



February 2022

# MASBO Minute

Manitoba Association of School Business Officials

The Province of Manitoba has contracted with the Canadian Mental Health Association – Manitoba to establish and provide mental health supports and resources to education staff across the province.

Our educational workforce has been struggling for over two years with the challenge of continuing to provide vital front-line services during the pandemic while supporting the educational success of Manitoba students. Increased pressures, physical distancing requirements and the stress and anxiety of dealing with a worldwide health crisis have resulted in many educational workers reaching or approaching the point of mental and emotional burnout.

An initiative called '**Care For All in Education**' has been created to support staff within the education community. This initiative provides both a digital mental health and wellness resource of mental health and a dedicated team of wellness support specialists to assist in connecting individuals with needed programming and services.

MASBO has been involved in the planning of this initiative and we encourage anyone interested in exploring the resources available to visit their website:

<https://careforallineducation.com/>

Feel free to share this link with any of your staff.

As part of the planning and research into providing the necessary supports, the team is gathering information through a survey – there is a link on the site.

Take  
care of  
your  
self!

## Provincial Funding

The provincial education funding for 2022-23 was announced on Feb 4<sup>th</sup>. MASBO was invited to a pre-announcement briefing where we heard some of the details of the funding adjustments being made. Of note, is that the financial information MASBO gathered around the 2022/23 budget process which showed the potential shortfalls that divisions were facing was reflected in the additional funding being provided to school divisions. Going forward, MASBO has representation on the funding review committee for an updated funding model which has begun work and anticipated to be in place for the 2023-24 year.

## Learning & Development

Upcoming Lunch & Learn session:

*February 17th*

*Become an active manager of your health!*

This session will provide helpful self-management skills to support well-being through body, mind and spirit.

Registration is required:

<https://www.masbo.ca/events-1>

---

## Mental Well-being tips

- Connect with other people. Good relationships are important for your mental well-being.
- Be physically active. Being active is not only great for your physical health and fitness – it can raise your self esteem and create a positive mood.
- Learn new skills. Learning new things boosts self-confidence and helps to build a sense of purpose.
- Give to others. Acts of giving and kindness can create a sense of reward and positive self-worth.
- Pay attention to the present moment (mindfulness).