



# Update - Stay Connected

April 14, 2021

## Wednesday LEAP Calendar Changes

Additional LEAP day changes were bargained as part of the Return to In-Person Instruction LOU's. **NOTE:** Changes in **RED** on the calendar below.

Wednesday, April 14, 2021	Individual Teacher Work
Wednesday, April 21, 2021	<del>Team Collaboration</del> <b>Teacher Directed K-12</b>
Wednesday, April 28, 2021	Professional Learning
Wednesday, May 5, 2021	Team Collaboration
Wednesday, May 12, 2021	<del>Individual Teacher Work</del> <b>Teacher Directed K-12</b>
Wednesday, May 19, 2021	Professional Learning
Wednesday, May 26, 2021	Team Collaboration
Wednesday, June 2, 2021	<del>Team Collaboration</del> <b>Teacher Directed 2<sup>nd</sup>-12<sup>th</sup></b>
Wednesday, June 9, 2021	Individual Teacher Work
Wednesday, June 16, 2021	Individual Teacher Work

What does this mean for teachers? In order to provide teachers with time to plan, participate in professional learning, and/or to meet with colleagues:

- There will be no expectation for connection hours
- No District or building-directed time plan
- No meetings – No students
- NORMAL schedule is overridden on these days
- Teachers may choose to offer in-person support, but cannot be required to do so

Part of our July **LOU** was an agreement to deduct three LEAP Wednesdays from the calendar. Per section XIII of the LOU, LWEA represented members will end their workday 90 minutes early on **February 10<sup>th</sup>**, **February 24<sup>th</sup>**, and on **one ITW day of their choice**. This time was worked in August. **Have you taken your ITW afternoon?**



## Managing COVID Risks in Our Schools

Schools are not zero-risk environments. We all understand that if COVID is circulating in our communities, COVID will present a risk to our schools. The District's role is to manage that risk and mitigate it to the greatest degree possible so that our schools and classrooms are safe places to work and learn. Mitigation strategies like wearing masks and screening people at the point of entry are key to managing COVID in our schools. Schools also need to plan for what happens when someone develops symptoms or is diagnosed with COVID.

### ***What happens if a student in my classroom becomes ill?***

If a student (or staff member) becomes symptomatic while at school, then the site supervisor activates the [plan for managing individuals who develop or display symptoms while at school](#). The first step in the plan is to isolate the symptomatic individual. Each school has a Q-room for isolating (or quarantining) symptomatic individuals. ***Certificated staff should know who they call if a student develops symptoms while at school and needs to be escorted to the Q-room during the school day.***

### ***What happens if a student becomes symptomatic or ill outside of school? Or tests positive for COVID?***

If a student (or staff member) becomes symptomatic outside of school, they should not come to school until they can [pass attestation](#). When a student (or staff member) is absent from school, the District is obligated by DOH to contact the individual and ask if they have COVID-like symptoms. Anyone who is diagnosed with COVID must notify the site supervisor or building admin. When they are notified of a positive case diagnosis, the District then implements their [positive case response plan](#), which includes notifying individuals who are close contacts, communicating with individuals about when/how they can return to in-person instruction, implementing any necessary cleaning protocols, and assessing the instructional and operational impacts.

## New NEA Mental Health App

### Helps Members Deal with Stress and Anxiety

NEA Member Benefits now offers an important new benefit in response to members' requests for a stress management solution. The **NEA Mental Health App** is designed to help members address the considerable mental health impacts of the pandemic and other stressors present in their lives.

Offered in partnership with Sanvello Healthcare, the NEA Mental Health App is an evidence-based mobile app care solution created by clinical experts that enables members to access on-demand help for stress, anxiety and depression. The Sanvello app is the #1 solution in this arena and currently has over 3 million users nationwide.

The NEA Mental Health App is available to members, spouses/domestic partners and eligible dependents\* in all 50 states. The program consists of three main options, as follows:

- **Sanvello Free Self-Care Solution** – Access to a number of tools including a Cognitive-Behavioral Therapy (CBT)-based “Feeling Better” guided journey to learn techniques that help with stress, anxiety and depression. Other tools include: meditation, assessments, hope boards, goal tracking, and communities to connect anonymously with other like-minded individuals. \*Must be age 13+ to use this solution.

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#### **Office Staff**

**Office Manager:** [Terri Neely](#)  
**Admin Assistant:** [Diana Wagner](#)  
**UniServ Rep:** [Laura-Lee Barron](#)

## 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:

[Mary Kay Weinmeister](#)  
Rockwell / 425-936-2670

### 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

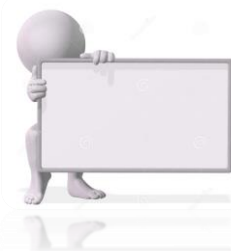
### Special Services Rep:

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

### Ethnic Minority Rep:

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

**LWEA -  
this is your union!**



- **Sanvello Premium App** – Access all of the free components mentioned above, as well as enhanced tools including additional CBT-based guided journeys. Available at no cost for one month, and thereafter at a 25% discounted rate for direct-to-consumer subscribers (discounted cost is \$6.75/month or \$40.49/year.) \*Available to individuals age 18+.
- **Sanvello Coaching** – Access to all Premium App services, plus coaches available virtually support users on their journey to feeling better through one-on-one messaging and personal support, as well as live group video sessions. Sanvello's Coaching staff is available Monday – Friday, from 8:00 a.m. to 8:00 p.m., Eastern Time. Direct-to-consumer subscribers to Sanvello Coaching receive a 10% discount at a cost of approximately \$45.00/month or \$315.00/year. \*Available to individuals age 18+.

NEA Member Benefits is excited to provide this new mental wellness benefit offering NEA members both free and discounted services. Please visit [www.neamb.com/mentalhealth](http://www.neamb.com/mentalhealth) to learn more about how the NEA Mental Health App works and to sign up.



## WEA Spring/Summer Certification Training Opportunities

WEA is offering a series of spring and summer trainings to help you navigate your next steps with your certification. All trainings are online, open only to WEA members and provide free clock hours. There are five different certification training programs:

- **Certification 101**
  - Free, 2-hour trainings to help educators understand the latest state certification requirements for teachers, CTE teachers and Educational Staff Associates (ESAs)
- **Professional Growth Plan (PGP) Support**
  - Free, 2-3 hour trainings to support certificated educators to create PGPs for certificate renewal and salary advancement purposes
- **National Board Information Sessions**
  - Free, 2 hour training options to support certificated educators considering National Board Certification process through the National Board for Professional Teaching Standards
- **National Board Certification Jump Start**
  - \$75 registration fee, with scholarship options available; Multiple 3-hour modules over the course of one or two weeks
  - Focus on the four required assessment components; relevant for new candidates beginning the NB Certification process in 2021-22
- **National Board Maintenance of Certification (MOC) Jump Start & Support**
  - Multiple events with \$20 per event fee
  - Focus on the new MOC process for renewing one's National Board certificate; relevant for NBCTs renewing their National Board Certificate during the 2020-21 and 2021-22 candidate cycles

All trainings are led by WEA's amazing Certification Cadre and National Board trainers. Trainers are all practicing educators and will support you through a variety of online instructional approaches. You can learn more about course content, training dates and register here: <https://www.washingtonea.org/pd/certification-licensure>

## 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.



**Apr 15-17**  
WEA Rep Assembly

**Apr 19**  
Secondary In-Person Begins

**Apr 20**  
Rep Assembly

**Apr 21**  
TE Directed LEAP

**Apr 21**  
Admin Professional Day



## A Friend in Need

**Christine Winterbrook** - K5HC Team Member in Accelerated Programs – Christine is currently undergoing chemotherapy and recovering from radiation therapy for Stage IV metastatic non-small cell lung cancer. With a modified treatment plan she is continuing to undergo chemotherapy while being closely monitored in case of a recurrence of kidney failure due to treatment. **She appreciates the donations of shared leave that she has already received but, due to the set back of treatment, is in need of additional donations.** “I am blown away by the generosity of our LWEA members. I feel so fortunate to be a part of our district and LWEA. Thank you for all that you do!” ❤️❤️❤️

Please consider a [Shared Leave Donation](#) by filling out the donation form and sending it to HR. Thank you.

**California Casualty: Take advantage of an exclusive auto and home insurance program developed to meet your needs.** For those members that are open to checking out our program and receiving a quote, I am giving away four \$50 gift cards of your choice (gas, Fred Meyer, Visa, etc.) as a “thank you for considering California Casualty!” ~Michelle Hawkins

Please click [here](#) to begin!



**You do not have to be retired to join WEA-Retired!** **Benefits** include flowing seamlessly from pre-retired to retired when the time comes, continues NEA Member benefits such as credit card and insurance programs, attorney referral program offering two free 30-minute consultations, and \$1,000,000 liability insurance if you choose to work as a substitute! There are also travel benefits, opportunities to get involved as an advocate for retired and current educators and our public-school students! WEA Retired also offers pre-retirement seminars and creates camaraderie! You can become a lifetime member with a one-time payment or break it down into smaller payments. It's never too early or too late to join WEA Retired! You can join at [www.washingtonea.org/retired](http://www.washingtonea.org/retired) or email [wearretired@washingtonea.org](mailto:wearretired@washingtonea.org) for more information. (Brigitte Tennis, WEA Retired Board Member, [tennissb@outlook.com](mailto:tennissb@outlook.com))

**FOR SALE: 2017 RadWagon eBike**, like new, very minimal use. \$900, OBO (\$1500 new). Call or text Eldon Leuning 206-355-9973 (LWSD Retiree/Sub)

**FOR RENT: Juanita Apartment \$1,750 + utilities. 1,000 sq. ft. Spacious ground level apartment in split level house in quiet residential neighborhood, close to action, but far from the madding crowd..** Full floor, open floor plan: 12x24' LR, 12x20' BR, black & white tiled .75 bathroom, shared laundry room, full kitchen w/white cabinets and appliances. Kitchen & dining areas look out into rear garden with tall evergreens and apple trees. Wall to wall carpeting in LR and BR. Built in storage wall in LR, additional cabinets in hall to bathroom, built in dresser in BR, master-crafted cedar paneling and on sliding closet doors in BR. Fenced back garden. Private entrance. Walking distance 0.5 to **Juanita Beach and Juanita Village**, .0.2 to bus stop at 100<sup>th</sup> NE and NE 124<sup>th</sup>, 0.6 mile to Juanita El, 1 mile to Juanita HS and 1.3 miles to Finn Hill Junior High. **Near Totem Lake exit (#20) on highway 405.** One dedicated off street parking space, additional street parking. No pets, no smoking. Shared utilities including internet access. Security deposit. References & credit check required. Must have a minimum credit score of 640. Available: early May.

Call Inge Theisen to schedule an afternoon or evening showing! (425) 823-5710.