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

eUpdate

The Latest Information to Keep YOU Informed



"Befriending Ourselves" Mindfulness Retreat

November 14, 2021

Join us for a retreat day of calm, relaxation and mindfulness practices amid November's quiet beauty.

Come spend a retreat day with us at the Crieff Hills Retreat Centre. Gift yourself with this time to experience stillness and calm and to refresh your mindfulness and "befriending ourselves" practices.

The peacefulness of this facility and the surrounding area plus the support of kindred spirits will nurture you in this retreat time of rejuvenation, relaxation and "just being".

Join Carla, a certified Mindfulness facilitator, for a day of mindfulness practices including guided meditations and visualizations, mindful movement practices with certified Tai Chi and Yoga instructors (no worries

more. Click the link below to register, spaces limited.

The cost is $85.00 total and is payable to Carla Waites. Please use the eventbrite site to register, you will be contacted regarding payment. This cost may be reimbursed through the EAA PD fund after the retreat.

https://www.eventbrite.ca/e/befriending-ourselves-mindfulness-retreat-tickets-195973079757



Your EAA is looking for volunteers to sit on our active committees.

Please see the committee descriptions below and reach out to **wrdsbeaa@gmail.com** if you are interested.

Constitution Committee

- Shall consist of not more than seven members; the President, up to two additional Officers appointed by the Executive, and up to four non-executive members who are in good standing. Where more than four non-executive members are interested in serving on the Committee, they will be chosen by lot from the list of applicants
- Members will be canvassed every two years in September to participate on the Committee
- The committee, in consultation with legal counsel, will consider proposals from the members and/or the Executive to amend the constitution, the Committee may also consider its own proposals
- Committee will meet virtually at least 4 times during the school year

- Oversees the EAA executive elections process
- Reviews candidate's campaign material prior to Election Committee for approval at least thirty (30) days before the election vote takes place
- Committee meets as needed during an election year

PD Day Committee

- Committee is responsible for coming up with meaningful Professional Development for our Members
- In the past, this committee specifically met to come up with a PD lineup for our Union sponsored PD Day. Moving forward you could also be meeting to discuss additional PD opportunities, as we did last winter with our Winter Wonderland series
- The committee meets as a group (virtually), searches for speakers, comes up with a PD Day theme and sets the Agenda for the day
- This is a great opportunity to collaborate with your peers

Student Awards Committee

- The EAA sponsors three student awards:

1. **Elementary**
2. **Secondary**
3. **EAA Achievement (formerly Norma Ballantyne)**

- Committee reads nominations from Membership and chooses one winner in each category
- Winners are announced at the Annual General Meeting in May
- Committee is active in April and May

EAA Appreciation Award Committee

- The EAA honours one member each year with the Educational Assistants Association Appreciation Award
- Committee reads nominations from various working groups in the Board (EAA, DECE,Admin,Teachers)
- The winner of the EAA Appreciation Award is announced at our Spring Dinner
- Committee is active in March and April

What to do if you are injured in the workplace?

Even with the best thought out prevention plans, accidents and injuries still happen in the workplace. It is important that workers who are injured on the job or have experienced a 'near miss' complete an accident/incident reporting form. There is a four step process workers should follow to report the incident and support any subsequent Workers Safety Insurance Board (WSIB) claims.

CLICK HERE

https://docs.google.com/document/d/1QvvyZ1pJFR1FL8Un7TKd5KD-la5UX6ktzNwwThaWs6Q/edit?usp=sharing



Registration:
https://us02web.zoom.us/meeting/register/tZUvde-rpzIiEtS2raGYDjIzYVG5Q62TQifk

Find all the info you need!

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