

OSSTF Rainbow District 3
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November
2019

Protecting Your
Mental Health
During the
Coronavirus
Outbreak

The LINK



D3 Office Calendar

Nov 5th: CVDCS virtual School
visit 11:10 am

Nov 5th: Lockerby CS virtual
School visit 3:00 pm



Nov 9th: Sudbury SS virtual
School visit 10:30 am

Nov 10th: Lo-Ellen Park SS
virtual School visit 3:00 pm

Nov 10th: ESSU Executive
Meeting 5:30 pm

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- O-Tips

President's Message:

With the first set of confirmed positive case of COVID-19 in our schools, we now are all facing the realities of this pandemic from a much different perspective than at its onset last spring. There is no doubt that many of us are looking at our personal situations, both at work and at home very differently than was the case just over a week ago. When considering all of the changes that staff in all job classes have experienced since the beginning of the school year and the stress levels that accompanied them, this new development is affecting everyone and adding to the stress and anxiety many were already feeling.

Under the current climate and realities of educating students in COVID times, staff now have to do their jobs very differently compared to a year ago. It is very difficult to maintain the same levels of expectation and high standards not only of students but of ourselves



Nov 11th: Manitoulin SS
virtual School visit 11:55 am

Nov 11th: Lasalle SS virtual
School visit 3:30 pm

Nov 12th: Lively DSS virtual
School visit 10:45 am

HEY!!!!

Where's
the
PIZZA?

Nov 12th: Espanola HS virtual
School visit 3:00 pm

Nov 12th: Status of Women
Committee meeting 4:30 pm

Nov 17th: CPAC Committee
Meeting 4:30 pm

Nov 18th: T/OTBU Meeting
4:30 pm

Getting help for your
mental health does not
mean you are weak.
It means you are strong.
Allowing yourself to be
vulnerable takes courage.
Own your strength.
Ask for help.

Nov 25th: Presidents' Meeting
4:00 pm

Nov 26th: OTTP Pension
Webinar 5:00 pm
Follow this link to register:
<https://attendee.gotowebinar.com/register/5156848482406473998>

You can only do the best that you can.

Everyone needs to take care of themselves in this most challenging of circumstances. That is the overarching theme in this issue of The Link. Stay safe and be well.

Regards,
Eric Laberge
District, & T/OTBU President

District Officer's Message:



According to a 2020 report by the Mental Health Commission of Canada (MHCC) cited by the Center for Addiction and Mental Health (CAMH), "COVID-19 is having a negative impact on Canadians' mental health, with many seeing their stress levels double since the onset of the pandemic. People are struggling with fear and uncertainty about their own health and their loved ones' health, concerns about employment and finances, and the social isolation that comes from public health measures such as quarantining and physical distancing."

Education workers are feeling particularly vulnerable despite following the protocols established by school boards on the advice of Public Health Ontario. The good news, if we can call it that, is that the Ontario government recognizes the toll that this pandemic is taking on Ontarians' mental health, and has committed funds to provide supports. Ontario residents are able to access guided digital therapy with BEACON **free of charge** during COVID-19. More information is available on their website at <https://www.mindbeacon.com/>.

Another **free, confidential** digital mental health program is available through Starling Minds. <https://info.starlingminds.com/covid19-free-mental-health>.

The OTIP website provides a comprehensive list of Mental Health Supports, many of which are free and which vary widely in terms of scope and delivery. For more information, check out <https://www.otip.com/Help-Center/Coronavirus/Mental-Health-COVID>.

Permanent employees of the Rainbow Board also have access to the board Employee Assistance Program (EAP) through Life Works (www.LifeWorks.com) UserID: rainbowdsb Password: eap)

OSSTF members who participate in the ELHT Health & Dental Benefits plan have up to \$2000/year of psychotherapy per plan year from a psychologist, marriage and family therapist, and/or social worker.

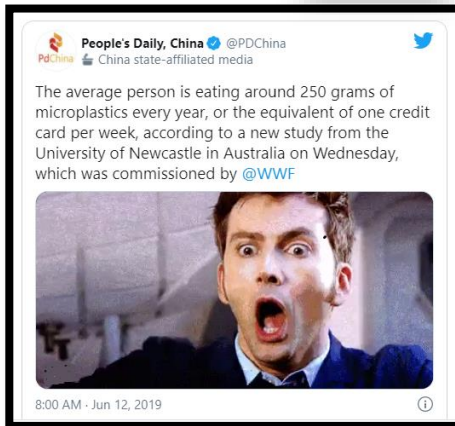
Members of the OTIP LTD plan (permanent teachers) also have access to Posaction^RPlus, which provides free counselling services to members and their dependents. For more information about Posaction^RPlus, check out the District 3 website at www.d03.osstf.ca.

We encourage members to reach out to the District 3 office with any questions or for more information about any of the services discussed above. We are here to help.

Saturday, Nov 28th: **OMERS Pension Workshop 10:00 am**
 Follow this link to register:
<https://attendee.gotowebinar.com/register/8036689337916874000>



Seriously! Is there any material more repulsive to the touch than microfiber??



Last month, Canada’s Minister of Environment and Climate Change, announced the next steps in the government’s plan to achieve zero plastic waste by 2030. The plan is intended to protect wildlife and waters, reduce greenhouse gas emissions, and create jobs.

The six items the government proposes to ban are plastic checkout bags, straws, stir sticks, six-pack rings, cutlery, and food ware made from hard-to-recycle plastics.

But one plastic that is not on that list is microfiber – made of plastic fibers derived from crude oil or natural gas.

Microfibers are not recyclable. On top of that, every time you wash a microfiber cloth, you’re likely introducing microplastics into the water and subsequently, the environment. It might be super soft to the touch, but the reality is that microfiber fabric is made out of plastic.

- Technically, microfiber is in the category of microplastics, which constitute any plastic debris less than five millimeters long.
- These fragments may be tiny, but they cause harm to our ecosystem, as marine life swallows them, causing injury or death.
- Microplastics are also notoriously hard to get rid of as they don’t break down easily.
- When laundered, clothes made from microfiber leak microplastics into the washing machine water. This water inevitably makes its way into local waterways and it brings these dangerous microplastics along with it. In the environment, these microplastics can harm animals, cause pollution, and leach out dangerous chemicals.
- Many other synthetic materials and textiles that don’t boast the words “microfiber” on the label also have microfibers in them - polyester, polypropylene, and polyamide contain microfibers.
- According to studies, the greatest source of plastic ingestion is through drinking water (both bottled water and tap water), followed by shellfish, (shellfish are eaten whole, including their digestive system, after a life in plastic polluted seas), beer, salt, fish, honey, and sugar. 🤯

Driving in the rain? How to avoid hydroplaning and control your vehicle

Hydroplaning occurs when a layer of water comes between your car's tires and the road, causing your car to skid or slide across a wet surface. Even for the most experienced driver, this loss of steering and braking control can be a terrifying experience with potentially disastrous consequences.

Learn more at

www.otipinsurance.com/article85.



How growing or using recreational marijuana may impact your home insurance

The consumption, possession and growing of recreational cannabis was legalized in Canada in late 2018. While the legalization of recreational cannabis is still quite new, many Canadians are starting to wonder how this change may impact their home insurance premiums or their ability to secure coverage.

Learn more at www.otipinsurance.com/article86



You have a lot to juggle. We can help.

When it comes to investing, we understand that every investor is different, with needs and goals that are unique. Some people manage their own investments independently, others like a little guidance, and many prefer ongoing, dedicated service to help them manage more extensive portfolios. That's why we have access to a line-up of different services to accommodate a range of investor preferences. We also understand that everyone needs to borrow some time, so we offer a comprehensive range of borrowing services designed with education community members in mind.





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