

# THE ADVOCATE

SAN DIEGO EDUCATION ASSOCIATION

Read the articles in this month's issue by clicking the links below.



"You can disagree with me and you can vote however you're going to vote. But you cannot ignore our duty as a union to fight like hell for social and economic justice." – Shawn Fain, UAW president. [Read more in Letters in Solidarity.](#)



SDEA educators are collaborating with other unions across the state to fight for fully staffed schools, improved educator pay, and stability for students and communities. [Read more about the process of building our bargaining platform.](#)



It's time for every SDEA member to vote on whether to ratify the **We Can't Wait** bargaining platform! [Read the platform and more about the bargaining timeline.](#)



How can our communications meet the needs of our union today? [Take a survey and get involved with the SDEA Communications Team!](#)



**Elementary Prep Time & Enrichment:** This school year there are some changes in prep time and how enrichment teachers are involved. [Read more about what's different this year, and how to advocate for your contractual rights.](#)

Health insurance pays your doctor.  
Disability insurance pays you.

Learn more at  
[CTAMemberBenefits.org/Disability](http://CTAMemberBenefits.org/Disability)

CALIFORNIA TEACHERS ASSOCIATION

For costs and further details of the coverage offered by Standard Insurance Company including the exclusions, benefit waiting periods, and reductions or limitations and the terms under which the policy may be continued in force, please contact Standard Insurance Company at 800.522.0406. GP190-LTD/S399/CTA.1 SI 23553-CTAvol (10/24)

### Healthy Gut, Happy Mind

As the holidays approach, it's important to recognize the interconnectedness of gut health and mental health.

Approximately 90% of the body's serotonin - a neurotransmitter crucial for mood regulation - is produced in the gut. By nurturing your gut, you can support your mental well-being during the busy holiday season.

Visit the California Schools VEBA Cooking & Nutrition Hub to download your gut health starter kit packed with quick, nutritious gut-healthy recipes.

[Visit the Hub](#)

YOUR HEALTH. OUR PURPOSE

To learn more about California Schools VEBA, visit [www.VEBAonline.com](http://www.VEBAonline.com).

# TOGETHER WE ARE STRONGER