



# Update - Stay Connected

March 20, 2020

## Certification Deadlines Extended One Year

We have heard a lot of certificate renewal concerns from our members as a result of Professional Development courses being cancelled. The Professional Educators Standards Board (PESB) has announced that certificate deadlines will be extended one year for educators. The deadline extension applies to residency, professional, initial and continuing certificates for all roles, including ESA's. More details can be found at the [PESB website](#).

## Professional Development Opportunities During Closure

**NOTE:** The Prof Dev opportunities below are options for staff, they are NOT yet part of the LWSD professional learning plan moving forward. LWEA will be working with LWSD regarding options for professional learning. Reminder: LWSD will need to communicate options and a plan for professional learning on the Thursday of the prior week (beginning 3-26-20).

The Washington Education Association's Special Education Support Center (SESC) and Inclusionary Practices Project (IPP) will be offering courses online, in real-time, via Zoom beginning 3/23. (Course schedule and registration information attached in flyer.) Registration is open. Clock hours will be provided. Courses are free. Once registered, within 24-48 hours of the course start date, participants will receive an email with the Zoom link. Please test your computer's video and audio before the course start. Technical assistance will not be provided. We will provide 6 weeks of courses in this format. (We may extend depending on the closures.) For the first week, the courses are capped at 40 – but we will expand capacity as needed and add more options if the response is high.

For more information and/or to register see link: [WEA Online Workshops Week of 3-23-2020](#)

Additionally, through a partnership with eLearning for Educators, there will continue to be online module course that can be completed at participants own time and pace. See [E-Learning for Educators](#)

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## Learn About National Board for Professional Teaching Certification

Have you been considering pathways towards professional certification? With our current situation LWSD has an interest to provide National Board support for our educators. Thus, we are moving to an online/TEAMS format.

You will need to attend any one of the **NB information sessions online through TEAMS**:

**March 26<sup>th</sup> in TEAMS, 4:30-5:30 or**

**April 30<sup>th</sup> in TEAMS, 4:30-5:30 or**

**May 26<sup>th</sup> in TEAMS from 4:30-5:30.**

National Board Certification is the highest credential in the teaching profession and is a voluntary process established by the National Board for Professional Teaching Standards (NBPTS). Certification is achieved through rigorous performance-based assessments that can take 1-5 years to complete. The process measures what accomplished teachers/librarians or school counselors should know and are able to do. In addition, holding a valid NBPTS certificate, satisfies the ongoing clock hour requirement for 5 years of a teaching certificate, or the requirements of the Washington State Professional Certificate, whichever is applicable.

Additional information for National Board Certification is available by visiting the [National Board for Professional Teaching Standards website](#), calling 1-800-22TEACH or contacting Kathy Colombo, [kcolombo@lwsd.org](mailto:kcolombo@lwsd.org).

\*If you are interested in attending one of the NB Information Sessions contact Kathy Colombo, [kcolombo@lwsd.org](mailto:kcolombo@lwsd.org) or Kim Lucas at [klucas@lwsd.org](mailto:klucas@lwsd.org) or Leah Jones at [ljones@lwsd.org](mailto:ljones@lwsd.org) and get added to the **TEAM** chat for your selected date.

We look forward to seeing you remotely on either **March 26<sup>th</sup>, April 30<sup>th</sup>, or May 26<sup>th</sup>**.

Our next year's Cohort begins in June. You must attend the LWSD Foundations (June and August) or WEA JUMPSTART to complete Components 2, 3 or 4 with LWSD in 2020-2021.

## Teachers of Students with Vision Impairments

The State of Washington is in great need of new Teachers of Students with Vision Impairments. This is a great program opportunity to become a teacher of students with vision impairments at no cost to you. It is open to all general and special education teachers. Classes are live via the internet and you will be certified in a year's time. If interested or know someone who is: see [WA SFASU Application](#) The application states March 1 deadline ..... this has been extended to April 1.

## Reminder: Changes Are Coming to the Update!

Our goal is to move all Update communications to home email and/or text by May 1, 2020. After May 1, you can find/receive the Update on the LWEA website, on your home email or by text.

- To receive the Update by text, join the text line by texting: **LWEAINFO to 414-11**
- To receive the Update on your home email you **MUST** complete the google doc form. Even if you receive it on your home email now, you still need to complete the form. All current distribution lists will be deleted. Complete the Home Email google doc now. [Update Email Google Form](#)

### LWEA Office

10604 NE 38th Place, Suite 212

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### Office Staff

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**LWEA -  
this is your  
union!**



## ***Self-Help During Corona Virus 19***

It is difficult not to be anxious right now given all the uncertainty and upheaval the coronavirus has brought to our everyday lives. First thing to know: ***Your feelings are normal and valid. It is OK to feel whatever you are feeling.*** Everyone has their own methods of dealing, here are some simple ideas to help:

1. Find new ways to connect with co-worker, friends and family. In this time of social distancing it is important to find means of staying in touch. Be creative: gather your family and/or friends on Zoom, hold a virtual happy hour or game night.
2. Keep your daily routine as consistent as possible. Maintaining some level of consistency in your routine has been shown to provide peace and comfort.
3. Focus on what you “can” control instead of what you “can’t”. One thing you have power over is your own self-care and health practices. Get rest, eat nutritious foods, stay hydrated, move your body, wash your hands often and practice social distancing. Work on learning to accept the unknown – we are all going through these tough times of uncertainty together.
4. Be extra gentle with yourself. Instead of beating yourself up for not being as productive as you normally might be, practice self-compassion and give yourself a break. You are doing the best you can in a less-than-idea circumstance.
5. Cut back on media exposure. While we want to stay informed, constant talk in the news and social media can be overwhelming and feed into fear and anxiety. Set parameters around how much news you consume and look to reputable sources like the CDC or WHO.
6. Keep things in perspective. According to CDC “for most people, the immediate risk of becoming seriously ill is thought to be low.” That being said, still take recommended precautions. Take a deep breath and remind yourself that most people who contract COVID-19 will only experience minor symptoms.
7. Make sure you have enough medications on hand. Call your doctor or pharmacy to obtain a 60-90 day supply.
8. Know that a little anxiety isn’t necessarily a bad thing. Full-on panic in times of stress is unproductive, but a smaller dose of fear or anxiety can actually be helpful! These emotions, however unpleasant, motivate us to prepare for and protect ourselves against potentially dangerous situations.

## Marketplace

Ads are run in the Update on a first come, first served basis. All ads must include a home email and/or phone number. Send directly to [Terri Neely](#) in the LWEA office.

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



**March 11 – April 24**  
Work from Home



Enjoy some fresh air and sunshine with your family.

Be flexible

Be patient

## COVID 19 Updates

The latest LWEA information, updates, messaging and resources regarding Covid 19 and effects on work expectations can be found on the LWEA website, Coronavirus (COVID 19) Information tab.

## Professional Funds Reminder

Deadline to submit Professional Fund receipts is June 1, 2020. Don't wait – begin gathering your documentation for submission. Given the current circumstances and buildings being closed, you are advised to make preparations for submitting but hold on to your paperwork until buildings re-open or you receive further guidance from the district.

### FOR RENT:

**Condo** – 1 bedroom/1 bath, third floor (top floor) condo near Juanita Village. Designated parking spot (1) as well as guest parking. Quiet community, partial lake view, wood burning fireplace and washer/dryer in unit. \$1,650 a month, water/garbage/sewer included in price. No smoking, no pets. Contact Steven Negahbani 918-313-1564 (Brittany Negahbani, Keller)

**TAX PREPARATION SERVICES:** Over 40 years experience preparing taxes by retired LWEA member and building rep specializing in small businesses and educators. Plenty of references upon request. Discounts to LWEA members. Call Hargraves Tax Service 425-836-2625 or email [sandyhargraves@hotmail.com](mailto:sandyhargraves@hotmail.com)

*Take a walk .....*

*Smell the flowers .....*

