October School Board Forum

The first School Board Forum took place on October 9, 2009 at North Avenue Elementary School. School Board members Bob Bastian and Michelle Rivas attended this event and listened to TRUE members’ concerns. Several topics were discussed, starting with kindergarten concerns. Members expressed the need for equity between the kinder programs, K-1 combo classes, the need for bathrooms closer to the classroom, and para-educator support. Another topic discussed was class size. Joyce Childs presented the Board with a class size-chart, and pointed out that the class-size for K-3 is up over 24 in many classes. Members expressed their concern for the overflow delays.

The Student Learning Coach (SLC) position was discussed. Members commented on the lack of student support provided by the coaches. SLC’s have been used as an assistant to the principal, the technology person, a roving sub, and data entry person. Members commented that the SLC program was not working as it was originally presented. SLC’s were supposed to have been directing after school programs, but they are not doing this. Members were concerned that the intent of the position was not being met at many sites. Members in attendance agreed that the students’ needs would be best met by using the position as a teacher and not as an administrator.

Other topics included the lack of arts funding, the new report cards and how confusing they are, and challenging administrators. Members wanted to remind the School Board that the students should be the focus of all their decisions.

TRUE Members Attend CTA Region 2 Training

Fourteen TRUE members attended the CTA Region 2 training in Reno, Nevada on October 9-11. The keynote speakers included John Mockler and David Sanchez. Mr. Mockler discussed the history of school funding and CTA President David Sanchez asked members to report high class sizes, not to purchase items to “fill the gaps,” and to keep fighting to protect Proposition 98. Those in attendance chose to attend a variety of sessions. Look for reports on those sessions in this and the next issue of TRUE News.

TRUE Members Kerri Asbury, Joyce Childs, Chuck Denonn, and Karen Mix at the Capital Service Center Session.
In this year of budget cuts and large class sizes, we seem to have survived the first quarter of the school year. TRUE members need to take care of their health and well-being from between now and Winter break.

In the last month I have enjoyed visiting several schools and particular classrooms. Meeting with fellow teachers is the highlight of my job. I also worked at the Capitol along with CTA in order to lobby for 1.3 million dollars for our QELA schools.

Today we are naming a new TRUE Negotiations Team with the objective to resume bargaining in January 2010. A negotiations survey is being sent to the membership to prioritize our issues. We must weigh economic problems versus the lopsided management-controlled District that is dominated by lawyers. The bills for lawyers are disproportionate to a district the size of Twin Rivers. The lawyers are being used to protect the management of this District.

I have said many time this District has yet to have or develop an educational culture. The culture, now, is top-down management with lawyers used to protect and insulate the management. In addition to the commencing of negotiations in January, there is a Board Election for all seven (7) members of the Twin Rivers School Board in November 2010. The culture of the District needs to evolve before then.

John Ennis
TRUE President

Organizing Update

Come meet your School Board Members! October’s Board Forum with Bob Bastian and Michelle Rivas was a great success, and we will continue to provide you with these opportunities to talk with your School Board Members. There will be monthly forums held at different schools in the Twin Rivers District, with different Board members at each one. You can ask them questions and hear what they have to say about issues pertaining to you and the classroom. Keep a lookout for the flyers about where the next one will be. There will also be an upcoming dinner with Roger Westrup and a few teachers from different schools. If you would like to attend one of these dinners or join the Organizing Team, contact Karen at kemix@msn.com.

Karen Mix
Organizing Chair

Elections Update

The TRUE Elections Committee has completed our first election of the year. Ballots for the four Director-at-Large positions were counted on September 24th. Congratulations to our four new Directors-at-Large. Jeanie Stockton and Sharon Reichelt were elected as K-3 Directors-at-Large. Aaron Chan was elected as the 4-6 Director-at-Large. Lindsay Hester was elected as Specialty Groups Director-at-Large.

Contract votes for the sections relative to Adult Education and Pre-school will take place as soon as a tentative agreement is reached.

Julianne Neal
Elections Chair

Don’t Mask the Cuts! What Does It Mean?

At the Region 2 Leadership Conference, David Sanchez, CTA President, asked members to once again “Stand Up for Schools”. He would like teachers to report large class sizes and share their stories of the impact of school funding cuts on the students. He asked members “Not to purchase materials to fill the gaps!” By this he means do not purchase any items with your own money. This means no pencils, no paper, no art supplies, or anything else should be purchased by the classroom teacher. He wants the parents and community members to see the effects of the budget cuts. For more information, go to the website www.standupforschools.org.

David Sanchez
CTA President
Negotiations Update

The new TRUE Negotiations Team was recently named by the Executive Board: Paul Le Francois, Chris Moran, Michelle Dice, and Patti Reetz. Janet Schafer has been named as the Negotiations Committee Chair, and Paul Le Francois will be the Lead Negotiator.

Several members of the Negotiations Team attended training at the Region 2 Conference in Reno October 9-11. Our team attended the following sessions: Negotiations During Tough Economic Times, Budget Training, and Advanced Budget Training. The recommendation from the CTA leaders was to use the next few years to correct language issues.

The next round of negotiation re-openers begins in January. Articles 4 (work day/work year), 14 (salary) and 15 (benefits) are automatically open. The input from the membership, Delegate Assembly and Executive Board will determine three other articles to be negotiated. A membership survey has been sent out for feedback on the next round of negotiations. A reminder that the current contract expires in June of 2011, so we expect to be back at the table in January and look forward to hearing your input.

Paul Le Francois
Lead Negotiator

Ways to Get News and Information from TRUE

TRUE Website: www.trueassociation.org

TRUE Discussion Forum:
Sign up at:
http://trueassociation.org/forum

TRUE Facebook Page:
On Home page of the TRUE website, click on the Facebook link.

TRUE Newsletter:
TRUE NEWS

Mass E-Mails and Phone Calls:
Make sure your current personal e-mail and phone numbers are on file at the TRUE Office.

News From Standard Insurance

Fall is here and as always, The Standard is available to answer any of your questions about coverage. Their dedicated CTA Customer Service Department can be reached at 800.522.0406, 7:00 a.m. to 6:00 p.m. or write to ctaservice@standard.com with any questions or concerns.

Have voluntary Disability or Life Insurance with another carrier?

From October 1 to November 30, 2009 you can switch your coverage to the CTA-endorsed plans offered by The Standard - without proof of good health. Members can transfer to a coverage amount equal to their current coverage or if an equal amount is not available, they can choose to transfer to the next closest higher option or any lower option. Simply provide proof of your existing coverage with your application. You can find forms online at MyCTA at www.cta.org.

Newly hired CTA member, or new to your district?

If you're a newly hired CTA member, or transferring to a new district now's the time to get coverage. During your first 120 days of new employment, you have a one-time opportunity to apply for Disability Insurance and/or up to $200,000 of Life Insurance – without showing proof of good health. Don’t miss this great opportunity!

Wedding or baby due this fall?

Congratulations! Remember that within 31 days of a Family Status Change, you can add or increase Life Insurance coverage up to $200,000 and/or add Disability coverage, all without providing proof of good health. For more information about filing a maternity Disability claim, visit us at www.cta.org and click through to The Standard to get our helpful Maternity Guide.
TRUE NEWS

October 2009

H1N1 Response Plan

The District has set up a team to help coordinate the response to H1N1 within the schools. Attendance staff have a questionnaire to elicit information from parents when children stay home from school, specifically does their child have a fever >100, body aches or a cough. These symptoms are logged to help track the numbers and location of ill students at each site. This information is shared daily with Bonita Mal- lory the Wellness and Prevention Coordinator, who then shares this with District staff and the Public Health Department. Masks are available at every site and placed on students with fever >101.5. Any student with a fever is sent home and families are instructed to keep their children home until they are fever free without the use of medication such as Ibu-

profen for 24 hours. Teachers know their students best and if you suspect a child is ill please send them to the office, so their temperature can be taken to determine if they are well enough to remain at school. If the school has more than 10% of students absent with suspected flu symptoms, then specific classrooms may be cleaned as needed to avoid the spread of the virus. It is important to note, the virus only lives 2 – 8 hours, so please wash your hands often and encourage your students wash theirs as well or use hand sanitizers, this your best first line of defense against H1N1.

Lindsay Hester
TRUE Director-at-Large

UPCOMING CTA CONFERENCES

• Good Teaching Conference North - Burlingame, Jan. 22 – 24, 2010
• Urban Issues Conference - San Jose, Feb. 26 – 28, 2010
• Equity and Human Rights Conference— Irvine, March 12—14, 2010
• Summer Institute - UCLA, August 1-6, 2010

All conference participants who attend any conference or event at TRUE’s expense must write a report for the newsletter or make a presentation at the Delegate Assembly. Handouts need to be attached to the report or presentation.

If you are interested in going to any of these conferences, please notify the TRUE Office (true.office@yahoo.com). CTA scholarships might also be available.

Desperate Measures During Stressful Times

Increased class size, less instructional support, new curriculum implementation, furlough days, tax increases, paycheck reductions, communication gaps with colleagues and administration, no supplies due to increased cuts in budgets, blending four districts into one, and the list goes on and on. All of these factors increase tension and stress levels even for the most calm among us. The “Women’s Leadership-Stressed?” session at the Region 2 Leadership Conference was jam packed with suggestions and modeled practices designed to identify your stressors and how to reduce tension, allowing teachers to be healthier and more energized for teaching. The following suggestions were made:

Words of Strength:
• Tranquility – Let go! Use this as a mantra
• Balance – tilt right – tilt left – arms extended to the side
• Calm – not allowing others to get us worked up – take control
• Harmony
• Healthy – simply go for a walk – take time for yourself
• Peaceful – find a peaceful place or thought and go there everyday

Jeanie Stockton
Director-at-Large

Education Humor

Our family was horrified when my youngest sister arrived home from elementary school one day and informed us she knew how to French kiss. She wanted to demonstrate, and she kissed my mother - first on one cheek, then the other. “There!” she stated proudly. “That’s how the French kiss!”
What is Happening at Your School?

Kindergarten Concerns

At the October 6, 2009 School Board meeting, kindergarten teachers showed their support for 7 speakers who spoke on behalf of all kindergarten teachers in our District. Kindergarten teachers met at the TRUE office for a series of meetings to organize some effective ways to get the District to listen to our concerns and take them seriously. The task of educating many 4 and 5 year olds in an all-day program is very hard. A large majority of these 4 and 5 year olds have had no preschool experience and have never left their mother’s side since birth. Larger class sizes and minimal to no para-educator support has frustrated and overwhelmed our kindergarten teachers. The schedules of various kindergarten programs around the District are not age appropriate. What we mean by this is that the entire day is filled with academics and the school principal has directed that there is no time allowed for developmental activities.

The Board and the District administrators heard our concerns, and the District is forming a committee to look at the all day kindergarten program in Twin Rivers. This committee will include administrators and kindergarten teachers. We look forward to finding solutions together for the concerns of kindergarten and implementing them soon. TRUE will report back on the outcome of these meetings in future TRUE newsletters.

Kristin Finney
TRUE Vice President

North Highlands Jubilee Performance

Fourth grade students from Castori Elementary School preformed three songs from “Forever Free” at the North Highlands Jubilee on Saturday, October 17th. The three songs promote a drug-free life, and will be performed again at Castori’s Red Ribbon Week Assembly. Classroom teachers Gwyn Pellegrini and Julieanne Neal are proud of the students for a job well done.

Stand Up for Schools Town Hall Meeting

Make Education the Agenda!
Join State Senator Darrell Steinberg at his Town Hall Meeting
November 12, 2009 - 6 - 7 pm
at U.C. Davis Medical Center,
4501 X Street, Sacramento, CA 95817

The Capital Service Center Council (CSCC) is encouraging the attendance of ALL empathizers for a fair and equitable properly funded public education system. Previously, CSCC scheduled its Town Hall meeting on the same day, but we are now working with the Senator to maximize attendance for this very important conversation.

Invite your colleagues
Invite classified employees
Invite parents
Invite administrators

The budget cuts are deep. Further cuts are threatened. We need to show in massive numbers! Let the cries of the public be heard beyond the walls of the meeting. The focus will be on what we can do now to build a better California for the future.

What is Happening at Your School?

We need your help. Our reporters cannot be everywhere, so we need you to tell us what is going on around Twin Rivers. We want to report in this newsletter each month the wonderful accomplishments and activities that our teachers are participating in at your school. Please send us dates of upcoming events so we can include them in our Calendar of Events. You can also write about an event that has taken place at your school, such as math night, science night, ice cream social, a field trip, sports events and many more.

You can send an article of 250 words or less, attach photos if you have them, to the TRUE Editors:
nblowmurray@earthlink.net
julieanneneal1@surewest.net
Coronary heart disease is the No. 1 cause of death in the United States. Stroke is the No. 3 cause of death in the United States and a leading cause of serious disability. That's why it's so important to reduce your risk factors, know the warning signs, and know how to respond quickly and properly if warning signs occur.

HEART ATTACK WARNING SIGNS
Some heart attacks are sudden and intense - the "movie heart attack", where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath with or without chest discomfort.

Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own.

Do not wait more than 5 minutes to call 911.

Calling 911 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive - up to an hour sooner than if someone gets to the hospital by car. EMS staff is also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room.

STROKE WARNING SIGNS
If you or someone with you has one or more of these signs, don't delay!

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Immediately call 911 so an ambulance (ideally with advanced life support) can be sent for you. Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. If given within 3 hours of the start of symptoms, a clot-busting drug called tissue plasminogen activator (tPA) can reduce long-term disability for the most common type of stroke.

A TIA, or transient ischemic attack, is a "warning stroke" or "mini-stroke" that produces stroke-like symptoms but no lasting damage. Recognizing and treating TIAs can reduce your risk of a major stroke. The usual TIA symptoms are the same as those of stroke, only temporary. The short duration of these symptoms and lack of permanent brain injury is the main difference between TIA and stroke.

CARDIAC ARREST STRIKES IMMEDIATELY AND WITHOUT WARNING
Here are the signs:

- Sudden loss of responsiveness (no response to tapping on shoulders).
- No normal breathing (the victim does not take a normal breath when you tilt the head up and check for at least 5 seconds).

If these signs of cardiac arrest are present, tell someone to call 911 and get an AED (if one is available) and you begin CPR immediately.

If you are alone with an adult who has these signs of cardiac arrest, call 911 and get an AED (if one is available) before you begin CPR. Use an AED as soon as it arrives.

DIAL 911 FAST!
Heart attack and stroke are life-and-death emergencies - every second counts. If you see or have any of the listed symptoms, immediately call 911. Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast! Today heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past. For example, clot-busting drugs can stop some heart attacks and strokes in progress, reducing disability and saving lives. But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. So again, don't delay — get help right away!

Information taken from www.americanheart.org
## TRUE Elementary Site Delegates (Site Reps)

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<th>Elementary School</th>
<th>Site Delegate 1</th>
<th>Site Delegate 2</th>
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<td>Aero Haven Elementary</td>
<td>Tom Bothwell</td>
<td>Babcock Elementary</td>
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<td>Castori Elementary</td>
<td>Barbara Banholzer &amp; Karen Maxwell</td>
<td>Del Paso Elementary</td>
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<tr>
<td>Dry Creek Elementary</td>
<td>Azikiwe Ayo</td>
<td>Foothill Oaks Elementary</td>
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<tr>
<td>Frontier Elementary &amp; Charter (K-8)</td>
<td>Nancy Nazoki &amp; Cara Downey</td>
<td>Hagginwood Elementary</td>
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<td>Hillsdale Elementary &amp; Eastside Charter (K-8)</td>
<td>Aaron Chan</td>
<td>Joyce Elementary</td>
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<td>Kohler Elementary - VACANT -</td>
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<td>Madison Elementary</td>
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<td>Morey Ave ECDE</td>
<td>Jeanie Stockton</td>
<td>North Ave Elementary</td>
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<tr>
<td>Northwood Elementary</td>
<td>Jackie Leymaster &amp; Janet Kouzel</td>
<td>Orchard Elementary</td>
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<td>Pioneer Elementary</td>
<td>Gwen Malnassy &amp; Carol Daulon</td>
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<tr>
<td>Rio Linda Elementary</td>
<td>Ben Crago-Schneider</td>
<td>Smythe Academy (K-6 Campus)</td>
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<td>Strauch Elementary</td>
<td>Shirley Chambers &amp; Lindsay Hester</td>
<td>Vineland Elementary &amp; Pathways Community Day School</td>
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<td>Westside Elementary &amp; Charter (K-8) - VACANT -</td>
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<tr>
<td>Woodlake Elementary</td>
<td>Kent Kohler</td>
<td>Woodridge Elementary</td>
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## TRUE Secondary Site Delegates (Site Reps)

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<tbody>
<tr>
<td>Foothill Farms Junior High School</td>
<td>Denise Retter &amp; Karolee Smiley</td>
<td>Grant High School (Main Campus)</td>
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<tr>
<td>Grant High School (West Campus)</td>
<td>Robert Wadman, Carol Wheeler, Diana Perkins &amp; Kathleen White</td>
<td>Highlands Academy (West Campus)</td>
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<tr>
<td>Keema High School</td>
<td>Maria Elena Gallegos</td>
<td>Highlands Academy (Main Campus)</td>
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<tr>
<td>MLK Jr., Tech. Academy - VACANT -</td>
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<td>Miles P. Richmond - VACANT -</td>
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<tr>
<td>Rio Linda High School</td>
<td>Richard Halter, Lucinda Halter &amp; John Kreutzer</td>
<td>Pacific Career &amp; Tech High School</td>
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<tr>
<td>Smythe Academy (7-8 Campus)</td>
<td>Danielle Williamson</td>
<td>Rio Tierra Jr. High School</td>
</tr>
<tr>
<td>Foothill High School</td>
<td>Chris Bach &amp; Nicole Pinto</td>
<td>Winona Center</td>
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<tr>
<td>Highlands Academy (Main Campus)</td>
<td>Karen McVey, Shelly Olson, &amp; Alisia Cruz</td>
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<tr>
<td>Las Palmas Skill Center</td>
<td>Beth Gaddess</td>
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<tr>
<td>Norwood Jr. High School</td>
<td>Linda Hall &amp; Lisa M. Smith</td>
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<tr>
<td>Rio Linda Jr. High School</td>
<td>Craig Green</td>
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<tr>
<td>Vista Nueva High School and Nova Community Day School</td>
<td>Brian Bartholomew</td>
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<tr>
<td>Miles P. Richmond - VACANT -</td>
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<tr>
<td>Pacific Career &amp; Tech High School</td>
<td>Victor Umeh</td>
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<tr>
<td>Rio Tierra Jr. High School</td>
<td>Kate Purrington</td>
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<tr>
<td>Winona Center</td>
<td>Norm Zack</td>
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Committee Treasurer..... Kerri Asbury

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Kristin Finney    Laura Bingham      Kristi Thiem     Bob Wadman

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Editor..................... Ann Murray - annblowmurray@earthlink.net
Editor..................... Julieanne Neal - julieanneneal1@surewest.net
Editing Assistant..... Evelyn Alvarado

Calendar of Events:
Oct. 27...........TRUE Site Delegate Assembly
Oct. 24...........TRUSD School Board Workshop.
Oct. 26...........Furlough Day
Nov. 3............TRUSD School Board Meeting
Nov. 10..........TRUE Executive Board Meeting
Nov. 11..........Veteran’s Day
Nov. 12 ...........Town Hall Meeting with Senator Darrell Steinberg
Nov. 16-20 ......Elementary Parent / Teacher Conferences
Nov. 17..........TRUSD School Board Meeting
Nov. 23-27.......Thanksgiving Holiday
Dec. 21-Jan 4.... Winter Break

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