

President's Message

October 29, 2018

Starling Minds Program for Mental Wellness

We are pleased to announce the launch of a new resource for our Members to help support you in strengthening your mental resilience and wellness. Starling Minds is an online mental health and wellness program, designed for principals and vice-principals, that provides education and training to manage stress and prevent or minimize anxiety and depression. The program was developed by Dr. Andrew Miki and is based on Cognitive Behaviour Therapy (CBT). It is a confidential online 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](#).

Meetings at Queen's Park

In the past two weeks we have had very informative and successful meetings with Minister Thompson, NDP Education Critic Marit Stiles and Liberal Education Critic Kathleen Wynne. The meetings provided opportunities for us to introduce the OPC, talk about current issues we are facing in schools, offer to be a resource to them in their role and develop these important relationships. We will continue to reach out to these key people as we all work to make improvements in safety and learning conditions for our students.

Safe and Supportive Classrooms Act

Last week the Minister introduced [Bill 48, *The Safe and Supportive Classrooms Act*](#). If passed, the bill will allow the government to determine the numbers of elected and appointed Council members at the Ontario College of Teachers, preserve the right to peer review for principals and vice-principals at the College, introduce a proficiency test in math for new teachers and suspend the teaching certificate of any educator found guilty of sexual abuse of a student. For more background on the bill, [click here](#).

AGM Video Recording Posted to Website

For those unable to attend, we have posted a video of our [2018 Annual General Meeting](#) on our website for your review and information. It provides an update on our year in review related to our operations, finances and plans going forward. It is about 30 minutes long. You will need to be logged in to the website to access it.

Media

[School Councils left scrambling after Parent Grants put on hold](#)

[Ontario to pull teaching licences from sexual abusers](#)

[Education consultation quietly launched](#)

[Disability often excluded from drive for diversity](#)

[Certain books continue to cause an uproar](#)

[Land-based learning links curriculum with Indigenous culture](#)

[First trans Trustee elected](#)

[Funding cancelled for three post-secondary campuses](#)

[Minister leaves door open to cutting free tuition program](#)

Queen's Park

There were questions in the House last week about [post-secondary education and skills training](#), [cuts to funding for Ophea](#), [cancellation of funding for new post-secondary campuses](#), [school bus driver appreciation](#) and [possible cuts to OSAP funding](#).