

UPDATE

Lake Washington Education Association

March 2, 2011

Top 10 reasons why you should care about what happens in Olympia

1. Your COLA. The legislature suspended the COLA for the past two years, and is poised to suspend it for two more. Losing the COLA significantly lowers the amount of money you'll make over the course of your career, and it affects the pension amount you'll receive at retirement. Further, for half of all teachers, COLAs are the only increases they ever receive, since they've topped out on the salary schedule. Every year without a COLA is a loss in buying power for those teachers.

2. Your salary. Teacher salaries in Washington have fallen to dead last among the west coast states. In the early 1980s, we were 5th in the nation. Now the governor is proposing to freeze everyone on the salary schedule, meaning that no one will be able to move forward with years of experience and/or credits/advanced degrees if her proposal is approved by the legislature.

3. Your job security. This session, the legislature considered passing legislation that would require teacher layoffs to be implemented according to principals' rankings of teachers. The lowest-ranked teachers would be the first to be laid off, regardless of how many years the teacher has taught or how accurate the teachers' evaluations actually are. Fortunately, your efforts helped to kill this legislation.

4. Your benefits. Health insurance premiums continually rise at a rate much higher than inflation. The legislature decides whether to fully fund the increases or make you shoulder the additional costs.

5. Your retirement. The legislature took away gain-sharing from Plan 3, and now they're considering taking away the COLA for Plan 1.

6. Your class size. Washington has moved to 49th in the nation in class size (out of 50 states and D.C.). Only California and Utah have higher class sizes than we do. The legislature is talking about further increasing class

sizes by taking away K-4 class size reduction funds in order to balance the state budget. For Lake Washington, that's a loss of 33 teaching positions. Is their goal for us to become 50th or 51st?

7. How much money is spent educating your students. Washington ranks 46th in the nation in per-pupil funding. To put this in perspective, Washington spends an average of \$8,722 per pupil each year. Wyoming, which is first in the nation, spends an average of \$17,114---almost twice as much as we do.

8. National Board for Professional Teaching Standards Bonus. The legislature is talking about suspending the National Board bonus of \$5,000 per year (\$10,000 for teachers in high-poverty schools). Suspending the bonuses breaks a promise to teachers who successfully completed the rigorous process to achieve National Board certification. In addition, it creates a chilling effect on any teacher who might consider pursuing National Board certification in the future.

9. Special education funding. The state significantly underfunds special education, causing school districts to use funds from other programs to meet federal special education mandates. Our district has to spend \$4 million of local levy dollars just to bring us up to the staffing level that we currently have---a level that is completely inadequate to address the needs of our special needs students.

10. School funding. School districts and local associations sued the state for violating the state constitutional provision requiring them to fully fund public education. Despite a court decision in our favor, the legislature continues to make cuts to education in absolute defiance of the court.

Your legislators need to hear from you. Go to www.OurVoiceWashingtonEA.org from your home computer and let them know how you feel about what's going on in Olympia!

Information & News for Members

Stressed out? This might help!

One of the things that can contribute to good health is managing stress. Teaching is such an incredibly stressful job, with more and more expectations and demands made every day, it's important to think about ways to minimize the high level of stress we're all experiencing. Here are several strategies that might help.

First of all, identify when you're under stress. While everyone reacts differently to stress, here are some common signals that stress is getting the better of you:

- You have trouble sleeping.
- You're experiencing frequent headaches.
- You have difficulty concentrating.
- Your blood pressure is higher than normal.
- You have skin problems, like rashes and hives.
- You're losing or gaining weight unintentionally.
- You're experiencing increased anxiety and/or depression.

If any of the above sounds like you, then here are some tips that can help:

Set limits. Figure out what you can get done in a day, and then learn to say no to activities that will tax those limits. This may mean saying no to being on a committee, staying late to work on a project, or volunteering to do "just one more thing" at school.

Be active. Exercise can trigger your brain to produce chemicals that counteract stress. Exercise can fight depression, prevent health problems, and promote a

general sense of well-being. In teaching, it's hard to find the time to exercise, but it's important to do so. Try to get at least 30 minutes of exercise each day, even if it's in 5-10 minute increments.

Get enough sleep. A good night's sleep can improve your outlook and your ability to deal with the stresses that come with our jobs.

Make time for yourself. Schedule time for things you enjoy---and actually block the time out on your calendar. It's important to do something just for you each day, even if it's only for a short period of time.

Eat right. Eat lots of fruits and vegetables and avoid high-sugar and high-fat snacks. One teacher wore 8 bracelets on one of her wrists each day, and every time she eats a serving of fruits or vegetables, she moves one of the bracelets to the other wrist. Great idea!



LWEA Executive Committee

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LWWEA

Send receipts in now?

As you finish making your purchases with your \$2,000 Professional Fund, please remember the following:

- The state auditor requires all school purchases to be on separate receipts from personal purchases.
- Receipts that have personal purchases intermingled with school purchases will be disallowed under state rules.
- Receipts must be originals - not copies.
- Receipts must be numbered and attached to the completed form.
- Send completed forms to Accounts Payable.
- The deadline for turning in receipts is June 1.

Please use the receipt form supplied to you (with your November pay warrant) if you made materials purchases. (If you need another one, your office manager might print one out for you - if you ask real nice and bring chocolate!)

Suggestion: Turn your form and receipts in early so issues can be dealt with prior to the summer break.

Town Hall Meetings

Make sure to hold Saturday, March 12, on your calendar. That's the day our area legislators are holding meeting with their constituents. Imagine a room full of educators - all willing to share their opinions on proposed cuts to salaries, job security, benefits, and school funding.

41st District

Time and location – to be determined
Sen. Steve Litzow, Rep. Judy Clibborn, Marcie Maxwell

45th District

10:30 AM -12 Noon, Woodinville City Hall
Sen. Andy Hill / Reps. Roger Goodman & Larry Springer

48th District

10:30 AM – 12:30 PM, Redmond City Hall
Sen. Rodney Tom / Reps. Deb Eddy & Ross Hunter

1st District

10:00 – 11:30 AM, Northshore Senior Center
Sen. Rosemary McAuliffe / Reps. Luis Moscoso & Derek Stanford

Problems coming after you?

As an LWSD employee, you and your immediate family have access to the district's Employee Assistance Program. This program is a confidential, professional assessment and referral program that is provided for anyone who might be having problems that affect their personal happiness, family relations, overall health, or job performance.

The LWSD has contracted with Bellevue Community Services (also known as Co-Hear) to provide up to **six** face-to-face sessions, counseling and consultation sessions per school year. Participation is entirely voluntary and confidential, and neither the District nor your coworkers will have any knowledge of your request for help.

If you could use some assistance, call Bellevue Community Services at 425-454-0616 for an appointment.

Read Across America

March 2 is here and it's time to celebrate Read Across America and the unique writings of Theodor Seuss Geisel, also known as Dr. Seuss! As long as we are celebrating books - NEA members – did you know you have access to online discounts at BarnesandNoble.com?

Calendar

March 2	Read Across America
March 8	Executive Committee
March 15	Rep Assembly



Marketplace

FOR RENT

Downstairs bedroom w/ semi-private bath, in private home. Share kitchen. You must like kids (2 well-behaved 11 & 13 yr old girls) & pets (dog & guinea pig). Close to Brickyard park & ride. \$500/mth, utilities & wireless internet included, 1st & last month due on move in, this is a month-to-month lease. Some pets ok w/ deposit. Contact Amy Dejong at 425-636-8878. (Barb Middaugh, Frost).

Corner **condo** on 3rd floor, 900 sq ft, 1 bedroom, 1 bath, recently updated. Stainless appliances, gas stove/range, W/D, fireplace, balcony w/ view. 1 parking space in garage, 1 in front. Small pet OK. Could be furnished. Flexible on availability date. \$1,190/mth, + security deposit - \$300, 6-month renewable lease. Credit check. Contact Diana at 206-334-6125 or allendr@comcast.net. (LWEA).

SERVICES

Eastside Gym Redmond – now offering corporate rate for LWSD employees, 1-year membership for \$150. Provides an environment that promotes positive attitudes & personal development. Call Lonny at 425-7764 or stop in (15040 NE 95th St, Redmond). (Andy Sandbo, Sandburg).

Spring Cleaning: **Mount Si Window Cleaning** – father & son team, 35 yrs experience. John Cowlshaw (Alcott) 425-495-1198.

Home remodels & repairs: bathroom & kitchen remodels, trim, crown & doors, precise tile setting, interior & exterior painting, changing outdated hardware, large & small repairs. Background at Montgomery Homes, Inc, building multi-million dollar homes, quality workmanship, fair prices. Experienced, licensed, bonded, insured. Pictures & references available. Call Ryan at RH Renovations, 206-954-0311. (Jennifer Harris, RHS).

Income tax preparation: Do your taxes have you puzzled? I have many years of experience, my fees are competitive, & I make house calls. Call Byron Wicks, enrolled agent, House Calls Tax Service, at 425-643-1313. (Lis Wicks, Retired).

FOR SALE

AKC registered **Shih Tzu puppies:** 3 females, 1 male, all brown & white, smaller size. Mom is about 11 lbs, dad is 9 lbs. Born 1/21/11, ready for new homes 3/15+. Females- \$650, male - \$600. Will have all shots & worming. Carol Guthrie (Retired) 425-482-0193.

IKEA office **corner desk w/ matching desk & chair,** keyboard tray & floor mat. Great condition. \$100 for all. Pictures on request. Call Chieko at 425-421-7357. (Cheryl Plate, Einstein).

Bellevue townhouse: 2 bedroom, 2.25 bath, completely remodeled kitchen, updated master w/ remodeled bath & roomy closet. Guest room w/ private full bath. New carpet. Single car attached garage & additional storage. View of Lk Samm. \$259,900. MLS# 177133. Amanda Fletcher (Redmond Elem) 206-617-6039 or clarky4@live.com.

Pine computer desk/workstation: 3 drawers, 2 cabinets, removable/adjustable shelves. 5'1"Hx4'5"Wx2'D. Very good condition. \$150 OBO. Jennifer Droke (Mann) 425-283-9693.

Electric guitar, Ibanez SA260FM (~2005). Excellent condition, great for beginner to intermediate level. Gig bag (soft case) included. \$275 or \$300 w/ 10" practice amp. Kathy Dennis (Redmond Elem) 425-883-2340.

Hardwood (most likely cherry) **4-piece bedroom set:** 4-post bed w/ canopy rails, 2 matching nightstands w/ 3 drawers, & a 12-drawer dresser w/ mirror. \$1,200. Call Jon Goodman at 425-359-0335. (Cathy McCreary, LWHS).

WANTED

Clyde Hill family **seeking responsible person** to work 3:30-6 PM, M-F during the school year w/ possibility of additional time during the summer & school break weeks. Responsibilities include picking up children at bus & supervising homework for 2 children (girl – age 10 & boy – age 13). Minivan available for use. Hourly pay commensurate w/ experience. Contact Anna at amastroi@uw.edu or 425-241-0257. (Melissa Reinardy, Audubon).

**Pending available space, ads are run in the Update on a first come, first served basis.
Ads are accepted only in written form – send directly to Sheila Hagerman – shhagerman@lwsd.org.
Ads are subject to approval by the Executive Committee and may be edited for length.**