

President's Message

November 11, 2019

Remembrance Day

As Remembrance Day ceremonies take place across the country today, I want to thank all of you for the efforts you make to host assemblies and events in your school. It is so important for our students to know this history, learn from it, understand the sacrifices that were made and remember. Lest any of us forget.

Twitter Chat

Our next Twitter chat takes place this **Thursday November 14 from 8:00 – 9:00 pm EST**. The topic will be Technology Focus for Learning Needs of Students, with special guests Brian Aspinall and Jennifer Casa-Todd. To take part, sign into Twitter at 8 pm on Thursday, enter #OPCchat in the Search Twitter box in the upper right corner. The questions and instructions will be set up. Introduce yourself once the moderator opens the chat. Include #OPCchat with your comments. We hope you can join us!

Prioritizing Your Mental Health

Are you struggling with stress or anxiety? Do you feel like you have too much on your plate and don't know how to manage it all? Do you want to be more mentally healthy? Have you signed up for Starling Minds yet? If not, we encourage you to do so. Starling Minds is based on Cognitive Behavioural Therapy, an evidence-based practice that can help you overcome and manage anxiety, depression and stress. Andrew Miki, the founder of Starling Minds, recently spoke to our local leaders meeting. [Watch this video](#) to learn more about the program and [learn more](#) about how you can include it in your mental health tool kit.

Keeping You In the Know – How We Set Our Annual Budget

Department leads, senior team, Executive and Council all have a role to play in setting our annual budget. We start planning for the following fiscal one year in advance. Our first draft of the budget is based on the previous year's actual results and the current year's budget, driven by the priorities and actions in our strategic plan. The preliminary budget is presented to the Executive in December, who affirm whether we've captured all of our current plans and consider the possibility of new projects or events (bargaining, Ministry, advocacy) that should be taken into account. The next draft is presented to Provincial Council at our February meeting. Council engages in "horizon gazing," anticipating opportunities and threats that need to be reflected. After final adjustments, the proposed budget is presented to Council at the May meeting for approval and implementation in the next fiscal year. [Learn more about the process](#) and additional information related to our budget.

Media

- [Banning e-cigarette sales not enough to stop youth vaping](#)
- [Liberal leadership contender wants to lower voting age to 16](#)
- [Government says it must be more transparent about lead in school's water supply](#)
- [School repair backlog hits \\$16.3 billion](#)
- [Minister orders review of Peel board](#)
- [Experts divided on whether banning cellphones helps students focus](#)
- [Government passes bill to cap public sector wage increases at 1%](#)
- [More risks, fewer financial rewards for millennials](#)

Queen's Park

There were questions in the House last week about [cuts to classroom funding](#), [mandatory online courses](#), [poverty rates](#), [student mental health](#), [cuts to OSAP](#), [teacher layoffs](#) and [funding cuts to education](#).