



THE CURRENT NEWS

December 2011



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Psst...Pass It On

When was the last time you laughed so hard that your cheeks hurt? You know what I'm talking about: the kind of big, full body, shoulder-shrugging, belly-shaking kind of laugh that has you chuckling to the point that you almost fall off of your chair and snort out loud?

For me, it was last Friday after school. Just reliving the moment in my mind as I describe my reaction to you now makes me smile (out loud) a little.

Research shows that when you are able to laugh like this (well maybe not *exactly* like this, but you know what I mean) on a regular basis, the physical health benefits are great and long lasting. Apparently it's as good for you as working out at the gym because it massages all of the organs in your body. Repeated laughter can help you sleep better and live longer by reducing the amount of cortisol (a hormone brought on when you are stressed) in your body. Not only does it aid in the prevention of heart disease, it enhances resilience by boosting your immune system and also decreases pain.

Oh yeah...and it feels good, too.

Shared laughter is one of the most effective ways to help maintain a positive outlook and build community. *The flu is contagious but so are smiles.* By the time you read my article, the winter break will be less than twenty instructional days away. We all know that between now and December 23rd the pace at school is likely to change, routines will fluctuate and you may get to the point that you've been so flexible you are seriously considering changing your middle name to "rubber band".

If times become a bit much, think about the last time you had a good laugh. Try getting together with amusing people you know, hosting a game night with friends, going to a comedy club or watching a funny movie. Perhaps one of these activities can get you giggling!

I wish you many moments of laughter this season and in the New Year to come.

Happy Holiday,

UPPER GRAND ETFO WORKSHOPS

First Five Event - Munch, Mix & Mingle

Are you in your first five years of teaching? Interested in *meeting Executive members* up close and personal? Would you like to join some of your colleagues for pre-holiday fun? If you have answered yes to any or all of these, please join us:

Date: Monday, December 12, 2011

Location: Casey's Restaurant
494 Edinburgh Road, Guelph

Time: 5:00 - 7:00 p.m.

There will be *Union trivia*, gift bags and food - laughter and fun are included of course!

Registration Deadline: December 9, 2011



For further information please visit our website.

www.ugetfo.org

Baffled by DPA?

If you find it challenging to come up with new, creative ways to get your students moving in limited space with minimal time, you are not alone. You will be glad to learn that Upper Grand ETFO Teachers and Occasional Teachers are hosting a DPA workshop at JD Hogarth.

Date: Monday, January 16, 2012

Location: JD Hogarth

A flyer will be sent to your school shortly.

Pregnancy & Parental Leave Workshop

Date: Wednesday, February 8, 2012

Location: Paisley PS, Guelph




Time: 4:30 - 6:00 p.m. Snacks will be provided

Registration Deadline: February 3, 2012. Please send an email to register on First Class to Linda Barton. Confirmation will be by return email.

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Collective Agreement Deadline: by December 31, a Teacher to submit to Board, documents (or notification of intent to submit) indicating a change in category placement on the salary grid. Please see Article 10.11(A).

Sun	Mon	Tue	Wed	Thu	Fri	Sat
* January 10, 2012 - Application forms due to Educators Financial Group for a new Teacher who has successfully completed her/his probationary period in order to receive the \$1400 RSP. <u>Please see Article 25.03.</u>				1	2	3
4	5	6	7	8	9	10
11	12 First Five Munch, Mix, Mingle 5 - 7:00 p.m. Casey's 494 Edinburgh	13	14	15 Proposed Resolutions due to Orchard Park	16	17
18	19 UGETFO 1/2 day Executive Meeting Orchard Park	20	21	22	23 Last Day of School before Winter Break	24
25 	WINTER BREAK....ORCHARD PARK RE-OPENS JANUARY 9, 2012					31 Deadline for Teachers to notify Board of category change.