

# COQUITLAM TEACHERS' ASSOCIATION

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## New Teacher Induction & Mentoring Social



The CTA New Teacher Induction and Mentoring Social was held on November 21 at the Cactus Club at Coquitlam Centre. It was great to see so many early career colleagues and

have time to connect with mentors, and colleagues while enjoying great food and mocktails!

Thank you to everyone who joined us for this wonderful event, including members of the CTA Executive

Committee and members of the SD43 District Leadership Team. Special thanks to Kelly Stewart for her work behind the scenes in organizing the event.



## General Meeting

**WEDNESDAY DECEMBER 4, 2024**

**4 PM , Winslow Gym**

The meeting information and agenda can be found on the CTA website/member resources/general info page.

**You can win 2 tickets to Educator Night at the Vancouver Canucks game on January 16, 2025!!!**

## WHAT IS A MEMBER-AT-LARGE?

You might notice lots of "Member-at-Large" positions and vacancies on different CTA committees, but what does that actually mean? A Member-at-Large is a position that is normally open to anyone within the membership (in this case, any CTA member) and is kind of like an entry-level position. When someone joins a committee or working group as a member-at-large they are not expected to take on a tonne of responsibilities or to know the ins and outs of everything. Becoming a member-at-large is a way of participating so you can build your knowledge and skills and contribute your thoughts and opinions without having to add to your workload before you feel ready to do so.

## CTA Executive Committee Vacancies

**1 Member who identifies as Indigenous**

**1 Member at Large**

**Members interested in running for this position should submit a CV form to Corbey at the CTA Office**

# President's Message

## CADS

Monday morning this week greeted us with the CADS system, as well as internet and phones down at the Board Office and schools. The employer had to resort to calling out TTOCs old school, with staff, using cell phones. The matter was resolved as the morning wore on but, wow, it shows how vulnerable we are all to outages in this area specifically. We are aware there are not a lot of backup materials (textbooks, white/blackboards, projectors, etc.) left in schools to use if the internet goes out. Phones relying on internet (VOIP) attach that vulnerability to internet outages.

## Black Ice

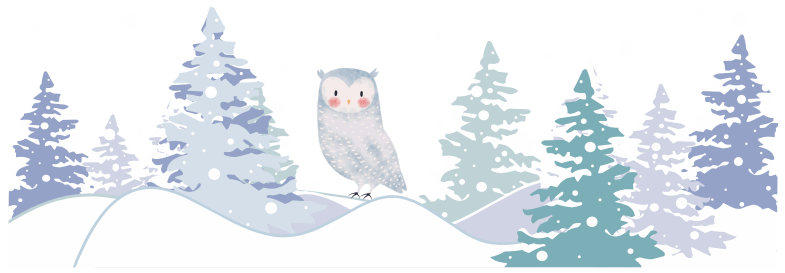
Monday morning also greeted us with a vicious dose of high humidity and cold temps, resulting in a lot of black ice. This urges me to remind people to be careful driving and moving around as we lead up to the break. I am nursing a bit of a tumble I took myself in this weird weather.

In Solidarity - Ken



**Please complete this brief [Failure to Fill Tracking Form](#) each time prep or service time is lost or recovered.**

If you have any questions on filling out the form please contact Diether Malakoff, 1st Vice President  
[dmalakoff@cta43.org](mailto:dmalakoff@cta43.org) or  
604-936-9971



## PSA and other BCTF email

**It has been brought to our attention that PSA or other @bctf.ca emails may not be arriving in @sd43.bc.ca mailboxes.**

If you registered to be a PSA member and used your SD43 email address please be sure to update your email with the PSA. You may not be getting important information from your group.

**At this time we know that the BCSCA is getting email kicked back to them from SD43. Those registered with the BCSCA should contact [bcsca@bctf.ca](mailto:bcsca@bctf.ca) with a personal email to receive their information.**

## WELLNESS SUPPORTS *For Coquitlam Teachers*

### Employee and Family Assistance Program (EFAP)

This program is provided by SD43 free for teachers in a contract. Homewood health provides a range of health, life, and career supports that are accessed anonymously. Call 1-800-663-1142 or visit [www.homeweb.ca](http://www.homeweb.ca) for more information or to sign up. Our Customer Name is School District 43 (Coquitlam) and the Invitation Code is SDN498.

### BCTF Well Teacher Groups

BCTF Well Teacher Groups connect teachers with a group of 10-15 educators who meet virtually to work through six two-hour sessions. Register at: [BCTF Well Teacher Groups](#). New dates are added throughout the year.

### BCTF Health and Wellness

This program is provided by the BCTF at no cost to members and offers a wide range of support to teachers who are struggling to stay well while teaching or who are on a medical leave and are seeking supports to facilitate a return to work. <https://tinyurl.com/bctfhealthandwellness> to self-refer.

### Starling Minds

[Starling Minds](#) is an online program offered at no cost through the BCTF. It is made up of a series of self-paced online modules designed to give you tools to better manage your stress and emotional wellbeing.



Lisa Baylis will be our keynote this year. She has been sharing wellbeing strategies for the last 20 years. A natural born connector with an innate ability to make people feel valued and heard, she is an instructor, a counsellor, a facilitator, and a mother. Lisa is a published author of *Self-Compassion for Educators* as well as, the creator of the AWE Method — Awakening the Wellbeing for Educators — which merges self-care, mindfulness, and self-compassion.



For information about the  
CTA Lending Library, email  
[lendinglibrary@cta43.org](mailto:lendinglibrary@cta43.org)

**COMMITTEE FOR  
ACTION ON  
SOCIAL JUSTICE**

**CASJ**



Did you know that CASJ has historically run some amazing book clubs? Ranging from nonfiction books on racism to fictional stories that address gender equity, CASJ has often brought people together to read, learn, and discuss the impact literature can have on ourselves, our work, and our communities. If you'd like to see more CASJ book clubs, reach out to Meggan ([mcrawford@cta43.org](mailto:mcrawford@cta43.org)) with your book ideas!

# TTOCs & New Teachers

The TTOC committee will soon be setting a date for a meeting in January of 2025 to consider options for the rest of this school year. If you'd like to take part in planning and organizing some small social or learning focused events, consider joining the TTOC committee! It's a low-pressure group and everyone working as a TTOC or in a temporary contract is welcome to join. You can find a list of available positions and the link to the CV form on the last page of the newsletter.



To join us or ask any questions you might have, contact Ryan Cho  
[bipoceducators@cta43.org](mailto:bipoceducators@cta43.org)

Our next BIPOC educators' committee meeting date will be in January at [Centennial Secondary School](#). Check back for a meeting date! You don't have to be a committee member to attend. We hope to see you there! The CTA BIPOC Educators' Committee is for any Coquitlam teacher who identifies as Black, Indigenous, or a Person of Colour. Find more information about what we do [here](#). BIPOC teachers can join our email list without regularly attending meeting or joining the committee.



## 16 Ways to end gender-based violence

From November 25 to December 10, the 16 Days of Activism Against Gender-Based Violence are a time to both reflect on violence against women and to take action to end it.

- **December 5** – International Volunteer Day for Economic and Social Development
- **December 6** – Anniversary of the Montreal Massacre, which is observed as the National Day of Remembrance and Action on Violence Against Women in Canada - **Wear a white ribbon to honour the victims**
- **December 10** – International Human Rights Day and the anniversary of the Universal Declaration of Human Rights



World Soil Day (WSD) is held annually on December 5 as a means to focus attention on the importance of healthy soil and advocating for the sustainable management of soil resources. Click the picture for more information, resources and links.

## UNDERSTANDING PENSIONS AND BENEFITS:

### An Essential Retirement Workshop from BCRTA

**The important decisions that will determine your retirement lifestyle should not be made at the last minute as you fill out your forms.**

This seminar will prepare you to confidently make choices that are right for you. All teachers age 50+ should plan to attend one of BCRTA's Pre-Retirement online (Zoom) workshops.

**The workshops are free.**



**Please pre-register at <https://bcrta.ca/register>.**

The agenda includes: Teachers' Pension Plan, Canada Pension Plan, Old Age Security, and voluntary group benefits. Information about choosing your group benefits (dental, extended health and travel). We show some of the differences between the plans and help equip you to select the plan that best suits your needs.

<b>December 5</b> , 2024 @ 7 p.m.	<b>April 3</b> , 2025 @ 4 p.m.
<b>January 16</b> , 2025 @ 4 p.m.	<b>April 23</b> , 2025 @ 7 p.m.
<b>February 19</b> , 2025 @ 7 p.m.	<b>May 14</b> , 2025 @ 7 p.m.
<b>March 5</b> , 2025 @ 7 p.m.	<b>June 5</b> , 2025 @ 7 p.m.



# COMMITTEE OPPORTUNITIES

## 4 CTA Representatives



**New Westminster  
and District  
Labour Council**



## School District Advisory Committees

**Student Services Advisory** - 1 CTA Reps

**Student Achievement Advisory** - Currently Full

**District Student Wellness & Safety** - 1 CTA Rep

**District Indigenous Ed Advisory** - Currently Full

**District French Advisory** - 1 CTA Rep

**District Technology Advisory** - Currently Full

**District Accessibility Advisory** - Currently Full

**District Anti-Racism Committee** - Currently Full

## SANCTUARY SCHOOLS WORKING GROUP

The CTA is seeking 6 CTA members to form a working group to inform the CTA Executive Committee's work on engaging the district on the matter of adopting a Sanctuary Schools Policy.

If you have any questions about the working group, please contact Diether Malakoff, 1st Vice President.

Please submit a CV form to the CTA office.



## Standing Committees

### CTA Adult Educators

1 Member who identifies as Indigenous

1 Member who identifies as Black or a Person of Colour

### CTA Policy and Procedure Committee

1 Member who identifies as Indigenous

1 Member who identifies as Black or a Person of Colour

### CTA Scholarship, Awards and Bursary Committee

1 Cont. Ed. Rep, 2 Additional CTA Members

1 Member who identifies as Indigenous

1 Member who identifies as Black or a Person of Colour

### CTA BIPOC Educators' Committee

For more information, please email [Ryan.Cho](mailto:Ryan.Cho).

### CTA PD Committee

1 Middle Rep, 1 Elementary Rep,

1 TTOC Rep, 1 CASJ Rep, 1 LSA Rep

1 Member who identifies as Indigenous

1 Member who identifies as Black or a Person of Colour

### CTA Teachers Teaching on Call Committee

6 Members-at-Large,

1 Member who identifies as Indigenous

1 Member who identifies as Black or a Person of Colour

### CTA Committee of Action on Social Justice (CASJ)

3 Middle Reps, 1 Member-at-Large rep ,

2 Elementary Reps, 1 Member who identifies as

Indigenous, 1 Member who identifies as Black or a Person of Colour

**Teachers interested in any of these committees should go to our website or [click here](#) for a curriculum vitae form and submit it to the CTA Office ([corbeyhj@cta43.org](mailto:corbeyhj@cta43.org)). If you have questions, call the CTA Office at 604-936-9971.**

# Contact Us:

[www.coquitlamteachers.com](http://www.coquitlamteachers.com)

CTA Office: 604-936-9971



Please use the links to contact the officer or staff member best able to help you.

**Ken Christensen, President**

[kchristensen@cta43.org](mailto:kchristensen@cta43.org)

**Diether Malakoff, 1st Vice-President**

[dmalakoff@cta43.org](mailto:dmalakoff@cta43.org)

**Meggan Crawford, 2nd Vice-President**

[mcrawford@cta43.org](mailto:mcrawford@cta43.org)

**Ronak Pahlevanlu, Labour Relations**

[rpahlevanlu@cta43.org](mailto:rpahlevanlu@cta43.org)

**Ryan McMahon, PD Chair**

[rmcmahon@cta43.org](mailto:rmcmahon@cta43.org)



**1-800-663-1142**

TTY: 1-888-384-1152

International (Call collect):

604-689-1717

[HomeWeb.ca](http://HomeWeb.ca)

## CTA Website Access

Please make sure you are able to access the site. SD43 email security settings may not allow a password reset online.

**If you need to reset your password, please contact Kelly Stewart**



**Kelly Roberts, Executive Director**

CTA Administration

[kroberts@cta43.org](mailto:kroberts@cta43.org)

**Heidi Davis, Finance Administrator**

Accounting, PD, Scholarships & Newsletter

[hdavis@cta43.org](mailto:hdavis@cta43.org)

**Kelly Stewart, Admin. Assistant**

Membership, Website Access, Staff Reps

[kstewart@cta43.org](mailto:kstewart@cta43.org)

**Corbey Heyes-Jones, Admin. Assistant**

CTA PD Day, Committees, CTA Lending Library

[corbeyhj@cta43.org](mailto:corbeyhj@cta43.org)