

## Resources for New Teachers

### Web resources ([bctf.ca](http://bctf.ca))

- [Teaching in BC](#) page for information on certification and salaries, and job search resources
- [BCTF Member Services](#)
- [Teaching Resources](#)
- [Teachers Teaching on Call](#) page provides additional information for career and transitional TTOCs
- [Professional Development](#) opportunities
- [Education Research](#)
- Email list [bctf-beginteach](#) and all the other [email lists](#).

### Publications (also available online)

- [BCTF Handbook for New Teachers and TTOCs: The Practice of Teaching in British Columbia](#)
- [BCTF/CUPE Roles and Responsibilities of Teachers and Teacher Assistants/Education Assistants](#)
- [Teachers Teaching on Call: The Power of Leadership](#)
- [BCTF Code of Ethics](#)
- [Collective agreements](#) (requires member portal log in)
- [PSA membership form](#).

### Workshops

[bctf.ca/ProfessionalDevelopment.aspx?id=31878](http://bctf.ca/ProfessionalDevelopment.aspx?id=31878)

- New Teachers SURT
- EI: Navigating the EI Claim Process
- Raising Health and Safety Awareness
- Reality 101: Life Teaching On Call
- Engaging and supporting TTOCs: The New Reality in a Bill 22 World
- Work-life Balance
- Classroom Management
- Dealing with Stress in the Workplace
- Social Media
- Boundary Issues: Teacher/Student Relationships

### Provincial Specialist Associations (PSAs)

[bctf.ca/PSAs.aspx](http://bctf.ca/PSAs.aspx)

There are 32 PSAs that provide opportunities for members to exchange ideas on research, teaching strategies, curriculum development, and other shared interests.

## **Conferences**

- New Teachers' and Student Teachers' Conference—cancelled for 2015
- PSA conferences—October 2015 and throughout the year
- [Local/PSA new teacher conference grants](#) (requires President member portal log in).

## **Induction kits**

- Include a BCTF pin, letter from the President, certificate, complimentary PSA membership, memory stick loaded with relevant information
- Model plans for locals
- Also available in French.

## **Legal support and advice on**

- pregnancy and parental leave
- TTOC issues
- temporary contract issues
- legal aid on Teachers Regulation Branch and criminal matters that arise directly out of the practice of teaching.

## **Mentoring**

Currently mentoring programs are available in approximately 30 locals/districts [New Teachers Mentoring Project](#) (NTMP) provides support for teachers in the following locals: Kamloops, Kootenay Columbia, Haida Gwaii, Nanaimo Ladysmith, Peace River North, and Sea to Sky. Three new locals/districts with mentoring programs will be added in 2014–15.

## **Health and wellness**

- [Health and Wellness brochure](#)
- [Living with Balance](#) is a group workshop program that typically runs for two hours once per week. It focuses on developing tools and skills related to improving one's vitality and resiliency. Our holistic approach to wellness will equip teachers to make simple lifestyle changes that will positively affect their physical, mental, and emotional well-being.
- [Starling](#) is an online "mental fitness" program that members have free access to. It is founded on the tenets of cognitive behaviour therapy and designed to help any BCTF member who wants to learn more about stress, how it affects both the mind and body, and is open to learning effective strategies that help keep sadness, anxiety, and worry in check. Go to <https://starlingminds.com/#start> to sign up.

## **Health and Safety**

All new teachers have a right to health and safety orientation and training at the school(s) in which they teach. TTOCs have a right to health and safety orientation and training at each of the schools in which they teach.

The WCB Health and Safety Regulation states that before a young or new worker begins work in a workplace, she or he must be given health and safety orientation and training specific to the workplace. The list of topics that must be covered in the orientation and training is comprehensive and includes, among other things, information about the employer's and the worker's rights and responsibilities, violence in the workplace, first aid, WHMIS, workplace health and safety rules, and hazards the worker may be exposed to.

### **Collective agreements**

[bctf.ca/myBCTF/content.aspx?id=23150](http://bctf.ca/myBCTF/content.aspx?id=23150) (requires member portal log in)

Clauses for beginning teachers include: assignments, induction, orientation and mentoring.

### **Professional Development**

- [\*Inquiry projects.\*](#)