

COVID-19 Update

Let's Get Moving!

For many of us, transitioning to work from home has led to a more sedentary approach to serving our students. We are missing the movement of circulating the classroom, walking the halls, even traveling to and from the parking lot each day! Below are a few ways you can intentionally incorporate movement into your work-from-home-days:

-Plan periodic breaks: Every 60 to 90 minutes, take a movement break! You can stand and stretch, walk through each room of your home, or even exit to walk outside to catch a breath of fresh air while you're up!

-Change work position: Once or twice a day, or even after each of your scheduled breaks, consider adjusting the height of your chair or swapping it for another. Shift your laptop from your desk or table to a book shelf or other higher surface to enable work from a standing position.

-Talk or read on the go: If there are tasks that can be accomplished away from your workstation, make it happen! Take a phone call while pacing back and forth or step outdoors for more space. Review student work or emails from the iPad to incorporate more mobility as well.



Student Loan Debt Webinar, Round 2

After a great turnout for our first session via NEA Member Benefits, VEA is excited to host a second round of information related to federal student loan debt and how to work your way out of it!



Federal Student Loan Debt: May 18th from 4:30-5:30 PM. Learn how to take advantage of Federal Loan Forgiveness

Programs and the new NEA Student Loan Forgiveness Navigator. This will also cover the latest on federal student loans coming out of the CARES Act and the COVID-19 crisis. [RSVP here.](#)

Ongoing PD Opportunities

In addition to professional development around [Certification](#) and [Special Education](#) from the WEA, there remain a number of low or no cost options for continuing to develop ourselves as educators. As you are able, VEA encourages you to take advantage of online offerings through:



- [ESD 112 and other ESDs](#) across the state who have transitioned to offering a wide range of PD remotely
- [Teacher Study](#), offering independent online book studies (email Lorie@teacherstudy.org for a promocode to waive course costs)
- [The Evergreen State College, OSPI, and several other organizations](#) offering PD to support students with disabilities

A Win Against the Freedom Foundation



VEA is proud to report a victory for us and all WEA members against the Freedom Foundation! Last week, the Thurston County Superior Court ruled the **names and full birthdate of public employees cannot be released** through public records requests. This is thanks, in large part, to a new law passed by the Legislature this year, deeming that the name and full birthdate combination is personal information that should be protected to prevent identity theft.

The release of information for public employees was set to occur on or after May 15, but this new order means that **no information will be provided to the Freedom Foundation** under this set of public records requests! We do expect the Freedom Foundation to appeal this decision, but WEA will continue the fight back on our behalf!