



Stronger together Staff Rep Weekly

Please share this important information with all VESTA members

Dates to Remember

*Meetings at VESTA Office,
4:00 pm unless otherwise
indicated*

September 25
WLC / B Committee

September 26
Professional Issues
Committee

Adult Ed Executive 10.00 am

September 27
Professional Development
Day

October 1 to 3- 9 am to 3 pm
Staff Union Rep Training
Maritime Labour Centre

October 1- Inner City
Teachers' working group

October 7- Anti-Poverty
Committee

October 10
Professional Issues

Living with Balance

We are excited to provide the BCTF's Living with Balance program for Vancouver teachers this fall. This program was initiated by the BCTF Health and Wellness Program and developed by the Occupational Rehabilitation Group. Living with Balance is a group workshop, which will run for two hours over six weeks, on Wednesdays from 4:00-6:00pm (Oct. 16th, 23rd, 30th, Nov. 6th, 13th, and 20th). Living with Balance sessions will take place at the VESTA office. It focuses on developing tools and skills related to improving one's vitality and resiliency. This holistic approach to wellness will equip teachers to make simple lifestyle changes that will positively affect their physical, mental, and emotional well-being.

LOOK FOR POSTERS IN YOUR SCHOOL SOON!

You can register online at <http://www.bctf.ca/forms/LWB-registration.aspx> or use the printable registration form at <http://www.bctf.ca/uploadedfiles/Public/SalaryBenefits/Rehab/LWB/RegistrationForm.pdf>

World Teachers' Day - October 5

Teachers around the province and in more than 100 countries celebrate World Teachers' Day on October 5. World Teachers' Day began in 1994 to raise awareness and understanding of the challenges facing teachers every day. The [Education International website](http://www.educationinternational.org) features celebrations and how you can register your event: <http://www.worldteachersday.org/map/main>

Photos wanted from Truth and Reconciliation Week. Send to janek@vesta.ca. Thanks!

E-mail!

Gerry Kent, President
gerry@vesta.ca

Dan Graves, 1st VP
dan@vesta.ca

Heather Allison, 2nd VP
heather@vesta.ca

Janek Kuchmistrz,
3rd VP
janek@vesta.ca

Chris Murphy,
AE President
murphy@vesta.ca

Office: 604-873-8378

ADVICE CORNER:

What to do when a "mystery" VSB form arrives?

Please CALL us at VESTA!

There are more and more official forms and documents arriving on teachers' desks. Do they belong there?

In the past two weeks, a "September Request for Increase in SSA Allocation" form was distributed for new, designated students at a school. Who completes this form? Our position, and that of senior VSB management, is that this is the work of the administrative officer. Classroom teachers should not be doing this paperwork—but teachers can provide input at school-based team or class review meetings.