



# Update - Stay Connected

April 17, 2020

## A Message From LWEA President Howard Mawhinney

A blue sky and 70-degree forecast have made another week at home a little easier to accept. Despite the good weather, the challenge to stay home is more difficult with each passing day.

Even more than my desire to visit Kopachuck state park at low tide or hike the Kendall Katwalk, I really would enjoy simply returning to something that resembles a regular schedule, interaction with the LWEA staff, building visits, and rep meetings. Microsoft Teams is great but it's no substitute for seeing our members face to face and witnessing firsthand the good work you do.

In addition to bargaining, I have had the pleasure of helping some of our more unique LWEA member groups on clarifying their work expectations. It has been great to team up with so many passionate educators. I have also received a number of emails following my message last week. It was a pleasant flurry of emails expressing appreciation and admiration for both the work done by our members individually and the LWEA collectively. Against that backdrop, I found one email that stood out for all the wrong reasons. The email was from, the ironically named, Freedom Foundation. Typically, I simply delete their spam; however, I read this one. Nothing in the email resembled anything I know to be true about our members and certainly didn't reflect the stories shared in the other emails I had just received.

What has standing together during this COVID outbreak meant? Our members might say it best:

- Crystal Visperas, EHS "During this unprecedented time, everything has been unknown. However, one of the constants is support and guidance through LWEA. I took advantage of this time and have attended 6 PDs provided by WEA – helping me to accumulate FREE clock hours towards my salary placement for next year and learning from educators from all over the state. The thorough and weekly (sometimes even daily) communication from my Union rep has eased my anxieties around learning opportunities and remote learning expectations when the state was not able to fully articulate these guidelines. And most of all, I am grateful to have a career that allows me to do what I love and people to ensure that I get paid for doing what I love. These constants from LWEA and my union reps have helped tremendously during this COVID-19 closure."
- John Norris, EHS "Without the union my family would not be able to work and live in the area of the country that we love. As a family we have experience teaching in areas with less union protections and saw the impact not just on pay but on the quality of life that comes from being valued as a professional. Working in an area with a strong union has meant that I feel valued as a professional who has studied and worked to better my craft instead of being valued as just a required service."

Know that our unity comes from standing together during tough times. Finding community in each other and our shared value of learning and public education. We may have cleared our classrooms, but we have not vacated our concern and care for our students nor the pride we take in our good work.

While I enjoy another weekend at home (no mountain ranges for me), I will be thinking about the awesome work our members do. I know we have a big lift next week with our upcoming shift in remote learning, please know I stand with you. And will be listening to ensure our members are supported through this challenge.

In Solidarity,

Howard Mawhinney

**In  
this  
issue**

- [Submitting Professional Funds \(2\)](#)
- [Substitutes ... Did You Know? \(2\)](#)
- [Signature Line Guidance \(2\)](#)
- [LWEA Info – Covid 19 \(3\)](#)
- [Beware of Scams \(3\)](#)
- [Just Breathe \(3\)](#)
- [Speaking of Spam Email \(4\)](#)
- [Changes to the Update \(4\)](#)

## Submitting Professional Fund Documentation

Deadline to submit Professional Fund receipts is June 1, 2020. **Don't wait – begin gathering your documentation and submit now.** Please bring your reimbursement form and receipts to your school office for delivery to the Accounting Dept. at the Resource Center (inter-district mail is picked up at schools each Wednesday) or by US mail to LWSD Accounting Dept., PO Box 97039, Redmond WA, 98073-9739. No electronic copies will be accepted. Original receipts for purchases must be submitted. The reimbursement form can be found [here](#), on the budget page of the staff portal. Most of your questions can be answered by reading the instructions on the reimbursement form. If after review you still have questions, please send to [askprofessionalfund@lwsd.org](mailto:askprofessionalfund@lwsd.org). Eligibility questions should go to Tyler Harris, [Tyharris@lwsd.org](mailto:Tyharris@lwsd.org). Please do not contact accounting to confirm your packet was received. Accounting will contact you with any questions.

Don't forget, your union dues can be submitted for Professional Fund reimbursement by simply completing the LWEA Dues Receipt: [LWEA Dues Receipt 2019-20](#) LWEA will be publishing a PF FAQ next week to help with those questions you have been sending our way.



## Substitutes

Have you wanted to be a part of a powerful organization that supports public education? Stands for educators and Students? Are you a substitute? If the answer to this is yes, then join LWEA today!

Substitutes who are members and work in LWSD are covered by the LWSD/LWEA bargaining agreement. This means that your salary and other working conditions are covered by the LWEA contract. Membership dues are only paid for the days you actually work. To become a member, either fill out this form online [Membership eJoin](#) or contact [Terri Neely](#) for more information.

## Signature Line Guidance:

Staff members who would like to direct families to supports during school closures can include the following on their email signature line.

### Resources for LWSD Families & Staff During School Closures

- [Free Meals for Students](#)
- [Technology Support for Students & Families](#)  
Email for Students: [ftaccess@lwsd.org](mailto:ftaccess@lwsd.org) or  
Email Address for Parents: [parentquestions@lwsd.org](mailto:parentquestions@lwsd.org)
- [Educational Resources](#)
- [Latest Updates on COVID-19 for LWSD Families](#)
- [Community Resources](#)
- [Child Care Resources](#)

### LWEA Office

10604 NE 38th Place, Suite 212

Kirkland, WA

425-822-3388



### Office Staff

Office Manager: [Terri Neely](#)

Admin Assistant: [Lama Chikh](#)

UniServ Rep: [Katie Bishop](#)

**LWEA Officers and Executive Committee**

**President:**

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

**Vice President:**

[Katie Badger](#)  
LWEA Office / 425-822-3388

**Primary Rep:**

[Patti Cook](#)  
Rush / 425-936-2690

**Intermediate Rep:**

[Cathey Hettinger](#)  
Barton / 425-936-2480

**Middle School Rep:**

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

**High School Rep:**

[Rachelle Horner](#)  
EHS / 425-936-1500

**Specialists Rep:**

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

**Special Services Rep:**

[Cookie Grant-Suggs](#)  
Rush / 425-936-2690

**Ethnic Minority Rep:**

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

**LWEA -  
this is your union!**



**Looking for Info from LWEA about COVID-19? We have you covered.**

Have you been looking for the most recent information on LWEA's work on COVID-19? Click this link for the latest FAQ's on working conditions and information. [LWEA Covid 19 Info](#)

Also- if you are an LWEA member- please join our textline! Text LWEAInfo to 41411.



Due to the rising of coronavirus phishing attacks and hacking campaigns, you are encouraged to remain vigilant for the coronavirus phishing emails posing as **CDC** and **WHO** in an effort to steal your sensitive information. Carefully follow the guidelines below in order to protect yourself from being a victim of the coronavirus phishing email scams.

- Do not open attachments or click links within emails from senders you don't recognize.
- Do not provide your username, password, date of birth, social security number, financial data, or other personal information in response to an email or robocall.
- Always verify the web address of legitimate websites and manually type them into your browser.
- Check for misspellings or wrong domains within a link (for example, an address that should end in a .gov ends in .com instead).



Have you ever noticed how you breathe when you feel relaxed? The next time you are relaxed, take a moment to notice how your body feels. Or think about how you breathe when you first wake up in the morning or just before you fall asleep. Breathing exercises can help you relax, because they make your body feel like it does when you are already relaxed.

Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Those things that happen when you are stressed, such as increased heart rate, fast breathing, and high blood pressure, all decrease as you breathe deeply to relax.

- The way you breathe affects your whole body. Breathing exercises are a good way to relax, reduce tension, and relieve stress.
- Breathing exercises are easy to learn. You can do them whenever you want, and you don't need any special tools or equipment to do them.
- You can do different exercises to see which work best for you.

How do you do breathing exercises? [Breathing Exercises](#)

## 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.



**Thru End of Year**  
Work from Home

**April 21**

Virtual Rep Assembly

**April 22**

Exec Committee Mtg

**April 22**

Earth Day



## Speaking of Spam Email....

Opt Out Today, an arm of the Freedom Foundation, is sending out spam again. Opt Out Today encourages members to drop out of our association. The same message you just got went out all over Washington state. Their recent emails are just another failed attempt to chip away at our strength. Standing together is the core of our power.

Standing together during this COVID outbreak has meant

- Reasonable work expectations for Lake Washington educators and an assurance that members will be paid as we navigate this unprecedented time.
- A continuation of teacher's professional development and growth supported through member lead and developed PD.
- The voice of educators is elevated in decision making with our district so that those closest to students are helping make decisions in the best interest of student learning.

The Freedom Foundation opposes education funding, smaller class sizes and improved caseloads that support students who need the most help and continuously supports legislation to weaken or eliminate our ability to bargain with our employers.

So, the next time they contact you - and yes, there will be a next time - remember that their real goal is to undermine our power to affect positive change. When we stand together, we are the most powerful advocates for students, public education, and our profession.

If you have been waiting to join LWEA, now is the time. Please find the link here to join online [Membership eJoin](#) or reach out to [Lama Chikh](#) for more info.

## 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](#)

## Horace Mann's Message to Students & Community

