



Update - stay connected

www.lakewashingtonea.org

November 2, 2022

Important Changes to Kaiser Permanente Washington Options for 2023



Kaiser Permanente Washington Options (KPWA Options) Access PPO 1, 2, and 3 plans are being replaced with new KPWA Options Summit PPO 1, 2 and 3 plans. **If you are currently in one of the KPWA Access PPO plans and do not enroll in a new plan during open enrollment, the SEBB Program will automatically enroll you in the new KPWA Options Summit PPO 1, 2, or 3 plan.**

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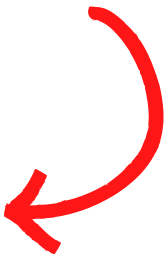
National Board Info Sessions

Information about the plans: [SEBB Open Enrollment](#)

Kaiser Permanente will also be hosting a series of virtual open enrollment webinars including live question-and-answer sessions. Visit [KPWA's website](#) to register.

KPWA Webinar Dates and Times:

- Wednesday, November 2nd from 4 – 4:30 p.m.
- Wednesday, November 9th from 4 – 4:30 p.m.
- Wednesday, November 16th from 4 – 4:30 p.m.



**LWEA Officers and
Executive Committee**

President:

[Howard Mawhinney](#)

LWEA / 425-822-3388

Vice President:

[Katie Badger](#)

LWEA / 425-822-3388

Primary Rep:

[Patti Cook](#)

Rush / 425-936-2690

Intermediate Rep:

[Fareeha Nasir](#)

Alcott / 425-936-2490

Middle School Rep:

[Hattie Midboe](#)

Stella / 425-936-2475

High School Rep:

[Bethany Shoda](#)

LWHS / 425-936-1700

Specialists Rep:

[Nikole Lalas](#)

RHS / 425-936-1800

Special Services Rep:

[Karyn Taggart](#)

KaMS/ 425-936-2400

Ethnic Minority Rep:

[Michael Finley](#)

RHS/ 425-936-1800



Open enrollment for SEBB is October 31 through November 21, 2022.

This is your opportunity to make changes to your health plan benefits. All changes made during open enrollment are effective January 1, 2023 and will affect your January pay.



Additional Information about Open Enrollment

Visit [SEBB Open Enrollment](#) and the [LWSD Staff Portal for SEBB Benefits](#)

Changes you can make during Open Enrollment:

- Change your medical, dental, or vision plan
- Add or remove a dependents
- Waive medical coverage
- Enroll in medical coverage if previously waived
- Enroll or reenroll in a Medical Flexible Spending Arrangement (FSA) or the Dependent Care Assistance Program (DCAP)

How to make changes: Log in to [SEBB My Account](#) and submit your changes between October 31 and November 21, 2022.

2023 Benefit Premiums : Medical plan premiums changed for 2023 and can be found on the SEBB website at: [Medical Plan Premiums](#).



In-Person Benefit Fairs

Lake Washington School District will be hosting an in-person benefits fair on **Wednesday November 16th from 2 – 6:00 p.m. at The Old Redmond Schoolhouse**. More information will be coming soon from SEBBbenefits@lwsd.org.

SEBB will be hosting an in-person benefit fair at Bellevue College on Thursday, November 10th from 4 – 7:00 p.m.

Assistance with SEBB Benefits



American Fidelity will again be scheduling appointments to assist employees with their benefits plans. Click [here](#) to make an appointment with an American fidelity representative.

SEBB Questions

- For general questions please visit the [SEBB Open Enrollment webpage](#)
- For questions about benefit plans and providers please contact your plan carrier. For phone numbers and web addresses, visit <http://hca.wa.gov/sebb-employee> and select *Get help* and *Contact the plans*.
- For all other benefit questions, please email the Payroll and Benefits team at SEBBbenefits@lwsd.org



Please watch for additional Open Enrollment information from
SEBBbenefits@lwsd.org



When does my work day end on Wednesday, November 23?

Section 9.5.1 of our CBA states: *"August LEAP - A minimum of twelve (12) hours of Individual Teacher Work time will be given during August LEAP; five and a half (5.5) hours of Individual Teacher Work will be given on the first day of August LEAP. The other six and a half (6.5) hours will be decided collaboratively at the building level by the Building Leadership Team in blocks of no less than two (2) hours. **In addition, three and a half (3.5) hours shall be worked at the teacher's discretion for planning and preparation, in lieu of working three and a half (3.5) hours on the day before Thanksgiving.**"* LWEA-represented members can end their day 3.5 hours earlier than the regularly scheduled end of work day. If combined with a 30 minute duty free lunch, the work day would end 4 hours early.

Members: Check Your Mailbox

Next week you will receive, by USPS, the official Notice of Nomination for the following Rep Assemblies:

- Delegates for WEA RA, April 13-15, Spokane WA
- Delegates for NEA RA, July 1-6, Orlando, FL



Think about colleagues that would share the voices of LWEA and nominate them...OR nominate yourself. All delegates must be members in good standing.

5.5% IPD/COLA Increase to 22-23 Salaries

WEA members successfully lobbied state lawmakers last spring for a 5.5% cost-of-living (COLA) adjustment to salaries for the 22-23 school year. This is also known as an IPD (Implicit Price Deflator) increase. The increase was applied to the base, LEAP, and responsibility pay. **The IPD/COLA increase was applied to salaries starting with the September pay.** You can [view complete salary information for the 22-23 school year](#) on our website.

OFFICE STAFF

Office Manager: Terri Neely
Field Assistant: Diana Wagner
UniServe Rep: Nani Lium

8575 164th Ave NE
Suite 100
Redmond, WA 98052

Tesla STEM HS Senior Class
First Annual

Holiday Bazaar

SATURDAY
NOVEMBER 12TH
10am to 3pm
@ TESLA STEM HS
4301 228th Ave NE
~ REDMOND WA ~

SUPPORT
30+ VENDORS
FOOD TRUCKS
SHOP EARLY!
Questions?
lzebrack-smith@lwsd.org

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.



NOV 6

Daylight Savings

NOV 8

Election Day



NOV 11

Veterans Day
No School

National Board Info Sessions

The **LWSD National Board Candidate Support Program** will host informational sessions for interested LWSD teachers in Spring of 2023 (for candidates who will begin in the 2023-2024 school year). If you would like to be on the mailing list for future LWSD National Boards information or have questions, please email Julia Vasiliauskas at <mailto:jvasiliauskas@lwsd.org>

If you don't want to wait to find out more detailed information, you can visit <https://www.nbpts.org/> or attend a WEA NB Information session:

National Board Certification- Overview: Session 1 (2 Clock Hours)

This introductory session on National Board Certification provides an overview of the National Board for Professional Teaching Standards (NBPTS), basics of the certification process, and why educators consider board certification.

Monday, November 14, 2022 - 4:30 to 6:30 pm

National Board Certification- Standards & Process: Session 2 (2 Clock Hours)

This second session on National Board Certification focuses on a deeper exploration of the NBPTS certificate area standards and the four required components. The session also shares basics about candidate support options.

Wednesday, November 30, 2022 - 4:30 to 6:30 pm

National Board Certification- Support & Next Steps: Session 3 (2 Clock Hours)

This third session in the WEA National Board Certification information series helps educators decide possible next steps and timelines with the certification process. Educators explore various support options available, and finalize a personal check-list to guide their National Board journey.

Monday, December 5, 2022 - 4:30 to 6:30 pm

WEA National Board Info Sessions

NEA Member Benefits

Check out all the benefits available to you as a member. See: [**NEA Member Benefits November 2022**](#)