

President's Message

January 14, 2019

Exclusions

In the past couple of weeks, a number of stories have been published in the media regarding exclusions – what they are, why they are used and whether principals should continue to have the authority under the *Education Act* to use them. I had the opportunity to take part in several media interviews last week about this topic including one on Toronto's [Metro Morning](#), [Ottawa's Morning Show](#) and [Ontario Morning](#) (starting at 28:45). We also sent a [Letter to the Editor](#) of the Globe and Mail explaining the issue from the perspective of the administrator.

Starling Minds Program for Mental Wellness

As we start a new year, don't forget about your own wellness. Being back at school and into routines can take a toll. Have you registered for our Starling Minds program yet? If not, now is a great time to do so. Starling is an online resource to help support you in strengthening your mental resilience and wellness, providing education and training to help manage stress and prevent or minimize anxiety and depression. The program is based on Cognitive Behaviour Therapy (CBT). It is a confidential platform. Registration is free and available to all OPC Members and your families. [Visit our website to learn more](#) or to [register for Starling Minds](#).

In addition to the regular modules, Starling is launching a New Year's Resolution from Jan. 14 – Feb. 1 consisting of daily challenges to encourage you to think about mental resilience, and work on methods and plans to reduce stress early in the year. This week's challenges are:

Jan 14 – Take the Starling Assessment.

Jan 15 – Take a 5-10-minute walk. Identify 2 of your biggest stressors and how they impact you.

Jan 16 – Find 2 factors that charge your battery. Pick 1 to do today.

Jan 17 – Do 3 – 5 minutes of strategic breathing.

Jan 18 – Choose a behavioural strategy to try and set a SMART goal for the weekend.

New to the Administrator Role?

The [New Administrator Seminar](#) is an event supported by the Institute for Education Leaders and the three Principals' Associations that is available to newly appointed vice-principals/principals (appointed since December 2017). Learn key information that will support you in your new role and meet other colleagues who will become part of your professional learning community. This year's event will be held in Toronto on February

12-13. If you are unable to make the event, or have colleagues who may be interested in the event materials, they will be made available on our website after the seminar. Please check back on the OPC website upon conclusion of the event.

Media

[Autism group wants principals not to use exclusions](#)

[Making Shakespeare relevant in the 21st century](#)

[Government says scrapping sex ed curriculum doesn't violate Constitution](#)

[Sex-ed rollback and snitch line created chill among educators](#)

[Activists urge shutdown of sex ed curriculum](#)

[Province's lawyers say teachers can still use 2015 HPE curriculum](#)

[Teacher supply goes from glut to scarcity](#)

[As parents, we know inclusive education doesn't work](#)

[Campaign to educate teens on risks of vaping](#)

Queen's Park

The House is now in recess until February.