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

eUpdate

The Latest Information to Keep YOU Informed

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A Message From Our President

I have had a number of Members reach out and ask me if they can work other jobs during the school shutdown. Please read the below information and this should answer questions in this regard. It also outlines the Minister's expectations around monitoring and responding to Board requests.

On Thursday, March 12, 2020, the Minister of Education issued a Ministerial Order to close all publicly funded schools. The rationale for the decision by the Ministry was to provide the opportunity for staff to self-contain and reduce the risk of spreading the infection.

During normal business hours, as you are being compensated by the Board, the expectation is that you are to be at home to self-isolate and reduce the risk to yourself as well as others due to the COVID-19 epidemic. In addition, as you are being paid, it is expected that you are monitoring and responding to Board requests to support business continuity requirements.

The office is officially closed until further notice and we ask Members to reach out to the Executive via our website or the Board Server. Thank you.

Please take care and stay well,

Colleen Dietrich-Sisson
President
Educational Assistants Association

SUPPORTING OURSELVES SUPPORTING ONE ANOTHER

While our schools and workplaces are closed, it's important that we remain focused on supporting our health and well-being. During this time of uncertainty and physical distancing, it's important for us all to take time for self-care, and supporting our own physical and mental health.

The theme of our first edition is supporting staff mental health and well-being. Below, you'll find a selection of resources and content selected to help you support your well-being as we all navigate this uncharted territory.



Support Your Mental Health and Well-being

Employee & Family Assistance Program - Resilience

Please note that as WRDSB employees, you have access to free counselling from Homewood Health. Homewood has assured us that their client service centres have been transitioned to work-at-home, so as per our plan, our 24/7 service remains available at full capacity.

To access counselling: call anytime 24/7/365 or visit myresilience.com

- Toll-Free English: 1-800-663-1142
- Toll-Free French: 1-866-398-9505
- International (Call Collect): 604-689-1717
- Required information: Plan Contract Number: 12500

LifeSpeak Resources

Social Distancing: What it means and how you can manage it in day-to-day life

Q&A with Dr. Marni Amsellem, a licenced psychologist based in Fairfield County, CT. Her private practice, Smart Health Psychology, specializes in helping clients manage anxiety, depression, adjustment to medical and health-related challenges, and life transitions.

How to manage anxiety during the COVID-19 outbreak

Q&A with Dr. Brooke P. Halpern, Psy.D., J.D. Dr. Halpern views psychotherapy as a tool that can help create the emotional space so a person can identify and work towards personal change and growth.

From the Greater Good Science Center at UC Berkeley

How School Closures Can Strengthen Your Family

Here are three ways to cope when your child's school closes.

How to Keep the Greater Good in Mind During the Coronavirus Outbreak

In the midst of our worry around COVID-19, we must look to each other to help us get through it.

Centre for Addiction and Mental Health (CAMH)

Mental Health and the COVID-19 Pandemic

The effort to address COVID-19 is both extremely important for us all and poses a range of challenges on individuals and families as they respond to the demands of the situation. This site is designed to provide information and suggestions about how best to cope in this difficult time.

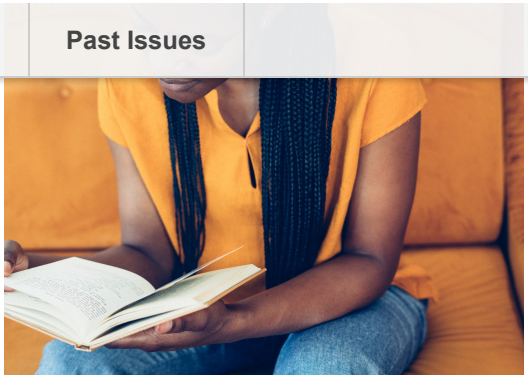
Coping with stress and anxiety

The COVID-19 pandemic can cause stress and anxiety because it is disrupting normal life for many people all at once. While it is important to be informed and to take action to limit the spread of infection, the amount of information and attention on this topic can increase stress and anxiety.

Waterloo Region Suicide Prevention Council (WRSPC)

Adult and All Ages Mental Health Resources

Are you or a loved one dealing with anxieties, fears, or worries about COVID-19? This page contains a list of resources available to support adults and individuals of all ages in the Waterloo region.



Some things to feel good about

[SJAM student aims to keep goodwill amid challenging times]

By the Waterloo Chronicle

[Coronavirus Kindness: Canadians Are Stepping Up To Help Their Neighbours]

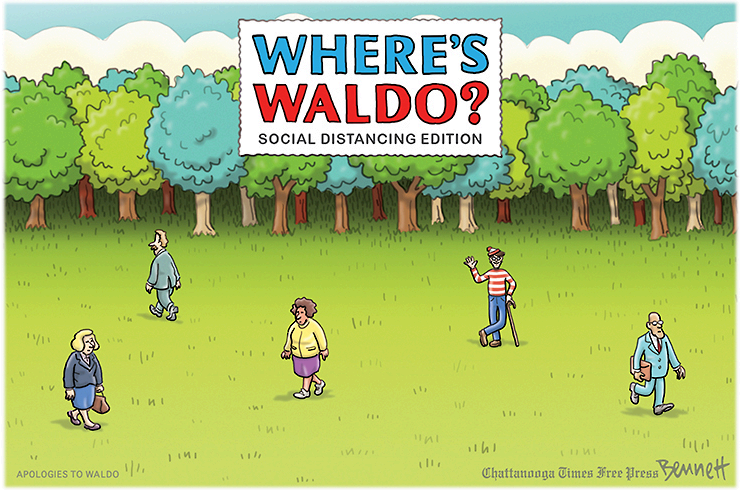
By HuffPost News

[Grocery Stores Hold Seniors-Only Hours During Coronavirus Pandemic]

By HuffPost News

[50 cozy, comfy, feel-good titles to watch on Netflix Canada while stuck at home]

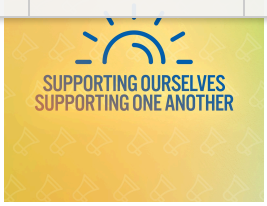
By Toronto Life



Source: [Clay Bennett/Chattanooga Times Free Press]

Supporting Ourselves, Supporting One Another

We hope you enjoyed this edition of Supporting Ourselves, Supporting One Another! Keep your eyes on your inbox for the next edition. Want to share some uplifting news with us? [Submit it here]!



12 WEBINARS for EAA Members

Self-Care, Resiliency and Compassion Fatigue in Student Support and Educational Services RESOURCES - Log onto the website first to access the webinars and then click the links below:

1. WEBINAR 1 - Understanding the Basics of Resilience and Wellness
2. WEBINAR 2 - What are compassion fatigue and burnout?
3. WEBINAR 3 - Identifying your Warning Signs
4. WEBINAR 5 - Debriefing and Peer Support
5. WEBINAR 4 - Assessing your Self-Care Map
6. WEBINAR 6 - Grounding Skills before, during and after an incident
7. WEBINAR 7 - The basics of trauma-informed Care
8. WEBINAR 8 - Self-Care at Work
9. WEBINAR 9 - Working with Colleague
10. WEBINAR 10 - Social Support
11. WEBINAR 11 - The zone of control and influence
12. WEBINAR 12 - Mapping out an action plan at home and at work

Online Training Opportunity - ASD and Applied Behaviour Analysis (ABA)

Educational Assistants/Child and Youth workers:

On behalf of Special Education and our ABA team, we are excited to offer you an online training opportunity through Sonderly (previously Geneva Centre). This is a certificate training that is fully online and self paced. The focus is to increase the understanding of ASD and Applied Behaviour Analysis (ABA) methods. The details including registration

information is attached to this email. There is limited space to register for this opportunity and must be done prior to March 28.

If you choose to register, please follow the steps in the attached document. If you have questions, please contact: Megan Leggo megan_leggo@wrdsb.ca

Click here for all the information you need to register

Spring Dinner - Cancelled

On behalf of your 2019/2020 Spring Dinner Committee, we are canceling our EAA Annual Spring Dinner due to the COVID-19 Pandemic.

We would like to extend congratulations to our retirees, as well as any recipients of 10, 15, 20, 25, 30, and 35 years of service awards. I will be in touch with all recipients to make arrangements to get your gifts or awards when it is safe to do so.

For those who have paid for their tickets, I will be in touch with you to determine the best process for reimbursement.

I want to thank this years committee for their efforts that went into planning a special evening for our Membership. I look forward to the day that we can all gather together to celebrate.
Yours Respectfully,

Donna Jeske
Wellness Officer for the Educational Assistants Association of the WRDSB

The Need for Blood Donors!

During these uncertain times, one thing remains constant, and that is the need for blood. This is one thing that comes from Prime Minister Justin Trudeau's messages.

The EA Association has supported our local clinic by hosting Blood Drives in the past. I reached out to the clinic to see if we could set up some kind of support for another blood drive. Please read the response I received from the clinic.

"Blood donor centres are a place of wellness, and we have taken precautions to ensure the safety of donors. We have implemented wellness checks at the entrance of our centres, and we have increased our travel restrictions at this time to ensure the safety of those coming inside.

For more information and updates please visit: blood.ca/en/covid19

To book an appointment or check operating hours please visit: blood.ca/en/donate

Thank-you so much for your continued support of Canadian Blood Services and for your contribution to Canada's Lifeline."

The need for donors remains strong - KW.pdf

PLEASE SHARE THIS MESSAGE WITH YOUR FRIENDS AND FAMILY.

Find all the info you need!

EAA: YOUR EXECUTIVE

- PRESIDENT: Colleen Dietrich Sisson - president@wrdsbeaa.com 519-624-1221
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