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@LakeWashingtonEA



lweateachers

<https://www.lakewashingtonea.org/>



# Update - Stay Connected

February 16, 2022

## Enjoy Your Mid-Winter Break

**You have earned it!**

*Relax*

*Enjoy*

*Refresh*

*Unplug*

### Things to do for Self-Care and Self-Improvement

Start a journal of one thing you are thankful for each day

Go for a walk, ask a friend to join you

Take a long hot bath or shower

Eat a healthy, balanced diet

Enjoy a glass of wine or beverage

Focus on your health, listen to your body

Foster friendships

Seek professional health for your body and mind

Grant yourself Grace

Take care of YOU, being mindful of your own needs helps you support others

Take an Urban Float, relaxes the mind, releases the body

Play a game ..... bend the rules!

Learn to play an instrument or crank up the music and sing at the top of your lungs

**Catch up on Your Sleep!!**

Start a Self Care Routine [How To Start a Self-Care Routine \(and Stick To It\) – Cleveland Clinic](#)

Celebrate.....



.....Every Month!

## Black History Month 2022 Theme

Since 1976, every American president has designated February as Black History Month and endorsed a specific theme. The Black History Month 2022 theme, "[Black Health and Wellness](#)," explores "the legacy of not only Black scholars and medical practitioners in Western medicine, but also other ways of knowing (e.g., birthworkers, doulas, midwives, naturopaths, herbalists, etc.) throughout the African Diaspora. The 2022 theme considers activities, rituals and initiatives that Black communities have done to be well."

*Congratulations!*

Congrats to our 4 newly certified and 21 renewed National Board teachers. National Board certification is considered the highest professional credential for a teacher. We are so proud of all of you!!

*Anna Joyce*

*Shawna Korshavn*

*Kristin McLeod*

*Colin Tracy*

*Ines Bergman*

*Jessica Butterfield*

*Peter Cheng*

*Lesley Cordell*

*Erin Fleshman*

*Kayce Gehring*

*Maria Gutierrez*

*Suzanne Hart*

*Angela Casper*

*Catherine McCreary*

*Patrick Monson*

*Meghan Palmer*

*Daniel Pudwill*

*Shawna Sandstrom*

*Ryan Scott*

*Melissa Scott*

*Sarah Skipworth*

*Dylan Slatton*

*Amy Teal*

*Melissa Wrenchey*

*Ashley Zydel*

## LWEA Officers and Executive Committee

### President:

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LWEA Office / 425-822-3388

### Vice President:

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### Special Services Rep:

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### Ethnic Minority Rep:

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

**LWEA**  
**WE are YOU**  
**This is your union!**



## A Friend in Need

**Kristin Howard, Safety Net teacher/Blackwell** is in need of shared leave as she continues to be out for an extended medical leave. She will be out of sick leave by mid-February. Any support through shared leave donations is greatly appreciated.

Please consider a [Shared Leave Donation](#) by filling out the donation form and sending it to [HRLeaves@lwsd.org](mailto:HRLeaves@lwsd.org). Thank you.

## WEA's Inclusionary Practices Project (IPP) and Special Education Support Center (SESC) offers courses online,

in real-time, via Zoom. We have added to our winter Zoom schedule.

### New Additions:

1. February & March 2022 – Special Event - Practical Trauma-Informed Strategies to Reduce Anxiety in Students w/Jessica Minahan, M.Ed., BCBA (4.5 hours) This is a 3-part webinar. Capacity is limited to 100 registrants.
2. March 7 & 9, 2022 – The Parents' Perspective: Teamwork: Caregivers and Educators Working Together (4 hours)
3. March 15 & 16, 2022 – The Attuned K-12 Educator: Accelerating Literacy (6 hours)

[Registration is open.](#) Select your event/course in the drop down menu on the top of the registration page. Once a course is full, it will no longer appear in the drop down menu. We do not maintain a waitlist. Clock hours are available. Courses/Clock hours are free. See SESC [website](#), or our WEA [synchronous training page](#) or [asynchronous training page](#) for more information.

## LWEA Members!

Let us help you escape the everyday with **\$10,000** to spend your way. You give back every day... now it's time to take care of yourself. Click on this [link](#) or graphic below or scan the QR code for easy entry!



NEA® Auto and Home Insurance Program  
nea Member Benefits

California Casualty



Enter to win today!  
[MemberGiveaway.com](http://MemberGiveaway.com)

# 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.



**Feb. 17-21**  
Mid-Winter Break  
Enjoy 😊

**Feb. 21**  
President's Day

**Feb. 22**  
Rep Assembly

**March 1**  
Exec Committee

**March 8**  
Rep Assembly

Take a Break!!



# Smart[Heart]Health

Your well-being is important. The SmartHealth well-being assessment helps get you there. This assessment is the foundation of your SmartHealth experience. It helps you identify ways you could improve your overall health and well-being in 2022. Join the "Take the Well-being Assessment" activity in [SmartHealth](#).

## What is it?

The well-being assessment:

- Asks you to score how you feel about each statement. It's not a quiz. There are no right or wrong answers.
- Takes about 15 minutes to finish. If you are unable to finish all at once, it will save your answers and you can pick up where you left off later.
- Is required to qualify for the \$125 wellness incentive. You'll earn 800 points for completing the assessment.
- Gives you a complete picture of your physical, emotional, work/life, and financial well-being. You'll become aware of your good habits and discover areas in need of improvement.

## How are my answers used?

Your answers will help personalize your SmartHealth experience. You'll see activities recommended for you based on your good habits, along with areas to improve.

Your individual responses and data are not shared with anyone, including your employer.

## What is SmartHealth?

SmartHealth a voluntary wellness program that supports your whole person well-being. It's included in your benefits. It helps you manage stress, build resiliency, and adapt to change. As you progress on your wellness journey, you can qualify for the [SmartHealth wellness incentives](#). [SmartHealth Flyer](#)

**NEED A Notary?** Maybe not today, but you may in the future. I am a teacher at Clara Barton Elementary and I would love to help you when this need arises. I can notarize loan documents as well if you are refinancing or buying and would like to have a friendly face walk you through that process. I am available evenings of school days and weekends too. Please reach out to me at 206.245.4843 (cell) and you can email me at [nicholsonsj5@gmail.com](mailto:nicholsonsj5@gmail.com). (Sandy Johnson, Barton EI)

