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

eUpdate

The Latest Information to Keep YOU Informed

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Health and Safety Thank You!

I would like to thank all our members for staying safe and following the WRDSB protocols. It's working! Our schools are able to stay open and students are able to keep learning because of what you are doing. The ROW Public Health has commended our diligence around wearing masks, glasses/ face shields and our hand hygiene.



A good tool to think of is to hand sanitize when going into a classroom and then again when leaving the classroom. If we maintain this in & out protocol we can keep our exposure way down. This will also help us as we enter the cold and flu season.

Remember the Health, Safety and Wellness handbook is updated constantly. There is also a FAQ page that will have answers to our most common questions https://staff.wrdsb.ca/returntoschool/staff-health-and-safety/frequently-asked-questions-faq/

Thank you again for all that you are doing. If you have any questions please email me lwilsoneaa@gmail.com.

Lynn Wilson
Health & Safety Officer of the Educational Assistants Association

Mindful Self-Compassion 3-part series

Facilitated by Carla Waites
Exclusively for EAA Members
November 10, 17, 24 @ 7pm

Current research behind the science of self-compassion has shown that practising self-compassion is strongly associated with increased emotional well-being and resiliency and decreased levels of anxiety, stress and depression.
Self-compassion is a skill that anyone can learn and from which everyone can benefit.

During this 3-part series, you will learn:

- the science behind self-compassion
- daily mindfulness and self-compassion practice
- how to motivate yourself with kindness rather than self-criticism
- how to forgive yourself when needed
- how to relate wholeheartedly to others and, most importantly, how to befriend yourself
- how others benefit when we practice self-compassion

Being self-compassionate leads to greater ease and well-being in our daily lives. Come and explore this life-changing skill with us.

This series will be a mix of practical hands-on experiences, discussion and theory.

Click the eventbrite link below to register:

https://www.eventbrite.ca/e/mindful-self-compassion-befriending-yourself-tickets-125676512833

Find all the info you need!

EAA: YOUR EXECUTIVE

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