Executive, Representative
Assembly and Staff - all the Best to you
and Yours in 2021***

Speaking for Teachers in the North Okanagan

Reflections.....

Dear Colleagues,

Since March 2020 our lives have changed in so many ways. Some of us have known loved ones who have gotten sick or tragically died. Some of us have ourselves gone through difficult times (work and family). Some of us ourselves, have experienced trauma through the students' eyes or other adults' eyes. Some of us have felt the pain and suffering of these times all around us. It is hard to imagine the times before where everyone hugged freely and gathered together in small spaces without masks. With the vaccines starting to arrive in Canada, there is hope that we will see these times again soon.

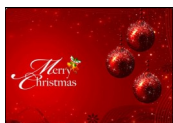
Notwithstanding all of the trauma you have seen, heard, felt and contemplated over the past 10 months, I know there has also been joy and hope in all of this. All students bring good to this world – a small, timid smile; a “ah-a moment” in the twinkle of their eyes; an unexpected good wish to another student or adult; a final project they are proud of finishing; a burst of spontaneous laughter; a funny saying on the shirt they wear; a curiosity of learning; a naivety of their world that makes us remember when we were kids; a homemade token of their appreciation; a moment of peace and love.

That is what I hope you all will remember as you spend time over the holidays in whichever way you choose to spend your time. We have made it this far! Something I didn't think was possible in September; we have made it to Winter Break! Please, take a restorative break over these next 2 weeks. You all deserve that and much more! You are troopers and hard-working individuals – without whom this district wouldn't function.

And, in January of 2021, let us remember our wellness. How do we all cope with these hard times? What is the resiliency in each one of us that keeps us going? How can we use that to support our students and colleagues? What are the good actions we take to keep ourselves well? I hope you will find some inspiration in the articles in this edition of Voices.

Remember the VTA is here to help – we have many resources at our fingertips. If there is anything I've learned in my 1.5 years as president, it is that the BCTF is a good organization, full of knowledgeable persons and support of all kinds – we just have to ask. And I encourage all of you TO ASK FOR SUPPORT when you need it. It is NOT a sign of weakness; it is a sign of courage and strength in realizing you cannot do it alone. None of us can, and none of us should. We are here together to support one another.

So, please, take care of yourselves these next couple of weeks. Have fun. Laugh. Love. And get all of the rest you need. Get outside in our lovely neighbouring mountains and breathe in the fresh air and enjoy the beauty of the outdoors all around us. Seasons' greetings to you all!



In Health and Wellness,

Cori

The Pillars of JOY

The Eight Pillars of Joy were created and talked about by Archbishop Desmond Tutu and His Holiness the 14th Dalai Lama in *The Book of Joy*, by Douglas Abrams. These two spiritual leaders offered up a foundation to achieving lasting happiness in the eight pillars of joy.

The eight pillars of joy represent four qualities of the heart and four qualities of the mind.



Design by: Matt Goetz, 2018
Reference: *The Book of Joy*, by Douglas Abrams, 2016

Tina Adams
VTA OH&S Chair





At-a-glance guide: Teachers Standardized Provincial Extended Health Care Plan

Coverage terminates at age 70 or upon earlier retirement.



Reimbursement	80% until \$1,000 paid per person per year, then 100%
Annual Deductible	\$50

PRESCRIPTION DRUGS (BLUE RX FORMULARY)

Pay-direct drug coverage	Yes
Drug dispensing fees and mark-ups	Same as BC PharmaCare maximums*
BC PharmaCare Lowest Cost Alternative	Applies
Sexual dysfunction	Covered
Contraceptives	Covered
Fertility	\$20,000 lifetime maximum

MEDICAL SERVICES AND SUPPLIES

	AUGUST 1, 2014	JULY 1, 2017	JULY 1, 2018
Medi-Assist	Included	Included	Included
Out-of-province emergency medical	Covered	Covered	Covered
Ambulance	Covered	Covered	Covered
Hospital	Private/Semi-private	Private/Semi-private	Private/Semi-private
Private duty nursing (including in-home)	\$20,000 per year	\$20,000 per year	\$20,000 per year
Hearing aids	\$2,000 every 48 mos.	\$2,700 every 48 mos.	\$3,500 every 48 mos.
Orthopedic shoes	\$400 per year (adults and children)	\$400 per year (adults and children)	\$500 per year (adults and children)
Orthotics	\$400 per year (adults and children)	\$500 per year (adults and children)	\$500 per year (adults and children)

VISION CARE (INCLUDES PRESCRIPTION SUNGLASSES)

Maximum	\$400 per 24 months	\$500 per 24 months	\$550 per 24 months
Eye exams	1 per 24 months**	1 per 24 months**	1 per 24 months**

PARAMEDICAL SERVICES

Naturopath	\$800	\$800	\$900
Chiropractor	\$800	\$800	\$900
Massage therapist	\$800	\$900	\$900
Physiotherapist	\$800	\$850	\$900
Psychologist	\$700	\$700	\$900
Acupuncturist	\$700	\$800	\$900
Podiatrist/Chiropodist	\$700	\$700	\$800
Speech therapist	\$700	\$700	\$800

* For drugs listed on the BC provincial formulary

** Eye exams are subject to Pacific Blue Cross Reasonable and Customary limits. Learn more about Reasonable and Customary limits at pbc.bluecross.ca/advicecentre

**Pacific Blue Cross is a registered trade-mark of the Canadian Association of Blue Cross Plans (CABCP) and registered trade-name of PBC Health Benefits Society (PBC), an independent licensee of CABCP. Certain insurance products are underwritten by British Columbia Life & Casualty Company (BC Life), a wholly-owned subsidiary of PBC. Blue Shield is a registered trade-mark of Blue Cross Blue Shield Association. 06/21/2022 02/18 CLPS 1016





HEALTH & WELLNESS RESOURCES

BCTF Health and Wellness Program - <https://bctf.ca/wellness/>

Living with Balance is a six-week group program for teachers that focuses on developing tools and skills related to improving one's vitality and resiliency. <https://bctf.ca/livingwithbalance.aspx>

Starling Minds is an online mental health and wellness tool that is designed specifically for teachers. - <https://bctf.ca/SalaryAndBenefits.aspx?id=38267>

Salary Indemnity Plan is a self-funded disability plan that covers all regular contract teachers and associated professionals in BC's public schools. <https://bctf.ca/SalaryAndBenefits.aspx?id=4782>

Pacific Blue Cross - Extended Health Care Plan - <https://www.pac.bluecross.ca/clients/teachers/>

Employee Assistance Program - Morneau Shepell provides mental, physical, social, and financial wellbeing services. <https://www.morneaushepell.com/>

BC211 provides information about and referral to a broad range of programs and services in your community. bc211.ca

Interior Crisis Line - 1-888-353-2273

Crisis Service Canada Call 1-833-456-4566 Text 45645 - <https://www.crisisservicescanada.ca/en/>

WEBINARS

Dr. Andrew Miki Webinar: Mental Health Impacts of COVID-19 on Teachers - [https://zoom.us/rec/play/tZU5f7z9-zk3SNWc5gSDAvN_W465J6ms0CVN-qYIyE3kB3VRZFvzN7YbYuOqI7A2jdjbf1vZRX_bFMuC?start-](https://zoom.us/rec/play/tZU5f7z9-zk3SNWc5gSDAvN_W465J6ms0CVN-qYIyE3kB3VRZFvzN7YbYuOqI7A2jdjbf1vZRX_bFMuC?start-Time=1588268162000&xzm_rtaid=kngjmjUlQH2dJvTRInDHxA.1588892082026.444b71d04c74cb888f77dee9d30e2bf6&xzm_rhtaid=283)

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Coping with Covid Online Wellbeing Modules for Staff and Students - <https://openparachuteschools.com/covid>

READING

Educator Wellness: Self-Care in a Selfless Field by Lilla Dale McManis, PhD - <https://resilienteducator.com/lifestyle/educator-wellness/>

How to Foster Compassion at Work Through Compassionate Leadership - <https://positivepsychology.com/compassion-at-work-leadership/>

Job Opportunity - VTA Mentorship Coordinator

Note - This coordinator position is funded and directed by the Vernon Teachers' Association, and is distinct from the District Mentorship Program. This coordinator will continue to work alongside the District in supporting their mentorship program.

Term: 0.2 release time to begin immediately upon selection and for the remainder of 2020-2021 school year. 0.2 release time to continue for the 2021-2022 school year.

Applicants: Available to any VTA member

Deadline: January 13, 2021

Email your application to president@vernonta.com

Please check out the VTA website: vernonta.com for a complete job description and explanation of the funding stream.

BCTF Health and Wellness Program



An early intervention and return to work program for teachers

My recovery and gradual return to work has been very challenging, with many unexpected obstacles along the way. (My rehab consultant)...has provided wisdom and support during this very difficult time. Her experience, combined with her ability to listen and empathize, has given me the encouragement and practical information I have needed to successfully return to work.

—Past program participant



all photos iStock



BCTF Health and Wellness Program Vision

The BCTF will assist teacher-members who are unable to maintain, or return to, their teaching positions due to a medical illness or disability by funding an early intervention rehabilitation program. This program is offered on a voluntary basis. The BCTF will promote wellness initiatives in districts and at individual work sites.

How does the program assist a teacher?

The Health and Wellness Program contracts professional rehabilitation consultants located in communities throughout the province. In consultation with your health care provider, these consultants will coordinate services that help to improve the teacher's health and functional abilities.

For more information,
contact the BC Teachers' Federation:

100-550 West 6th Ave, Vancouver, BC V5Z 4P2
604-871-1921 or 1-800-663-9163 www.bctf.ca

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Prior to working with my rehabilitation consultant, I felt at a loss as to how to recover and regain the ability to be useful and productive again... with their direction and guidance, I feel I am making progress in reclaiming my life... step by step we have developed small realistic and attainable goals that certainly help build confidence and strength.

—Past program participant



How can I be referred to the program?

Potential candidates can be referred to the program in four ways:

- self-referral
- by local president or designate
- by local school district representative
- by the BCTF Salary Indemnity Plan (short-term disability or long-term disability).

VTA Community Resources Fund

**Did you know?? Vernon teachers support
local charities & organizations:
\$1 per member/per month**



**Do you know a community organization
who could use our support????**

CRITERIA:

1. All requests for funding must be in writing:
2. Recipients must be local registered charitable societies or groups working on behalf of children.
3. Preference is given to new (to us) charities or groups.

CONTACT:

Alison at vp2@vernonta.com

Your Mental Health Deserves a Check-up

Check Your Battery

How are you currently feeling?

Feeling great!

Keep meeting your needs and practicing self-care.

Feeling okay.

How can you make your day a tiny bit better?

Struggling.

Practice triage. What area of your life is suffering the most right now? Focus on that one area today.

BlessingManifesting



Feeling good!

How can you maintain the levels you're currently at?

Meh.

How can you love on your -self today? Be extra kind to yourself.

I'm empty.

Pinpoint what's draining you and try to create a boundary & then do one thing that fills you up.

Professional Development in SD.#22



February PD Zone Conference: Watch for upcoming information on the February PD Conference - available sessions will be posted on the COTA website and a link on the VTA website.

Local Inquiry Grants: In January, check out the VTA website for more opportunities to apply for local Inquiry Grants.

Lisa LaBoucane

Professional Development Chairperson

pdchair@vernonta.com

VTA Office Protocols



As we bring our Covid-19 protocols up to date with the current public health safety measures, we would like to remind you of the following safety protocols currently in place at the VTA office:

- ◆ Sanitize hands upon entry and exit.
- ◆ Wear a mask upon entry, in common areas and whenever 2 metres distancing cannot be maintained.
- ◆ Sign in and out, complete a health screening and review the office protocols EACH time you visit.
- ◆ Consider limiting VTA office visits to essential work only.

We will continue to update these protocols and will post them on the VTA website. Please contact me if you have any questions or concerns. Take care!

Alison Norris

vp2@vernonta.com