



The Washoe Education Association Newsletter

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MARK YOUR CALENDAR

- Dec. 2nd-10th: Nominations for NSEA Board of Directors
- Dec. 21st-Jan. 11th: Winter Break
- Jan. 4th: WEA Office Reopens
- Jan. 13th: Rep Council
4:30 p.m. - WEA Office
- Jan. 13th-21st: Nominations for NSEA Delegate Assembly
- Jan. 14th, 21st, 28th:
Retirement Seminars
4:15 p.m. - WEA Office
- Jan. 18th: Martin Luther King, Jr.
Holiday - WEA Office Closed
- Feb. 3rd: Rep Council
4:30 p.m. - WEA Office
- Feb. 3rd-11th: Nominations for NEA State Delegates to Representative Assembly
- Feb. 15th: Presidents' Day Holiday -
WEA Office Closed
- Mar. 2nd: Rep Council
4:30 p.m. - WEA Office

Public Schools Overcrowding & Repair Needs Committee

Dana Galvin / WEA President

One of the last bills to be voted on, passed and signed by the Governor during the 2015 Legislature was Senate Bill 411. This bill was authored by Senator Debbie Smith and other Northern Nevada Legislators, both Democrats and Republicans. The gist of the bill is, "An Act relating to taxation; authorizing the board of trustees of a school district under specified circumstances to adopt a resolution establishing the formation of a Public Schools Overcrowding and Repair Needs Committee to recommend the imposition of certain taxes to fund the capital projects of the school district; providing that if such a Committee is formed and submits its recommendations to the board of county commissioners within the time prescribed, the board of county commissioners is **required** to submit a question to the voters at the 2016 General Election asking whether the recommended taxes should be imposed in the county." The resolution was adopted on June 9, 2015. The bill also says who will be appointed to the committee...Section 1.1. (j) "One member who is a representative of the largest organization of licensed educators in the county, appointed by that organization." I am one of fifteen voting members on the PSORN Committee.

Our first meeting was held on August 13, 2015. We have met, for the most part, every other week since. The committee has been presented with several reports including, prospective growth in Washoe County, the problem of overcrowding in some of our schools now, how many schools will we need to build, how much money will be needed to build new schools and to repair and maintain our existing schools. All of these reports are located on the WCSD website homepage. Go to the bottom of the page, look for the school house icon (School Overcrowding Information) and "click". Some of the information you can access is:

- ✓ Overcrowding and Funding Presentation
- ✓ Frequently Asked Questions School Overcrowding and Capacity
- ✓ WCSD School Construction Needs and Funding Overview
- ✓ Out of the box options: outside expert presentation
- ✓ Capacity Heat Map
- ✓ Capacity Overview

The PSORNC also has a website. Please visit us at www.BuildWashoeSchools.com

A very important date to keep in mind is **April 1, 2016**. This is the drop-dead date for filing this, oh, so important, ballot question...KEEP YOUR FINGERS CROSSED!

WEA Can Help

Elaine Lancaster / Executive Director

There are many times that a call to WEA can help get answers that members have been trying to no avail to get themselves. All folks need to do is contact us by e-mail and we can go directly to the source to get your questions answered. We work closely with: payroll, human resources, and risk management. We are in constant contact with special ed., ESL, gifted/ talented and the area superintendents.

We meet once a month or more with the Superintendent and HR Chief. We can help with communication issues at your work site. Although we cannot be in a meeting where there are parents, we can certainly meet before and after the meeting to be sure your rights have been protected. Often times we get contacted by members who have been trying for days to get an answer and we are able to “cut to the chase”. It goes without saying that we will always be available for disciplinary or evaluation

issues/meetings. Everything is completely confidential.

A reminder that WEA members are entitled to 2 half-hour sessions with an attorney, free of charge, for non-employment issues, i.e., divorce, child support, estate issues, wills. If you retain one of the lawyers through this program, the rates are reduced. Log onto the NSEA website-www.nsea-nv.org for the NSEA/NEA approved law firm participant list.

Contract Corner: Changes to Professional Learning Process

Chuck Fletcher / UniServ Director

The SolutionWhere system currently used to sign up for professional development opportunities will be replaced by the Professional Learning Management System, or PLMS. This system will start use on Monday, February 1, 2016.

The “Professional Learning” “tab” will be available in MyPGS on the same date. This system will do everything that SolutionWhere did, plus it will provide access to search tools that include easy-to-use sorting, filtering and navigation features “allowing us-

ers to efficiently sift through high volumes of data to find relevant content with just a few clicks.” Also available in the long term will be the opportunity to interact with other employees through professional networks.

The District will be distributing information on the new process at the beginning of December, including a laminated business card for instant access to step-by-step instructions for registering, withdrawing, or searching for a class, conference or Saturday CAFÉ.

Although the information from Solutionwhere will transfer to MyPGS,

course information showing an “incomplete” status will not be transferred, so it is recommended that, as a precautionary measure, a copy of the Solutionwhere transcript be downloaded and saved prior to February 1.

This project has been in motion since the change to MyPGS in 2014, as the benefits of the Truenorthlogic system became known. Since then, many in the District have been involved in constructing a system that is both comprehensive and easy to use. Dana Galvin and Chuck Fletcher sat on the PLMS Steering committee representing WEA and our members.

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It's time to get your FLU shot!!!

The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season.

Trivalent vaccines are made to protect against three flu viruses; an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus.

Quadrivalent vaccines protect against four viruses; the same viruses as the trivalent vaccine as well as an additional B virus.

Flu vaccines CANNOT cause the flu. Flu vaccines are made with either killed or weakened viruses.

Flu vaccines are safe. Serious problems from the flu vaccine are very rare. The most common side effect that a person is likely to experience is either soreness where the injection was given, or runny nose in the case of nasal spray. These side effects are generally mild and usually go away after a day or two. Visit Influenza Vaccine Safety(<http://www.cdc.gov/flu/protect/vaccine/vaccine-safety.htm>) for more information.

Everyone 6 months of age and older should get a flu vaccine every season.

This recommendation has been in place since February 24, 2010 when CDC's Advisory Committee on Immunization Practices (ACIP) voted for “universal” flu vaccination in the United States to expand protection against the flu to more people.

Who shouldn't get the Flu vaccine?? Different flu vaccines are approved for use in different groups of people. Factors that can determine a person's suitability for vaccination, or vaccination with a particular vaccine, include a person's age, health (current and past) and any relevant allergies, including an allergy. Please talk to your doctor. ■

Nurse's Notes

Sharon Freier / RN

Oral Injury Prevention

A mouthguard is a horseshoe-shaped, soft plastic device used to protect the teeth, lips, gums and cheeks from injuries that can occur when playing many different sports.

A recent survey of Illinois high school interscholastic coaches revealed that mouth injuries (cut lips or broken teeth) are fairly common and that more than half of the athletes do not wear mouthguards.

Mouthguards have been found to prevent more than 200,000 mouth injuries a year in high school and college football. Several studies suggest that mouthguards reduce the number of concussions by decreasing the force of injuries.

There are three types of mouthguards:

- Stock - ready to wear
- Mouth formed - boil first and then bite to fit
- Custom made - made by a dental professional from an impression made of your teeth

Mouthguards can range in price from \$1 to \$100. The money saved from avoiding costly injuries to your mouth is well worth the investment.

After using a mouthguard, it should be rinsed with water and stored in a rigid container with holes in it to allow the mouthguard to dry. Mouthguards can last for more than one season when cared for properly. The American Dental Association and other sports dentistry groups recommend the use of mouthguards in all organized team sports where a mouth injury can occur. This includes football, soccer, baseball, softball, basketball, volleyball and wrestling.

Recall of all AuviQ auto-injectors

Sanofi US is voluntarily recalling all **AuviQ**[®] (epinephrine injection, USP) – this includes both the 0.15 mg and 0.3 mg strengths for hospitals, retailers and consumers. This includes lot numbers 2081278 through 3037230, which expire October 2015 through December 2016. The products have been found to potentially have inaccurate dosage delivery, which may include failure to deliver drug.

If a patient experiencing a serious allergic reaction (i.e., anaphylaxis) did not receive the intended dose, there could be significant health consequences, including death because anaphylaxis is a potentially lifethreatening condition. As of October 26, 2015, Sanofi has received 26 reports of suspected device malfunctions in the US and Canada. None of these device malfunction reports have been confirmed. In these reports, patients have described symptoms of the underlying hypersensitivity reaction. No fatal outcomes have been reported among these cases.

AuviQ (epinephrine injection, USP) is used to treat lifethreatening allergic reactions (anaphylaxis) in people who are at risk for or have a history of these reactions. AuviQ is packaged with two active devices and one trainer device in a corrugate box. AuviQ was distributed throughout the United States via wholesalers, pharmacies and hospitals. All AuviQ is being recalled.

Sanofi US is notifying its distributors and customers who include doctors, pharmacies, wholesalers and other customers in the supply chain by letter, fax, email and phone calls and is arranging for return and reimbursement of all recalled products.

Customers with questions regarding this recall can go to www.AuviQ.com and call 18773198963 or 18667266340 8 a.m. - 8 p.m. ET, seven days a week for information about how to return

their AuviQ devices. Sanofi US will provide reimbursement for out of pocket costs incurred for the purchase of new epinephrine autoinjectors with proof of purchase. In addition, if you purchased AuviQ at a cost that exceeds the cost of your replacement device, Sanofi will compensate you for the difference, with proof of original and replacement product purchases.

Customers should immediately contact their healthcare provider (HCP) for a prescription for an alternate epinephrine autoinjector. In the event of a lifethreatening allergic reaction (anaphylaxis), patients should only use their AuviQ device if another epinephrine autoinjector is not available, and then immediately call 911 or local medical emergency services. Customers should contact their physician or HCP if they have experienced any problems that may be related to taking or using this drug product.

Adverse events or quality problems experienced with the use of this product should be reported either to Sanofi or to the FDA's MedWatch Program.

- To report an adverse event to Sanofi US: call 18006331610, Option 2.
- To report an adverse event to the FDA MedWatch Program: by fax at 1800FDA0178, by mail at MedWatch, FDA, 5600 Fishers Lane, Rockville, MD 208529787 or on the MedWatch website at www.fda.gov/med-watch/report.htm.

This recall is being conducted with the knowledge of the U.S. Food and Drug Administration.

Sanofi US is committed to patient safety and the quality of AuviQ, and will continue to work closely with customers and regulatory authorities to resolve this issue in a timely manner.

Continued on page 2.

Counselor's Connection

ACES and Education: How to help students at risk

Chuck Fletcher / UniServ Director

You might be surprised to know that one of the latest and most powerful tools in medical assessment is not a bodily fluid test or a new diagnostic machine, but a survey called ACES (Adverse Childhood Experiences Study). The ACE survey (created by the Centers for Disease Control and Prevention) asks respondents ten questions based on childhood experiences which are linked to poor health outcomes in adulthood. The respondent's score ranges from 0-10, and each point increases the respondent's risk for obesity, addiction, heart disease, cancer, and a myriad of other mental and physical health problems.

It is becoming clear that adverse childhood experiences such as abuse, neglect, and household dysfunction are far more impactful on future health than previously thought. As teachers and school officials, we routinely encounter children who are acquiring those adverse childhood experiences during crucial times in their development. We might spend more time with those children than any other adults in their lives. This gives us great power and responsibility when it comes to helping children develop resiliency so that they will not become another negative statistic.

If you have students who are affected by any form of trauma, abuse, neglect, or household dysfunction, here's a list of ways to help (mostly based on a resilience factors survey created in response to ACE):

1. Be the adult they trust. Having teachers and community members who are willing to help children, especially by being there for them when they feel bad, can make them feel less alone and more engaged.
2. Love them. Children will experience harm if they do not feel loved at home, but this can be mitigated if they feel loved by the other adults taking care of

them. One statement on the resilience questionnaire is: "When I was little, other people helped my mother and father take care of me and they seemed to love me." Be the other person who helps their parents (if you can) and loves them.

3. Send the student to the school counselor. Early mental health intervention can make a difference in helping students, and counselors are trained to help children with trauma. School counselors also make community referrals to help parents and families.

4. Be generous with compliments. The resilience survey suggests that trauma is mitigated when "As a youth, people noticed that I was capable and could get things done" describes one's childhood. A video of Special Ed Teacher Chris Ulmer complimenting his students at the start of every day, one by one, has taken the web by storm. This has an impact on self-esteem which inoculates against unhealthy coping mechanisms! If you see a child doing something right, say so. <http://abcnews.go.com/Lifestyle/florida-teacher-starts-day-complimenting-students/story?id=35259600>

5. Discipline intelligently and compassionately. Take a few deep breaths and do your best to empathize with your students before responding to their misbehavior. Know that you may not know what they dealt with last night or this morning before they saw you. Many children and teens who act out in class (or fail to meet homework deadlines) are victims of trauma and abuse. A striking 85% of prison inmates were traumatized as youth. We can imagine that their pathway to prison did not start the moment they turned 18 and was likely strongly linked to their trauma. Try to keep struggling students in your classroom and out of the principal's office or juvenile detention (an early pathway to prison).

6. Meet your students where they are. It may be more important for a student

to learn self-control or emotion management than [insert name of subject] this week. Step back and accept that. Understand if it's hard for a student to make your class a priority when he/she might not have food, a home, or a loving family.

7. The award-winning documentary *Paper Tigers* captures the stories of struggling teens and the trauma-informed teachers helping them. The counseling department will make copies of the documentary available to be checked out and will host a screening at The Brown Center. Call our office for more information or assistance 775-850-8011

RETIREMENT SEMINARS

FOR WEA MEMBERS ONLY

JANUARY 14TH:

PERS - *Planning Ahead*

JANUARY 21ST:

ESIP & Health Insurance

JANUARY 28TH:

Social Security & Financial Planning
with Sandra Chapman, CFP

ALL SESSIONS BEGIN AT 4:15
AND END BY 6:00.

RSVP: 828-3026
or irossi@washoeschools.net

WELCOME, NEW MEMBERS!

Tim Anderson	Julie Ha	Jaimee Phipps
Debora Aragon	Nalyn Herb	Kyril Plaskon
Laura Arneson	Jana Hunter	Kristin Raihall
Toni Bahnsen	Kaitlyn Kelhetter	Jessica Rauch
Valerie Barton	Jennifer Kirn	Carissa Rinden
Leana Burge	Angela Knoll	Corinna Rodriguez
Susanne Cann	Dee Koch	Christina Rogers
Anthony Carlstrom	Paula Koger	Laurie Shaw
Carmen Chaves-Torres	Elizabeth Kolbe	Mike Sturtevant
Keta Cline	Jennifer Lindley	Melina Supple
Daniel Collazo-Dominguez	Laura Long	Jennifer Tibben
Dawn Colletto	Sheralyn McCoy	John Trevino
Kerra Curley	Krista Milroy	Kim Troy
Julianna Daines	Mary Mitchell	Julianne Vaughn
Joanne Devine	Katrina Moore	Alana Walls
Dawn Downs	Kerey Moore	Penelope West
Jessica Erickson	Arthur Pacheco	Natalie Whaley
Tasha Farley	Taylor Palian	Tyler Wicks
Chris Genis	Susie Paul	Laura Wilson
Sabrina Gentner	Shelby Peralta	Kimberly Wudke
Scott Grange	Nick Pfaff	Kevin Zugel

WE'RE HAPPY TO HAVE YOU WITH US!

SKI TICKET DISCOUNTS AT WEA

It's that time of year! We have discount ski tickets for WEA members again this winter. Plan on stopping by the WEA Office (we are open 8:30 to 4:30 Monday through Friday) to purchase discounted tickets for your favorite ski resort. Tickets can be purchased with cash or check. Please remember, we are closed for the first two weeks of winter break, so if you are planning on skiing during your time off, stop by before December 18th to pick up your tickets.

- All discount prices are for one full-day lift ticket with no blackout dates.

Diamond Peak

Adult (ages 23-64): \$54

Youth/Senior (ages 13-22 & 65-69): \$41

Child/S. Senior (ages 5-12 & 70-79): \$22

Homewood

Adult (ages 19+): \$60

Teen (ages 13-18): \$40

Child (ages 5-12): \$20

Kirkwood

Adult (ages 19-64): \$69

Teen (ages 13-18): \$61

Child (ages 5-12): \$50

Senior (ages 65+): \$61

Northstar/Heavenly

Adult (ages 23-64): \$92

Young Adult (ages 13-22) : \$82

Child (ages 5-12): \$53

Senior (ages 65+): \$82

Squaw Valley/Alpine Meadows

Adult (ages 23-64): \$92

Young Adult (ages 13-22): \$81

Child (ages 5-12): \$56

- Unused tickets can be returned to the WEA Office by April 15, 2014 for a full refund. This is a firm date.

EVEN MORE TICKETS

As always, WEA has Coconut Bowl and Cinemark Theaters tickets for sale.

Cinemark Theaters: \$8 each

Coconut Bowl: \$4 each

Good for bowling, High Ballocity, miniature golf, and the lazer maze

Tickets can be purchased by cash or check during our regular hours.



WASHOE EDUCATION ASSOCIATION

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Elaine Lancaster	Executive Director
Chuck Fletcher	UniServ Director
Ian Rossi	Office Manager



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WEA Today is published four times per year to inform, educate, and entertain the members of Washoe Education Association. We urge readers to write letters to the editor on matters of concern. Letters should be mailed to WEA Today Editor at 1890 Donald Street, Reno, NV, 89502. All letters must be signed and include phone number; however, anonymity will be granted if deemed necessary. We reserve the right to edit for length or libelous comments. It would be appreciated if letters were typed, but neatly handwritten copies are accepted.