



THE WELL TEACHER

Register:

<https://www.bctf.ca/topics/services-information/wellness/attend-a-well-teacher-group---a-free-wellness-workshop-designed-for-teachers>

Being a teacher today is not easy. The demands that educators face inside and outside the classroom make it difficult for many teachers to maintain their physical and mental health. Challenging classroom dynamics and supporting family and friends leaves educators with little time to focus on their personal well-being.

The Well Teacher Groups provides educators the time and space to work with their colleagues and a trained wellness facilitator to work on their wellness. This new program was developed Wade Repta, author of the book The Well Teacher, on which the program is based.

Local(s) participating: 35, 47, 49, 65, 66, 68, 69, 70, 71, 72, 78, 84, and 85
[Virtual workshop]

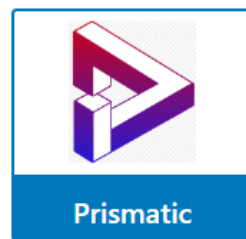
Name of presenters: Arlene Ward, Krista Whittaker, and Lara Williams
Workshop dates: Wednesdays beginning October 11–November 15, 2023
Time of workshop: 4:15–6:15 p.m. PST



Health and Safety Incident Reporting

The District has a new Health and Safety Incident Reporting Platform. Here is where you find it and how to report and incident

- Start at the SD71 Website, click **PORTAL** in the top right
- you may be asked to Login
- Look for this icon
- Choose the option that applies to your situation and start filling out the form. If you need assistance please see a JOHS committee member or feel free to contact the Union Office.



Important Dates

- Oct 11 - Staff Rep Training
- Oct 18 - Staff Rep Meeting @ Curling Club
- Oct 25 - General Meeting**
4-6pm Curling Club



Teaching is the one profession that creates all other professions. - Unknown