



# The Educator

A newspaper for School Councils in Newfoundland and Labrador

December 2021

---

## Message from the President



Season's Greetings to every member of school councils across Newfoundland and Labrador. As we approach the end of the year, I want to take this opportunity to thank our members for the valuable time and effort they put into supporting the schools. It is a privilege to work with such professional and enthusiastic people whose only agenda is to

support students and enhance the learning environment at their respective schools. It has been an extremely busy fall for NLFSC. We've received numerous calls from administrators and new council members regarding the role, and responsibilities of a school council, and the terms of office for members. We continue to hear concerns on class size, and the need for more administrative and student assistant time. Unfortunately, NLFSC has also experienced an increase in the volume of calls regarding behavior issues, bullying, and student

violence. We have also seen a distributing TikTok trend, where kids are challenged to hit a teacher or vandalize their school and then post it online in order to complete the challenge.

While these TikTok challenges are not technically bullying, it shows us that some people often use social media as a tool to hurt others.

I'm sad to say over the past months NLFSC has also seen an increase in cyberbullying where more parents are using social networking sites to criticize, bully and undermine teachers, administrators, students and sometimes other parents. These posts are defamatory, hurtful, and mean and can have long lasting negative effects on those who are targeted. The victims may suffer high levels of stress and anxiety leading to long term mental health issues. The potential harm to students cannot be understated; posts that contain criminal content could result in legal action against the person posting.

Fortunately, the majority of parents would never use social media to harass or intimidate teachers, administrators, students, school staff and parents. NLFSC encourages parents to take a stand against cyberbullying by refusing to share posts, texts, images, or videos which can destroy a teacher's self-

esteem, reputation and career. We must all do our part to stop bullying both physically and online.

In closing I would like to once again thank our school councils for their dedication to our students and schools. On behalf of the NLFSC executive thank you for your membership and for putting your trust in us to represent you and your school.

Christmas is a time for reflection and a rejuvenation of hope for the future.

May we always be ever mindful of the spirit of caring, sharing, love and generosity of the Christmas season, and do our best at all times as we seek to develop as an organization.

I am particularly aware that the success of the Federation of School Councils rest upon the valuable support of our members and the hard work of the executive who so generously volunteer and give of their time. Wishing you all a joyous holiday season and a very Merry Christmas.

Sincerely,

Don

Email: [Don.Coombs@easternhealth.ca](mailto:Don.Coombs@easternhealth.ca)

## **School Councils**

School councils can have a positive impact on the learning success of children in schools across this province.

School Councils are the legislated platform for parent engagement in K-12 public education and a fundamental vehicle for communication. The school council's role is to be the link between the school administration and the parents in the school community.

We receive many phone calls requesting a copy of the School Council Handbook. Unfortunately, the government stopped printing them a number of years ago; however a copy of the School Council Handbook (Building Learning Communities: A Handbook for School Councils 2nd Edition), can be downloaded at [www.ed.gov.nl.ca/edu/publications/k12/Handbook2ndedition.pdf](http://www.ed.gov.nl.ca/edu/publications/k12/Handbook2ndedition.pdf)

This document is an invaluable resource in assisting school council members to understand their roles and responsibilities. If you have questions or concerns, please contact the NLFSC office at (709) 764-8993 or by e-mailing us @ [nlfsci@gmail.com](mailto:nlfsci@gmail.com)

## **Membership Renewal**

**It's that time of year again....time to renew your annual membership in NLFSC.**

**Why should your school be a part of NLFSC?**

**Our commitment to education is the driving force behind everything we do.**

Your continued membership will help support our mission to advocate for excellence in education for all students in Newfoundland and Labrador.

Your membership allows NLFSC to continue to represent the concerns of School Councils.

The NL Federation of School Councils is the provincial umbrella group for School Councils. NLFSC provides school councils and parent groups with a voice on education issues, and encourages positive parental involvement at all levels of education. The Newfoundland and Labrador Federation of School Councils also offers information,

support, and guidance to parents and school councils to help them better understand the policies and procedures of their local schools, school districts, and the Department of Education.

There are many changes and challenges taking place in the school system and NLFSC is busy advocating on your behalf.

If you have not renewed your membership and would like a renewal form, please email us at [nlfsci@gmail.com](mailto:nlfsci@gmail.com)

### **Meetings and Representation**

- Prime Minister's Awards for Teaching Excellence Committee
- Health Accord NL
- 2021 Census (Population and Engagement)
- Climate Change Survey
- Canada Foundation for Economic Foundation
- Webinar Series (Healthy Board Governance)
- Canadian Home and School
- Atlantic Caucus Meeting

### **NLFSC Executive Meeting**

On November 20, members of the NLFSC executive held a conference call with Minister Tom Osbourne concerning future changes to the role of NLFSC once the English School District has been integrated into the Department of Education.

It is our understanding that NLFSC will be included in legislation and our advisory role will be expanded allowing us to bring the concerns of parents directly to the Ministers office. This expanded role will provide parents with a better opportunity to have meaningful input in the education system. We anticipate these changes will occur sometime in the spring of 2022 and be finalized by the beginning of next school year.



*Executive Meeting, November 20/21  
Don, Lori, Denise, Dave, and Craig*

## **Bullying: It Impacts us all!**



**Craig Tavenor**  
**NLFSC Vice-President**

*"Can we not teach children, even as we protect them from victimization, that for them to become victimizers constitutes the greatest peril of all, specifically the sacrifice - physical and psychological- of the well being of other people, through teasing, bullying or otherwise 'putting them down, is as destructive to themselves as to their victims?"*

**- Lewis P. Lipsitt, Children and Adolescent Behavior Letter**

I thought I would open my message to our members with this quote. I felt it timely for several reasons. Sadly, it's born out of a need to, once again, address the issue of violence

among our young adults.

Many of you may have seen or read the heartbreaking media stories regarding a terrible assault on a student in our metro region. It seems like, despite all we have come through these past couple of years, our schools and communities, once again, have to deal with this problem. Many of us have made a conscious decision to turn away from the issue because, as you may reason with yourself, "What am I supposed to do?"

That's a great question and maybe my letter today may help encourage some of you to step forward a little bit. Let's call this a recruiting drive for parents, guardians and community leaders to consider serving on a local school council. Let me give you the broad strokes as to what's required;

1. An open mind
2. A positive spirit
3. Ability to listen
4. Commitment to support students and your administration

I've always felt that we carry on in our daily lives with three hats; our bully hat, our bullied hat and our bystander hat.

As adults, we've come to understand that wearing a bully hat all the time is exhausting

and doesn't really contribute much. It might help complete a project or advance a cause, but it's not a long term, sustainable approach to living.

Wearing a bullied hat is like the employee who seems withdrawn and not engaged with the function of an organization. Possibly someone whose taking plenty of sick days. The hat that I think we wear the majority of time is the bystander hat.

A brief example; business guy in a coffee line up berates a server after getting his coffee order wrong. It's loud. It's profane. It's degrading. What are the other customers, the bystanders, doing?

Hopefully the majority of us, will help the bully check in with his behavior and help him tone it down.

The thing is, we have all worn one of those hats at some point in our lives. I sincerely believe that engaged parents and guardians, through working positively with school councils can make a difference.

There are changes coming to our school councils. The future will include greater autonomy for school administrators and requires an active and engaged parent

community.

If we want to encourage our future to embrace authenticity, resilience and safe communities, then we have to come forward and get involved.

We have to model the behaviors and attitudes that encourage diversity and inclusion. We must support administrations and find creative solutions to the challenges of community building.

These are not easy things but I'm convinced that the "secret sauce" for our province is the embracing of all communities, races and religions that celebrate and respect our differences.

We have so much opportunity in this province. The last thing we need is to crush young people in body and spirit.

Conflict is inevitable. Violence is not. Get involved with your council and serve with a whole heart.

**Craig is a member of the O'Donel High School Council**

Email: [cttavsmail@gmail.com](mailto:cttavsmail@gmail.com)

## **New: 2021 Climate Change & Education Survey**

Calling all educators, parents, students and members of the general public: **Learning for a Sustainable Future needs to hear your voice on the importance of climate change education in Canada!**

The groundbreaking 2019 “Canada, Climate Change and Education” survey gave us a look into climate change knowledge and education practice in Canada and produced recommendations for all sectors to support climate change learning.

We’re excited to follow up with our second climate change education survey to see how things have changed—a lot has happened since 2019!

For the 2021 survey, we want to hear from K-12 educators, parents of K-12 students, students 12-18 years of age, faculty of education instructors, and members of the general public.

**You can access the survey**

**here: <https://LSF-LST.ca/research-policy/survey/>**

The survey will take about 15-20 minutes to complete and your answers will remain confidential and anonymous. By taking part in this survey, you will help our understanding of how the public, teachers, parents and students view climate change education in Canadian schools and what supports are needed to effectively teach climate change in classrooms.

This research is the second phase of a baseline research study undertaken in 2018-2019 by LSF and Leger in collaboration with Dr. Ellen Field, Assistant Professor, Lakehead University. The results will be used to develop recommendations to governments, school districts and educators to help Canadian youth address climate change.

Respondents completing the survey will be offered the opportunity to be entered into a draw to win a Chromebook (must be over 18 to enter). Names and contact information for the draw are not collected with the rest of the survey; responses will be kept in confidence and will not be used for any further research.



**CANADIAN FINANCIAL EDUCATION CHALLENGE**

# MY MONEY MY FUTURE

**Win \$10,000 with your big idea!**

|  |   |   |
|--|---|---|
| <b>WHAT IS IT?</b>   | <b>WHO CAN ENTER</b>  | <b>KEY DATES</b>  |
| CFEE and CIBC are challenging Canada's youth to apply their creativity and skills to create new tools to help other young Canadians improve their financial knowledge. It's a creative challenge that has a prize. For more information go to: <a href="https://www.mymoneymyfuturechallenge.ca">https://www.mymoneymyfuturechallenge.ca</a> | High School age youth (14-18) either registered by your teacher or independently. Registration can be found on the website (see below). Prizes for the National Challenge are:<br>1st Prize: \$10,000<br>2nd Prize: \$5,000<br>3rd Prize: \$2,500 | Registration is now open. Registration closes: Friday, April 29/22<br>Submission Deadline: Monday, May 9/22<br>Live National Showcase: Thursday, June 16/22 |

### CREATIVE, INNOVATIVE, APPEALING

- It can be in either English or French. The resource can be a video, a website, an app, a podcast, a play, a booklet, a PowerPoint presentation, a whiteboard animation, a song, a piece of art, an ad, a poem, a video game, board game or... Get creative.
- You can enter as an individual or up to a team of 4. All projects must be submitted before midnight EST on Monday, May 9th, 2022.
- For more information go to: <https://www.mymoneymyfuturechallenge.ca>

Tel.: (416) 968-2236  
Toll-free: 1-888-570-7610

110 Eglinton Ave. W.  
Toronto, ON M4R 1A3

<https://www.mymoneymyfuturechallenge.ca>

mail@cfee.org

The [Canadian Foundation for Economic Education](#) is working with youth and across Newfoundland and Labrador and Canada to promote financial literacy and entrepreneurial skills. Two of their exciting programs that support teachers, parents and youth include the [Virtual Money Fair](#) for youth ages 9 – 14 and the [My Money My Future Challenge](#) for youth ages 14 – 18. For more information please contact: [tedvannostrand@cfee.org](mailto:tedvannostrand@cfee.org) or [@tvannost](#) #CFEE #TWOKAM



A program of  
**CFEE** CANADIAN FOUNDATION FOR ECONOMIC EDUCATION  
FONDATION CANADIENNE D'ÉDUCATION ÉCONOMIQUE

# Virtual Money Fair and National Competition

## Chance for youth ages 8 -14 to WIN \$2000

### What is a "Virtual Money Fair"?

Simply - it's a video of a money topic that a student has chosen and researched. She/he/they then develops an engaging video presentation and submits it to Canadian Foundation for Economic Education (CFEE). The top presentations will compete for a \$2000 first prize, \$1000 second prize and \$500 third prize in May 2022. This contest is limited to students ages 8 –14 or grades 4 – 8. A participant can only enter into one CFEE contest within a given year.

A Virtual Money Fair involves students, either learning at home or in the classroom, selecting a money topic that is of interest to them, undertaking research to explore and learn about that topic, and then preparing a creative video presentation that showcases the outcome of their research and what they learned. We will be getting submissions from across the entire country, posting them on the secure CFEE website and then there will be a National Showcase of the best with "financial celebrities" as experts and influencers.

A Money Fair should be a fun, interesting, and engaging activity for students – at the same time as they learn about money and improve their financial literacy and capability.

A Money Fair is an excellent way to engage students at home and have fun while learning.



good reasons to participate in a Virtual Money Fair

- 1 STUDENT DIRECTED
- 2 ENCOURAGES CREATIVITY
- 3 DEVELOPS REAL WORLD SKILLS
- 4 ENGAGES PARENTS AND THE COMMUNITY
- 5 DEVELOPS PRESENTATION AND ORAL SKILLS
- 6 ALLOWS FOR IN CLASSROOM OR AT HOME LEARNING

**Find out more at:**  
[talkwithourkidsaboutmoney.com](http://talkwithourkidsaboutmoney.com)

## **Covid Vaccine Facts for Children (ages 5 to 11)**

Vaccines for children ages 5 to 11 are available in public health clinics in the Regional Health Authorities. Visit the [Get the Shot](#) page to book an appointment. Vaccines will also be offered in schools.

There is one vaccine approved for children under 12 years old in Canada for COVID-19:

- The Pfizer-BioNTech Comirnaty COVID-19 vaccine was approved by Health Canada on November 19, 2021.

A smaller dose of the vaccine is used for children (10 micrograms) compared to adults (30 micrograms). In a study of the Pfizer-BioNTech Comirnaty vaccine for children 5 to 11 years of age, the 10 microgram dose has been shown to produce a good immune response and the vaccinated group of children was 91 per cent less likely to get sick with COVID-19 than the unvaccinated group.

The Pfizer-BioNTech Comirnaty vaccine consist of two doses given eight weeks apart

and up to four months. It is very important to get both doses of the vaccine.

### **What are the side effects of the vaccine?**

Side effects can develop in the few days after receiving the vaccines. Although most side effects are not serious to your child's health, they may make them feel unwell for a few days; they will go away on their own. It is important to note that you cannot get COVID-19 infection from the vaccine. Some common and expected side effects include one or more of the following:

- pain, redness or swelling where the needle was given
- tiredness
- headache
- muscle pain
- joint pain
- chills
- fever
- diarrhea, nausea and/or vomiting
- swollen glands in the underarm

Rarely allergic reactions can occur after receiving a vaccine. Symptoms of an allergic reaction include:

- hives (bumps on the skin that are often very itchy),
- swelling of your face, tongue or throat or difficulty breathing.

Seek immediate medical care if your child

develops any of these symptoms.

Inflammation of the heart or the lining on the outside of the heart

(myocarditis/pericarditis) have rarely been reported after mRNA vaccines.

- Most cases are mild and symptoms resolve quickly after seeking medical care. The risks of myocarditis/pericarditis from mRNA vaccines are higher:
  - after the second dose
  - within a week of vaccination
  - in adolescents and young adults (less than 30 years of age)
  - in males more than females
  - after Moderna compared to after Pfizer-BioNTech in adolescents and adults
- The risk of myocarditis/pericarditis in children is unknown.
- Seek medical attention immediately if your child develops any of the following:
  - chest pain
  - shortness of breath
  - fast or irregular heart beat

### **Who should not receive the vaccine?**

You should not receive a COVID-19 vaccine if you have:

- a history of anaphylaxis after

previous administration of any COVID-19 vaccine

- an immediate or anaphylactic hypersensitivity to any component of the vaccine. To view components in each COVID-19 vaccine, refer to the [product monograph](#).

If you have a fever, are sick with COVID-19 symptoms you need to delay your

vaccination. Once your symptoms subside you can proceed with getting vaccinated.

If you have received a vaccine within the last 14 days, you will need to delay your vaccine until 14 days after your last vaccine.

### **When should I return for my second dose?**

Two doses of COVID-19 vaccine will provide the best protection. The second dose should be booked at least eight weeks and up to four months after the first dose.

Am I eligible for a COVID-19 booster dose? Visit the [Get the Shot](#) page to determine who is currently eligible to receive a COVID-19 booster dose.



## **Prime Minister's Award for Teaching Excellence**

Congratulations to teachers Laun Shoemaker, and Tanya Warford on receiving the 2021 Prime Minister's Award for Teaching Excellence.

Mr. Shoemaker, a teacher at Beachy Cove Elementary, received the 2021 Certificate of Excellence for his "6Cs" teaching practice, incorporating "creativity, collaboration, critical thinking, communication, citizenship, and character."

Ms. Warford, a math and science teacher at Valmont Academy in King's Point is the recipient of a Certificate of Achievement for innovative learning supported by technology.

The Prime Minister's Awards for Teaching Excellence honour teachers across Canada for their remarkable achievements in education and for their commitment to preparing students for a digital and

innovation-based economy. These awards have honoured exceptional elementary and secondary school teachers in all disciplines since 1994, with over 1,600 teachers honoured to date.

On behalf of the NL Federation of School Councils, congratulations on your awards, and for your commitment and dedication to students and learning.

The Prime Minister's Award for Teaching Excellence honours exemplary teachers that help build the next generation of talented, caring and creative Canadians and equip youth for jobs in an innovation and high-growth economy.

*NLFSC Executive Director, Denise Pike is a Regional Evaluator for the Prime Minister's Award for Teaching Excellence*



## **Measures to Support Recruitment and Address Staff Shortages in Early Learning and Child Care Sector**

As part of the joint provincial and federal Early Learning and Child Care Action Plan, on January 1, 2022 the cost of regulated child care will be reduced from the current rate of \$25 per day to \$15 per day. In recognition of the added staffing and recruitment pressures this shift may generate, the Honourable Tom Osborne, Minister of Education, announced measures on November 25 to support operators in the short-term and to bridge to the full implementation of the Action Plan by 2025-26.

Effective January 1, 2022 the base rate of pay for Early Childhood Educators (ECEs) working in regulated child care services under the Operating Grant Program will increase from \$14 to \$15 per hour, while the base rate of pay for administrators will increase from \$16 to \$17 per hour. This change is being made in anticipation of the work of a federally funded consultant who will conduct labour force adjustment analysis specific to ECEs in order to develop a wage-grid by the end of 2022, with full

implementation by 2023. To increase the pool of available qualified staff in the short-term, the department is launching a Primary Teacher Pilot Program on November 25 and has expanded eligibility for the existing Casual Caregiver Pilot Program.

The Primary Teacher Program will permit child care centres to hire provincially certified primary teachers (active or retired) to fill short-term vacancies and absences. Unlike the existing Casual Caregiver Program, participating primary teachers will:

- Be permitted to work as a single caregiver in a preschool or toddler age room;
- Will not require supervision from a qualified ECE; and
- Will not be limited to a number of consecutive working days or working days per year.

This temporary pilot program will run until the end of 2023, at which point it will be re-evaluated based on success and the availability of qualified ECEs in the province.

The Casual Caregiver Program was first introduced in November 2020. During the first year of the pilot, 21 per cent of regulated child care services in the province participated and hired either one or two

casual staff.

To expand eligibility for the program, going forward long-term employment and workforce impacts of COVID-19 will be accepted as a reason for participation, as will the filling of short-term vacancies. To improve the effectiveness of the program, participating centres with more than five homerooms will be permitted to hire a third casual caregiver, and casual caregivers can be used as part of the caregiver-to-child ratio for covering short-term vacancies, breaks and lunches.

To coincide with the move to \$15 per day for regulated child care for pre-school, full day childcare on January 1, rates for "school aged" spaces in regulated child care services will also be adjusted as follows:

- The rate for full-day (such as during school breaks, professional development days, unforeseen school closures, etc.) will change from \$25 per day to \$15 per day;
- Half-day rates (school breaks) will change from \$14 per day to \$10 per day;
- Before and after school rates will change from \$16 per day to \$10 per day; and
- After school only rates will change from \$14 per day to \$8 per day.



Bridge the gapp is a new way to connect with guidance and supports for mental health and addictions in Newfoundland and Labrador. The best thing about it is its accessibility. From a computer, tablet or a phone in your pocket, you can instantly access content that can provide advice, inspiration, assurance, or direction for finding additional supports when you need it the most.

Bridge the gapp offers self-help resources, links to local services, and allows the user to share their own personal stories. Bridge the gapp also connects you to an eight-week online self-management program called the BreathingRoom.



## **Mindfulness in Newfoundland and Labrador**

The Government of Newfoundland and Labrador has partnered with MindWell-U, a Canadian healthtech firm committed to enriching lives, communities and organizations via mindfulness, to offer free mindfulness training to the people of Newfoundland and Labrador.

The 30 Day Mindfulness Challenge is an online, evidence-based curriculum shown by university researchers to lower stress, increase resilience and improve well-being, performance and optimism.

The 30 Day Mindfulness Challenge is unique because it teaches ‘mindfulness-in-action’ so busy people can become more present and engaged with whatever it is they're doing... at work, out in the community, or with friends and family. As well, everyone who registers for the Challenge gets to invite a buddy to take the training with them.

So how does it work? Once you complete this sign up page you'll be directed to complete your profile, invite a buddy and get started on your training.

The Challenge starts every Tuesday, is available in French and English, and only takes 5 to 10 minutes a day.

So challenge your friends, your co-workers and yourself to take this important mental health training, just like thousands of others have before you. We hope you take advantage of these resources and join us on this mindfulness journey!

### **CHANNAL Warm Line**

If you are feeling isolated and alone during COVID-19, reach out and speak with a trained mental health peer supporter. Call the Provincial Warm Line @ 1-855-753-2560 9 am to 12 am daily. They are there to listen and help.

Mental Health Crisis Line: 1-888-737-4668

***” Healing takes time, and asking for help is a courageous step.”***

**— Mariska Hargitay**



**Christmas Greetings from the NLFSC  
Executive**

*There's much, much more to  
Christmas than candlelight and cheer.  
It's the spirit of sweet friendship that  
brightens all the year.  
It's thoughtfulness and kindness, its hope  
reborn again.  
For peace and understanding and goodwill  
to all men.*

The NLFSC Executive would like to take this opportunity to extend good tidings to you and your family as we celebrate this season of giving.

May hope, peace, love and joy fill your heart and lives in every way this Christmas and throughout the coming year.

Don, Craig, David, Lori, Ruby, Ashley, and Denise



The Educator is a benefit of membership in the Newfoundland and Labrador Federation of School Councils.

Annual membership dues are based on school enrollment. Individual subscriptions are available at \$15 per year.

The views expressed or implied in this publication are not necessarily official positions of the Federation.

The mention of any program, organization, resource, product, person, place, or school does not constitute an endorsement by NLFSC.

Editor: Denise Pike

**NLFSC Contact Information**

P.O Box 23140

St. John's NL

A1B 4J9

Tel: (709) 764-8993

Email: [nlfsci@gmail.com](mailto:nlfsci@gmail.com)