

OCEA NEWS

Message from the President

Wow, it's hard to believe we are already into December. This time of year is very special and joyous but it can be very difficult and stressful. My travels around the district affirm that we are experiencing daily challenges with limited resources and greater demands on our time and professionalism. I know this disconnect between resources and greater expectations can lead to stress which can sometimes manifest as not so kind behavior from students and adults. Please try to remember to be kind to yourself and those around you. I saw a quote this morning "How can we make children feel dignified in our presence?" It dawned on me that this is a good question for our daily interactions with colleagues and people in general. We might want to be asking ourselves, "How can we make my family, colleagues, and people I interact with, feel dignified in my presence?" It is important to remember that everyone; colleagues, employees, support staff, parents, administrators, students, family members, all of us, want to feel valued and dignified by others. Many of us are dealing with some challenging situations. Especially during stressful times, people need support and empathy from our interactions with others. I am thankful that I work with all of you and know that you show kindness, collegiality, and professionalism daily. You lift my spirits and help me weather the storms that cross my path. I am hopeful that you feel supported and know how important you are. May you have a wonderful holiday season and be able to enjoy the upcoming winter break.

-Cindy Williams

KUDOS!

- The OCHS staff held a contest to name the Red Emergency Buckets that all classrooms received. The staff submitted 21 names. The winning name was PETE- Pioneer Emergency Tactical Equipment. Kudos for creativity!
- Kate Fisher of OCHS presented at the National Association of Biology Teachers. Congratulations!
- Tera Fukuhara recently completed a Seed to Plate tour in Japan. That's amazing!

Protect Your License

Hanging on to Documents?

Is there information you should be keeping?

Find out [here!](#)

Important Dates

Check out the [OCEA website](#) for important upcoming dates!

Contract Vote

Members voted to accept the proposed contract that the Problem Solving Team worked so diligently on. The votes have been counted and the official results are in:

Yes- 217	52%
No- 38	9%

With 52% of the membership voting in favor of the contract, the contract is now accepted! You will see payroll updates begin in March 2018.

Engage Update:

The engage team is heading out to buildings to connect with Association members. They hope to chat with 75% of our membership. Look for them at your building!

Gaffney Lane, McLoughlin, & OCHS- we're headed your way!

Tips for “On the Job” Safety

1. Always keep the TSPC rules of the “[Ethical Educator](#)” in mind when you interact with students.
2. File a Supervisor’s Incident Report which can be found in your school’s office or [here](#) anytime you have dealt with a physically aggressive student.
3. Technology and social media can be an educator’s best friend or worst enemy. Be mindful, professional, and vigilant at all times.
4. Request training or equipment whenever you believe it is necessary for your safety or well-being on the job. Let your supervisor know when you need support to keep you safe. If you need it and don’t get it, let your Building Rep know right away.

OCEA & OEA Offering Free Workshops

Financial Fitness Workshop- Jodi Brush: January 18; 4pm to 5:45pm
 Licensure 101- Teresa Ferrar, OEA: January 30; 4 - 5:50pm District Office

Measure 101: Yes for Healthcare

Measure 101 protects healthcare coverage for one in four Oregonians, including 400,000 kids. This measure holds down costs and is an important step to make basic healthcare affordable and accessible to every Oregonian.

Click [here](#) for more information.



Take Care of Yourself

We’ve all been on a commercial flight where the safety directions tell us to put the oxygen mask on yourself before taking care of others. This direction applies to all of us in public education. As a way for us to help you take care of yourself, we want you to know that we continue to work with our District Leadership about our working environment and workload issues. We meet regularly to discuss your concerns.

Let your Building Rep know if you have celebrations, concerns, or questions about anything. Advocating for what you need is a great place to start taking care of yourself!

Remember to socialize with your colleagues, leave school on time, laugh often, give yourself Kudos, believe that self care is vital, and contact the [EAP](#) if you need to.

You are NOT a bad educator if you take time for yourself! We need you for the long haul, so be kind to yourself.

OEA Foundation Grants

The OEA Foundation provides educators with up to \$100 grants to help students meet basic, urgent and immediate needs so they can succeed in school. Cash grants from the Foundation fill needs unmet by any other source. Learn more about the OEA Foundation and apply for a grant to help a student in need.

SOCIAL MEDIA

Check out the OCEA [Facebook](#) page!



CONTRACT TRIVIA

Congratulations to **Suzanne Fogel** correctly answered September’s Contract Trivia question
Question: How many years of employment are required by the district to qualify for retirement?
Answer: 20 years for standard and 15 for early

Question: Which Article of the contract describes the ability to wear pins and other symbols of membership in the Association or its affiliates?

Email [Cindy Williams](#) or [Jamie Voelker](#) with your response.