

## President's Message

February 21, 2023

### 2022 Membership Tax Receipts

If you pay your OPC membership fees by cheque or credit card, paid retroactive fees by cheque or credit card during 2022, are employed by Renfrew or Superior-Greenstone or are a Term Member, your 2022 membership tax receipt is available on our [website](#) under My Profile, Member Tax Rec, 2022. If you pay by payroll deduction, use the amount recorded in box 44 on the T4 slip. Claim the amount on the T4 slip or on your OPC membership tax receipt, not both. You may not need the receipt, but you can keep a copy for your records. Associate fees are not tax deductible, but copies are available on our website under My Profile, Associate Rec, 2022. For information or questions, email [membership@principals.ca](mailto:membership@principals.ca)

### Winter Register Magazine Now Online

The winter issue of *The Register* is now [available online](#)! Read stories about supporting 2SLGBTQQIA+ students, suicide supports for teachers, the new social justice work and disconnecting from work legislation. If you would like to contribute to future issues by writing an article, please email Daisy Dina at [ddina@principals.ca](mailto:ddina@principals.ca). This is your professional magazine and is made better by contributions from practising principals and vice-principals.

### Unplug and Unwind with Mindfulness Workshops

[Starling Minds](#) will be offering a 4-week workshop, entitled [Unplug and Unwind with Mindfulness](#), to help you learn techniques for better mental clarity, presence of mind and calmness through the power of breath, meditation and more. It will be offered on Tuesdays from February 21 – March 24 at 7:00 p.m. EST. The workshops will help you to

- expand your window of tolerance to stay calm under stress
- understand the impacts of your thoughts and change your internal dialogue
- become more compassionate and kind towards yourself and others
- live a more easeful and peaceful life with mindfulness.

Find out more information and [register here](#). If you have any questions, please reach out to [members@starlingminds.com](mailto:members@starlingminds.com).

### Media

- [Do specialist programs fuel inequity?](#)
- [“Ungrading” assignments with no marks](#)
- [Will Indigenous-focused courses create silos?](#)
- [Preparing students for the workforce requires good data](#)
- [Youth video takes aim at racism against Black community](#)
- [Efforts underway to recruit enough ECEs for child care demand](#)

- [The rise of cheating at Canadian universities](#)
- [Mural celebrates Black excellence](#)

## **Queen's Park**

The House returns this week.