

President's Message

December 6, 2021

Monthly Themed Professional Learning

We offer free professional learning sessions every month based on themes identified by our Members. The theme for December is Mental Health and Wellness. The session on December 7 will focus on *Changing You in Order to Change the World* and the session on December 13 will focus on *Raising Your Self-Awareness to Better Manage Everyday Stress, Worry and Anxiety*. Both sessions will be held from 4:00 – 5:30 pm EST. They are free to Members but you must register in advance.

Starling Minds

As we start the busy month of December, particularly after the past several months of operating under pandemic measures, we want to remind you of the opportunity to access services through Starling Minds. The program provides an online mental wellness program to you and your families, as part of your membership fee. It is based on Cognitive Behavioural Therapy (CBT), an evidence-based practice to help overcome and manage anxiety, depression and stress. Already signed up? Consider re-engaging by participating in the Mental Health Fitness Program that helps strengthen your resilience to stress, anxiety and depression. The program delivers highly effective skills training, exercises and education.

You can also join us for 30 minutes the first Tuesday of each month for Thoughtful Tuesdays, where you'll learn about reducing stress, setting SMART goals, practicing meditation, breaking unhelpful patterns, creating balanced positions and building your own mental health action plan for success. We encourage you to take advantage of this program as a way to focus on your mental wellness.

Media

- [Human Rights Commission supports firing Trustees who commit violations](#)
- [Schools need to address Islamophobia](#)
- [Remote learning on snow days raises equity issues](#)
- [New digital platform available for educators to address anti-Islamophobia](#)
- [Youth launch court challenge to lower federal voting age](#)
- [Author takes questions from kids about race and racism](#)
- [Lessons on disability inclusion in the workplace](#)

Queen's Park

There were questions in the House last week about [measures to address increasing cases of COVID-19 in schools](#), [preventing anti-vax demonstrations around schools](#), [lack of a child care deal with federal government](#), [services needed for children with autism](#), [mandatory vaccinations](#)

[for education workers](#), [services for children with special needs](#), [accessibility for people with disabilities](#) and [funding for new schools](#).

Laura Mae Lindo (NDP) introduced Bill 67, [Racial Equity in the Education System Act](#), which would require boards to include anti-racism and racial equity training in the NTIP, fines for those who use racist language or activities in a school, inclusion of anti-racism awareness and promoting racial equity in TPAs, and the establishment of board racial equity plans.

Lucille Collard (L) introduced Bill 35, [Equity Education for Young Ontarians Act](#), which would ensure that curriculum related to the history of colonization and its impact on the rights of Indigenous and racialized people, the ongoing racial and social inequities in Ontario and how students can contribute to building an inclusive and equitable Ontario, is included in the JK-Gr 12 curriculum in an age-appropriate manner.