



# Update - Stay Connected

April 3, 2020

## A Message From LWEA President Howard Mawhinney

### COMMUNITY

Just over a month ago, our LWEA team was working on a snow make up schedule harboring the hope that we would not encounter early March snow requiring us to once again extend the school year into late June. Today, I'd gladly exchange a day or two in June in return for all we've encountered in the past month. In 30 days, everything has changed. We've been asked to work remotely & overhaul our entire instructional practice. We've been asked to insulate ourselves from each other, restricting valued connections with students and colleagues. Many of us have found ourselves conducting class at home with our own children, welcoming backing college age and out of work young adults. We're providing for our elderly parents while dealing with concerns over our own health issues. These are difficult times.

I want to express my well wishes for all in our community who have been directly affected by this pandemic. What an honor it has been to witness the selfless acts of healthcare providers, researchers, & first responders who play such a valued role in the LWSD community. Just today, I watched national syndicated stories featuring statistical modeling in use across the country originating from the University of Washington & a critical care nurse from Sammamish who stayed hours past the end of her very long shift to assist a grieving family.

I've spoken with many of you who have banded together as grade level & department teams to meet the challenges of remote teaching. Your invites to join Power School pages has provided the opportunity to see your great work done to support "extension" learning. I've observed LWEA members repeatedly demonstrate their commitment to their students, witnessed you handle undreamed-of events with humor, poise, & a great deal of hard work. You've repeatedly put your professionalism & commitment to students on full display.

Like you, my days have transitioned to MSTeams & Zoom meetings and lots of email. After losing a Scrabble showdown with my wife for rights to the home office, I now spend my day in an office park occupied by just the security guard & me. Social distancing is not a problem here. After moving much of my in-person work online, we bargained a new LOU remotely. I am impressed with & thankful for the commitment of our building reps who have stepped in to share their colleague concerns & thoughts. This feedback helped shape our new LOU & we are working to bring members into MSTeams conversations with LWSD leadership. I hold a core belief that those who work closest to our students, are closest to our solutions. I am appreciative of all the members who have stepped up to help direct the focus & energy of our union. I want to thank our amazing Exec Committee, members of our Competency Teams, & the exceptionally hard-working staff of the LWEA office. Your unwavering support gives us the ability to continue to provide our members with the critical resources they need to succeed. Together, we will continue to ensure that every one of our students learn, grow and achieve. We will get through this. And, as always, we will do so together.

I hope this message finds you well and you find relaxation on your Spring Break.

-Howard

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## Student Safety and Security

Lake Washington School District takes the safety and security of students very seriously. The District is held accountable for data and cyber safety through the Child Internet Protection Act (CIPA), Children's Online Privacy Protection Rule (COPPA), Family Educational Rights and Privacy Act (FERPA), and the Health Insurance Portability and Accountability Act (HIPAA). The Privacy Technical Assistance Center (PTAC) helps interpret these regulations as districts and other organizations work to comply with the responsibility to keep students and their data safe and secure. Additionally, the Federal Department of Education has provided guidance on FERPA and Virtual Learning Related Resources as additional clarification is needed by all K-12 districts.

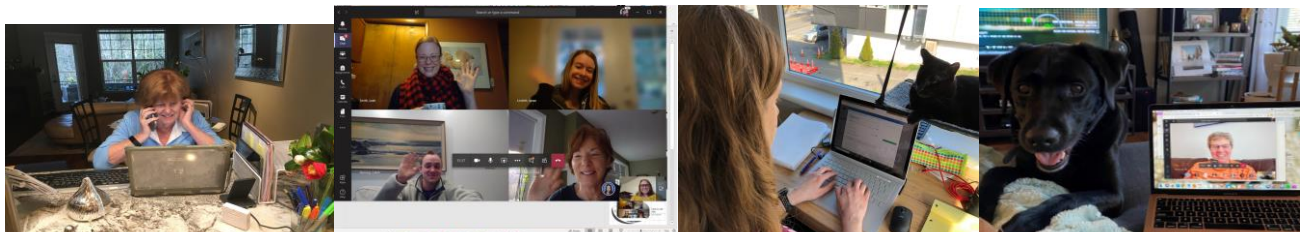
Currently, there are outside organizations that are requiring students to access learning materials via YouTube. Lake Washington School District does not have a stance on the quality of YouTube but it has been determined that YouTube is not a site that complies with a school district's obligations for keeping students safe. Due to this evaluation of YouTube, Lake Washington has had this site blocked from student use for many years. Filtering on student devices will remain in place regardless of whether student devices are used at home or at school. Given this unique point in our history, we are seeking new avenues to be able to provide the required content so students are able to continue their learning in these courses.

Ed Tech Magazine [developed a short video](#) which identifies the challenges districts are having across the country in this rapidly changing environment and need for quick turnaround of content.

## Professional Development/Certificate Renewal

- The LEAP day Wednesday schedule is postponed during the closure.
- Teachers will only need to complete the Remote Teaching Series (a self-paced 2.5-hour long series of PD) prior to April 17.
- All other PD will be at the teachers' election.
- 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](#).
- All LWEA PD and Newbie Nights have been cancelled for the remainder of the year.
- The WEA will continue to offer on-line PD courses during the closure; space is limited. They are exploring the possibility of expanding capacity through Canvas. Participants would be able to take the course independently and at their own pace.

## Working From Home.....



### LWEA Office

10604 NE 38th Place, Suite 212

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425-822-3388



### Office Staff

Office Manager: [Terri Neely](#)

Admin Assistant: [Lama Chikh](#)

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LWEA Office / 425-822-3388

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**LWEA -  
this is our union!**



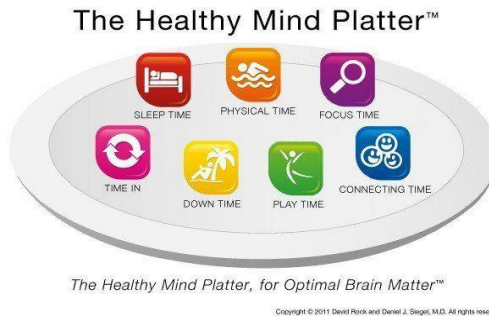
**Help During Corona Virus 19**

**NEA Member Benefits**

As part of our membership, NEA Member Benefits is working around the clock to help members with resources and information on how to make smart financial decisions. Check out their [COVID-19 Financial Relief resource page](#).

**COVID 19 Updates**

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



The Healthy Mind Platter contains 7 daily activities that contribute to mental health and strengthen connections with other people. The seven essential mental activities are:

- Focus Time.** When we closely focus on tasks in a goal-oriented way, taking on challenges that make deep connections in the brain.
- Play Time.** When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, which helps make new connections in the brain.
- Connecting Time.** When we connect with other people or take time to appreciate our connection to the natural world around us, richly activating the brain's relational circuitry.
- Physical Time.** When we move our bodies, aerobically if medically possible, which strengthens the brain in many ways.
- Time In.** When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, helping to better integrate the brain.
- Down Time.** When we are non-focused, without any specific goal, and let our mind wander or simply relax, which helps the brain recharge.
- Sleep Time.** When we give the brain the rest it needs to consolidate learning and recover from the experiences of the day.

There's no specific recipe for how much of each activity is needed for wellness. Like eating a balanced diet, it's good to get a variety of these activities each day.

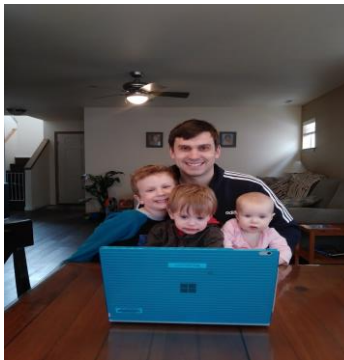
## Marketplace

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](mailto:Terri.Neely@washingtonea.org) 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



**April 6 – 10**



## Questions/Concerns – Who to Contact at LWEA

In accordance with Gov. Inslee's Stay at Home, Stay Health order, our office is currently closed. Due to the volume of email and the changes to our working conditions related to the COVID-19 closure of schools, we are asking your help by adhering to the following instructions. We thank you for your patience. In order to facilitate the quickest response to your email, please contact:

- For questions from **Elementary staff**: LWEA Uniserv Director Katie Bishop ([KBishop@washingtonea.org](mailto:KBishop@washingtonea.org))
- For questions from **Secondary staff**: LWEA VP Katie Badger ([Katie.Badger@washingtonea.org](mailto:Katie.Badger@washingtonea.org))
- For questions from **Elementary & Secondary: Librarian/Counseling Specialists, Itinerant Music/PE Teachers, ESAs, ELL/SN Teachers, and SpEd Teachers**: LWEA President Howard Mawhinney ([HMawhinney@washingtonea.org](mailto:HMawhinney@washingtonea.org))
- For questions regarding the **Professional Fund, Leaves, and SEBB**: Terri Neely ([TNeely@washingtonea.org](mailto:TNeely@washingtonea.org))
- For questions regarding **LWEA membership and enrollment**: Lama Chikh ([LChikh@washingtonea.org](mailto:LChikh@washingtonea.org))

## 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.

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

## Resources for students preparing for Advanced Placement exams

[AP test preparation classes](#) are available online for students who are completing their AP courses. More AP information will be available by April 3.

## 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. Do not drop off or mail in your documents at this time. Questions about acceptable expenses should go to [askprofessionalfund@lwsd.org](mailto:askprofessionalfund@lwsd.org). Eligibility questions should go to Tyler Harris.

