

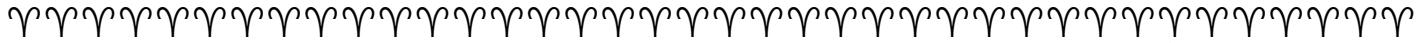
15-B INSIDER

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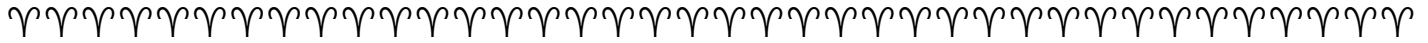
December



MICHIGAN EDUCATION ASSOCIATION



2006



It's the Holidays...Take Some Time For Yourself!

Congratulations! You've almost made it to the holiday break! For new staff, that's quite an accomplishment. The rest of the good news is that things will start to get better after the holiday break since you're beginning to feel more comfortable with your students.

Use the holiday break as a time for rejuvenation. Try these tips to help you survive and thrive.

- Put problems behind you. Use the new year as a fresh start if need be. Focus on the future and what you want for yourself and your students.
- Continue to have high expectations, but also face up to reality. Pace yourself and leave room for mistakes. Be clear about your goals and what you want for your students and for yourself.
- Concentrate on polishing your job techniques. Work on improving weak areas. Ask for help from your mentor, your colleagues and the association.
- Write in a time on your calendar for regular exercise. It's a great stress reliever.
- If you can, leave your work at school. If you have to do something at home, get it done early.
- Get plenty of sleep. Leave your school issues back at school. Don't lie awake worrying about how you should have handled Johnny or Susie. Tomorrow is a new day.
- Observe good eating habits. Organize a regular eating plan.
- Don't feel you have to do everything. Get over it!

You can't do it all and you won't. Set and recognize reasonable goals for yourself and your students.

- Keep a "to do" list. Review it daily and try doing at least one or two things you can check off. It will bring a real sense of accomplishment.
- Find a friend who can be a trusted listener.. Don't vent in public; find a private place for your conversations.
- Don't procrastinate about things you have to do. Just think, if we spent as much time doing the job as we do avoiding it, we could have more time for ourselves.
- Learn to tolerate and forgive. Walk a mile in someone else's shoes to try to understand why he/she might behave in a particular way.
- Learn to plan ahead. Develop a personal style for getting things done. Organization keeps stress to a minimum.
- Learn to have fun and laugh at yourself. Smile often. Hopefully, you've done this before December!
- When you're facing a stressful situation, ask yourself: "What's the worst thing than can happen as a result of this?" Anything less than the worst happening will be a pleasant surprise.
- Reward yourself for your achievements. Celebrate your accomplishments.
- Happiness is a voyage, not a destination. There is no better time to be happy than now! Live and enjoy the moment.

BARGAINING UPDATE

Bargaining 06/07:

Pine River ESP, Wexford ISD ESP



MARK YOUR CALENDAR

Dec. 25 – Jan. 2

Jan. 15

Jan. 16

Feb. 22

Office closed - Christmas Holidays!

Office closed – Martin Luther King Day

Coordinating Council – OPIE packets handed out!

Retirement Workshop



YOU are the Mandated Reporter for Suspected Child Abuse or Neglect!

School personnel play an important role in the lives of children. As a public school employee, you are in a unique position to observe and interact with children on a daily basis. Michigan law requires that you must file a report when you have reasonable cause to suspect abuse or neglect. However you must keep in mind that you are not required to determine where abuse or neglect has actually occurred.

If you fail to file a report of suspected abuse or neglect, you will be subject to both civil and criminal liability. Notifying your supervisor or other agency administrator does not satisfy your legal obligation

to file a report. You may feel uncertain that the abuse or neglect has actually occurred, but this will not discharge your legal obligation to file a report. Even if you contact your supervisor, it is still your responsibility to make sure it is followed through. When you file a report you cannot be held liable to any person for filing.

Furthermore, you cannot be dismissed or otherwise penalized for making that report. If you have further questions about reporting, you can find information on the MEA website at: http://www.mea.org/voicetoday/mandated_reporter.pdf

Student Success is Not Only Achieved in the Classroom

It has only been in recent years that experts have emphasized how important good nutrition is to student learning and achievement. When it comes to providing this basic element for student success, the focus shifts to food service employees.

Studies have shown that students who come to school undernourished are often uninterested in learning and unable to concentrate. These are factors that affect a child's ability to learn. Hungry children also miss more school, which is another factor that impacts student success.

Food service employees are no longer just the nice cafeteria ladies who wear hairnets and dish up food. They are skilled professionals in the areas of diet, nutrition and food safety.

To help erase the image of these employees as "just the cooks," we need to know more about the jobs they perform. The following data and information come from a NEA K-12 ESP Membership Study.

- NEA considers the following classifications to fall under the food service category: Cooks and food preparation workers, cashiers and dieticians, and technicians.
- On average, these ESP members have 10 years of experience with their current employer, which is a testament to their employment stability.
- Food service employees make up 9% of NEA ESP membership. That translates to more than 29,000 people. More than 69% of food service employees work full time.
- More than 67% of food service employees have attended professional development training in the past two years.
- Lately there has been a greater appreciation of the training needs for food service employees. Training that was once just available to supervisors and managers is being offered all food service staff.

*Real joy comes not from ease or riches or from the praise of men, but from doing something for someone else.
It is usually easier to give than to receive, but try to be a gracious receiver this year
and do not deprive someone else of that real joy!*



Merry Christmas & Happy Holidays

