

It's A Girl!



Let us welcome into this world, baby girl Melissa, born on a very stormy January 24th, 2017 at 7:30 a.m. She weighed in at 7 lbs. 2 oz.

Mom (Linda), Dad (Tony), big brother (A.J.) and Melissa are all doing great!

Congrats guys and enjoy your new adventure!

To Take or Not Take a Break?

(by Jeannine Tardif - APPA Union Council Member)



Break time!! OK, this is not a new topic people, we've been writing on the subject often but I want to bring your attention to it once again.

Too often I hear these statements: "Oh! I feel bad leaving my class; the child I'm working with is in crisis!", "Oh! I feel bad because they are doing an exam, it's my break and I feel the teacher will be upset with me if I leave now :(" or the teacher tells me that someone should replace me when I want to go on break". You have to get used to telling the teacher very clearly that every day at a certain time you will take your break so she or he will get used to it. Also remember, there is no rule saying that the teacher cannot be alone with children even in ASD classes.

People! So many members fought in the past in order for us to have gained this right. When you feel bad about taking your breaks, it's you ignoring the need for a break. Teachers don't feel bad when they have breaks, as they know they are important to take.

Our job is hard and we do need those breaks, that we are entitled to, in order for us to take the time to breath and step back from our daily workload. With the cuts in support staff, it is harder than ever to deal with our kids, that's why you need to take your break my friends.

Another thing to remember is: **"IF YOU DON'T USE THEM.....YOU LOSE THEM"** They cannot be accumulated.

In order to take better care of yourself, take your break and don't feel bad. Do not say, "Ah, it's just 15 minutes. I don't need it!" FALSE!!! You need it! It is proven scientifically, **YOU DESERVE IT!!**

APPA 2017 Convention Don't Forget to Register!



We are pleased to announce that the 19th edition of the APPA convention will be held at Manoir Saint-Sauveur on: March 30th & 31st, 2017 for the General Administrative & Technical Sector; and April 1st, 2017 for the Daycare Sector. N.B.: All Daycare Staff attending the convention on April 1st, 2017 will be entitled to 4 paid hours since the event is

held on a Saturday.

We have a wonderful line up of guest speakers, whose conferences will certainly serve you well in your workday. Full information, including details about the speakers and conferences will be available for consultation as of February 10th, 2017 on our website: www.appa.qc.ca. Registration and busing reservation will begin on our website as of February 20th, 2017. Hope to see you there in great numbers!

Logo Contest - LGBT Committee



Attention APPA members!! Did you know that a new committee has been formed? The LGBT (Lesbian, Gay, Bisexual & Transgender) Committee. The committee's mandate will be to increase LGBT understanding & cultural awareness. If you are interested in joining this committee, please do not hesitate to contact us:

dcrawley@appa.qc.ca or by phone 514 254-3503 Ext. 204

We would like to create a committee logo; therefore, we are seeking your participation in a contest to design a logo.

The winning designer will have the chance to win a prize (a one-night's stay, breakfast included, at The Manoir St. Sauveur – the Thursday or Friday) at the unveiling ceremony of the logo, which will take place at the APPA convention. Participants have until March 3rd, 2017 to submit their creations. So, brush off your pallets, easels & paint brushes!

Thank you in advance for your participation!

A Salute to Women Who Marched in the Past



March 2nd to 8th will be International Women's Week. In order to pay our respect to all the women whose strength has permitted society to advance, we offer you an article that was posted and shared from Andrea Hatherne's Facebook page.

Every time you go to the voting booth to choose your candidate... you are doing so because of some women who marched.

Every time you refill birth control so that you may plan and decide the best time for your family to have children (or how many), you are doing so because of women who marched.

Every time you go to a job outside the home to provide for you or your family, you are doing so because of women who marched.

Every time you open a checking account or credit card, buy property, or make an independent financial decision, you are doing so because of women who marched.

The things you have today are a product of protest, social unrest, activism and resistance... these female activists were willing to fight for generations they would never even know.

Employee and Family Assistance

The month of February is known for being a very difficult month for many people. It's cold, winter doesn't seem to want to end, not enough daylight and the list goes on and on... If life is throwing you a curve ball and you feel like it would be good to talk with someone about your problems, don't hesitate to use the EMSB Employee and Family Assistance Program.

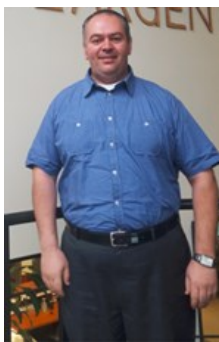
The program is directed by Shepell, an independent outside agency, which cannot divulge either the name or the nature of the problem of the person who has requested for support in their time of need. The Shepell group offers a wide range of services. It is free, open 24 hours per day, 7 days a week.

To reach them, you simply have to call one of the following toll-free numbers:

English service: 1-800-387-4765

French service: 1-800-361-5676

CSN Fondation Rep Will Be Visiting EMSB Schools



In the upcoming months, Mr. Flavio Massa will be visiting schools to see who is interested in investing in the CSN Foundation's Registered Retirement Saving Plan. This type of RRSP has an extra 35% saving when you declare them on your income tax report! If you are interested, these are the schools he will be visiting during the month of February. He will set up a booth and you will be able to ask him questions either during your break(s) or lunch period.

February 23rd : Nesbitt

February 27th : Roslyn

APPA General Assembly Survey



The APPA recently asked its members to identify which location they thought was the best place to hold their General Assembly meetings. Four options were given: EAST – APPA Office at 3340, boul. de l'Assomption; WEST – EMSB Head Office at 6000 Fielding Ave; CSN Building at 1601 de Lorimier; and finally, any other place that they could propose.

In all, 125 people took the time to answer the survey and we wish to thank you. Of these 57 (45.6%) preferred the APPA office; 63 (50.4%) selected the EMSB Head Office; 5 (4%) chose the CSN building; and finally, 4 (3.2%) gave the name of other locations (JFK Building, Kennedy High School, East).

In addition, our members were asked if they were in favor of holding our General Assemblies on a rotating basis. To this question 49 (39.2%) of the respondents answered «yes» and 76 (60.8%) replied «no».

In the light of these answers, we will more than likely be holding future General Assemblies at the EMSB Head Office. For people in disagreement, it is important to note that when we consult our members, it is important to respond, and to ask other members to participate, because every voice is important and we are bound to follow what the majority tell us to do.



ENSEMBLE!

Find us online at www.appa.qc.ca

Readers' opinion: ensemble@appa.qc.ca

