



# Professionalism through Connection-Building

Opportunities to **CONNECT** and **COLLABORATE** during Online Convention  
March 4th – March 5th

Welcome teachers to MPTCA Online Teachers Convention. While teachers are meeting in various locations across the Peace Region, MPTCA wants to ensure that we remain connected. MPTCA values a focus on teacher well-being and wellness throughout our Professional Development experience. Please participate in one or all of the CONNECTION OPTIONS below. Be Well Teachers!

## Wellness: **SELF CARE**

Participate in the **SELF-CARE Bingo**. The challenge will run from Monday March 1 - Saturday March 6th @ noon. Complete the **GOOGLE FORM** using the QR Code below. The first **300 teachers** to submit the form will be mailed at **\$5 Coffee/Beverage Card!**

[CLICK HERE for PDF](#)

[CLICK HERE for submission form](#)

## Wellness: **COLLABORATION**

What is one **NEW TEACHING Practice/Strategy** that you are going to attempt because of a session you attended through MPTCA?

OR

What is a **QUOTE** you heard from a MPTCA presenter that resonated with you during the 2021 Convention?

[CLICK HERE](#)

OR tweet @mptconvention

Submit your Responses on our MPTCA PADLET for a chance to win 1 of 30 'I survived Teaching 2020' MUGS (@Harpsons) and a Coffee Card!

Include your email!

## Wellness: **PHYSICAL HEALTH**

With so much **VIRTUAL Learning** and **VIRTUAL Professional Development** it is important for us to **KEEP ACTIVE** and give ourselves a digital break.

Sign Up to Participate in a Leg of the MPTCA Virtual Run/Walk Challenge. The Challenge will run from Monday March 1 - Friday March 5th @ 3 pm. Completers of the challenge will be entered into 1 of 12 free months on **AUDIBLE** and/or other **GREAT prizes!**

**RUN/ WALK/ SKIP/ HIKE/ JOG** as far as you can in **5 days**. Join the challenge and track your progress.

[CLICK HERE](#)

Prizes will be awarded for a variety of different accomplishments

## Wellness: **CONNECTION**

Join us for One of **TWO Virtual Connection Events** hosted by the MPTCA Board.

**Virtual BYO "Wine and Cheese"**  
Thursday March 4th @ 3:30 - 4:45 pm  
(Check Sched for join code)

**Virtual Connection Social Break**  
Friday March 5th @ lunch break  
(Check Sched for join code)