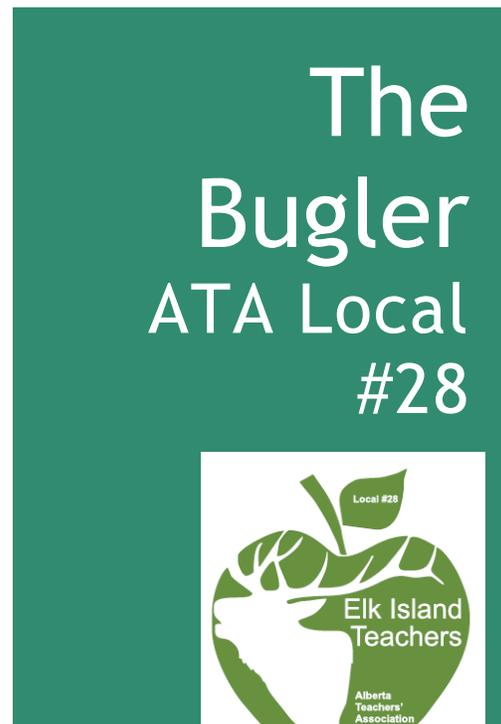


DO YOU HAVE A BACK-TO-SCHOOL PHOTO? SEND IT TO THE BUGLER!



TEACHERS SUPPORTING
TEACHERS

DIFFICULT TIMES AND SELF-CARE – HOW DO WE TAKE CARE OF OURSELVES WHEN OUR JOB GETS HARDER?

by Deneen Zielke

As I meet with colleagues this year there is a common thread that runs through our conversations. That is that it is very early in the year and everyone is already exhausted. How can we manage the coming months?

It is obvious that the effects of decreased funding are already taking their toll and the future is looking to be even more grim. We are professionals and we will continue to approach our work in a professional manner and fulfill our responsibilities, but we may find we are reaching our limits and it is physically impossible to do anymore.

It is in our nature to want to 'fix' every problem we are presented with and work tirelessly to find ways for our students to achieve. We often take it as a personal failure if we cannot make

this happen for all students. Rarely do we take into account the other variables at play such as parental support, student life experiences, motivation, or lack of community supports etc.

We have consistently been stretched beyond our capabilities by the complex struggles many of our students are experiencing. Is it reasonable to think we can be the singular force that will find 'the' solution for each and all our students in ten months? I don't think so. That doesn't mean that we cannot have a huge impact on those in our care and be the conduit for success, but we have to be realistic and recognize that sometimes we can't do it all. There is no shame in admitting you need help. We all have a range of skills that we bring to the classroom, and there are limitations, because we can't know everything.

So, with the additional stress we and the families we serve are feeling, it is even more important to take care of ourselves to make it through the difficult days ahead. We need to treat each other well. When resources are limited we often view the world with a more judgmental eye. We need to find ways to work smarter not harder, and this most often involves collaboration and the sharing of the workload. The recognition that we are all feeling overwhelmed and that we can support each other is extremely important. Teams are stronger than individuals.

It is important to also recognize that administrators are not immune to the stress that classroom teachers feel. In fact, their workload has increased tremendously as well. Making difficult decisions that impact the students and staff often weigh heavily on their shoulders.

(continued on page 2)

Having been in the classroom for a number of years, I have seen times when education was properly funded and we got about our work with little distraction, and I have seen times when we experienced budget cuts and very difficult working conditions. Those administrators that focused on the school 'team' and encouraged us to support each other, supported us as best they could, and were approachable and willing to help problem solve, are the administrators that I admired the most.

They chose to not take on new initiatives, reduced the amount of minutiae that piles up and weighs people down, focused on the big picture and narrowed our focus, and took the time to tell staff that they were appreciated, cared for, and supported. They were always appreciated, cared for, and supported by their staff in return. Administrators that showed they cared about us, as well as the students and parents, created an atmosphere of caring teamwork that allowed us to do our best work. We got through those tough times intact and stronger than before.

Please take care of each other. Know that everyone has limitations. Asking for help is a sign of strength. And MAKE time to take care of yourself, if you have worn yourself out... you aren't doing anyone any good.

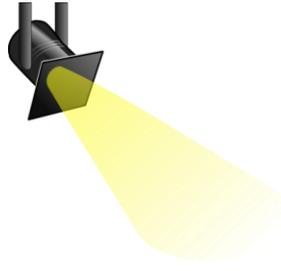
POLITICAL ENGAGEMENT

Get active and have a say in what is happening to education to Alberta! Take part in the letter writing campaign introduced to you by your staff rep at October's staff meeting. Remember to sign your letter to keep it personal!

The Political Engagement Committee is looking for several volunteers. You do not have to be

a school rep to be on a committee!

This is an important time for education, and now more than ever, it is essential to put forth a positive message about education in our province. Contact politicalengagement@elkislandlocal28.ca for info.



Spotlight on...

by J Epp

The communications committee is looking to highlight teachers on both the Public and Members-Only areas of our website, who are active and concerned members of our local communities.

Each month, we will highlight a teacher who does great things in our schools, and in our communities. This month's nominee is Mrs. Carole Bossert from SouthPointe School in Fort Saskatchewan.

Co-founded with Mrs. Jessica Smith at James Mowat, Mrs. Bossert runs the [SYNC](#) (Seniors and Youth Networking Communities), [connecting students at schools with local seniors](#). SYNC continues to run at James Mowat and Fort Christian Elementary Schools, and is expanding to Sherwood Park this year!

Last year, Mrs. Bossert teamed up with Denton's Make Your Mark on Poverty, and gathered [1001 mittens](#) for people in need in her community.

Want to nominate an outstanding teacher who contributes to our communities? Email lco@elkislandlocal28.ca



October Contest Alert!

Congratulations to Kristian Basaraba for winning the September Contest! He correctly answered the questions and walks away with a \$100 Indigo gift card!

Who doesn't like Movie Passes? All you have to do to enter this month's contest is to make sure you are signed up on our [Local's website](#). Sign up before November 26th @ 11:59pm. Visit our [new YouTube channel](#) for videos on how to get signed up. Any members *already* signed up are automatically entered! Even if you're already signed up, it's a good idea to update your profile with current contact information. Need more help? Ask your staff rep!



www.facebook.com/atalocal28/

IN MEMORIAM

by Helene Hewitt

Mr. Frederickson was a beloved colleague, mentor, and friend to so many people in our community. Having spent 20 years as a teacher at our school, Mr. Frederickson played an important role in nurturing, educating and helping to raise a generation of Ardrossan children.

He touched our lives in many ways. He was the heart behind our Gardening Club and he was responsible for getting the first gardening boxes from a school grant with Salisbury Greenhouse many years ago. Each year, he would use his famous gardening pun, "Lettuce invite you to our club" when soliciting student members.

His talents at making things grow was not limited to plants. Mr. Frederickson was also passionate about helping children to grow. He understood that he could make kids feel like they belonged by investing in their interests. When Pokémon cards were all the rage (and they were causing many arguments between students), Mr. Frederickson decided to start a Card Club so that students could learn the rules of the game as well as the skills of winning and losing gracefully.

Ever a class act, Mr. Frederickson taught us the importance of building relationships. No matter how busy he might be, he made time for people. He was a prankster and would tease his students and colleagues with a gentle playfulness that made us feel special.

An avid lover of comic books, superheroes, and movies, Mr. Frederickson found ways to connect with others through pop culture. Whether he was singing karaoke to Air Supply songs in his classroom with colleagues, talking

about his favourite Pokémon character with kids, or talking about his latest Dungeons and Dragons campaign with likeminded gamers, Mr. Frederickson found a way to make you feel like you belonged.

Mr. Frederickson was a man who enjoyed traditions and he shared many of them with us at Ardrossan including: Tie Tuesday and Fedora Friday. One of his most delicious traditions was the staff breakfast he cooked for us all on the last operational day. He would rally all of the other men on staff to make a homemade meal as a gift to all of us. When we would try to let him off the hook from such a big task, he would insist on carrying on this tradition as it was his way to say thank you to his colleagues and to show them that he appreciated them.

Mr. Frederickson was a man who connected people. He loved helping others and valued time spent together. At this difficult time, we hope to live his values by continuing to come together as a community with love and compassion.

Respectfully,

Helene Hewitt (on behalf of the Ardrossan Elementary Students and Staff)

IN MEMORIAM

Celebrating an educational leader, colleague and friend

By Annie Garneau



Lisa Sauder was a living example of tenacity and strength of will. She modeled the power of positive thinking and believed that she had a purpose to fulfil while on this earth. Lisa was loved and admired by her students, colleagues and friends. Her positive attitude and strength are an inspiration.

She started her teaching career at Strathcona Christian Academy teaching junior high students. In 2006 she began teaching at École Campbelltown where she soon became an important part of the École Campbelltown community. She was thoughtful and readily shared her ideas, lesson plans, and creativity with her colleagues and students. Lisa was known for her excellent sense of humour and her unbridled energy. She was generous with her time and was always finding innovative ways to reach her students.

After many successful years in the classroom, Lisa's leadership journey took her to James Mowat Elementary where she was assistant principal. Ever a lifelong learner, during her battle with cancer, Lisa pursued a Master's Degree in Education and worked full time in school administration. After several years as assistant principal at James Mowat, Lisa returned to École Campbelltown as principal last year. Lisa described her principalship at Campbelltown as her dream job.

Lisa was dedicated to her family. She was a proud mother and her and her husband, Randy, raised two fine young men, Corey and Connor. She will live on through her boys, all the students who were so fortunate to have had her as a teacher and the staff, who had the great pleasure and honour to work with her.

She will be missed greatly.

PD CHAIR

TEACHER WELLNESS IS IMPORTANT!

by Janet Vader

We have reached that time of the school year when the "honeymoon" has ended and we've settled in with our new group of students. This is the point when exhaustion starts to set in as we focus on assessment and our first set of report cards and parent teacher interviews.

As a PD Committee, we want to focus on Teacher Wellness over the course of this school year. Here are a few reminders as we move deeper into this school year:

Make time for yourself. This can be easier said than done, I know this first hand as a hockey mom of many years. Maybe this means a coffee with a friend or taking a nap or an exercise class. The most important way to take care of your students is to ensure that their teacher is healthy both physically and mentally.

Limit what you can limit. In this age of less support and higher needs in our classrooms, make sure you identify which things you're doing that are necessary and which things you're doing because you want to. This might mean simplifying your Art projects or leaving a bulletin board up for two months instead of one. Use your time and energy wisely.

Don't be an island. Teaching is not a career that you can survive all by yourself. Find ways to collaborate with your colleagues. Collaboration doesn't always have to involve curriculum. Perhaps you need to build some friendships in your workplace to give you that much needed boost during a break or after

school. Find ways to laugh while you fill your water bottle, or discuss the Oilers game as you pass in the hallway or maybe start a weekly gathering of your staff at the local "watering hole". Making connections with people will energize you and empower you.

Keep an eye on future editions of the Bugler to find out which wellness activities your PD Committee has planned for you!

TEACHER WELFARE

Maternity/ Parental leave

November 5th 4:30 p.m. at Strathcona Christian Elementary.

Please register to make sure we have enough snacks and materials.

Email twcchair@elkislandlocal28.ca

Paystub

The first paycheque of the new year has arrived, and if you're under 10 years of service it's time to check if you got your grid step. This happens again in February.

Please log on to the Employee Self Service and make sure your pay was correct. Multiply your gross pay by 12 and you should see the correct grid number. The Pay Grid is available on the ATA local website under members only documents.

If there was a mistake, you need to inform HR so you can get back pay.

Please contact twcchair@elkislandlocal28.ca if you have any questions.

Bugler Updates

by J Epp

Slimmer, Sleeker, Slicker!

Expect a slimmer look to the Bugler. Think of it like the "Quick Reads" section of your school Library.

With our new [website](#) fully implemented, our monthly publication will be posted digitally with pertinent information, including [calendar](#) items, professional development opportunities, articles, and more. Not logged in yet? Check out the [YouTube videos](#) on how to get signed up. Also, remind your substitute teachers in your school to sign up too!

Please also take note that we're adding clickable links to the Bugler. Archived issues are also posted on the [website](#)!

GOODIES!

WEM CHOICE PASSES

These passes are good for access to the West Edmonton Mall Waterpark OR Galaxyland OR a combination of 2 of the smaller attractions. These are available for purchase by certificated or classified staff at a cost of \$30 per pass.

MOVIE TICKETS

Discounted movie passes are available for certificated staff for a limited time. Up to 10 passes may be purchased per member for \$8.50 per ticket.

Contact [Karen Topma](#).



Who are you going to call?

Have a question to ask your executive? Check the local [website](#) for contact information!

LOCAL #28 OFFICE

Want to talk to someone in person? Contact our Administrative Assistant, [Karen Topma](#), at our [local office in Sherwood Park](#), who can direct you to the right person.

587-988-3663

Office Hours:

Tuesday 08:30 - 15:00

Wednesday 10:30 - 17:00

Thursday 08:30 - 15:00

BARNETT HOUSE

For professional conduct issues, contract concerns and employment issues, contact the [ATA at Barnett House](#):

The Alberta Teachers' Association

780-447-9400

OR

1-800-232-7208



Harvest time!

Courtesy [@CaroleBossert](#)

#MyClassSizeIs

MLA Letter Writing Campaign

MLAs need to hear about the learning conditions in Alberta's classrooms.

 The Alberta Teachers' Association



Teachers want what students need.

Have you written a letter to your MLA? With the Provincial budget being released on October 24th, it is imperative that we draw attention to current classroom conditions. You can show your support by writing a letter to your MLA, or meeting with them in person.

Can you imagine the impact that 40 000 + teachers in our province could have if we use our collective voice?

MLAs need to hear from teachers. Contact your staff rep for more information.



Shout Out!

By J Epp

Next time you see Irene Deatcher, give her a high five or a handshake. She has worked tirelessly on the Bugler for many years, and it has been lauded as one of the best ATA local publications according to our DR Paul Froese. She has definitely left big shoes to fill!

After working on this issue of the Bugler, I have a new respect for how much work that goes into putting together this publication every month. So, THANK YOU Irene, for your hard work and contribution to making our Local AWESOME