

# President's Message

## November 12, 2018

### Starling Minds Program for Mental Wellness

We are pleased to announce that hundreds of our Members have already signed up to participate in the Starling Minds program, a new resource to help support you in strengthening your mental resilience and wellness. This is an online mental health and wellness program, designed for principals and vice-principals, that provides 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 that you can access from your computer, tablet or cell phone at a time convenient for you. Registration is free and is available to all OPC Members and your families. To learn more, [click here](#) for a backgrounder and FAQ. Ready to register? [Click here](#).

### Important Notice to Retiring OPC Members

If you are retiring this school year, and have optional insurance coverage (life insurance, accidental death & dismemberment) through OPC Benefits, you are eligible to maintain the coverage after your retirement. Optional, spousal life insurance and AD&D coverage terminate at age 70 and children are covered (for child optional life insurance) up to age 21 or 25 if attending university/college. Children may be covered without limit as to age if they are wholly dependent on you because of a mental or physical disability.

In order to maintain your coverage, you will need to become an [Associate](#) of the OPC within 30 days of your retirement. Please complete and return page two of the [Application to Terminate/Maintain Insurance Coverage](#) form to indicate whether you wish to **terminate or maintain** optional insurance coverage. Page one should be completed if you have not yet requested termination of your Long-Term Disability (LTD) coverage. If you do not indicate that you wish to maintain coverage and/or become an Associate after retirement, your coverage will be terminated after 30 days. Retirees are not eligible to reapply for coverage.

You may view your [benefits profile](#) on the OPC website.

### Prime Minister's Awards for Teaching Excellence in STEM and ECE

Evaluators are being sought to take part in the selection process for the Prime Minister's Awards for Teaching Excellence in STEM and Early Childhood Education. Evaluators should be knowledgeable about approaches, philosophies and best practices related to ECE and K-12 education; have experience assessing nominees against other current teaching practices and practitioners; have good analytical skills; be able to review applications against set criteria; be objective and impartial; and be available to spend up

to 10 hours for the review of nominations. If you are interested, or for more information, email [ic.primeministersawards-prixdupremierministre.ic@canada.ca](mailto:ic.primeministersawards-prixdupremierministre.ic@canada.ca).

## **Media**

[Teens feel sex discrimination early despite belief in equality](#)

[Ontario looking for skilled trade workers](#)

[Should teachers have to pass a math test? No](#)

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[Why do so few teachers want to be principals? \(From Ireland\)](#)

[Kids Help Phone launches texting support and counselling service](#)

[Government says teachers can retain substantial discretion on HPE curriculum](#)

[Land acknowledgements are a good first step but more work to be done](#)

[High school students get crash course in treaty history](#)

## **Queen's Park**

The House did not sit last week.