



President: Rick Guenther

Vice-President: Jeff Dunton

ADTA News



2570 Cyril Street
Abbotsford, B.C. V2S 2G2

(604) 854-1946
January 2009

Welcome Back!

Now that the Christmas Break is over we must turn our attention to the FSA campaign. Over 22,000 BCTF members cast ballots in the recent FSA vote and the yes side received 85%. The Teachers of British Columbia have decided not to prepare for, administer, or mark the FSA exams unless the government moves towards random sampling. Rather than spending time on the FSAs, grades 4 and 7 teachers will be busy teaching in their classrooms. As the BCTF has pointed out the FSAs narrow the curriculum and put incredible pressure on students as young as eight or nine. The results are used by the Fraser Institute to rank schools and erode confidence in our public schools. This type of test and subsequent ranking is based on an American-style ideology that has already been widely discredited south of the border. For more information about high stakes testing and its effect on the education system in the United States check out Alfie Kohn at www.alfiekohn.org. If you would like to read material that is in favour of the FSA exams go to www.fraserinstitute.org search for FSA.

THE WORDING FOR THE BALLOT WAS: "DO YOU AGREE WITH THE 2008 AGM DECISION THAT UNLESS THE MINISTRY OF EDUCATION CHANGES TO A RANDOM SAMPLING WITH NEITHER SCHOOLS NOR STUDENTS IDENTIFIED, TEACHERS EXERCISE THEIR PROFESSIONAL AUTONOMY AND NOT PREPARE FOR, ADMINISTER, OR MARK THE PROVINCIAL FSAs?"

ADTA GENERAL MEETING

When: Wednesday, January 21
Time: 4:00 p.m.
Where: ADTA Hall

Elections for delegates to attend the BCTF AGM will take place. Nominations should be submitted to the ADTA office, please contact Jeff Dunton, 1st Vice-President at 604.854.1946 for further information.

The BCTF AGM is March 14-17 at the Hyatt Regency Hotel, Vancouver.

FSA MEETING

All Staff Reps, Grade 4 and Grade 7 Teachers' are encouraged to attend!
When: Wednesday, Jan 14 **Time:** 3:30 p.m. **Where:** ADTA Hall

SOCIAL JUSTICE ZONE CONFERENCE 2009 February 20-21

Where: University of Fraser Valley (Abbotsford)
Who can attend: Staff, Parents, Community Members and Students from Abbotsford, Chilliwack, Langley and Surrey School Districts.

*More information will be forth coming in the next week or two.
Information will be posted on the ADTA Website!*

January/09
Monday, Jan. 5 School Reopens
Wednesday, Jan 14 @ 3:30 p.m. (ADTA Hall) FSA Meeting for all Staff Reps, Grade 4 & 7 Teachers'
Monday, Jan. 19 @ 4:00 p.m. Executive Meeting
Wednesday, Jan 21 @ 4:00 p.m. (ADTA Hall) ADTA General Meeting All members are encouraged to attend
February
Wednesday, Feb. 18 ADTA Staff Rep Meeting @ 4:00 p.m. (ADTA Hall)
Friday, Feb. 20 PRO D
Friday, Feb. 20 - 21 Social Justice Zone Conference 2009 University of Fraser Valley (Abbotsford Campus)
Wednesday, Feb. 25 Maternity Leave Workshop @ 3:30 (ADTA Hall)
March
Mon. March 9 - Friday March 20 Spring Break
Wednesday, March 25 @ 3:30 p.m. TOC Tax Workshop (ADTA Hall)

NO SWEAT CLASSES NO COMMITMENT IS NEEDED
(Every Tuesday and Thursday)
Cost: \$2.00 per class

Where: ADTA Hall (2570 Cyril Street, Abbotsford)
 When: Tuesdays & Thursdays @ 3:30 - 4:30

Sessions are open to all ADTA and Teamster members.

Routine changes every month so it is never too late to join. **PLEASE BRING YOUR OWN WORKOUT MAT, TOWEL, WATER BOTTLE AND FREE WEIGHTS - 3, 5 POUNDS FOR BEGINNERS, MORE FOR VETERANS.**

DID YOU KNOW?

The **ADTA WEBSITE** is updated weekly with new and current up-to-date information.
 Check it out at www.adta.bc.ca

NAME OR ADDRESS CHANGE?

Please inform the ADTA if you have a name change, address change or a new telephone number. *It's your responsibility to inform the BCTF and the College of Teachers' of any personal changes. The BCTF website has change forms which you can download or submit online.*

ADTA TUTOR LIST

Please inform the ADTA office if you would like to tutor students within District #34. Send us the following information: Your name, the school you work at, your contact # (not your school number) and a list of all subjects and grade levels you would like to tutor.

Contact: Shannon Murnaghan via AbbyNet or adta34@telus.net or phone (604) 854-1946.

PAID ED LEAVE DEADLINE

All interested teachers who wish to apply for a Paid Educational Leave are required to have their application submitted to the School Board office by:

Friday, January 30, 2009 at 4:00 pm

Important: This is a confidential process and all queries should be directed to Laurie Mason. Applicants who reveal their identity to any committee member will be disqualified.

Professional Development Corner

<p align="center">Cyber Bullying: An Emerging Threat January 16th/09 9:30 - 12:30 Hosted by ATMS</p> <p>RSVP by January 15, 2009 Registration fee: \$20 (Receipt of Registration fee prior to January 15th confirms attendance)</p> <p>Send Registration fee to ATMS c/o Christine Dahl 2272 Windsor Street Abbotsford, BC V2T 6M1</p> <p>Make cheques payable to: "Abbotsford Traditional Middle School"</p> <p>To Register: by email: christine_dahl@sd34.bc.ca by phone: 604-850-3511 by fax: 604-850-7692</p>	<p align="center">The Arts and Oral Language February 20th/09 9:00 - 3:00 Dunach Elementary</p> <p>RSVP by February 13 Registration fee: \$50.00 - covers all craft supplies, workshop guide book, snacks and coffee.</p> <p>Registration will be confirmed by email.</p> <p>Send Registration fee to Dunach Elementary c/o Laura Menagh</p> <p>Make cheques payable to: Dunach Elementary Receipts will be issued on Feb. 20. No refunds after Feb. 13.</p> <p>Please email laura_menagh@sd34.bc.ca for more information.</p>
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YOUR HEALTH & SAFETY REPORT BY DYANNE WARKENTIN

Tips for teachers:

With students to care for, work to grade, and deadlines to meet, educators live very stressful lives. Too much stress and a hectic, busy lifestyle can lead to “burn out.” “Burn out” varies from person to person, but the feeling of stress, and life, overcoming you is a major symptom. Teachers cannot perform their duties if they are stressed, and “burnt” out. The key to avoid “burn out” is to manage your stress daily so it will not overcome you.

One thing you can do everyday is take a little time for yourself. Don't work through your lunch break, or if you really have to, then set sometime aside for you when you get home. You can simply sit and quietly enjoy your meal, go for a pleasant walk, read a book, or spend a little bit of time on one of your favorite hobbies. Although work is very important, and needs to get done, it may not get finished if you work yourself into insanity.

Some people find a little meditation helps to relieve daily stress. You don't need to go through some elaborate, spiritual ritual, even a few minutes of just sitting peacefully at your desk with your eyes closed is enough meditation to calm your nerves, and help you get through the day. Don't think about work, home, traffic, or anything else that might stress you. Some people find picturing themselves on vacation or a favorite childhood spot a great stress reliever.

Another great stress reliever is exercise. As little as ten minutes a day helps your body to relieve stress, calming your mind. I love to listen to my music on my i-pod. It really helps to relax me while I walk. A quick bit of exercise can be squeezed into your day easily if you try. You could park a little further from work and walk the rest of the way, or do a few laps around the school on your lunch break.

Don't let trivial things get to you. There is always something bigger to deal with, and small things just rob you of your precious time. Most importantly, try to keep things from being stressful in the first place. Try to take a deep breath when a problem comes along, it will give you a moment to think, collect your thoughts, and handle the problem efficiently.

Problems, work, and life are all easier to tackle with a clear mind. Keeping stress at bay is the key to a clear mind for anyone, but most importantly, for those who educate the world.

**DID YOU KNOW!
TOC PRO D POLICY**

Section 28 of the Professional Development Policy reads:
Teachers-On-Call (TOCs) may apply to the TOC fund for PD funds once they appear on two successive TOC lists supplied to the Association by the Board. These lists are forwarded to the ADTA 3 times a year.

- 28.1. TOCs may hold their receipts until they are eligible for PD funds.
- 28.2. TOCs will have access to a PD allotment of \$150.00 per year, **subject to availability**.
- 28.3. TOCs may not bank their funds from year to year.
- 28.4. Once depleted, the TOC and the Temporary Teacher Fund will not be topped up **within the current school year**.

Further information is available on line at www.adta.bc.ca.

**PENSION SEMINARS 2009
Thinking about retirement?**

If you are within five years of retirement, this free seminar, jointly presented by BCTF Staff and BC Pension Corporation staff, is for you.

Thursday, Jan. 15, 5 pm - 7 pm
Shadbolt Centre for the Arts, Burnaby

Saturday, Jan. 17, 9 am - 11 am & 12 pm to 2 pm
Shadbolt Centre for the Arts, Burnaby

Tuesday, Feb. 24, 5 pm - 7 pm
Holiday Inn Express Hotel and Suites, Langley

Saturday, May 9, 9 am - 11 am & 12 pm to 2 pm
Best Western Regency Inn, Abbotsford

Contact the Teachers' Pension Plan Member Seminars for more information:
Telephone: 250.356.2466, or toll-free at 1.877.558.5574
Email: TPPseminars@pensionsbc.ca
Website: www.tpp.pensionsbc.ca



TOCs

DID YOU KNOW?

BC COLLEGE OF TEACHERS FEES

2:18.2 Upon written application to the Human Resources Department, including the original of the College fee receipt, substitute teachers who have worked for the Board for forty (40) FTE days in any one (1) school year shall be eligible for reimbursement of the annual College membership fee.



**BCTF TV ADS RUNNING FROM
January 12 to February 12**

The latest BCTF television ad will be airing on channels through the province from Monday, January 12 to February 12. It will also be shown on ethnic TV channels. The 30-second ad is very similar to the ad aired on a more limited basis before the November 15 elections, with the message updated, the call to action focused on the provincial election, and new images added to reflect greater diversity. The ad uses the slogan, "When will they learn?" and the messages are about school closures, overcrowded classes, and lack of support for students with special needs. You will be able to view the ad on Whenwilltheylearn.ca by Wednesday, January 14.

CLASS SIZE AND COMPENSATION

This is a reminder that the School Act limits and guidelines regarding class size and composition apply all year long. In particular, second semester class size and composition issues should be guided by the same process as applied at the beginning of the school year.

Kindergarten	22 (statutory limit)
Grades 1–3	24 (statutory limit)
Grades 4–7	30 (consent required)
Grades 8 – 12	30 (consultation required)
IEP students	3 (consultation required)



Advice regarding the process:

If necessary, request information from administrators that will inform your judgements about the effects of excessive numbers of students in your classes.

Within two (2) days of receipt of the information, provide your administrator with your professional perceptions of the effect of excessive class sizes and difficult compositions on the learning environment. Include a description of any resources that will be necessary to create an educationally sound class but if you feel that no resources will adequately meet the needs of the proposed class size and composition please make that known. Your response can be written but we strongly recommend that you request a meeting, which includes your Staff Representative, to present your views.

Complete the Record of Consultation form, available from your Staff Representative. Send the completed form by facsimile (604-850-5100) or mail to the ADTA office or submit it to your Staff Representative.