



## Anaheim Elementary Education

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Dear AEEA Members,

AEEA Leadership has discussed the information you received from Assistant Superintendent of Human Resources, Jim Elsasser, regarding Parent-Teacher Conferences. The information directs teachers to give all parents the opportunity to conference.

Between furlough days, less prep time, professional hours, and increasing workload demands, this year has already been very hectic and stressful for basically all ACSD employees. As you consider conferences this year, or if you are Track A and you are basically ready for conferences, the following suggestions may be useful and help with efficiency and organization. If you design conferences that may be somewhat different than you have conducted previously, I suggest you notify and discuss your ideas with your site administrator.

Possible time-savers:

- Front-load parents with information about the conference, perhaps a checklist of what needs to be signed, etc., and perhaps explain some areas that are often confusing prior to the actual conference.
- Provide the opportunity for parents to submit questions about their child or the report card before the conference so answers can be ready or sent home in advance of the conference.
- Create more student engagement and involvement by setting up stations in the room for different items: Forms to be Signed (Compacts, Internet, Contracts); Assessment or Work Files; Teacher Station (actual report card presented).
- Grade level presentations – Rotation of presentations and Teacher/Parent time – those presentations could be about Understanding the Grade Level Standards; Understanding the Report Card. This method could create more focused time about the student between the Parent and Teacher.

Please contact your Site Rep or other AEEA Leaders if you have any additional questions or concerns. **Your dedicated work is amazing! Thank you!**

Sincerely,  
Kristen

## Reminders from CTA Member Benefits

### How to Relax and Unwind

If you're like many Americans, you regularly find yourself stressed out. Here are several useful tips to help you relax and unwind...

**When Commuting** - Listen to a favorite book on tape or a CD.

**Clear Your Mind.** Take 3 to 5 minutes to close your eyes and breathe deeply. This will help you to clear your mind and eliminate stress.

**Write It Down.** If a life situation is making it difficult for you to relax, write about the incident. When you're done venting on paper, tear up the sheet and throw it away.

**Establish A Ritual.** Having a special routine that you follow every day can help you switch your mindset from work to home.

**Exercise.** Studies have shown that regular physical exercise helps reduce stress, anxiety and depression, and increases a person's general feelings of well-being.

**Reduce Clutter.** Take 5 minutes before you go to bed each night to tidy up your home or work space.

**Listen To Music.** Listening to your favorite music will calm nerves and reduce stress.

**Avoid Over Scheduling.** Schedule chores and errands for different nights or save them for the weekend.

## TAKING A LEAVE OF ABSENCE?

If you are on an unpaid leave of absence, AEEA dues are not being deducted from your paycheck and you are not a member of the association. Important benefits may no longer be available to you such as: Disability Insurance (income protection), Liability and/or Home Insurance, and other member benefits. Dues can be maintained at a reduced rate while on an unpaid Leave of Absence. To prevent a break in service, contact Debbie at Teachers United, 714-956-4581 or [debraoftu@aol.com](mailto:debraoftu@aol.com).

## QUICK NOTES

- **Catastrophic Leave program is in place. This has been a decade long endeavor and a requested benefit from many AEEA members. Enroll by September 30<sup>th</sup>. All AEEA Bargaining Unit Members received a four page doubled-sided information handout from Human Resources (HR). The last page was the enrollment form. If you have any questions, contact AEEA Leadership or ACSD HR.**
- **Nomination forms for AEEA positions will be available online this year in an effort to Go Green! Check our website after November 2010.**
- **[www.aeeaoftu.org](http://www.aeeaoftu.org)  
Your connection to the latest AEEA news and information!!!**

## June Contract Ratification 521 Yes 72 No

Additionally, two sites turned in ballots late, but together had 62 Yes votes and 7 No votes. Seventy votes were determined invalid because two sites had more ballots than signatures on the voting roster. If all ballots had been valid, voter participation would have totaled 732 members! Wow!!!  
**Thank you members and Site Reps!**

## DATES TO REMEMBER

Sept. 23	Maternity Leaves Workshop @ TU @ 4
Sept. 27	ACSD School Board @ 6:00 pm
Oct. 11	AEEA Executive Board @ 3:30 p.m.
	ACSD School Board @ 6:00 pm
Oct. 13	Teachers United Rep Council @ 4:00
Oct. 14	Education Council @ 3:15
Oct. 18	AEEA Rep Council @ 4:00 pm

**Phone Banks are ongoing for Measure G, ACSD Bond, as well as some scheduled precinct walks.**