

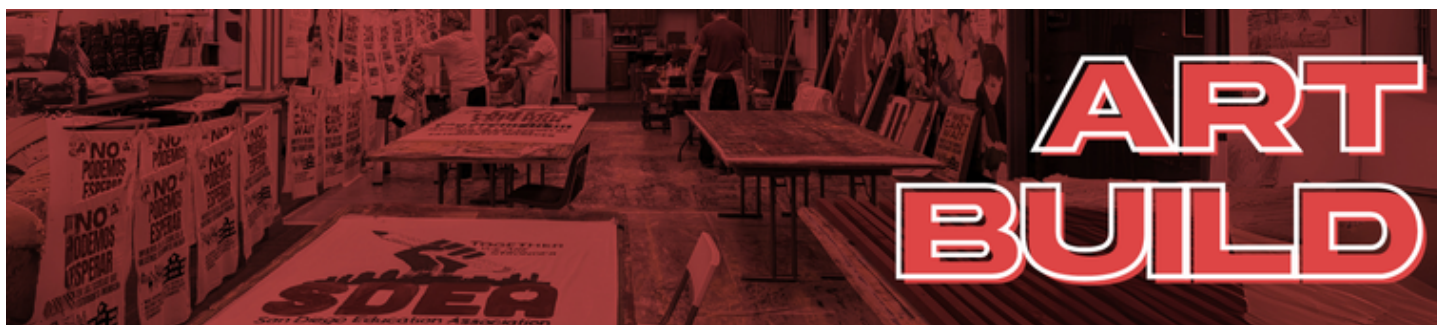
THE ADVOCATE

SAN DIEGO EDUCATION ASSOCIATION

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



"Education is a non-partisan issue. Students in poverty and students with special needs deserve resources and support in our schools – we can all agree on that." [Read more in Letters in Solidarity.](#)



We're getting ready to turn up the pressure with pickets across San Diego! Come get ready and get creative with your fellow educators at an Art Build on April 22 after school. [Learn more and RSVP today!](#)



This Spring's annual Post & Bid will be from April 14 to 23! All SDEA members bid on positions at the same time, but how candidates are routed depends on our contract language... and **you** need to vote on how to improve that language! [Click here to learn more about Post & Bid, and about your vote!](#)



Travel back in time to 1917 to learn how educators in San Diego first started organizing what would eventually become our union! [Read about "The Solid Three" here, and stay tuned for the next installment!](#)



Scholarship applications for both SDEA members and their dependents are still open for applications until **Friday, May 2, 2025!** Curious about how the Scholarship Committee operates and selects winners each year? [Read more about the process here!](#)



Come join us on May 9, 2025 for a meal, raffle prizes, and a variety of fun activities. All SDEA members and their families are welcome to attend. [Learn more and RSVP today!](#)

TAKE CARE OF YOUR MENTAL HEALTH
STRESS MANAGEMENT TECHNIQUES FOR A *Healthier You*

"I am strong and resilient, capable of overcoming any challenge."

Finding healthy ways to navigate stress is essential for your well-being. April is Stress Awareness Month, and a great time to take the first steps to protect your mental health with quick stress management practices like daily affirmations.

Visit our Mental Well-Being Hub for Stress Management Resources. <https://csveba.com/43FpsIQ>

To learn more about California Schools VEBA, visit [VebaOnline.com](https://vebaonline.com)

CALIFORNIA SCHOOLS **VEBA** YOUR HEALTH, OUR PURPOSE

Health insurance pays your doctor.
 Disability insurance pays you.

Learn more at
CTAMemberBenefits.org/Disability

TheStandardSM CTA 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)