



Update

November 28, 2018

Have you checked your beneficiaries lately?

Remember all those forms you filled out when you were first hired by the school district? Probably not. For some of us, it's been many years. Even if you've only been with the district a few years, you've likely forgotten what all the forms were, much less what you put on them.

On some of the forms, you were asked to designate a beneficiary for life insurance and retirement. If you don't remember who you listed on each of these forms, then it's probably time to fill out new forms and send them to Payroll. Please **DO NOT** contact Payroll to find out who's listed on your forms. They'd rather you just sent them a new form, even if the information ends up being the same.

Since you were first hired, have you:

- Become married? Divorced? Remarried?
- Legally separated?
- Entered into a domestic partnership? Dissolved a domestic partnership?
- Had children, or additional children?
- Adopted?
- Experienced the death of a parent who might be listed as your beneficiary?

If you answered yes to any of these questions, then you should fill out new beneficiary forms. Most often employees are single with no dependents when they're hired, so they'll designate their parents as their beneficiaries. It's really easy to forget that when they experience a change in the family status (marriage or children), and that they should consider revising their designation.

Here are the four plans for which you should submit new forms:

District Life (Cigna): As an employee of the district, you're automatically covered with a life insurance policy that's equal to your salary up to \$50,000. [Use this link for a new form.](#)

Retirement: State retirement plan changes in beneficiary - [use this form.](#)

Premera Life: If you have Premera Medical, you're automatically covered by a small life insurance policy. [Use this link for a new form.](#)

Unum Optional Life: This is an optional life insurance plan that you pay for through payroll deduction. If you're unsure if you have it, look on a recent pay stub under "Deductions." It will show up as "OPTL LI-UNUM P." [Use this link for a new form.](#)

It's important to know that these plans will **ONLY** pay to the designated beneficiaries, **REGARDLESS** of what you will might say. The only way to guarantee that the funds will be paid out to the people you want is to list them on your beneficiary forms.

Send all completed forms to Pavroll in the district mail.

**In
this
issue**




- Newbie Nights (2)
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- Professional Development (3)
- Community Events (4)

Newbie Nights

We still have room for youNewbie Night – this Thursday, November 29th will focus on technology in the classroom. Newbies will explore online resources, get their technology-related questions answered by a panel of five expert teachers, and then have time to visit small group sessions to work through issues they are currently experiencing. The break out groups will cover how to understand your Skyward account and paycheck, navigating KIT and online curriculum, OneNote class notebooks, PowerSchool, and more! Come enjoy free food, get your questions answered, and leave with a few new ideas for incorporating and managing technology in your classroom! Also Hanna Rasmussen will explain how to capture your Weds Leap Clock Hours!! **Change in time: 4:30-7:00PM**

Click on flyer below. Contact [Terri Neely](#) to be added to the class roster.



Lake Washington Education Association

Newbie Nights

A professional development series for newer teachers

November 29, 2018 (4:30 - 7:30 PM)

Navigating the use of Technology In your classroom:

With the help of experienced LWSD educators, we will navigate LWSD technology resources: Inform, Haku, Envision, Wonders, Skyward, Cornerstone, Staff Portal, and more to help you utilize these tools to improve your instruction and professional practice. **Bring your surface to gain some hands-on practice and skill building.**

We are working on exciting topics for our future sessions. Look for more about these sessions and other professional development opportunities in the Update (the weekly LWEA newsletter) and on the LWEA website (lakewashingtonea.org).

Save these dates:

- January 24—Communicating without Putting Your Foot in Your Mouth
- February 28—True Colors of Your Classroom
- March 28—Reflection on Your Practice

Earn clock hours or credit while you attend these sessions!
Clock hours will be provided to all LWEA and WEA members who attend at least two sessions. More information will be available at each session.

To register: Contact Terri Neely at LWEA (terrineely@lwea.org) or at 425-822-3388.

Lake Washington Education Association
10604 NE 38th Place, Ste 212
Kirkland, WA 98033

Don't Miss Upcoming Newbie Nights

Save the dates for all the 2018-19 Newbie Nights:

- Jan 24 Communicating without putting your foot in your mouth.
- Feb 28 True Colors of Your Classroom
- Mar 28 Reflection on Your Practice and Sharpening Your Saw

Personnel Wellness

LWEA strives to provide quality professional development that assists members in gaining skills and knowledge in their career and personal lives. Our January Wellness class is an excellent way to start the New Year and help you attain those NY Resolutions! Click on flyer below.

Lake Washington Education Association


A series for all teachers

PERSONAL WELLNESS

REDUCING THE STRIFE IN YOUR LIFE

JANUARY 9, 2019 (4:30PM—7:00PM)

Do you have more on your "to do" list than you have energy or time to complete?



- Does it seem like you are spending so much energy on other people and things that you have little or nothing left for yourself?
- Do you need some simple strategies that will help you bring a little more relaxation and little less stress to your day?
- Our goal is to have each participant leave with at least one practical tip or technique that will help deal with the stressors of everyday life. Take a few

To register:
Contact Terri Neely at LWEA (terrineely@lwea.org) or 425-822-3388.

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Kirkland, WA 98033

LWEA Office

10604 NE 38th Place, Suite 212

Kirkland, WA

425-822-3388



Office Staff

Office Manager: [Sheila Hagerman](#)

Admin Assistant: [Terri Neely](#)

UniServ Rep: [Jennifer Silves](#)

Professional Development

Don't Miss This Fabulous Class

In this three-hour course, participants will look at strategies that can be implemented immediately to create a safe classroom environment for all students and staff.

Register by contacting [Terri Neely](#) at the LWEA office and completing the registration form (click on flyer).



Time to Give Thanks and Share

During this season of celebration and appreciation, we pause to thank you. Your daily gifts of time, talent and treasure help ensure our students have the resources to prepare for success. Your impact, however, goes well beyond academics. It's nearly impossible to find a WEA member who hasn't dug deep into his or her own pocket to purchase something for a student in need. The WEA Children's Fund is one source where we can all pitch in to help. The fund reimburses WEA members up to \$75 when they purchase a coat, some shoes or other personal items for a student.

This year, the WEA Children's Fund has helped over 1,000 students in Washington schools. It is because of generous donations that this program works.

We ask that you consider earmarking the money you already planned to give to charity this year to help students in your district and in towns across Washington. Every donation counts and all donations are tax-deductible. [Click here](#) to make a one-time donation or take advantage of the recurring donation option.

Your gift -- no matter the size -- plays an invaluable role in the future of the Children's Fund.



LWEA Officers and Executive Committee

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[Howard Mawhinney](#)
LWEA Office / 425-822-3388

Vice President:

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[Ben Corey](#)
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[Kyla Thompson](#)
Finn Hill / 425-936-2340

High School Rep:

[Katie Badger](#)
RHS / 425-936-1800

Specialists Rep:

[Marilyn Hargraves](#)
LWHS / 425-936-1700

Special Services Rep:

[Sarah Cooper](#)
Juanita Preschool /
425-936-2570

Ethnic Minority Rep:

[Maryziel Galarpe](#)
Blackwell / 425-936-2520



Marketplace

Ads are run in the Update on a first come, first served basis. All ads need to be in written form. Send directly to [Sheila Hagerman](#) in the LWEA office.

All ads are subject to the approval of the LWEA Executive Committee and may be edited for length.



Nov 29

Newbie Nights
Technology

Dec 4

Exec Committee

Dec 6

Prof Development
SpEd Safety

Dec 7 & 8

Retirement Seminar

Dec 11

Rep Assembly

Dec 13

Pizza & Politics

Join Eastlake High School for a special community event Monday December 3rd from 6:30pm to 8:00pm. Eastlake's Black Student Union presents Delbert Richardson's award winning American History Traveling Museum: Unspoken Truths.

About the Museum: "The founder of The Unspoken Truths has passionately collected and amassed an admirable assortment of artifacts that symbolizes the African experience in the Americas and Europe. They are joyful relics of family moments, and everyday products invented or patented by African Americans – the ironing board, cell phone technology, golf tees, and a pencil sharpener. They are also the crude reminders of a painful past: A runaway slave collar – circa 1800. Branding irons. Shackles. A shotgun. All are equally displayed in The Unspoken Truths African American Museum.

The "Unspoken" Truths American History Traveling Museum chronicles the rich history of Africans in Africa prior to American Chattel Slavery, the experiences and impact of American Chattel Slavery, Jim Crow Era, and the many contributions African Americans have had on scientific, cultural, and technological (inventions) innovations in the U.S. and the world."

The museum is open to all ages and will be set up in the Eastlake High School Library. For more information about the Museum please visit the website: <https://www.theunspokentruths.com/> For questions about the event please contact Rachelle Horner at rhorner@lwsd.org

Join Redmond High School for the 4th Annual Mustang Holiday Bazaar

Saturday 12/8, 10AM – 4PM, in the cafeteria and gym. 90 vendors selling a variety of goodies from jewelry, soaps, lotions, candles, RHS spirit wear, clothing, home & garden décor, baked goods, fused glass art, paper & wood crafts, & so much more! Raffle prizes. (Debbie Rist, RHS)

FOR SALE

Subaru Outback Wagon 2.5XT 86,000 miles, CLEAN! **\$11,950** 2008 with only 86K miles, 1 owner, 5 speed turbo, Diamond grey metallic, very clean. All the usuals: roof rack, black leather, sound, rubber liner in back, cargo net, and more. Tow package along with SportRack rocket box. New turbo installed, all weather tires. Work receipts, some include lifetime warranty. Subaru warranty work on file at Carter Subaru Call Pete Cannon 206-789-3474 (Nancy Cannon, retired).

WANTED

Housemate wanted for 3-bedroom house in Finn Hill area, large corner lot on cul-de-sac. Unoccupied bedroom is 101 sq ft. Includes W/D, utilities, wireless network, storage in garage. 5 min walk to bus stop. Initial 3/month lease then option for longer, \$700/month (utilities & wireless included). Owner is 34 yr old male physician & teacher. Contact Brian at 206-715-8572. (Kathleen McConaha, Retired).

Wednesday Nanny Needed: Looking for a nanny 1 to 2 days a week – Wednesday a must. If available we would love a Monday or Tuesday as well. Time 8-4. We have three little girls: 3.5 yr old and 1.5 yr old twins. You would need to feel comfortable driving our van so you could take them to the library and parks during the day. Located near Wilder Contact Amy Foster amy.druse@gmail.com 206-920-0735