

NOVEMBER 6, 2018 NEWSLETTER

Personnel Services

Temple City Unified School District



ALL TCUSD OPEN AND COMPETITIVE JOB VACANCIES ARE POSTED ON WWW.EDJOIN.ORG

INTERESTED CANDIDATES MUST APPLY ONLINE

Classified Opportunities (Open & Competitive)

- Child Care Assistant I – Part Time
- Instructional Aide – Part Time
- Licensed Vocational Nurse
- Personnel Specialist
- Utility I – Custodian
- Cafeteria Substitutes
- Custodial Substitutes
- Child Care Assistant Substitutes
- Campus Supervisor Substitutes
- Instructional Aide Substitutes
- Noon Duty Assistants

Certificated Opportunities (Open & Competitive)

- Peer Listener Facilitator

A WARM WELCOME TO OUR NEW ADMINISTRATORS



Michael Williams is our
Director of Curriculum and Instruction
Secondary

UPCOMING EVENTS

NOVEMBER 12

Veteran's Day Holiday

NOVEMBER 19

Staff Development Day

NOVEMBER 22-23

Thanksgiving Holiday



DON'T FORGET

Email your 2018
[Mandated Reporter
Training Certificate](#) to
dresley@tcusd.net



Mercedes Gomez is our
Director of Curriculum and Instruction
Elementary



CONGRATULATIONS TO OUR 2018-2019 EMPLOYEES OF THE YEAR

Teachers of the Year

Cloverly Elementary School - Yvonne Rosales-Rivera

Dr. Doug Sears Learning Center - Ann Marie Lozier

Emperor Elementary School - Shelby Elliott

La Rosa Elementary School - Jamie Ceralde

Longden Elementary School - Jennifer De Vito

Oak Avenue School - Jack Taylor

Oak Avenue School - Marlisse Reina

Temple City High School - Yvonne Kyla Hjertstedt

Classified Employees of the Year

Cloverly Elementary School - Samnith Kat

Dr. Doug Sears Learning Center - Albert Camargo

Emperor Elementary School - Cindy Scott

La Rosa Elementary School - Karla Fischer

Longden Elementary School - Isidro Ocampo Jr.

Oak Avenue School - Elizabeth Speakes

Temple City High School - Joel Catalan

District Office - Cindy Ayala

REMINDERS &
ANNOUNCEMENTS

EID # IS REQUIRED ON ALL
PERSONNEL FORMS

EID – Employee Identification, your
EID # is indicated on your pay stub
next to your name.

PERSONNEL WEBPAGE

Visit our webpage to download
various personnel forms, to view
our salary schedules, to obtain
health benefits information, and so
much more...

<https://www.tcusd.net/domain/37>

NOVEMBER IS DIABETES
AWARENESS MONTH

Did you know CalPERS
health plans offer a
diabetes prevention
program at no cost to
eligible members?

[Learn How to Participate](#)

ATTACHMENTS

- Joint Communique –TCEA
- Feeling at EASE Article



MEMO

Date: October 30, 2018
From: Temple City Education Association (TCEA) &
Temple City Unified School District (TCUSD)
Subject: Negotiations Update

The purpose of this joint communique is to inform unit members and management of the progress made during our negotiations meeting held on October 30, 2018.

TCEA and TCUSD signed a tentative agreement pending ratification of both parties which includes contract modifications, Memoranda of Understanding, and salary/wages changes. Both teams worked collaboratively to complete this process in a timely manner and are pleased at the progress made.

Negotiation Teams:

TCEA

Jamie Campbell – teacher, Oak Avenue
Kyla Hjertstedt – Vice President – teacher, TCHS
Lisa Hoiby – teacher, La Rosa
Michael Kidd – lead negotiator-teacher TCHS
Ellen Laughlin – President – teacher, Emperor
Cary Smith – Counselor, TCHS
Christian Lozano – CTA Staff

District

Stephen Edo – Principal, Cloverly
Robert French – lead negotiator – Assistant Superintendent, Personnel Services
Monica Makiewicz – Assistant Superintendent, Educational Services
Jason Rose – Principal, La Rosa
Marianne Sarraill – CBO

Sincerely,

Negotiating Teams

Established in 1954 – A District of Distinguished Schools

When Overwhelmed Decides To Pay You A Visit

We all get overwhelmed. When you are stressed, you can feel it rising. Stress spirals into that sickly feeling – almost like a buildup.

Physical health problems have a relationship to stress. The reaction is known as fight-or-flight. If we don't manage stress the body starts to break down. We can manage stress by taking care of our physical needs and by changing our thinking.

Anxiety and depression are fueled by your thoughts. How you choose to think will affect your mood and your behavior.

Lean and practice methods to control emotions:

- Shift your attention. Positive self-talk empowers the individual to tolerate and manage symptoms. Negative attitudes and feelings of helplessness and hopelessness can upset the body's hormone balance and deplete the brain chemicals required for feelings of happiness and calm.
- Worry is the result of wrong thinking. You could waste a lot of time and energy thinking about things you can't control. Take a deep breath and focus what you can control.
- Do you have more things to do than you can get done? Ask yourself, "Am I wanting things to be perfect?" Being organized is a way to minimize and manage stress: it helps us to maximize our time and energy and get the most important things done.
- Relaxation techniques empower individuals to have a sense of control over their symptoms. Commit to spending time each day or throughout the week doing relaxing and enjoyable activities such as physical exercise, spending time in nature or socializing with friends.

You could always find something that aggravates you every day. Most of us have stress throughout the day in some form, whether we realize it or not. The good news is, you can let it go...

Choose to have a calm and well-balanced mind. EASE has counselors if you want to talk 800-882-1341.



“Strength is the courage...to reach out!”