



Stronger Together

2015 December 9

Staff Rep Weekly

Please share this important information with all VESTA members

Dates to Remember

*Meetings at VESTA
office 4pm unless
otherwise indicated*

December 14
Social Justice Committee

December 15
Executive Committee

December 17
TTOC Committee

January 12
Executive Committee

January 19
General Meeting/
Staff Rep Assembly

Starling Minds Update

Starling Minds is a BCTF initiative to help teachers manage stress. The Starling Minds Program has been upgraded to improve the experience. Some of the important upgrades include:

- Starling will be fully usable with tablets and mobile devices
 - Most of Starling's tools and features have been redesigned to improve the overall look and feel
 - starlingminds.com will look different and have slightly different content
- Visit starlingminds.com to register!

What is the BCTF Health and Wellness Program?

The BCTF Health and Wellness Program supports and empowers members recovering from illness or injury to regain an optimum state of wellness, health and productivity by providing rehabilitation services and promoting self-care. You do not need to be off work or on disability benefits in order to participate in the program. A referral to the program can be made on the basis that a member is struggling with a health issue that could result in disability if it is not addressed. It is funded by the membership of the BCTF. For more information about the program you can call the VESTA office, or call the BCTF directly. Information about the program is on the BCTF website at bctf.ca/wellness.

Looking for AGM Delegates

Teachers interested in attending the BCTF AGM in March 2016 should send their nomination forms to the VESTA office. This is an exciting year to be at the AGM as it is the 100th anniversary of the BCTF AGM meeting. The dates for the AGM are March 12—15. Childcare is provided as well as accommodations and reimbursement for meals. It is a great way to start your Spring Break. Go to the VESTA website for a [nomination form](#) or speak to your staff rep. We will elect our delegates at our January 19 General Meeting.

For Pro-D Chairs

The Joint Conference Fund is accessed by teachers through the Professional Development Committee. It is intended for teachers to pursue individual professional development activities, including attending annual PSA Conferences. Psychologists, speech language pathologists and other district teachers will apply to District Learning Services. All other staff will obtain funds at their assigned school. This includes teachers on temporary contract assigned to your school. TTOCs without a temporary contract can access up to \$75 through the VESTA office.



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