

IN THIS ISSUE

- President's Message
- Contract Reminder - C1
- District Wellness Centers

HDTA on the Web

- hartdistrictteachers.org
- [HDTA Facebook](#)
- [Twitter @HartDTA](#)
- [CTA Website](#)
- [NEA Website](#)
- [HDTA Mailchimp](#)

Helpful Links

- [Conference Request Form](#)
- [Grievance Form](#)
- [CTA Instruction & PD](#)
- [Membership Benefits](#)
- [CTA Invest](#)
- [The Standard](#)
- [WiSH Foundation](#)

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Michael Copenhagen

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Cassandra Perez

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Arevalo



PRESIDENT'S MESSAGE

As we are now in our long winter spring stretch of Presidents'

Day through Spring Break without a day off, I wanted to take the time to encourage people to take care of yourselves. If you aren't healthy the teaching and learning in your classroom won't be either. If you have accumulated "comp" time, remember that you can use these hours in less than full day increments.

In terms of the pandemic of coronavirus, I'm working with the district to make sure there are supplies and protocols for dealing with this situation. In the past during the swine flu epidemic, schools and districts where the disease was identified were shut down for seven days. All employees received full

pay and districts were granted waivers for the time lost. Let's hope it doesn't come to that. The district has posted [information](#) on their website.

of an evaluation is not grievable, only the process. Content is addressed in your attached comments.

In regard to negotiations, I have made it clear that having district and site administrators lecturing our members on their prediction of a dire financial situation is inappropriate. We believe this is an attempt to influence our people to come to accept a district offer with no compensation and/or language that creates more work for us. Dr. Aponik, our CTA staff person is working on an analysis of the second interim budget projections to support us in our bargaining.

We will be communicating with you in regard to what you can do to help yourself in this process. Thank you for your hard work!

Together,
John Minkus

**Active Links in Section*



It is now evaluation season. If you have any questions in regard to yours, please see your site rep(s) asap. There are timelines involved in addressing problems in the process. Remember that the content

CONTRACT REMINDER

C.1 Extra-Curricular Duties Salary Schedule

Unit members serving in the following special assignments shall be paid an additional factor of the Teacher-Teacher/Librarian-Counselor-Nurse Salary Schedule, described in Appendix A. For the purposes below and unless otherwise stated, the factor is of Column V, Step 1, minus five (5) times the column change (A.1.4) \$39,986, and is on an annual basis.

For more information regarding the contract, visit the [HDTA Site](#).

Reference the contract for a list of School Stipends:

- Academic Support C.3.1.1
- Performing Groups C.3.1.2
- Student Governance C.3.1.3
- Student Communication C.3.1.4
- Student Support C.3.1.5
- Athletic (HS only) C.3.1.6
- Athletic Directors C.3.1.6.1
- Head Coaches C.3.1.6.2
- Assistant Coaches C.3.1.6.3
- Alternative Schools with Daily Attendance C.3.1.7

SITE REPRESENTATIVES

Academy of the Canyons & Learning Post:

Don Musella

Arroyo Seco:

Thomas Van Dyke

Bowman: Mike Coombe

Canyon: John Albert &

Cesar Arevalo

Castaic: Lori Hermelin

CEPA: Christy Lennarz

Golden Valley: Darren

LaRue & Michael Bunch

Hart: Sam Modugno &

Lynn Yale

La Mesa: Kathy Gettman

CEPA: Christy Lennarz

Placerita: Edward Carr

Psychologists: Eboni Shields

Rancho Pico: Doug Smith

Rio Norte: Julie Schneider

Saugus: Megan Botton & Marty Fricke

Sequoia: Fidel Garica

Sierra Vista: Skye

Ostrom

SPL: Kaitlyn Wilson

TLC: Anna Bettencourt

Valencia: Maya Loch,

Gene Truex-Hill &

Stephen Whelan

West Ranch: Laura

Erickson & Mike Kane



The Voice

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Office Hours

9-4pm

*Feel free to leave a message by phone or email. We will be in touch as soon as possible.

Castaic High School



Under the direction of Director of Student Services, Kathy Hunter appointed a District Wellness Coordinator position in which Sarah Gilberts filled during summer.

Along with the assistance of site coordinators and Wellness Center Coordinator Nancy Phillips, Gilberts will develop and implement a 5-year strategic plan to support and enhance the social and emotional wellness of the students, staff, and families of the HartDistrict.

THE GREATEST WEALTH IS HEALTH

District Wellness Centers

As part of the initiative, each site coordinators established a national student-led club on their campus called Bring Change to Mind, co-founded by actress Glenn Close, with a mission to end the stigma and discrimination surrounding mental illness.

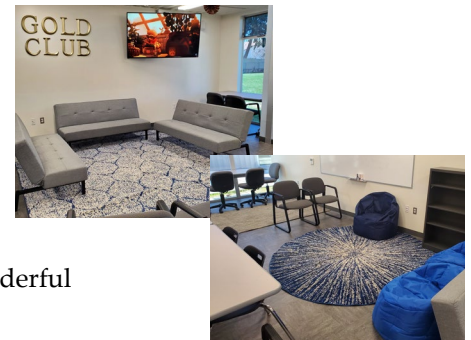
Campus locations such as Canyon High, West Ranch, and Sierra Vista established their centers earlier last year by using unused classrooms or multipurpose rooms. However, space restrictions have been a factor for Rio

Norte and Saugus where nine teachers change rooms throughout the day.

However, after the tragic event on Saugus' campus on November 14, there has been an even stronger need to create safe spaces for students to gain the necessary tools to improve their social and emotional wellbeing. Also, this lends itself to promoting a culture of wellness by partnering with local community agencies and school staff.

Elizabeth Orozco, Placerita Junior High Gold Club Center

"Since we are still in the beginning stages of setting up the center with furniture and other items, we have only opened up the center to run a few groups facilitated by the counseling department and school social worker. The vision is to open up the Gold Club Center, not just for students, but also have a designated day for staff to come in and have access to all the wonderful benefits we will be offering through the center."



Summer Flaherty, Sierra Vista Junior High SUCCEED Center

"Students who have used it say it's a comfortable, cool space to hang out where we have everything they could ever want. Some activities include the following: Thoughtful Thursday videos and activities played in classrooms during our RELAX (silent reading) period that showcase wellness tips the center supports, a beginner-level yoga session open to anyone who wanted to join to de-stress, a school-wide assembly on Angst (anxiety and anxiety disorders) for awareness and recommendations on how to lessen anxiety."



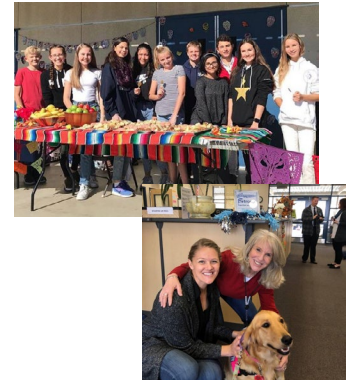
Tamara Desso, Valencia High School Viking Vitality Center (name TBD)

"Staff attend the weekly yoga and meditation sessions alongside the students. This helps students recognize that EVERYONE has mental health and that it's important to care for yourself no matter your age. We have had class tours of the facility led by our Bring Change to Mind student leaders to show staff and students about the room and how to utilize the space. Staff members can also reserve the space for their classes during class periods."



**Shauna Koskie, Rancho Pico Junior High
Relaxation Room**

"Currently, only our wellness club students (Club Thrive) our first-ever Día de Los Muertos (or Day of the Dead) celebration. The celebration included student-made decorations (crafted by the majority of the student body during advisory) displayed on the outdoor stage, framed pictures of loved ones, and culturally appropriate music. During preparation for the event RP staff member Stephanie Lira gave a special presentation to Club Thrive students about the significance of the cultural celebration. On November 1, they served the student body fresh fruits and pan dulce (donated by a local bakery)."



**Shari Smith, Helaina Taylor, & Sarah Gilberts, Canyon High
Caring for Cowboys Center**

"C4C Wellness Center hosts a variety of activities and events each month. We conduct a speakers' bureau series on topics students find interesting and desire to learn more about including 'Suicide Prevention and How to Support a Friend,' 'Beware of Dating Violence,' 'Sans Stigma of Mental Health and How to Help.' We host animal-assisted therapy days where local community partnerships volunteer to bring dogs, goats or chickens to campus to encourage students to recognize the mental health benefits of friendly supportive touch and its benefits to reduce stress, lower heart rate, blood pressure and trigger the release of serotonin, dopamine and the bonding hormone, oxytocin."

**Julie Chang & Nancy Phillips, West Ranch High
Wildcat Center**

"The space is open from 8 to 3:30, and many students start their day with mindful meditation. During brunch and lunch, students come in individually or in small groups to recharge or catch up. The Center is a tech-free zone, so in addition to talking to each other, there are puzzles, coloring books, and multiple fidgets and games that they use to interact. Students may also access the Center during class time with a pass from their teacher or counselor. During this time, students generally have needed a quiet moment, followed by a conversation with me or one of my interns. Typically the concerns are related to anxiety, panic attacks, relationships or family issues."



**Christina Tolisano, Saugus High School
Serenity Center**

"Our Thrive club wanted to start introducing wellness topics as part of the daily conversation on campus in a non-threatening way. During the week of October 21, yoga-trained math teacher Monica Lunde joined our news network SNN with Belly Breathing Monday. Classrooms followed along by dimming the lights and practicing some calm breathing techniques. We continue with 'Just Say Om' in which parent Racquel Turner led some stretching and yoga poses during Late Start Wednesday. Finally, we ended the week by partnering with Common Cents Mentor group by hosting a peer-led question & answer panel regarding the importance of sleep, eating well, and exercise."

Site Wellness Coordinators - Centers In Progress

Jerry Malkowski, AOC
Rachael Senen, Arroyo Seco Junior High
Lori Wilson, Bowman
Heather Kennedy, Castaic High
Cody Kennedy, Golden Valley High

Zach Koebel, Hart High
Annie Malkowshi, La Mesa Junior High
Leanne Bonilla, Rio Norte Junior High
Shazia Shah & Lizbeth Benavidas, Sequoia