



January 25, 2021

# NWEA NEWSLETTER

<https://www.nweducators.org/>

## What the union has been working on:

**Mark your calendar for a union town hall meeting!** This will be held virtually, Thursday, January 28th from 4pm to 5pm. We will be talking about vaccines, return to work updates and have time for questions and comments! Invites have been sent! We look forward to connecting with all of you!

→**Return to School** - Your union president, Sarah Andrews, meets weekly with the Return to Schools team. We are working to draft an agreement with HR (Memorandum of Agreement/MOA) to address work issues specifically related to returning to buildings. Once the agreement is completed, the MOA will be emailed out for a vote! Keep your eyes open for this!

You can access Ready Schools Safe Learners guidelines [here!](#) You can also find information on ODE's website [here!](#)

→**Vaccine updates** - Governor Brown has designated **1/25/21** at the start date for group 1B. Teacher's are included in this group. During the coffee chat held on Thursday evening, Dan reported he is working hard to set up vaccination clinics by site. If you already have an appointment with a medical provider, you are encouraged to keep it and get your vaccine there. Vaccines are not mandatory by NWRESA. Please talk to your immediate supervisor if you have questions or concerns.

→**LIPI and HYBRID** - School staff asked to provide limited in person instruction will be given a two weeks notice of when they are expected to return as well as a third week for safety training and time for planning and organization. At this time Truancy, Audiology and PT equipment fittings, and in Tillamook they are doing some ECSE SAIL LIPI services.

→**HIGH RISK CONSIDERATIONS**- Contact [Kathy Fernandez](#) in HR if your doctor has stated you are 'high risk' and the policies and procedures that NWRESA has put into place are not enough. Be sure to 'cc' [Joseph Hernandez](#)

# Wellness Tip(s) of the Month

## How do I maintain my health and wellness?

Adapted from the Center for Workplace Mental Health website, by the American Psychiatric Association Foundation

- **Keep a regular schedule:** Create and maintain a routine and schedule. Set up a designated space for you and each family member to work and learn. Don't forget to include periodic breaks for recharging in your schedule.
- **Keep your immune system strong:** Make a commitment to staying strong by:
  - Washing your hands with soap for 20 seconds (about two rounds of the "Happy Birthday" song)
  - Getting enough sleep
  - Eating well and staying hydrated
  - Taking vitamins
- **Get fresh air:** If circumstances allow, go outside for a brisk walk and fresh air, but avoid crowds and try to maintain the recommended 6-foot distance with others.
- **Stay informed:** Knowledge is power, and it's good to stay updated on progress being made in combating the virus. Stay informed on the latest updates from reliable sources like the [Centers for Disease Control \(CDC\)](#) and the [World Health Organization \(WHO\)](#).
- **Limit media consumption:** Avoid continuous exposure to news, media, and social media that may trigger or elevate anxiety, stress, or panic. Stay informed by following few, authoritative resources, but limit media consumption.
- **Set boundaries on work schedule:** When working from home, be sure that you are working reasonable hours. It can be tempting to work more while you have your work at home, however it can also be taxing on your health and well-being, so stick to a schedule with healthy boundaries.
- **Get creative to stay connected:** Share tips with co-workers and friends on what's working well for you and encourage them to do the same. Come up with new ideas like planning a Google Hangout to exercise together – try one-minute planks, 10 jumping jacks, or whatever you decide, just keep it simple. Share photos of pets enjoying the new routine. Watch movies at the same time while texting or on Skype. The sky's the limit on creative ways to stay connected.
- **Engage your support network:** Just as you would during other major life changes, stay connected with family and trusted friends and let them know if you need extra support during this challenging time. That might include regular phone calls, check-ins, and related support. Be clear about what you need during this time.

## Mental Health Resource

NWRESD's Employee Assistance Program (EAP) provides free and confidential counseling and referral services to all benefits eligible employees and their dependents, living at or away from home, and all household members, related or not. This plan is limited to three (3) sessions per situation, per year, and includes 24-hour emergency crisis intervention when experiencing personal, emotional or substance dependency problems. Check out the website [here!](#)

## Board Member Spotlight!

We want to introduce each of our board members so you can get to know us better! We will spotlight a board member each month!

### Meet Rikkie Schley

This is Rikkie's third year serving as the union treasurer and was a Washington County VP for one year before that. Rikkie has worked as an SLP in early intervention at the Beaverton Early Childhood Center for the last 8 years. She is now transitioning into a new role as an instructional coach and couldn't be more excited! Rikkie says she initially got involved with the union through bargaining because she, "wanted to have a say in our contract, wages, and benefits!" Rikkie says she doesn't have too much extra time for hobbies but loves spending time with her husband and three boys and is taking classes to receive her initial administrators license. Rikkie loves advocating for staff and thinking about issues from multiple perspectives.



**Want to get involved? You can be a building representative, join this year's bargaining team, actively participate in your union! Reach out to a union board member to find out how. Suggestions or questions? Email your union at [contactus@nweducators.org](mailto:contactus@nweducators.org)**

**Many thanks for your continued dedication!**