



Update - Stay Connected

December 9, 2021

HOW WILL THE 2022 LEVIES IMPACT YOU AND YOUR STUDENTS?

[The McCleary decision](#) significantly increased state funding for K-12 basic education and protects that funding going forward. However, despite McCleary, **there is still a gap between what the state funds and what our students need.** And the needs of our students are greater than ever. **Local levy dollars help to meet these needs,** which means **the success of these ballot measures directly impacts our work with students.**

The district is placing three measures on the ballot in the February 8 election. Over the next few weeks, we'll be explaining the importance of each measure. This week's focus:

Proposition 1: replacement of existing educational programs and operations (EP&O) levy

Despite McCleary, there is still a gap between what the state funds for K-12 education and what LWSD students need. Prop 1 provides necessary staff and programming not funded by the state. **Prop 1 (EP&O Replacement Levy) would fund 14% of the LWSD overall budget.**

What does this staffing and programming mean to you and your students?

100% of athletic costs

Music and arts programs

30% of funding for **counselors & mental health supports**

Course offerings in a 7-period high school day

30% of funding for **SpEd budget**

70% of funding for **highly capable budget**

Early learning programs like SpEd Preschool and Head Start

Summer learning programs

75% of funding for **school nurses**

Do you live in LWSD? If so, you can help by displaying a levy sign in your yard. Please contact [Terri Neely](#) to arrange for pick up or delivery of a levy yard sign!

Delegate Election Results:

The following people will represent LWEA at the NEA Rep Assembly:

Howard Mawhinney	Gerry Wilson	Denise Radecke	Leanne Mawhinney	Amy Waldroup
Patti Cook	Cathey Hettinger	Sharon Curry	Katie Badger	Shannon Fisher
Fareeha Nasir	Cookie Grant-Suggs	Mary Kay Weinmeister	Marisa Gonzalez	

The following people will represent LWEA at the WEA Rep Assembly:

Katie Badger	Leanne Mawhinney	Rachelle Horner	Mary Kay Weinmeister	Sharon Curry
Patti Cook	Fareeha Nasir	Hanah Rasmussen	Miok Oh	Vicki McCarter
Gerry Wilson	Cathey Hettinger	Stacy Yu	Michael Finley	Sarah Cooper
Amy Waldroup	Todd Bohannon	Todd Gibson	Martha Daman	Shannon Fisher
Jodie Howerton	Kathy Aslamy	Axie Dompier	Alexis Sparkuhl	Tiffany Chow
Morgan Seymour	Hattie Midboe	Eric Peterson	Amanda Gerber	Barbara Weibel
Nikole Lalas	Marcus Rose	Scott Kielty	Matt Winkler	Kelsey Brown

Congratulate Your WEA and NEA RA Delegates

Thank them for being your voice at the upcoming Representative Assemblies.



Holiday Gift Card Program

Help us bring a little cheer to a student this holiday season. LWEA has a limited supply of \$50 Fred Meyer gift cards. These gift cards are available on an as needed basis to students and/or their families for whom you have identified a need. To request a gift card(s), email [Terri Neely](mailto:Terri.Neely@lwea.org) and identify the school, student's name and need (clothing, food, household item, etc). All information will be kept confidential and the cards will be sent directly to the student/family. We appreciate the incredible work you do on behalf of all students. Bring a little cheer to a student this holiday season.

WEA Children's Fund

The purpose of the Children's Fund is to make sure all children in our state thrive, regardless of family income. As an LWEA member, YOU can access funds: Members should know that they can access funds, on a pre-approved basis, for students who attend their school. The WEA Children's Fund is a need-based fund that can help students with purchasing expendable school supplies, backpacks, clothing and eyeglasses, and could serve as a supplement to your building-based "help" funds. Check out their website for more details and how you can support the fund: <https://www.washingtonea.org/we-are-wea/childrensfund/>

LWEA

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Barton / 425-936-2480

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Cookie Grant-Suggs
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Ethnic Minority Rep:

Cathey Hettinger
Barton / 425-936-2480

LWEA
WE are YOU
This is your union!



Nominate an Outstanding Education Support Professional

Do you know a totally amazing ESP? We all do!! Choosing one will be difficult. Nominations are open for the 2022 WEA Education Support Professional of Year. [Complete nomination packets](#) are due no later than 5 p.m. Friday, Jan. 14, 2022. Think of our ESP/classified peers who are often the unsung heroes. This is the chance to recognize their impact on students in Washington. An email will be sent out to all members later this week but please help us spread the word.

The WEA ESP of the Year winner will be announced in a surprise ceremony, followed by a formal recognition at the 2022 WEA Representative Assembly. Once awarded, the recipient then attends the National Education Association ESP Conference with the potential of being chosen as the NEA ESP of the Year.

Our ESP's are Amazing!!

Are you ready for inclement weather?



When emergency conditions such as snow and ice or windstorms result in school schedule changes, the district will notify staff directly through our SchoolMessenger automated phone system. This is an ideal time to make sure that you have updated your phone number with Human Resources to ensure that these calls go to the right number. You can learn how to know when school is delayed or cancelled on the [School Closures and Late Starts page](#) of the district website.

- Here are some other ways to find out about school schedule changes: Pop-up alert on www.lwsd.org and school webpages.
- Flashalert.net – this website allows you to sign up for text messages as well.
- Local TV/radio stations – they get a feed from Flashalert.net of all school schedule change decisions.

Curious how school schedule change decisions are made? You can learn how to be updated when school is delayed or canceled on the [School Closures and Late Starts page](#) of the district website.

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.



Dec. 13

LWEA Member
Outreach Survey
Closes

Dec. 14

Rep Assembly Mtg

Dec. 20-31

Winter Break

Jan. 3

Return Refreshed!

Jan. 4

Exec Committee

*Marvel at the
Beauty of
Nature*



Not Everyone Feels Joy During the Holiday Season

Seasonal affective disorder has the most appropriate acronym ever: [SAD](#)

It's a form of depression that affects people during the same season every year ([most often in fall and winter](#)). [Experts say](#) darker and colder days are to thank. It affects around [5 percent](#) of the US population, and [largely women](#). [Symptoms](#) are consistent with depression and include things like irritability, difficulty concentrating, hopelessness, and low energy. If you suffer from fall and winter SAD, you may also feel super tired, and crave carbs (more than usual).

[You're not alone](#). [Studies](#) show that the proportion of Americans exhibiting symptoms of depression has increased dramatically since the pandemic started—all the more reason to be on alert for the onset of SAD.

[Therapy with a professional might help](#) you learn to manage it. Or you can try one of these at-home remedies:

- **For when you realize your step count is at 20...** Take a walk. This probably seems like obvious advice, but exposure to sunlight is key to fighting SAD. So is exercise. Two birds, one pedestrian stone. Try to schedule your walks to hold you accountable. If you don't have time for a walk, sit by the window. Because when it comes to SAD, some sunlight is better than no sunlight.
- **For when the walk doesn't do it for you...** Leave the light on. [Light therapy](#)—conducted with exposure to a lamp or box that emits bright light—is a [proven tool](#) for combating SAD. The device is meant to be as good as natural light and is most effective in the AM. Turns out not all light therapy is created equal, and it's not meant for everyone. Here's where we remind you to talk to a medical professional about whether light therapy may be right for you, and to do more research on the treatment.
- **For when you need to talk it out...** There are professionals for that. Look into services like [Better Help](#) and [Frame](#) to find a therapist that works for you. More on teletherapy [here](#). Reaching out to friends and family can also [help ease feelings of isolation](#).

The darker days of Winter are here. Whether or not you've dealt with SAD before, it's important to know you're not alone in the dark. And that there are resources available to help.

If you could use some assistance, call [Bellevue Community Services](#) at 425-454-0616 for an appointment. As an LWSD employee, you and your immediate family have access to the district's Employee Assistance Program. This program is a confidential, professional assessment and referral program that is provided for anyone who might be having problems that affect their personal happiness, family relations, overall health, or job performance.

The LWSD has contracted with Bellevue Community Services to provide up to six face-to-face sessions, counseling, and consultation sessions per school year. Participation is entirely voluntary and confidential, and neither the District nor your coworkers will have any knowledge of your request for help.