



Stronger Together

January 18, 2018

VESTA Weekly

Topics Worth Talking about! Please read and discuss with your colleagues

Dates to Remember

Meetings at the VESTA office start at 4pm unless otherwise indicated.

Professional Issues Meeting

January 22

Executive Committee Meeting and Workshop

January 23 Starting at 1:00pm

CSL Workshop

January 25
9:00-11:30am
For all staff reps



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Solidarity Rally For Low Wage Workers Today 5 - 6 pm

The BCFed is organizing a day of action across Canada to support workers at Tim Hortons in Ontario. When the Ontario government increased the minimum wage to \$14 per hour Tim Hortons eliminated workers' paid breaks, reduced access to basic drug and dental benefits, eliminated uniform and drink allowances, and even cut employees' hours of work. Tim Hortons is a very profitable company and made \$3 billion in revenue in 2016 for its parent company, RBI. To protest this punitive action by Tim Hortons and to show support for these and all low wage earners, attend the rally at the Tim Hortons near **1st and Commercial Drive in Vancouver on Friday January 19 between 5:00 and 6:00pm!** If you are unable to attend, the BCFed has also set up a quick link email to send to Daniel Schwartz, the CEO of RBI, who made the outrageous sum of more than \$6.6 million in wages, stock options and perks in 2016. http://www.fightfor15bc.ca/solidarity_with_tim_hortons_workers

Living with Balance Series

VESTA and VSTA will be hosting the BCTF workshop, *Living with Balance*. The workshop explores a variety of topics including goal setting, creating boundaries, the importance of diet and exercise, communication skills and tools and strategies to build resiliency. These group sessions of 10 to 15 teachers are led by trained consultants or qualified occupational therapists. The workshop will be held Wednesdays from 4 to 6pm at the VESTA office beginning April 4 and going through to May 9. For more information contact jill@vesta.ca or check out the BCTF website at <https://bctf.ca/livingwithbalance.aspx>. There is a link on the BCTF page to register or you can email lwb@bctf.ca. Note that registration is done through the BCTF even though the workshop is held at the VESTA office.

Starling Minds

The BCTF provides teachers with mental health support through a confidential online program specifically designed for teachers, Starling Minds. About 20% of teachers experience mental health issues. Starling helps teachers learn about stress, mental fitness exercises, and how to break unhealthy patterns that may lead to anxiety and depression. The Starling Program is a scientifically designed program that uses techniques such as education videos based on Cognitive Behaviour Theory, and case study videos. The program assesses symptoms and functioning and tracks your progress over time. More information and a link to sign up for the program is available at <https://bctf.ca/SalaryAndBenefits.aspx?id=38267>.

T4s

In an effort to save paper and money VSB employees are being asked to consider receiving their T4s through the portal only, rather than having paper copies of their T4s mailed to them. The advantages of having electronic copies, sited in the board's December email on the topic, include easy uploading to tax software, easy access to the T4 at any time, and early access as the T4s will be available on the portal mid-February rather than at the end of the month for mail outs. In order to ensure that you agree to have an electronic version only, the VSB has set up an electronic consent link through self-serve, Payroll and Compensation on PeopleSoft. You will need to click through "more" to get to the consent form as well as possibly login again. Click <https://k12essprd.bck12.ca/psp/k12essprd/?cmd=login&languageCd=ENG&> to get to the PeopleSoft site. It is a good idea to look at your paystub regularly through this link, to ensure that your contact information is up-to-date, and that your pay deductions, pay scale, etc. are accurate.