

## President's Message

October 3, 2022

### Professional Learning Update

**Reduce Bullying** – On October 19, we are offering a 90-minute session for participants to learn how the [Collaborative Problem Solving](#) evidence-based approach can be an effective tool to reduce bullying.

**Truth and Reconciliation** – On November 16, Chief Cadmus Delorme, Chief of the Cowessess First Nation, will provide a 60-minute [presentation on Truth and Reconciliation Calls to Action](#). This session will provide background knowledge and suggested actions to support integrating the Calls to Action into your school community.

### People for Education Data Handbook

Last week, People for Education (PFE) published a [Data Handbook from our Annual Ontario School Survey \(AOSS\)](#). The Handbook compiles all the information that principals provided to PFE into a series of tables, charts and key findings. It will be used to support policymakers, researchers, the media and education leaders to plan for renewal and recovery at the start of the 2022-2033 school year.

### Starling Minds Mental Fitness Challenge

This fall, Starling Minds will offer another 6-week Mental Fitness Challenge for OPC Members, focusing on depression and burnout. The challenge will be offered via weekly Zoom webinars and include guided support and training. Topics will include Burnout 101; Managing stress, anxiety, and depression; Finding emotional regulation skills that work for you; Making effective plans and assertive goals to move forward; Managing your thoughts when you're down; and How to manage burnout and your work. The series will run on Thursdays from October 20th to November 24th at 7:00 PM EST. [Register here](#). For more information, email [members@starlingminds.com](mailto:members@starlingminds.com).

### Media

- [Ontario CUPE education workers vote in favour of strike mandate](#)
- [ADSB, Lassonde School launch Indigenous engineering program](#)
- [Lack of Black educators a major concern for ETFO](#)
- [Public school board supports greater role for student trustees](#)
- [Moccasin Identifier Project making strides for truth and reconciliation](#)
- [Ontario's top court to hear government's appeal of mandatory teacher math test case](#)

### Queen's Park

The House is in recess until October 25.