W.R.D.S.B. EDUCATIONAL ASSISTANTS ASSOCIATION

eUpdate

The Latest Information to Keep YOU Informed

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EDUCATIONAL ASSISTANTS

General Member Meeting

Register in advance for this virtual meeting:

https://us02web.zoom.us/meeting/register/tZEvc-2tqz0sGNB7zF_9GcDHlucYehqtR8qk

After registering, you will receive a confirmation email containing information about joining the meeting.

Thursday, February 11, 2021
7pm - 9:00 pm

Agenda:

Welcome

Approval of 2020-21 Budget

Website Upgrade

Constitutional Changes* and voting

General Q & A

***We ask Members to review and have a copy ready with you for this meeting**

Flower and Gift Fund Report



Due to member inquiries and concerns about the Flower and Gift Fund, a committee met last March and this January to discuss possible changes to the requirements. The main concerns were: it doesn't include everyone, some members are missed, and the requirements to receive flowers.

In the past, the budget for this was huge and not used appropriately. In more recent years, the budget has been

lowered and guidelines were set. This fund is not meant to apply to everyone every year. It is only used in specific cases. The union's EAA Appreciation Day is the time when ALL members receive something. We are also one of few unions that have a flower and gift fund for their members for bereavements, surgeries, etc.

Here is some information on our fund and the changes that were made since March.

Flower and Gift Fund Budget:

- $8000

The Requirements:

- A medium-sized arrangement will be sent to a member who has lost a parent (or step-parent), child, spouse or retired/current member who has passed away
- Sometimes a donation is made for a death in lieu of flowers and that amount is $50. This is approved by the President.
- A small arrangement will be sent to a member who has had a surgery or is off for 10+ days
- A card will be sent to a member who has lost a grandparent, sibling, aunt, uncle, or mother/father-in-law. Or for the birth/adoption of a child or grandchild

Before March, we only sent one size of arrangement. Now we have 2 different sizes to help us reach more members and save some money.

Before March, I only knew of someone being off or having surgery if I was told by their coworker. To help alleviate this, I now receive a list of names of members on short term leave and can send them flowers.

Please send an email to jennengeleaa@gmail.com or jenn_engel@wrdsb.ca if you or a coworker has a life event that qualifies for flowers or a card.

Thank you,

Jenn Engel
EAA Officer At Large

Mental Health and Self-Care Activity

Self-care can promote positive mental health and well-being, keep us grounded and reduce the effects of stress in our lives.

This month, challenge yourself to complete as many self-care activities as you can. For each activity completed, put a checkmark in the top right corner.



Here are some other resources for you:

- Employee & Family Assistance Program (EFAP): Resilience - myresilience.com
- Sign in at: wrdsb.lifespeak.com with the password: lifespeak
- CMHA Programs and Services - https://cmhaww.ca/programs-services
- Action for Happiness Facebook page - https://www.facebook.com/actionforhappiness
- 8 tips for a better night's sleep

- how to tell if you're truly hungry
- yoga for relaxation and meditation

EAA 'Wonderland Workshops'

There is still space to sign up for our upcoming EAA 'Wonderland Workshops'

For more information on the sessions and how to register visit:
https://wrdsbeaa.com/wp-content/uploads/2021/01/Wonderland-Workshop-Series-Flyer.pdf

Find all the info you need!

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