South Okanagan Similkameen Teachers' Union



Newsflash

Pro-D allotment completed today; please submit your reimbursement forms to your Pro-D rep

Social Justice SURT Tuesday Nov 24th on Creating an Inclusive Classroom See your staff rep for details

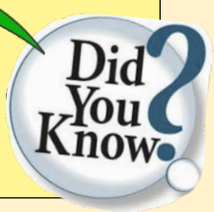
TTOCs Employment Standards Act states TTOCs have 5 paid sick days per calendar year; please see SOSTU website below for details

Failure to Fill (2 FTE) -- only 1 day thus far

School Board Trustee Inaugural Meeting Nov 10th / business Nov 17th

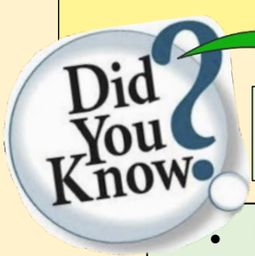
Feeling tired, take some time and read the article below

Coping with Teacher Burnout



Excellent Article defining the problem and more importantly highlighting some solutions

Link is at the bottom of the newsletter



BCTF Health and Wellness Program Can Help

- **Purpose:** Helps teacher-members who are ill, injured, or facing medical challenges regain a state of health, wellness, and productivity **to sustain** or return to a teaching assignment.
- **How It Works:** Connects teachers with community-based professional rehabilitation consultants who coordinate individualized care and support plans in consultation with the member's healthcare provider.
- **Cost:** There is no cost to the member for meetings with the rehabilitation consultant. Cost-sharing or coordination with extended health benefits may apply for recommended outside services.
- **Confidentiality & Voluntariness:** Participation is completely voluntary. Opting out does not jeopardize short- or long-term disability benefits. Medical diagnoses and treatment details remain confidential between the member and their consultant.
- **Additional Offerings:** The BCTF also supports related initiatives like **Starling Minds** (an online mental health toolkit) and **Well Teacher Groups** (facilitated peer wellness workshops).

How to Access

- **Phone:** Call 1-800-663-9163 or visit www.bctf.ca
- **Self-Referral or Local Referral:** Members can self-refer or reach out through their local teacher association or staff rep.