



President's Message Marcela Cabezas

As we resume work this month, I sincerely hope all our members fully enjoyed their well-deserved winter break. Being able to shift gears to rest and relax with the folks at home was so very needed. This was a moment to re-examine and re-prioritize that which matters most in our lives. I hope that it has given folks a renewed sense of focus and purpose.

We enter this new year of 2021 with great hope and anticipation. The system is wrought with change and instability. Pivoting is still the name of the game. While we may not know what lies ahead, we can only hope it is better than last year.

Last week, I received an unexpected text message from a dear teacher friend. It was one of those essay-like texts that takes up most of your screen. My first instinct was to worry, that something bad was up. However, I was pleasantly surprised to discover that her longer-than-normal text was a "daily dedication." She explained that it is her hope this year to reach out and thank the people in her life that have made a difference. Suffice it to say, receiving that message of gratitude and kindness was the highlight of my day. I promptly replied with a message of my own filled with love and gratitude for the many ways her friendship has touched my life and enriched my career.

Similarly, the Association ran a Twitter contest this month entitled, "My Attitude is Gratitude." Kudos goes out to our Public Relations Chairperson, Karen Myshkowsky, and her committee members for executing a wonderful PR event on Twitter. It was heart warming to open the [@preslrta](https://twitter.com/preslrta) Twitter account each day to see the kind messages of gratitude and friendship exchanged between members. While this contest officially ended on January 15th, I would encourage members to continue the practice of sending messages of gratitude and thanks to each other. We are off to go through the day doing our jobs without realizing the



positive impact simple gestures can have on others. During these most challenging of times, those messages can have a deep and meaningful impact on the wellbeing of others.

The Association and MTS continue their advocacy work on your behalf. The Province continues to move slowly on acting on our suggestions to improve working conditions and to improve teachers' confidence in the safety of the system. A new [rapid testing site](#) will become available to LRSD staff in February. It is first being piloted by five school divisions before it is further opened to others. With the recent cabinet shuffle, Cliff Cullen becomes the new Minister of Education. MTS President James Bedford has already had an opportunity to speak to the newly appointed Minister on the many challenges currently facing teachers. MTS has also sent a letter to the new Minister of Health emphasizing the importance of prioritizing teachers and other education sector workers in the Province's vaccination rollout plan.

To ensure you stay up to date on changes as they arise, please follow MTS on social media and make certain your personal email address is up to date on the MTS MyProfile space. As well, remember to read our LRTA Council Meeting Highlights. As always, we are here to support you as best we can. Please do not hesitate to reach out to us via email or to give us a call at the LRTA office. On behalf of Jay, Scott, and I, we wish you good health, happiness, and fulfilment in this new calendar year.

Best wishes to you all,

Marcela



Le coin des

par Sharad Srivastava



Comme des enseignants dans le programme de l'immersion française, nous sommes toujours à la recherche de ressources de qualité pour nos leçons.

Si vous vous inscrivez sur le site de Maple Forem vous pouvez trouver diverses ressources qui pourraient se démontrer utiles. Une fois que vous vous inscrivez, ça prend un ou deux jours avant que l'inscription ne soit activée. Une fois activée, vous pouvez choisir de faire partie des groupes qui vous intéressent. Alors, si vous cherchez des informations et des ressources sur la mise à l'essai du nouveau programme de Musique de 9^e à la 12^e, c'est là!

Une autre ressource qui pourrait être utile c'est Le Centre de soutien à l'apprentissage à distance du Manitoba. Selon le site, le Centre est « le résultat d'un effort concerté pour répondre à l'objectif de la stratégie provinciale de l'apprentissage à distance, qui est de permettre à tous les élèves d'avoir accès et de prendre part à un apprentissage de qualité supérieure, quelles que soient les circonstances imposées par la COVID19. » Si vous choisissez l'onglet Répertoire, l'option des atelier interactifs permet l'enseignant de choisir des présentateurs francophones pour faire des présentations en français pour vos élèves!

Enfin, pour nous, les enseignants LifeSpeak (sur le site MTS) continuer à afficher plus de ressources en français pour répondre aux besoins de bien-être et santé mentale. Je vous encourage à le consulter.

Maple Forem : <https://mapleforem.ca/fr/index.htm>

Centre de soutien à l'apprentissage à distance : <https://fr.mbremotelearning.ca/>

ÉFM : <http://efm-mts.org/>

Visitez les ÉFM à <https://efm-mts.org/> Suivez les ÉFM sur Facebook, Twitter et Instagram



[ÉFMdepartout](https://efm-mts.org/)



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MTS Women in Educational Leadership Symposium



Alexa
Joy



Dr. Betsy
McGregor

The Manitoba Teachers' Society is proud to host the annual Women in Educational Leadership (WEL) Symposium in advance of International Women's Day.

The **2021 WEL Virtual Symposium** will feature recognized leaders representing a variety of fields including education, law, community activism, business and communications.

Friday Evening March 5, all day Saturday, March 6

This year, the Society has partnered with EventMobi, a virtual conference platform, promising to provide opportunities for video-networking and more!

Information about registration and all of the symposium's speakers and panelists will be updated on the MTS website in February.





Watch LifeSpeak video trainings and enter to win a great prize!



From January 4th through February 19th, every time you watch a LifeSpeak video training you can enter your name to win a \$50 Amazon egift card. Simply click on the Watch&Win trophy icon below the video player after you have watched the expert-led video. Enter as many times as you like - the more you watch, the better your chances of winning! Choose a video from the selection below, or click here to start now!



How Much Sleep Do I Need?



How to make connections and reduce loneliness



How to set limits to ensure work-life balance



Setting Achievable Financial Goals



Peer Conflict - the Parent's Role



Setting Your Priorities While Caring for Another Person

Access from any computer or mobile device:

URL <https://mbteach.lifespeak.com>

CLIENT PASSWORD MTSBalance

Download the LifeSpeak app for free:

CLIENT NAME mbteach

CLIENT PASSWORD MTSBalance



Calendar of Events



LRTA Calendar 2020-2021

September

Wednesday, 2nd
Wednesday, 16th
Wednesday, 23rd

Opening Day
LRTA Executive Meeting
LRTA Council Meeting

October

Monday, 5th
Wednesday, 7th
Thursday, 15th
Wednesday, 21st
Friday, 23rd

LRTA New Rep Orientation
LRTA Executive Meeting
Maternity/Parental Leave Seminar
LRTA Council Meeting
MTS PD Day

November

Wednesday, 4th
Thursday, 5th
Wednesday, 18th

LRTA Executive Meeting
Pension Sustainability Seminar
LRTA Council Meeting

December

Wednesday, 2nd
Wednesday, 16th
Monday, 21st through
Friday, Jan. 1st

LRTA Executive Meeting
LRTA Council Meeting

Winter Break

January

Wednesday, 6th
Wednesday, 20th

LRTA Executive Meeting
LRTA Council Meeting

February

Wednesday, 3rd
Thursday, 4th
Wednesday, 17th

LRTA Executive Meeting
Pre-Retirement Seminar
LRTA Council Meeting

March

Wednesday, 3rd
Wednesday, 17th
Monday, 29th through
Friday, April 2nd

LRTA Executive Meeting
LRTA Council Meeting

Spring Break

April

Wednesday, 7th
Wednesday, 14th
Thursday, 15th
Wednesday, 21st
Monday, 26th

LRTA Executive Meeting
LRTA Council Meeting
Maternity/Parental Leave Seminar
LRTA Annual General Assembly
MTS AGM Binder Meeting

May

Wednesday, 5th
Thursday, 6th
Wednesday, 12th through
Saturday, 15th
Wednesday, 19th

LRTA Executive Meeting
LRTA Appreciation Dinner

MTS AGM
LRTA Council Meeting

June

Wednesday, 2nd
Wednesday, 9th
Wednesday, 16th

LRTA Executive Meeting
LRTA Retirement Reception
LRTA Council Meeting

Updated November 17, 2020

Reminder: If you have recently changed your name, please contact the LRTA office at 204-929-5782 or seclrta@shaw.ca and have your file updated.

Contact Us

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All matters will be dealt with in confidence.

Call MTS at 204-888-7961 to request assistance from a Staff Officer

