

THE ADVOCATE

SDEA members stand up for public schools!

SDEA members are swinging into action to defend public schools! Despite the inclement weather, Hoover HS came out in support of the National Day of Action for schools on Jan. 19 (below). "Nothing can stop us," said Hoover teacher Mike Heu regarding educators' opposition to Betsy DeVos, Secretary of Education nominee. "Would you want someone without experience to do your taxes, or

operate on you?"

On Jan. 21, a group of about 75 SDEA members, friends and family gathered at the SDEA hall before the San Diego Women's March (right). The march called attention to the civil and human rights of women and children.

On Jan. 25, educators at Language Academy (bottom right) and all across SDEA wore "Red for Ed!", capping off a month of action for our schools!



Last chance for your Bargaining Input Session

Feb. 24 is the last chance for your site to hold a Bargaining Input Session (BIS) to have input into SDEA's contract proposals about wages, benefits and working conditions when we go back to the bargaining table this spring.

Not only is a BIS your opportunity to make sure your voice is heard at the bargaining table, it's a powerful opportunity to strengthen your union. Now more than ever, it will take

"all hands on deck" for SDEA members to protect our schools at the bargaining table and beyond. With nearly 100 BIS scheduled or held so far, SDEA members have more than tripled contributions to our local Political Action Committee, and more than 50 members have volunteered for a new SDEA leadership role.

If your site has not yet held a BIS, contact your site SDEA Association Representative. Now is the time to join the fight!



Members at Crown Point held their Bargaining Input Session. Has your school?



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Letters in Solidarity

Lindsay Burningham
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It's working. Let's keep it up!

SDEA members have been very busy becoming more active in our union and the community since the beginning of 2017.

On Jan. 16, an SDEA contingent marched in the Martin Luther King Day March to once again stand up for what Dr. King marched for many years ago. Dr. King died while fighting for public employee unions, as well as the poor and jobless. He also died leaving racial injustice as a front and center topic for years to come.

Our educators marched this year to send a message to ALL elected officials that they will be held accountable in the areas of workers' rights and an end to the school-to-prison pipeline.

On Jan. 21, roughly 75 SDEA members marched in the San Diego Women's March to stand in solidarity with the Women's March on Washington, D.C. Individuals across our nation and across the world marched for human rights, civil liberties and social justice for all. Together we stood united in our respect for all people, resisting the marginalization of anyone.

Throughout the months of January and February, SDEA members have written hundreds of emails and made hundreds of phone calls to our Senators, urging them to vote no on Betsy DeVos' appointment as Secretary of Education, as well as against many others of the President's appointments. These calls and emails were part of over a million contacts

tracked by the National Education Association.

SDEA members are making a difference! At least two Republican Senators committed to join 48 Democratic Senators in voting against DeVos. We urge all of you to get involved in as many ways as you can. Here are a few things you can do:

1. Continue to call and email our California and national legislators to ensure they hear your voice as they make decisions that impact our communities.
2. Attend your site Bargaining Input Session (BIS) and ensure your priorities are heard in the bargaining process.

3. At your BIS, fill out an SDEA volunteer card and sign up to take part in an SDEA committee or other union leadership role.

4. Contribute to SDEA's Political Action Committee to help elect public education advocates.

5. Get involved in your local school community. We must all stand together, united around protecting our students, schools and communities and to make a difference. We must ALL take action!

Thank you for all you do every day to support your students, parents, communities and fellow educators!

Together We ARE Stronger!

Lindsay Burningham
Lindsay Burningham
SDEA President

Kisha Borden
Kisha Borden
SDEA Vice President

SDEA Election Announcement

The Elections Committee has announced the Spring 2017 General Election. Nominees are currently being solicited for SDEA Board of Directors, SDEA delegates to CTA's State Council, and SDEA delegates to the NEA Representative Assembly. If you would like to run for any of these seats, please visit the elections tab on the SDEA website and download the Declaration of Candidacy and Candidate Statement forms: www.sdea.net/home/sdea-elections. Voting will take place March 20-March 31. Voting will be online with an in-person option. To vote electronically, make sure SDEA has your personal email address on file. **There is a mandatory CTA training for all potential SDEA Board candidates for the Spring election.** The meeting will be held at 4:30 p.m. on Feb. 22 at the SDEA office at 10393 San Diego Mission Rd., Ste. 100. For further information, call the office SDEA at 619-283-4411.

SDEA launches Community Engagement Grants

We all know that our schools don't exist in a vacuum, and that the conditions of our communities impact the social, emotional and academic health of our students. Despite well-funded efforts to demonize public education and divide parents and educators, we've seen countless examples of people working together to improve the lives of students and the health of our local communities. That's just what SDEA members across San Diego are attempting to do through Community Engagement Grants, a new program SDEA has launched this year.

From parent teacher home visit programs to parent leadership trainings and family engagement nights, SDEA members have made real commitments to meaningful engagement that strengthens our schools and communities.

"It's rewarding to see and experience the trust that's built from making home visits," said Patrick Schoettler, Millennial Tech Middle School Association Representative. "After the first few visits, there is a buzz throughout the school and you start to see the mindset of teachers, students and parents change. Home visits are an investment in the school community that can lead to real partnerships with parents and real gains for our schools in parental involvement, student absenteeism and student achievement."

| School | Project |
|-------------------------------|--|
| Millennial Tech Middle | <u>Parent Teacher Home Visits</u> Members will conduct two house visits with each student's family over the course of the year. These visits build relationships and trust between the home and the classroom. |
| Joyner Elem. | <u>Micro Society School</u> Raising awareness of Joyner's Micro Society program in the surrounding community while building relationships with local organizations and businesses. |
| Euclid Elem. | <u>Parent Leadership Engagement</u> Developing relationships between educators and parents while identifying and training future parent leaders and decision-makers. |
| Hancock Elem. | <u>Common Core Family Training</u> Parent education trainings and school surveys to increase involvement and awareness of academic programs. Program will also develop mentorship program with local organizations. |
| Language Academy | <u>Parents and Community Together</u> Parent and community volunteer recruitment and training program. |
| Bell Middle | <u>Our Story is Your Story</u> Community outreach and parent engagement to change the narrative about Bell and the Morse Cluster. Program will also develop parent leadership on site decision-making bodies such as the Site Governance Team. |
| Miller Elem. | <u>Family and Community Nights</u> After school events to engage parents and local community members and to increase awareness of Miller's academic program and offerings. |
| Rosa Parks Elem. | <u>Reader's Theatre</u> Family workshops involving literacy and theatre. |
| Balboa Elem. | <u>Parental Involvement through Experience</u> Developing a parent resource center and family workshops to increase parent involvement and provide access to training and support. |

Annual Notice

A designated portion of SDEA dues is normally allocated to the SDEA Political Action Committee, a general purpose County PAC, through which SDEA/PAC principally supports or opposes local candidates or issues. If you wish this dues amount to remain in the SDEA general fund, contact Larry Moreno at 619-283-4411. In addition, a designated portion of CTA dues is normally allocated to the Association for Better Citizenship (ABC/CTA), a bipartisan political fund through which CTA provides financial support for education issues and CTA-endorsed candidates for local and state offices. Members who choose not to allocate a portion of their dues to the CTA/ABC, but instead want it to remain in the general fund, should complete a CTA-General Fund Allocation Form. Forms are available on the SDEA website: www.sdea.net.

Now Introducing: Life Services Toolkit



You can now get more with Life Insurance from the only CTA-endorsed provider - The Standard. Learn more at standard.com/ctalifetimeservices.



The Life Services Toolkit is provided through an arrangement with Bensinger, DuPont & Associates (BDA) and is not affiliated with The Standard. BDA is solely responsible for providing and administering the included service. This service is not an insurance product. The Life Services Toolkit is not available to Life insurance beneficiaries who are minors or non-individual entities such as trusts, estates or charities.

For costs and further details of the coverage, including the exclusions, any reductions, benefit waiting periods or limitations and terms under which the policy may be continued in force, call Standard Insurance Company at 800.522.0406 (TTY).

Standard Insurance Company, 1100 SW Sixth Avenue, Portland, OR 97204

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Take Wellness to Heart

Heart disease is the nation's number 1 killer. Yet, about 80 percent of deaths can be prevented. Please take these simple wellness tips to heart. They might save your life.

♥ Eat Healthy & Keep Fit.

Choose colorful fruits and veggies. Limit soda, processed foods, and saturated fat.

♥ Make Sleep a Priority.

Get 7 to 9 hours of sleep a night. Turn the TV off and keep your bedroom dark and quiet.

♥ Manage Stress.

Find ways to calm down. Try meditation, yoga, or tai-chi.

♥ Get off Your Bum.

Get up from your chair and stretch. Also, aim for 10,000 brisk steps or 30 minutes of exercise daily.

♥ Everything in Moderation.

Limit alcohol to 12 oz. of beer, 5 oz. of wine, and 1.5 oz. of hard liquor a day. And, please stop smoking.

♥ Get Your Numbers Checked.

Visit your doctor for a yearly well check. Get blood pressure, diabetes, and cholesterol screenings.

Get Heart Healthy.

Visit your health plan's website for:

- ♥ Prevention Tips
- ♥ Recipes
- ♥ Resources
- ♥ Tools

Kaiser Members

⇒ Visit kp.org ⇒ Search "Heart Health"

UnitedHealthcare Members

⇒ Visit myuhc.com ⇒ Search "Heart Health"

This monthly benefits tip is brought to you by the California Schools VEBA. VEBA purchases your Kaiser, UnitedHealthcare, and other Health, Wellness, and Advocacy benefits.

