

Weekdays 'Til 6 - LRSD Initiative

Staff wellness is a priority at A.B. Daley School. Across Livingstone Range School Division we are taking a bold, new approach to the challenges associated with the increasing number of emails and texts we face in the evenings and on weekends and the expectations for staff to respond immediately.



Beginning November 1, 2019, all LRSD staff are encouraged to send work-related emails and texts prior to 6pm on weekdays. And not at all in the evenings and on weekends. We believe after-hours activities should include rest, exercise, time with family and friends, hobbies, volunteering, and other responsibilities, but NOT work emails and texts.

The shift is called "Weekdays 'Til 6" and is focused on respecting our staff's after-work hours.

"We believe the Weekdays 'Til 6 initiative will help improve the work/life balance, health, and wellbeing for all Livingstone Range staff," says Superintendent Darryl Seguin.

We ask all staff to limit emailing or texting one another and parents to weekdays before 6pm. Parents can help us out by not expecting a reply from a teacher until the following school day. A Friday evening message will be responded to after the weekend. Phone calls are not included in Weekdays 'Til 6, so teachers can still call parents in the evenings as needed. Some urgent or crisis situations may require discretionary exceptions, and our facilities staff will continue to be available for after-hours emergencies.

"Weekdays 'Til 6 can benefit parents and families as well," says Seguin. "We would love to see everyone get on board and unplug in the evenings and weekends to improve balance in their lives."

We look forward to implementing this as a staff at A.B. Daley School. Thank you for choosing to unplug and help our staff do the same. If you have any questions or wish to discuss this, please contact Mrs. Jolene Becker, Principal at A.B. Daley School.