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Update - stay connected

www.lakewashingtonea.org

February 15, 2023



Enjoy Your Mid-Winter Break



Relax Enjoy Refresh Unplug Small amounts of stress can be healthy. High levels of stress can have serious impacts on your mental and physical health. Take this Winter Break and find ways to manage/escape the stress.

Try Naam Yoga Hand Trick

Visit a free Museum/Art Gallery

Do Some Baking

Turn Up the Music and Dance

Drink Green Tea

Snuggle Up With a Pet

Write a card for someone you care about and mail it!!

Have a picnic

Grant Yourself Grace

Have a sleepover - you are never too old

Buy a Plant

Turn OFF all electronic devices

Take deep breaths

Avoid Social Media

Laugh, at a movie, at a friend, at yourself Cry, it brings relief

Watch a sunrise and a sunset

101 Ways to Chill Out and Reduce Stress

LWEA Officers and Executive Committee

Vice President:

<u>Katie Badger</u>

LWEA / 425-822-3388

Primary Rep:

Patti Cook

Rush / 425-936-2690

Intermediate Rep: <u>Fareeha Nasir</u> Alcott / 425-936-2490

Middle School Rep: <u>Hattie Midboe</u> Stella / 425-936-2475

High School Rep: <u>Bethany Shoda</u> LWHS / 425-936-1700

Specialists Rep:
Nikole Lalas
RHS / 425-936-1800

Special Services Rep: <u>Karyn Taggart</u> KaMS/ 425-936-2400

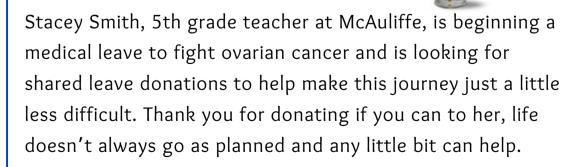
Ethnic Minority Rep: <u>Michael Finley</u> RHS/ 425-936-1800





Black History Month is a reminder to all Americans that their country would not be as wealthy and sustainable today if it were not for the innovation, hard work, intellect, and courage of Black Americans that came before us. There are so many to give credit to! Because of the innumerable amount of Black folk that dedicated their lives to change, Black History Month re-affirms the fact that there is no excuse to not impact the community, this nation, and ultimately the world. To all those Black Americans who have made and those who continue to make positive contributions and changes to our country, we THANK you!

A Friend In Need



Please consider a <u>Shared Leave Donation</u> by filling out the donation form and sending it to <u>HRLeaves@lwsd.org</u>. Thank you.