

WEA TODAY

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February 2011 Issue

Washoe Education Association Monthly Newsletter

IN THIS ISSUE....

- Nurse's Notes ... pg. 2
- Counselor's Connection ... pg. 3
- Contract Corner ... pg. 3
- Ongoing Project Updates ... pg. 4

MARK YOUR CALENDAR

February 2nd

NEA Representative Assembly Nominations Open

February 10th

NEA Representative Assembly Nominations Close

February 11th

WEA Bookmark Contest Entries Due in the WEA Office

February 25th - 27th

NEA Pacific Regional Leadership Conference in Portland, OR

March 2nd

Rep Council
4:30pm in the WEA Office

Prices Change for Movie Tickets

Effective February 1st, 2011, as a result of Cinemark raising its prices, movie passes at the WEA will be **\$6.50 each.**

Legislative Advocates

Dana Galvin / WEA President

The 2011 Legislative Session officially opened February 1st. With that said, the WEA Legislative Advocates hit the ground running. A Legislative Advocate is someone who has been assigned to a Legislator and who is a constituent of that Legislator. We have a member assigned to each of our Legislators. They all participated in a training held at the WEA office on January 19th. They will keep in close contact with their Legislator with phone calls, post cards and emails. On occasion they may be asked to visit with their Legislator in Carson City. Please find your legislator and member below.

Assembly District 24 - David Bobzien

Assembly District 25 - Pat Hickey

Assembly District 26 - Randy Kirner

Assembly District 27 - Teresa Benitez Thompson

Assembly District 30 - Debbie Smith

Assembly District 31 - Skip Daly

Assembly District 32 - Ira Hansen

Assembly District 38 - Tom Grady

Senate District 1 - Sheila Leslie

Senate District 2 - Don Gustavson

Senate District 3 - To be announced

Senate District 4 - Ben Kieckhefer

Capitol District - James Settlemeyer

Elizabeth Carter (Maxwell ES)

Phil Kaiser (McQueen HS)

Marilyn Naylor (Mitchell ES)

Matthew Davis (Van Gorder ES)

Janet Carnes (Sparks HS)

Gordon McGregor (Sparks MS)

Wendy Boszak (Shaw MS)

Dawn Miller (Lincoln Park ES)

Karen Stout-Gardner (Mt. Rose ES)

Sharon Berry (Brown ES)

Leina Santana (Clayton MS)

John Santoemma (Pine MS)

Eian Gilbert (Hug HS)

While these Advocates are an important part of our Legislative Program, it is IMPERATIVE that every member keep in contact with his or her Legislators with phone calls, emails and post cards. We will keep you up-to-date with current issues that need your attention.

The Cat in the Hat is Back!!!

March is Nevada Reading Month and Dr. Seuss' birthday. To help celebrate both events, The Cat will visit your school for an assembly or your classroom to read with your students.

Call 828-3025 or e-mail Elaine Lancaster in Groupwise to set up your time today!



Nurse's Notes: Winter Weather Stay Safe and Healthy!

Sharon G. Freier / RN

Serious health problems can result from prolonged exposure to the cold. The most common cold-related problems are hypothermia and frostbite.

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and won't be able to do anything about it.

Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.

Victims of hypothermia are often (1) elderly people with inadequate food, clothing, or heating; (2) babies sleep-

ing in cold bedrooms; (3) people who remain outdoors for long periods—the homeless, hikers, hunters, etc.; and (4) people who drink alcohol or use illicit drugs.

Recognizing Hypothermia

Warnings signs of hypothermia:

Adults: shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, drowsiness

Infants: bright red, cold skin, very low energy

What to Do

If you notice any of these signs, take the person's temperature. If it is below 95°, the situation is an emergency - get medical attention immediately.

If medical care is not available, begin warming the person, as follows:

Get the victim into a warm room or shelter.

If the victim has on any wet clothing, remove it.

Warm the center of the body first—

chest, neck, head, and groin—using an electric blanket, if available. Or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.

Warm beverages can help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.

After body temperature has increased, keep the person dry and wrapped in a warm blanket, including the head and neck.

Get medical attention as soon as possible.

A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing. In this case, handle the victim gently, and get emergency assistance immediately. Even if the victim appears dead, CPR should be provided. CPR should continue while the victim is being warmed, until the victim responds or medical aid becomes available. In some cases, hypothermia victims who appear to be dead can be successfully resuscitated.

Congratulations to the 2010 National Certified Educators and Counselors

On February 17th the WEA and WCSD will honor the following educators at an awards reception in the Crowley Student Union:

- Cheryl Best of Veterans
- Heather Bowman of Cannan
- Sandra Dunn of Cannan
- Julie McGrath of Galena
- Deborah Shaw of North Valleys
- Gillian Bartlett of VanGorder
- Linda Castle-Hill of Incline ES
- Denise Bryant of Cannan
- Natalia Cui-Callahan of Hug
- Christina Ferguson of Westergard
- Kristi Harris of McQueen
- Sean Whisler of Cannan
- Jan Howell of Incline MS

- Kelli Moore of Wooster
 - Liz Kelley of Greenbrae
 - Elizabeth Reimers of Wooster
 - David Erickson of Wooster
 - Linda Drakulich of Hunter Lake
 - Rebecca Morrison of Sparks HS
 - Vickie Vaughn of Sierra Vista
 - Catherine Breshears of Drake
 - Carol Wilkins of Mathews
 - Stacy Schoenbachler of Swope
 - Mariluz Garcia of Dilworth
 - Theresa Jemspa of Mendive
 - Stephanie Reddig of Mendive
 - Melanie Lazera of Maxwell
 - Dawne Rice of Spanish Springs ES
- Our sincere congratulations for attaining your certification!

BOOKMARK CONTEST



WEA Celebrates Nevada Reading Month this March with its annual Bookmark Contest. This year's theme is "Reading Rocks!!!" Contact your building rep or the WEA Office for details on how your students can enter. All entries must be received by Feb. 11th! Winners are selected for each grade level as well as for an overall grand prize. The winner's bookmark will be produced for distribution at all WCSD libraries in March.

Who Takes Care of the Teacher When the Teacher is Overloaded?

Kelly Jesch / Counselor Coordinator

If you're like me, you're wondering how in the world I ever got as busy as I am and when is it ever going to slow down?

As the teacher in a classroom, your day is full of taking care of others. Everyone who crosses your path during the day needs you. Your administration needs something, the parents need something, the office needs something, the PLC needs something, and, of course, you have a classroom full of students who need something from you. It can really be exhausting. And then there's your family! It seems like we are all running to our maximum capacity.

How does the caretaker take care of themselves?

In order to effectively manage all the demands of being an effective and responsive educator these days, we will ultimately face burn-out if we don't recognize the stress symptoms and take care to ameliorate them as they begin to affect us.

Stress symptoms look different for all

of us but being aware of our own signs and symptoms of stress is really an important first step. How are you responding to your students, your peers, and your family? Are you feeling yourself being short with them when you normally would find patience? Are you finding yourself isolating from your staff peers or your friends when you might normally join them for lunch or for that walk down the hall. Are you more critical of yourself and feeling like your efforts just ever be enough? These are all common symptoms of overload. It can happen at any time and even in circumstances that you might necessarily see as overwhelming normally.

In order for a teacher, counselor, staff member, or administrator to be emotionally and physically available to handle the challenges of being an educator, a personal plan of taking care of oneself is critical. Those plans are as individual as the person. Solitude or company, physical activity or sedentary activity; each offers the replenishing of our "emotional material" that we spend each day. Give yourself permission to

turn off the cell phone or Blackberry during a designated hour of the day. Remember what fun and beauty looks like to you. Put away the lesson plans and take a break. They will be there when you return. Connect up with a friend or staff member you haven't seen in a while. And most of all, allow yourself to find the confidence through these activities that remind you that you have the ability to move forward in a positive and productive way.

If you find yourself feeling overwhelmingly sad, unable to calm yourself or change your attitude, using substances to relax, or generally feeling as though you can't cope, please reach out to your school counselor, psychologist, or give a call to Mountain EAP. These professionals can give you new ideas to help you cope or refer you to the type of assistance you might need.

So, breathe. Make a list of the things that fill your cup every day. Appreciate yourself for all the accomplishments you've made and the experiences you bring to other. Ask for help when you need it! It will make a difference in how you feel and how you cope.

Contract Corner: Testing Violations

Chuck Fletcher / UniServ Director

Over the years, many changes have been made to testing protocols. The security of tests is emphasized more due to the many ways there are of breaching that security, and there is the "duties and responsibilities for test security and confidentiality" document that must be signed by everyone who comes into contact with the tests.

Each year there are testing irregularities and violations, and many happen because of misunderstandings or failing to adequately proctor the testing

room, or in relation to accommodations for students.

If it is determined that there was an alleged problem, this will call for a statement from the persons involved. Each member has the right to have WEA review that statement prior to submitting it. Also, members are entitled to representation at any meeting held to review or investigate any alleged violations.

Discipline for testing violations can run the gamut from a written warning, written reprimand, letter of admonition, suspension without pay, or termination. The latter discipline on this list

can occur where a particular version of the test must be withdrawn from the entire State because of a security lapse, or a student who breaches the security. If a test is removed, the staff member responsible for the security of the test will come under scrutiny.

The easiest way to avoid this is to review "A Primer for Testing" that you received and be prepared to follow the testing protocol precisely.

Ongoing Project Updates

Elaine Lancaster / Executive Director

WEA has been working on various committees-here's what's happening.

Memorandum Of Understanding concerning the new room tax revenue that will become available in 2012

The WEA/WCSD have agreed to a method of using this money should it become available. We are hoping that having this signed agreement will show legislators how we intend to use the money in hopes of preventing a raid on the account. Your reps will get a copy of the MOU in February.

New evaluation instrument

The district put out a RFP for a firm to assist in writing the new document. The committee, on which WEA has representation, decided that based on the response that we would re-post with different requirements. We are still in the process of hiring a company.

Culture of Respect Compact/

Agreement between the WCSD and the 5 employees associations

On February 16th, part of the early release time will be used for every site to get draft copies of the compact, react to it and have an opportunity to do an online survey in the two week period following the presentation.

Negotiations

We received about 100 surveys with member input. Our negotiations team will be meeting in February to go over the information and decide which 3 articles we will present to the district. Of course, the contract cannot be finally decided until the legislature makes its decision on funding. If past years are an indication, that won't happen until June.

Calendar Changes

The WCSD calendar committee continues to meet. There has been no decision made about any changes. Each time we meet, more issues are raised. The changes center around having all

schools start on the same day (excluding multi-track), possibly in early August to allow the first semester to end before winter break. A 3 week intercession following winter break is being studied. This would allow students to recover credits they failed to receive in the first semester. There would also be remediation and enrichment offered at all levels. Surveys will go out to all employees, as well as focus groups and town hall meetings.

WEA is committed to keeping our membership updated and well informed on all these vital issues through e-mails, Rep Council meetings and the WEA Today.

Welcome, New Members!

- **Melissa Barnum** at Depoali
- **Megan Bronk** at Sparks H.S.
- **Jennifer Burmer** at Dunn
- **Michele Chrystal** at Corbett
- **Sara Coleman**
at Spanish Springs E.S.
- **Kenneth Demick** at Hug
- **Dianne Edwards** at Sparks M.S.
- **Kimberly Fields** at Traner
- **Trudy Gallagher** at Incline H.S.
- **Jeana Hays** at Donner Springs
- **Nicholl Johnson** at Sparks H.S.
- **Courtney Lean** at Mt Rose
- **Ryan Linton** at Smithridge
- **Wendi Malmed** at Depoali
- **Meagan Mantele** at Maxwell
- **Kari Mariani** of the Music Dept.
- **Alec Mariani** at Shaw
- **Debra Marthaler** at Dunn
- **Laurie McKinnon** at O'Brien
- **Kylie Miller**
at Spanish Springs H.S.
- **Teheura Moore** at North Valleys
- **Justin Oliver** at Damonte Ranch
- **Lucy Peters**
at Spanish Springs H.S.
- **Ciara Peterson** at Desert Heights
- **Kristin Sewell** at Alice Smith
- **Victor Sherbondy** at Depoali
- **Joyce Strom** at Damonte Ranch
- **Jennifer Tuttle** at Mendive
- **Melanie Van Dyke** at Drake
- **Heekyung Yeom**
at Spanish Springs H.S.
- **Leslie Zundel** at Juniper

Scholarships for Children of WEA Members

Is your son or daughter graduating from high school this year? He or she might be eligible to apply for one of the WEA Scholarships! WEA offers scholarship awards from \$1,000 to \$2,000. Ask your building rep for the application forms or visit www.weatoday.org to download them directly!



WASHOE EDUCATION ASSOCIATION

**1890 Donald Street, Suite A
Reno, Nevada 89502
828-9282 Fax: 828-6748**

Dana Galvin President
Jane Bantz Vice-President
Elaine Lancaster Executive Director
Chuck Fletcher UniServ Director
Chelsea Wesnousky Office Manager



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