

President's Message

May 1, 2023

National Principal's Day

Today is National Principal's Day! Thank you to all of you for your work managing schools, leading instruction, creating safe and welcoming learning communities, mentoring staff, guiding students and engaging with your parent community every day. We know that you continue to respond to ongoing changes and challenges that dominate our sector. Your dedication and commitment to keeping students as the focus of everything you do allows our system to work toward continuous improvement. Schools could not function without you!

Mental Fitness Course Starts This Week

[Starling Minds](#) is offering a new 6-week course, Unwinding Anxiety with CBT and Mindfulness, that will take place every Thursday from May 4 to June 8, 2023 at 7:00 p.m. EDT. The course will help you learn the signs, symptoms and manifestations of anxiety in your life and how to break the cycles of worry and fear to heal your mind and body. This is a free and confidential workshop for OPC Members. [Register here](#). If you have any questions, please reach out to members@starlingminds.com.

Free Online Collaborative Connections

We provide a range of facilitated [connection opportunities](#) for Members and associates to collaborate on different topics and professional responsibilities that are designed to maximize the sharing of ideas. Indigenous Connections is a series to engage in conversations that deepen your understanding of Indigenous history, heritage and culture. The next session on May 11 at 4:00 p.m. EDT, facilitated by Robert Durocher, will focus on Celebrating and Supporting Two-Spirit & Indigiqueer Students, Staff and Families. Equity Connections is a series of opportunities to engage in conversations that deepen your understanding of anti-racism and anti-oppression. The next session will be on May 23 at 4:00 p.m. EDT, facilitated by Vidya Shah, on Leading Toward Disability Justice.

Quote to Ponder

"Live as if you were to die tomorrow. Learn as if you were to live forever." – Mahatma Gandhi

Media

- [Educators/advocates urge government to address youth mental health crisis](#)
- [Students seek plan by board to fight Islamophobia](#)
- [Bill pushes for back-to-basics but students don't live in a basic world](#)
- [There is more work to be done on Indigenous education in Ontario schools](#)
- [Funding cuts for colleges and universities plunges them into crisis](#)
[Standardized tests are failing English language learners](#)

- [Government wants the power to force schools to share space](#)
- [Hiring more learning coaches won't fix schools](#)

Queen's Park

Today Minister Lecce [made an announcement](#) about updating the Grade 10 Career Studies curriculum and introducing mandatory resources for teachers and students on mental health literacy in Grades 7 and 8.

There were questions in the House about [education funding cuts](#), [mental health supports for post-secondary students](#), [ministry announcement on student safety](#), [additional funding for boards](#), and [specialized health care for children and youth pilot project](#).