

President's Message

January 21, 2019

Starling Minds Program for Mental Wellness

This is week 2 of the Starling Minds New Year's Resolution challenge. These are 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 21 – Identify an activity that will increase your sense of relaxation. Set aside 5 minutes to do the activity.

Jan 22 – Note times when you felt angry, sad or frustrated on the mood tracker tool.

Jan 23 – Take 5-10 minutes to ask yourself how you're doing this week. Use the Starling Assessment to see where you're at.

Jan 24 – Pick another activity that relaxes you. Set aside 5 minutes for that activity.

Jan 25 – Do you feel anxious about things? Note those experiences in your mood tracker tool.

Starling Minds 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](#).

International Confederation of Principals (ICP)

Did you know that the OPC is a member of the International Confederation of Principals? The ICP is made up of over 40 Principal/Vice-principal associations, spanning 5 continents, that together represent more than 135,000 school leaders. As an OPC Member, you are among this international peer group. We are a proud and active member in ICP, whose mission statement aligns closely with our own values, namely, a dedication to “the development, support and promotion of school leadership globally” with a particular focus on “creating more equitable opportunities and outcomes for students through quality school leadership.” The connections made through ICP have helped to inform our practice both at the school level and as an association. This international network has also supported our marketing of books, products and professional development services to the international market.

We hosted the ICP World Convention in 2011 and we are proud to be hosting it again from **August 16 – 19, 2021**. Make plans to join us in Toronto to welcome the world, as we showcase the excellence that is our Ontario education system and also learn from our peers across the globe. Visit the [ICP website](#) for upcoming events, resources and additional information.

Condolences

It is with sadness that we share the news that John Judson, who was instrumental in the establishment of the OPC, has passed away. John was our first legal counsel and was part of the “road show” team that travelled across Ontario in 1997 helping principals and vice-principals find their way in the new post-union world. We extend our sincere condolences to John’s family.

Media

[Government can’t have it both ways on HPE curriculum changes](#)

[Tuition fees to be cut by 10%](#)

[Tuition cut also includes changes to OSAP program](#)

[10 lessons from 10 schools that dramatically improved](#)

[Government rolling back student aid reform](#)

[Parents of children with autism hear program is woefully broken](#)

[New aid plan weakens student power at postsecondary institutions](#)

Queen’s Park

The House is in recess until February 19.