

## COVID-19 Update

### Care for Students and Our Children Too

VEA is so appreciative of the powerful role our members play in supporting students and their families through this crisis – certainly with academics, but also with their social and emotional needs. We also admire your strength in supporting the needs of your own children at home!

Knowing that children and teens react, in part, to what they see from the adults around them, thank you for dealing with this crisis as calmly and confidently as you are able. To provide the best support for your children, please consider some of the following suggestions from the CDC:

- **Talk directly** about the COVID-19 outbreak.
- **Answer questions** and **share facts about COVID-19** in a way that your children can understand.
- **Reassure them** they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- **Limit your family's exposure to news coverage** of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- **Try to keep up with regular routines.** With schools closed, create a schedule for learning activities and relaxing or fun activities.
- **Be a role model.** Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

For more about [caring for children](#) during the COVID-19 outbreak and [helping children cope with emergencies](#), you can visit the CDC website.

### A Dose of Wednesday Whimsy

Our work week is busy, we have plenty to manage on the home front, and there remain a number of unanswered questions as we proceed through this crisis. To lighten the mood and add a little whimsy to your Wednesday, it's National Frog Jumping Day. Enjoy and get your jump on!



### Thank You for Voting

Thank you again to VEA members for voting on the 2020 Interim Bargaining package by last Friday, May 8th. Our VEA Elections committee validated the results on Monday and our VEA Executive Board will complete the validation process at their meeting next Tuesday, May 19<sup>th</sup>. Once confirmed, VEA will upload the ratified language updates to the VEA website for your reference. If you have any remaining questions, please reach out to a Building Rep or Communication Lead.

**#MEMBERSHIPMATTERS #UNIONSTRONG**



### Fraudulent Unemployment Claims

WEA and VEA want to keep you up to date on the rise in fraudulent Unemployment Insurance claims occurring in employment sectors across the state, including school districts.

As a reminder, employers (school districts included) are required to verify each claim, so **if someone has filed a fraudulent claim in your name:**

1. VPS should contact you.
2. You should report it to the Employment Security Department (ESD) by phone (800-246-9763) or email ([esdfraud@esd.wa.gov](mailto:esdfraud@esd.wa.gov)).

Details of what to include in your report to ESD can be found [here](#).

