

November Update

Upbeat Survey is Recommended!



VEA is encouraging members to complete the Upbeat culture survey by the November 17 deadline. Culture surveys have been weaponized in the past... this one is different. A third party is managing the data to preserve anonymity, there are no open ended questions where people might self-identify, and the filter is set to larger groups. This opportunity to provide honest feedback will inform next steps with the district.

Working with the Live Wire of Oppression November 30

If you're working to dismantle systems of oppression, you're working with trauma. The more you know about trauma, the more effective, sustainable, and authentic your anti-oppression efforts will be.

VEA has purchased a group ticket for this 90-minute virtual workshop at Roosevelt in the media center. Food will be provided at 5:45 and the workshop runs from 6:00-7:30 pm with a debrief to follow. We hope you will join us! Please [RSVP](#)



PolisPARKS 2024 January 28-29



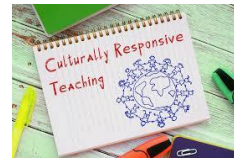
Let VEA know if you are a WEAPAC member interested in participating in this one-time experience. This exciting opportunity is for educators who are curious about political organizing and engagement. Experience lobby training and organizing tips followed by discussions with legislators and staff. Not yet a WEAPAC contributor? [Join today](#)

Sanvello Mental Health App



Stress is real. Suffering from Anxiety? SAD? Your NEA member benefits now offer the #1 app for stress, anxiety and depression "SANVELLO". Get support you need to improve your mental health – anywhere, anytime – with clinically proven techniques based on cognitive behavioral therapy. Daily mood tracking, guided journeys, coping tools, progress assessments. Learn more at www.neamb.com/mentalhealth and [this flier](#).

CRCM Course Offerings



VEA is offering Culturally Responsive Classroom management course offerings as a member benefit. Earn clock hours that count towards certificate requirements. Check out the [Course catalogue](#) for these upcoming courses. Classroom communities December 7 and 14

Support Requested for Colleague

VPS Building Operator Aaron Smith, whose spouse is a VEA member, suffered a severe brain injury. The family is accepting anything that others can contribute to help with this sudden and very serious situation. <https://gofund.me/e1c018c5>. Thank you for your consideration.

Save the Date

Classroom & School Based Practices that Promote Equitable Student Discipline Systems

December 5

4:30-6:30

Watch for district course 9526 (pending review)

This course will help members understand the student discipline rules adopted by OSPI. Review resources to support best practice implementation in the classroom including policies and procedures to support student behavior and supporting students through a prevention based framework.