



December 17, 2020

# NWEA NEWSLETTER

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

## What the union has been working on:

- **Wait Week is over**- payments that were held up because of a “wait week” have been processed and paid.
- **Language Proficiency Test** - People who have contacted HR to take the Language Proficiency test should have been contacted. If you were not contacted, please contact HR to let them know.
- **Back to School** - Your union president meets weekly with the back to school committee. There has been a lot of discussion about cleaning procedures. If you have concerns about your work site’s cleanliness or cleaning procedures, we encourage you to reach out to your supervisor.
- **LIPI, HYBRID, etc** - With the high numbers of covid cases, limited in person instruction (LIPI) services have been put on hold and will be reassessed after winter break. For now only Truancy, Audiology and PT equipment fittings are LIPI services.
- **HIGH RISK** - Contact Kathy Fernandez in HR if you have been to the doctor and the doctor has stated that you are high risk and the policies and procedures that NWRESA has put into place is not enough.  
[kfernandez@nwresd.k12.or.us](mailto:kfernandez@nwresd.k12.or.us) and CC Joseph Hernandez at [jhernandez@nwresd.k12.or.us](mailto:jhernandez@nwresd.k12.or.us)

## Wellness Tip(s) of the Month

### **6 self-care steps for a pandemic — always important, now essential**

Adapted from the Harvard Health Blog, 4/16/20, Monique Tello, MD, MPH

Social distancing and the loss of work and/or routine are tremendous pressures, both physically and psychologically. Many people are struggling to work full-time remotely while simultaneously caring full-time for their family at home. Those who continue to work on the front lines may feel the need to overload their schedules, or commit to too much.

1. Check in with yourself. Allow yourself to physically, mentally & emotionally check out on a regular basis. Intentionally create 'shutdown' time in your schedule. This can be healthy time alone, for meditation and quietude.
2. Fuel your body with healthy food.
3. Move your body: We are all spending less time commuting, driving our kids around, and doing errands. Use the extra time to take a walk or do some exercise at home.
4. Prioritize sleep. Our bodies need sufficient sleep in order to function.
5. Find ways to connect socially. Try a different way of connecting with friends and colleagues — a chat room, or Zoom meeting over a meal.
6. Remembering and acknowledging the good in our lives is a powerfully positive action.

Now, more than ever, we need to be incredibly kind to ourselves to help maintain mental wellness. We teach students this all of the time— the basics of self-compassion, kind self-talk, and growth mindset. Take time to take care of yourself – both inside and out! In doing so, you will benefit your own mental wellness and also be able to model it for others in your life.

## 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 Joyce Balint

Joyce Balint is in her 35<sup>th</sup> year as a school psychologist for the NWRESD. The increasing technology demands of working remotely have her thinking more and more about retirement however! She started back when there was a Clatsop ESD and reports were generated on a typewriter. Joyce enjoys working in the Seaside School District and living on the coast. She has been a union representative for five years and also works as a Court Appointed Special Advocate (CASA) for a child in foster care. Joyce enjoys yoga and ballet and her long-term fitness goal is to stay in ski shape until the super senior discounts kick in. She is thankful that her daughter Aysia has been able to be with her, working remotely during COVID, to help grieve the loss of her son Aidan who died in June. Joyce is more than ready for 2021 and wishes you all Happy Holidays and a safe and restful break.



**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)**

**You are all amazing!**