

April 29, 2022

May Day

May 1st is May Day, an international day honoring workers. It commemorates the historic struggles and gains made by workers and the labour movement. History has a lot to teach us about the roots of our work evolution. When we remember that people fought for years so we could have the 8-hour day we take for granted; if we acknowledge that there were countless rallies, protests, strikes and demonstrations so we could have Saturday as part of the weekend; when we recall the victims of industrial accidents who marched in the streets protesting working conditions and child labor only to be further abused by the system of the day, we understand that our current conditions cannot be taken for granted - hundreds fought for the rights and dignities we enjoy today, and there is still a lot more to fight for. The sacrifices of so many people cannot be forgotten, or we'll end up fighting for those same gains all over again. This is why we celebrate May Day.

CMHA Mental Health Week May 2 – May 8

First marked by CMHA in 1951, 2022 marks the 71st anniversary of the annual Mental Health Week. The objective of Mental Health Week is to shift societal beliefs and perceptions about mental health. It helps promote behaviours and attitudes that foster well-being, support good mental health and create a culture of understanding and acceptance. This Mental Health Week is all about empathy this year – May 2-8, 2022 – #GetReal about how to help. We may be different, but that doesn't make us rivals. Let's stop polarizing and start empathizing. Be there for each other when times are hard and be ready to listen. You don't have to agree to understand, and you don't have to fix it to help. #GetReal. Before you weigh in, tune in. <https://mentalhealthweek.ca/>

If you or someone you love is struggling, there is hope and help:

- Please [contact your local CMHA](#).
- Visit www.cmha.ca/bounceback.
- Visit the Government of Canada's [Wellness Together](#) portal.
- Thinking of suicide? Please call 1-833-456-4566 toll free in Canada

Did You Know? - Article 8.04 ASSIGNMENT TO HIGHER OR LOWER PAID CLASSIFICATION

(a) Any employee temporarily assigned to do work in a lower paid classification than the employee's own shall be paid at the employee's regular rate of pay.

(b) When the Employer, in writing, assigns an employee to a higher paid classification in the bargaining unit, the employee shall receive the rate for the higher classification for all time worked in that higher classification. The Employer may, in writing, withdraw the assignment at any time and once the assignment is withdrawn the employee is no longer entitled to the higher rate of pay.

If your manager or supervisor has requested work of you which is outside of your classification, get the request for work in writing (emails count), and make sure you are compensated for the work appropriately. If you have any issues, reach out to an Executive member and we will be happy to help!

North American Occupational Safety and Health Week May 1 – May 7

Safety and Health Week is an ideal time for employers, employees, partners, and the public to focus on the importance of preventing injury and illness in the workplace, at home, and in the community.

NSUPE Local 13 Member Communication

<https://nsupe.ca/local-13/>

Starting on Monday, May 2, you're invited to join [Canadian Centre for Occupational Health & Safety](#) (CCOSH) virtual activities to celebrate Safety and Health Week. Sign up for free, live, online sessions starting with a national kickoff and a keynote address by Tareq Hadhad on resiliency through adversity. The week will continue with thought provoking sessions on health and safety in Indigenous communities, a guided meditation, and improving your workplace health and safety culture. Let's come together to learn how we can create safe, thriving workplaces and communities.

If you have any questions around your health and safety or how the Joint Local 13/HRM Occupational Health and Safety Committee works (JOHSC), please reach out to Local 13's Co-Chair and Local Executive Vice-President, Peter Jollimore at jollimp@halifax.ca Peter will answer your questions.

For more information, resources or free online courses, please check out the following websites:

<https://www.safetyandhealthweek.ca/english/> or <https://novascotia.ca/lae/healthandsafety/>

Emergency Preparedness Week May 1 – May 7

Everyone has a role to play in an emergency. Emergency Preparedness Week is an opportunity for you to take action to ensure you are prepared to protect yourself, your family and your community during an emergency. This year, the theme is *Emergency Preparedness: Be Ready for Anything*. The intent of this theme is to encourage Canadians to take action to become better prepared for the range of emergencies they could face in their region; Know the risks, Make a Plan and Have an Emergency Kit. Visit <https://www.getprepared.gc.ca/cnt/rsrscs/ep-wk/index-en.aspx> for links and resources to help you and your family prepare for the full spectrum of potential emergencies.

National Youth Week May 1 – May 7

National Youth Week is May 1 – 7 every year, it is a week dedicated to the celebration of youth and their active participation in their community. Whether it is recreation, drama, sport, dance, civic engagement, art, volunteerism or leadership, everyday young people are involved in meaningful activities during their discretionary time. National Youth Week is a time to honour their involvement! The municipality is hosting free events to celebrate youth and their community participation, go to <https://www.halifax.ca/parks-recreation/programs-activities/youth-programs-services/national-youth-week> for the schedule of events.