



**INTERLAKE  
TEACHERS' ASSOCIATION**

## ITTA Today

Our monthly roundup of news and reminders, upcoming events, deadlines, MTS info, talking points and more. Any questions should be directed to [itapres@mbteach.org](mailto:itapres@mbteach.org)

Issue No. 4 | March 2023

### **Bill 35 - THE EDUCATION ADMINISTRATION AMENDMENT ACT (TEACHER CERTIFICATION AND PROFESSIONAL CONDUCT)**

The Manitoba Teachers' Society has put the MB Gov on notice that it strongly opposes [Bill 35](#) in its current form. In short, the bill would allow anyone to look up any disciplinary action against every teacher. The bill proposes to:

- Create a public registry of teachers which would include certificate date, class and current status, as well as a permanent record of suspension or cancellation for any reason.
- Appoint a director of certification.
- **Establish competence standards that teachers must meet to be issued a certificate.**
- Appoint a commissioner to process misconduct or **incompetence complaints from any source, including parents, the public or the employer.**

**To be clear, MTS is not opposed to teacher regulation,** but there is no place for competency in a bill that is meant to deal with misconduct. Someone outside the education profession should not determine teacher competence. This may lead to "frivolous and malicious complaints" by parents or employers because the definition of misconduct is too broad.

Read more and [SIGN UP HERE TO  
SPEAK OUT!](#)

### **PROVINCIAL BARGAINING UPDATE**

Members can access Provincial Bargaining information via My Profile at [www.mbteach.org](http://www.mbteach.org)

Please ensure you have provided a personal (non-work, so non-ISD email) as your primary email on My Profile. The Society sends the all-member email, the SUB, to this email, and this can include timely information on many items such as Bill 35 and bargaining. When it is time to ratify our first ever Provincial Collective Agreement, this will likely be done by one-member, one-vote via electronic vote. If you have not listed a personal email, you may not get your ballot.

Recent SUB emails and My Profile indicate that both sides have met and exchanged opening packages, there are more bargaining sessions scheduled, and progress has been slow.

[LINK to MY PROFILE](#)



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## Important Dates:

**Retirement/Resignation dates:** Teachers have until April 30 (if hired on or after December 7, 2004) or May 31 (hired before December 7, 2004) to give a resignation notice effective June 30.

### NEW ITA AGM DATE:

**Tuesday, April 25th, 2023 - 4:30 pm** at the Heritage Arts Centre, 166 Main Street, Stonewall, MB

**Agenda:** State of the Union & Bargaining, setting of fees & budget, elections, pizza, camaraderie & refreshments.

### Nominees for ITA 2023-24 Executive:

President: **Cathy Pleskach**

Vice-President: **Susan Hannah**

Treasurer: **Rebecca Good**

Secretary: **Ashleigh Norberg**

Bargaining: **Chris Gamble**

Benefits: **Ross Ledochowski**

Education Finance: **John Bock**

Equity & Social Justice: **Kathy Simcoe**

Indigenous Voice: **Cora-Leigh Mazurat**

Professional Development: **Lindsey Sturgeon**

Public Relations: **Sheila Anderson**

Workplace Safety & Health: **Christie Crow**

Member-At-Large: **Rachel McWilliam**

Member-At-Large: **Becky Pritchard**

**Hope to see you April 25. Bring a colleague & your questions!**

## ITA Lending Library is open for business!!!

ITA recently received a \$600 PR grant from MTS, which was used to purchase 15 copies of *Allies and Advocates* by Amber Cabral.

The intention is to do a Fall Book Club, so stay tuned for September meeting dates.

If you are interested in borrowing a copy over spring break or summer, please contact Cathy at [itapres@mbteach.org](mailto:itapres@mbteach.org)



THE MANITOBA TEACHERS' SOCIETY

[www.mbteach.org](http://www.mbteach.org) | Phone: 204-888-7961 Toll Free: 1-800-262-8803



## Let's hear some #RealTeacherTalkMB:

- MTS wants to know how 6 years of inadequate funding from this government has affected Manitoba teachers and their students.
- Go to: [EDUCATIONMATTERSMB.ORG](https://educationmattersmb.org) and submit your story. There are over 100 submissions already. Add your story. These will be used to build future MTS communications campaigns and guide MTS staff and Provincial Executive, as we continue to push for public education funding that is equitable, predictable and adequate.



**Students and teachers need support.**

Tell government to invest in education. Not just this year – every year.

[EDUCATIONMATTERSMB.ORG](https://educationmattersmb.org)

## Upcoming MTS events:

**March 22** - Virtual Event: MTS Indigenous Education Series - Teachers talking to Teachers

Indigenous Knowledge Systems: Land-Based Learning

No need to register. Link found [HERE](#).

**April 14** - Qmunity Event Calling all 2SLGBTQIA+ MTS members to evening of dinner, wine & cheese, 5:30pm McMaster House;

Register [HERE](#)

**MTS Labour School:** Applications now open: Are you interested in working for your union but you aren't sure where or how?

Go [HERE](#) to find out more.

## Equity & Social Justice News:

Many teachers across Canada are balancing their professional and personal lives like a "Kerplunk" game. As professionals, we very often view self-care as something we will work on, when we find time. We need to shift this thinking and remember to prioritize our own mental health.

Many thanks to Angela Haig, Staff Officer at MTS for the following graphic. Using the Mental Health Continuum, every professional can authentically find and monitor their unique place.

Susan Hannah  
Vice-President



### Mental Health Continuum Model

HEALTHY	INJURED	REACTING	ILL
<ul style="list-style-type: none"> <li>- Normal fluctuations in mood</li> <li>- Normal sleep patterns</li> <li>- Physically well, full of energy</li> <li>- Consistent performance</li> <li>- Socially active</li> </ul>	<ul style="list-style-type: none"> <li>- Nervousness, irritability, sadness</li> <li>- Trouble sleeping</li> <li>- Tired/low energy, muscle tension, headaches</li> <li>- Procrastination</li> <li>- Decreased social activity</li> </ul>	<ul style="list-style-type: none"> <li>- Anxiety, anger, pervasive sadness, hopelessness</li> <li>- Restless or disturbed sleep</li> <li>- Fatigue, aches and pains</li> <li>- Decreased performance, presenteeism</li> <li>- Social avoidance or withdrawal</li> </ul>	<ul style="list-style-type: none"> <li>- Excessive anxiety, easily enraged, depressed mood</li> <li>- Unable to fall or stay asleep</li> <li>- Unable to perform duties, absenteeism</li> <li>- Isolation, avoiding social events</li> </ul>
ACTIONS TO TAKE AT EACH PHASE OF THE CONTINUUM			
<ul style="list-style-type: none"> <li>- Focus on task at hand</li> <li>- Break problems into manageable chunks</li> <li>- Identify and nurture support systems</li> <li>- Maintain healthy lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>- Recognize limits</li> <li>- Get adequate rest, food, and exercise</li> <li>- Engage in healthy coping strategies</li> <li>- Identify and minimize stressors</li> </ul>	<ul style="list-style-type: none"> <li>- Identify and understand own signs of distress</li> <li>- Talk with someone</li> <li>- Seek help</li> <li>- Seek social support instead of withdrawing</li> </ul>	<ul style="list-style-type: none"> <li>- Seek consultation as needed</li> <li>- Follow healthcare provider recommendations</li> <li>- Regain physical and mental health</li> </ul>



## In PR NEWS!!!

MTS Launches Podcast:

- MTS is slated to release a series of 6 weekly episodes on teacher mental health in March. This podcast allows MTS to provide its 16,000 members across the province with relevant content for teachers.
- Former EAP Counselor and now MTS Staff Officer, Zach Schnitzer and his team are the producers. Schnitzer is a Winnipeg Blue Bomber fan and has a podcast called Let's Go Bombers, a self-proclaimed amateur podcast for fans, by fans.
- "A podcast is time friendly; people can download and listen at their leisure and pick and choose their content," said Schnitzer. This is a platform to give member's voices a chance to be heard. He's eager for member feedback on content.

Sheila Anderson  
Public Relations Chair

