

Spring Break Edition

COVID-19 Update

Regain Your Calm

Before we settle into our “hard launch” of working from home next week, use Spring Break to regain your calm and consider the following:

Unplug – It’s important to be in the know, but obsessing over the news can drive up your fear of the virus and cause anxiety. Step away from your TV or phone and consider engaging in a [mindfulness exercise](#) to regain your calm.

Prioritize Sleep – Sleep can help you put your best foot forward in the sometimes challenging interactions we share with family while in close quarters for long periods of time. In addition, research shows well-rested individuals are more capable of fending off viruses should that come to pass.

Exercise – Daily physical activity can help boost your immunity while also promoting feelings of well-being; it’s important all the time, but all the more so during a time of uncertainty. Engage in a bit of spring cleaning around the house, walk the neighborhood (maintaining proper social distance), or follow a workout video – just get moving!



“Creating a Culture of Well-Being” Webinar

In collaboration with Kaiser Labor Management Partnership, we’re excited to announce new dates and times for this webinar have been added! **Earn 1.5 clock hours through an online webinar introducing a Resiliency in the School Environment (RISE) tool:** a no-cost, evidence-informed suite of online resources that assesses school climates with an emphasis on the needs of staff. Explore resources and tips to strengthen staff well-being at all levels!

Wednesday, April 1 - 3:30-5:00 PM

Wednesday, April 15 - 3:00-4:30 PM

Tuesday, April 28 - 4:00-5:30 PM

See [this flyer](#) for access details!

WEA Online PD Continues



The WEA’s Special Education Support Center and Inclusionary Practices Project continues to offer courses online, in real-time, via Zoom.

An updated schedule of courses and registration information for the week of March 30 is [here](#). Clock hours will be provided and courses are free. Registrants will receive the Zoom link at the completion of their registration. Within 24-48 hours of the course start date, participants will receive an email with additional Zoom/Course information.

WEA will provide 5 more weeks of courses in this format, and will possibly extend, depending on the duration of the closures. Once capacity is reached you may sign up to be on the waitlist. Weekly schedules will be [available here](#), or by emailing [Annie Lamberto](#).

SEBB Supplemental Long-Term Disability Insurance Enrollment

The one-time enrollment opportunity for supplemental long-term disability (LTD) insurance has been moved from May 2020 to the fall 2020 annual open enrollment due to the current COVID-19 situation.

During the 2020 LTD enrollment opportunity only, school employees who had prior continuous LTD coverage that ended on Dec. 31, 2019, will receive credit towards SEBB's 12-month pre-existing condition exclusion period. This incentive is only for the 2020 annual open enrollment. Employees who did not have prior LTD coverage will have their 12-month pre-existing condition exclusion period begin on the effective date of their supplemental LTD coverage.

Employees can enroll online using SEBB My Account. Supplemental LTD coverage elected during the 2020 annual open enrollment will be effective Jan. 1, 2021.



Enjoy a **TROPICAL**
state of mind!

