



CUPE 476 Membership

e/K-12+ Public Education Support Staff in SD#47

Spring 2021

cupe476@live.ca or 604-485-5441

WASHING YOUR HANDS



IS AWESOME

It is important to understand "... the difference between the stressor and the stress response. Even though we may step into a place where vaccines allow us to feel safer, our bodies have carried, held, and been through so much as we all (as a globe) navigated all the unknown, and reckoned with so many overdue conversations. And, what is critical to remember, is that the body keeps the score. 🧠" [Dr. Jody Carrington | Facebook](#) 2021-03-17



In Times of Trauma

Gentle Reminders

- calm body
- joy
- routine
- shake it off
- consume good
- expect irritability
- grace is contagious
- give it away - we need you



Not sure where to turn? We have EFAP services available through SD#47 (see portal) as well there is 211BC that can connect you to a variety of local services too.



YOU ARE IMPORTANT ~ TAKING CARE IS IMPORTANT

"We strongly recommend that all staff wear a mask when they are unable to safely physically distance ... we are all relying on one another to do what's best to protect ourselves and each other..."

Aaron Reid

Update → New Email, Website for CUPE476 and Finalized Collective Agreement coming soon

Have been working with CUPE National on our Website and hopefully, working through the break, will have it up and running by April 1st.

If you have photos of yourself or you and your work family, you think would be a great add in, please send them my way. With that we will be transitioning to a new email address cupe476@live.ca Please update your address book and ensure we have your correct contact information as well.

As you are aware between one thing and another, our Contract, the Collective Agreement the Min. of Ed./BCPSEA negotiates with CUPEBC K-12 and includes the negotiated contract between CUPE476 and SD#47 has had some hurdles getting to the printing stage. This week I have been advised the proof is good to go and will have it printed share to sites as well as posted on our new Website asap!



ZOOM Q & A's. With everything, we have found this format to be most effective to empower and make connections with and for the membership.

We have lessened our usual membership meetings as a result. We will be hosting a membership meeting later this spring in preparation for elections before June 2021.

As always, if you or your Department or worksite would benefit from a dedicated meeting, please get in touch with us.

We can be reached at our New Email → cupe476@live.ca

You have the right and responsibility to bring questions and concerns to your Principal, Administrator, Manager, Health & Safety Site Rep. **AND Your Union Representative**

We are meant to work together to work through and resolve.





There has been a lot of talk these last 2 weeks about the 1year mark. And Yes, that is a point to reflect on.

However, **I feel compelled to comment on YOU ALL 🤗 and acknowledge EVERYTHING that has gone on this last year.**

The Half-full/Half-empty cup image gave me pause to think about All the emotions that have flowed through and frankly continue to.

When I look at everything each of you has done, held off doing, overdone, and even the things that were undone after such careful planning. We have had to look at things from all sides now (Yeah Joni 🎸🎸🎸) and the cloud's illusions I have found exhausting and at times disheartening.

Without you all checking in on each other, cheering each other on and offering support in those moments where one couldn't even find a cup to fill, I THANK YOU ALL 🙌🙌❤️ The gifts of kindness, thoughtfulness, laughter and friendship are a blessing. At times one's feelings have been so mixed that we have had to push them aside and power through.

For many the way we work and move about each day has been disconnected and the feelings we have had don't make sense or seem selfish. Please remember Hard is Hard, no matter where you are in the world or in your day.

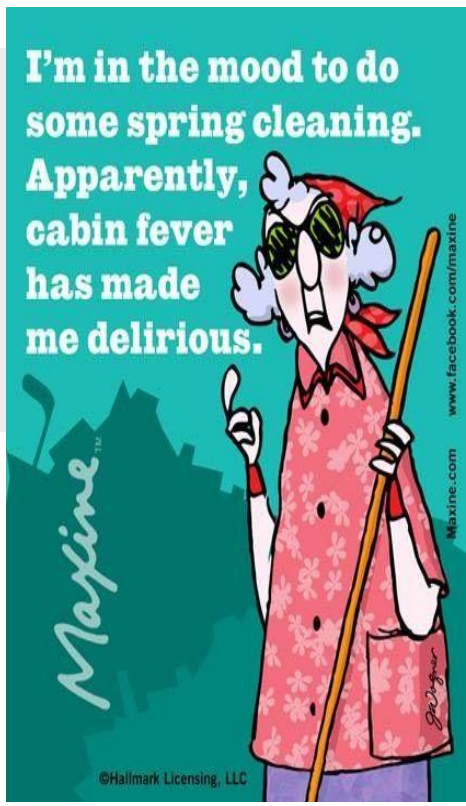
The upcoming Spring Break will offer many of you a chance to step back a bit. For those working, I hope that things will be a bit quieter or offer some time without constant distraction.

Please be gentle with yourselves and those around you.

Take care ❤️

Mark your Calendars → Although it is Spring Break for many this is also the ramp up to Spring/Summer Projects etc. Your worksite may have a different schedule over the next couple of weeks. If you work casually you may be called in unless you have notified the District of your unavailability. Always worth it to ask your Supervisor if there is anything You need to know!

Friday	March 19 March 22-Apr 1	Schools close (end of day) for Spring Break Spring Vacation – School District No. 47
Friday	April 2	Good Friday
Monday	April 5	Easter Monday
Tuesday	April 6	Day in Lieu for Good Friday (schools not in session)
Wednesday	April 7	Schools Re-open



On the lighter side



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