

OSTU News

#3 - October 2022



Meet the OSTU Crew!

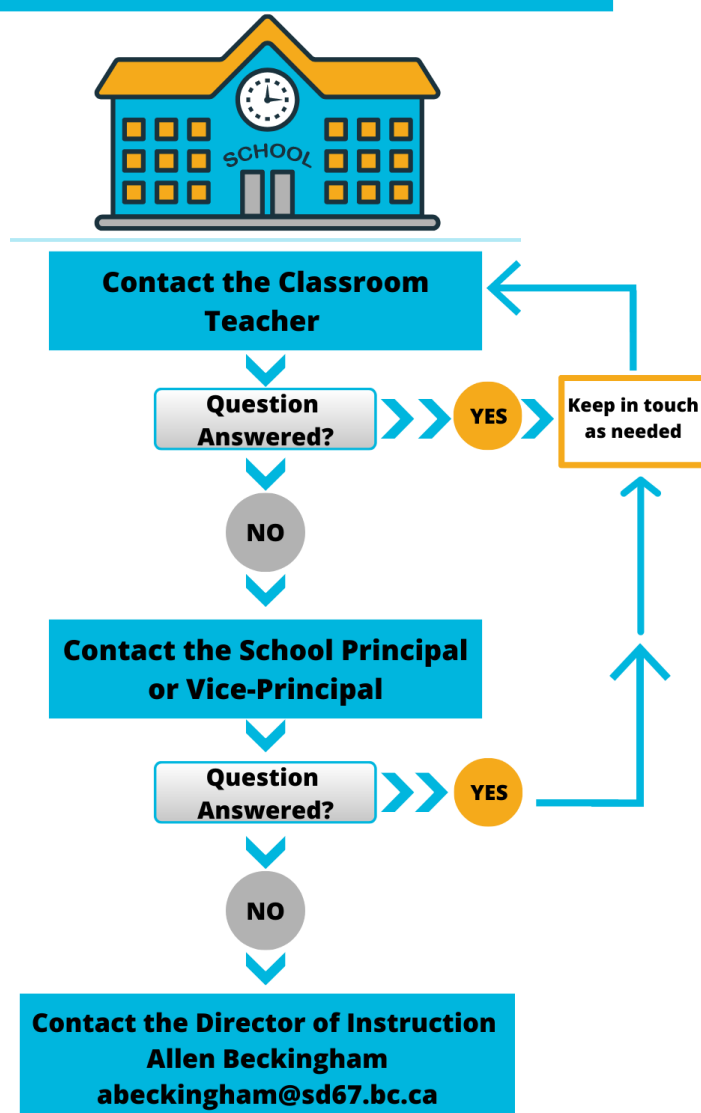
This is *NOT* Keith Bird, because Keith is shy. Keith is our amazing Office Manager. He is not a teacher but an office guru. He is the sole employee at our union office. Next time you talk to him, please thank him for his outstanding work supporting teachers.

Know Your Contract

Parent Complaints

Article E.32 in our contract outlines how parent concerns and complaints are to be handled. Here is the info graphic that is available on the SD website. It only shows the basics, but gives you an idea of what the contract says the process will be

- SUGGESTIONS, QUESTIONS, OR CONCERNS
- ABOUT YOUR CHILD? •



LIVE WEBINAR

6-Week Mental Fitness Challenge Series for Burnout and Depression

Weekly on Tuesdays: Oct 18th, 2022 - Nov 22nd, 2022 4 PM PT | 7 PM ET

Join our 6-week interactive **2022 Mental Fitness Challenge** with our Chief Science Officer, Dr. Andrew Miki to learn how to prevent or combat burnout.

- **Session 1:** What is Burnout 101?
- **Session 2:** Managing stress, anxiety, and depression
- **Session 3:** Finding emotional regulation skills that work for you
- **Session 4:** Making effective plans and assertive goals to move forward
- **Session 5:** Managing your thoughts when you're down
- **Session 6:** How to manage burnout and your work



Dr. Andrew Miki
Chief Science Officer, Starling Minds

Dr. Andrew Miki is the Chief Science Officer of Starling Minds. Passionate about laying out an action plan for people, he works with a team to harness the power of digital to help educators improve their resilience and quality of life.

Register

In Spring 2022, the Mental Fitness Challenge helped 1200+ members

43%
Improvement in anxiety scores

51%
Improvement in depression scores

81%
Unhealthy showed symptom improvement

46%
Overall symptoms improvement

How do I sign up?

Step 1: [Click here](#) to register for the Six-Week Mental Fitness Challenge Series for Depression and Burnout.

Step 2: Use your BCTF member ID and the access code BCTFMEMBER or BCTFFAMILY to register for [the Starling Mental Fitness program](#). The Mental Fitness program is a self-guided program that will be used during the webinar series.

Pro-D

Did you know you can use your individual funds to pay for credit courses such as a diploma or a masters? Fill out a claim expense form with your registration receipt to get reimbursed.

Health & Safety

FYI – We have Health and Safety related resources on the OSTU website? Click the [red](#) Health & Safety link above to read about Harassment, WorkSafe, and asbestos.