



ETA ETIWANDA TEACHERS ASSOCIATION



...representing the teachers of the Etiwanda Elementary School District

www.etiwandateachers.org

Etiwanda Teachers Association Hotline

(909) 276-8618



How To Stick To Your New Year's Resolution Fitness Plan

It's a new year and once again some of you have made the goal to get in shape and lose weight.

By the end of the month the crowds at the gym will thin out and all that will be left are the die-hard exercisers.

But that doesn't mean you shouldn't try to stick it out. You might be one of the ones that makes exercise a regular part of your life.

Here are some tips to making an exercise plan work taken from various health and [fitness websites](#).

1. Have realistic expectations - Don't try to get back to the size you were in high school, says [sparkpeople.com](#). You'll only set yourself up for disappointment.

Pick a realistic goal that you can actually meet.

2. Make it personal - Pick an activity that you enjoy doing or exercise will seem like a chore, say experts at [Harvard Medical School](#). If you hate running, don't

torture yourself by trying to do it everyday. There are enough activities out there to choose something that you look forward to doing.

3. Doctors at the [Mayo Clinic](#) suggest starting with simple goals and making the workout harder as you get stronger and more fit. It's easy to get frustrated

and give up if your goals are too ambitious, they said. A short-term goal might be to walk five minutes once or twice a day, according to the medical institution.

An intermediate goal might be to walk 20 minutes three or four times a week. A long-term goal might be to complete a 5K walk.

4. Use the buddy system, says [WebMD](#). If you have a workout partner depending on you, you're less likely to skip exercising. You can also get the family

involved. Instead, of going to the movies take the family on a bike ride or hike.

5. Don't be too hard on yourself - If you do fall of the wagon, don't feel too bad. Even prolific exercisers have bad weeks. Just make sure you get back at it.

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Is It Time to Scrub Your Digital Identity?

By Tim Walker and Rebeca Logan

You might have forgotten about that off-color joke you posted to your Facebook page four months ago, or that unfortunate photo from what started out as a quiet Friday night late last summer, or that expletive-laced tirade against a political candidate you posted to a popular blog two weeks ago. *You* might have forgotten but the Internet didn't. Five or so years of social media saturation led by Facebook and Twitter and way too much over-sharing has created an online archive documenting much of the daily lives, thoughts, and misadventures of millions of Americans. And everyone has a key to this archive—your family and friends, your students, their parents, school administrators, and any prospective employer. Someone who doesn't know anything about you may get to know you through some of your more embarrassing or unsuitable posts. First impressions, including digital ones, can be hard to shake.



“There is a heightened awareness about the horror stories regarding the use of social media,” says [Maria Anderson, an educator and technology blogger](#). “What is unfortunate about this is that it scares educators away. We need educators to be in these spaces helping to teach youth how to communicate effectively and treat each other kindly.”

So the answer is not to wipe clean from the Internet anything and everything related to you and abandon it. That's overkill. But if you live and share a good part of your life online, you're probably due for a spring-cleaning. And once that's done, there are steps you can take to manage your content and avoid damaging your reputation.

Find Out What's Out There

The first step to your digital house cleaning is to find out what's out there about you. It might be painful but sit down, brace yourself, and key in your full name into a search engine, such as [Google](#) or [Bing](#) to find out what the Internet has on you. When evaluating your results, focus on the first three pages. People usually don't bother to look beyond the few pages of Google search results. Once you know what is out there, you can make a plan to address it.

Start Scrubbing!

A good goal to set is to “take over” page 1 of search pages looking for information about you. The best way to do a quick cleanup is to simply change your profile picture and perhaps your “about” info on your Facebook page. If old posts or out of date information comes up, see if you can take it down or update it. Maybe someone you know posted embarrassing or personal content about you, so ask them to remove it. If you're nervous about any other “digital dirt” showing up, add positive information to the Internet so that the positive results come up first. By perhaps starting a blog and/or website, you can point employers to what you want them to know about you. If you're a frequent commentator on websites and blogs, be aware that you generally have to log in through Facebook. That means whatever you say can be traced back to you. Check to see if you have made any comments that could be perceived as derogatory or inflammatory.

Update Your Privacy Settings

If you want to keep some of your personal information private, use the privacy settings on your online profiles. Still, things aren't as private as they seem partly because sites such as Facebook and Google are constantly changing their privacy settings, which many users don't bother to update.

Create and Manage Your Digital Brand

Once you've cleaned up your digital identity, be proactive and create your own digital brand. What do you want people to see when they search for you online? It could be a digital portfolio of your work, a well-written, regularly updated blog or a simple online resume.

“The effort to curate your digital brand will help when it points them to a collection of professional information that paints you as a rational, hardworking, and professional person who cares about the success of students,” Andersen explains.

“Teachers should seek to cultivate this sort of digital identity. If you aren't creating it, then the rest of the world is doing it for you.”

Continued

Stay on Top of Things and Be Careful

[Set up alerts via Google](#) or some other service that will send you an e-mail when your name is mentioned in news stories, blogs, or videos. If you have a common name, add additional information like your school, town or city, and profession to the search description.

Even if you've completed a thorough makeover of your digital identity, however, unless you always think twice before you post, something can always come back and bite you.

"It doesn't matter how private you think your Facebook settings are," Andersen cautions. "It doesn't matter how carefully you choose who to send that email rant to. If you wouldn't want it to be forwarded on to your colleagues, your students, or your parents, then don't write it in a digital space. Some topics are best left to an old-fashioned conversation."

Protect Those Passwords!

Creating and maintaining a secure password may not seem related to your social media life, but it is at the core of online security and privacy. It may take a little time to complete the following steps, but it will certainly be much easier than dealing with an online security breach. If your password is "123456" change it immediately. It is the most common password and the easiest to crack. Do not use the same password or username for everything, instead think of a word or topic you can remember and use different combinations. Make sure your password includes capital letters, preferably in the middle, as well as numbers.



State Budget

Where We Stand- 2013-14 Budget

- Governor Brown has released his [2013-14 State Budget](#) proposal. There is certainly some good news. The state's economy is slowly rebounding and the passage of Proposition 30, California K-12 schools, colleges and universities are not facing more cuts, but are actually seeing funding increases.

According to the [budget proposal](#), funding for K-12 schools and community colleges increases by \$2.7 billion, while UC and CSU each see an increase of \$250 million in funding. The governor is also proposing to change the state's funding formula for K-12 schools. Named the Local Control Funding Formula, the proposal moves the state toward a K-12 system that provides a base grant to all school districts tied to average daily attendance and then adjusts allocations to account for differential expenses between grades. The proposed formula also provides additional money for English learners, low-income students and foster kids. We certainly support the idea of focusing additional resources on students that need extra help, but until we have had time to review all the details, it's hard to know how the plan directly impacts all local districts. CTA legislative and bargaining specialists are reviewing and analyzing the budget proposal. We will send you more information as soon it becomes available.



Date To remember

February 15th

Deadline to put in for:

1. Employee Transfers– To another school site

Certificated staff interested in transferring to any school within the District for the 2013-2014 school year must submit a transfer form, *or* a narrative statement, to the personnel office. Email requests are accepted if received by the deadline.

Please make sure you send your transfer request to the Personnel Department Attention: Cyndy Torres, by Friday, February 15, 2013 by 4:00 p.m. Do not rely on the District mail to meet this deadline.

2. Employee Reassignments– change grade level or subject at your current school site

Certificated staff members who are interested in a reassignment must submit a written request to their **principal**.

3. Job Share Proposals

4. Leave of Absence

School Board Meeting Dates

Thursday, February 07, 2013 at 6:30 p.m.

Thursday, February 21, 2013 at 6:30 p.m.

Thursday, March 07, 2013 at 6:30 p.m.

Thursday, April 04, 2013 at 6:30 p.m.

Thursday, April 18, 2013 at 6:30 p.m.

(Fee analysis meeting)

Thursday, May 09, 2013 at 6:30 p.m.

Thursday, May 23, 2013 at 6:30 p.m.

Thursday, June 13, 2013 at 6:30 p.m.

Thursday, June 27, 2013 at 6:30 p.m.

Thursday, February 07, 2013 at 6:30 p.m.



Know Your Contract

ARTICLE IX

UNIT MEMBER WORK HOURS AND RESPONSIBILITIES

A. Unit Member Work Hours. The unit member work day shall begin 30 minutes before the opening of school, and shall normally continue 7-½ hours, including lunch. Because the nature of a unit member's day-to-day professional responsibilities does not lend itself to an instructional day of rigidly established length, unit members shall remain at the school site to work during the established 7-½ hour work day, exclusive of the unit member's lunch period, and shall remain on site beyond such hours as needed to perform their additional instructional and professional duties. These duties include the planning of lessons, preparation of materials for instruction, review and evaluation of work of students, and conferring and counseling with students, parents, staff, and administrators, maintaining student records, and attending in service, faculty, departmental, grade level, and student study team meetings. Such instructional duties also include assigned supervision of students within and outside the classroom, participation in back-to-school night, open house, graduation, parent conferences, IEP meetings and certain evening performances by pupils.

Do you have a suggestions for the ETA Newsletter or website?

Please send your feedback to Carl Strub, ETA Vice President

Carl_Strub@etiwanda.org



GETTING TO KNOW YOUR EXECUTIVE BOARD

Vice President – Carl Strub

I have been in Etiwanda for 13 years now. Teaching 7th and 8th grade math and science at EIS. I have the privilege of teaching 1/2 of our advanced math algebra students in 7th grade since we started the program. My wife, Kristina, works at HIS and is on her 11th year there being part of the staff who opened the school. We have two sons, Morgan 8 at Grapeland and Carson 4. Both are very active and keep us busy with baseball, basketball, soccer and anything that has wheels! Managing or coaching their teams brings a lot of joy to me. It's my personal get away. As a family, we enjoy going camping and riding off road vehicles during the winter and camping at the beach or mountains during the summer (trying to get at least one hotel trip a year for mom).