

A Note from Our President

Happy New Year!

Can you believe the year is half over? My, how quickly time flies by. The days may be cold now, but soon we will welcome the fresh breath of spring, move our clocks forward an hour, and prepare for the end-of-the-year testing, and activities.

I know all you have been working hard to provide the best education possible to your students. Our Superintendent, Assistant Superintendents, and Board of Trustees members have commented, several times, on the professionalism and dedication of our counselors and teachers. As an Association, we, also, want to express our appreciation of your commitment to our students, your devotion to your profession, and your support of our Union.

We would like to extend special recognition to Antonia Vignocchi for the completion of her Doctoral Degree, Chandra Etheridge for the completion of her Master's Degree, and Ashley Brinegar as a nominee for Educator of the Year for San Bernardino County. Congratulations ladies!

There are several activities coming up of which we hope you will take advantage: Aspire to Inspire, the New Educators' Weekend, and the Good Teaching Conference [see the calendar on back page- Ed.]. We are also in the planning stages of a 3rd quarter mixer.

May the remainder of the school year be filled with continued successes.

Sincerely,
Kathleen M Montague Hanson, VVTA President

THANKS COUNSELORS!
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WHAT IS LCAP?
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Presenting: **NEXT YEAR'S CALENDAR**

VICTOR VALLEY UNION HIGH SCHOOL DISTRICT
16350 MOJAVE DRIVE, VICTORVILLE, CA 92395 (760) 955-3201

2017-2018 Student Calendar

DRAFT WITH OCTOBER BREAK

ABOUT THIS CALENDAR....

July 2017						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					0

August 2017						
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27	28	29	30	31		
						17

September 2017						
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There has been a LOT of discussion about next year's calendar on the VVTA Facebook group, particularly the "Fall Break" during the second week of October. This calendar was set up by a committee consisting of VVTA representatives, Administrators, and Classified representatives. VVTA leadership asked for teacher input but we only had a brief amount of time to hear suggestions. This is one of the first times that the DO has asked for teacher input on the calendar so some of you may be disappointed. If you would like to join the calendar committee and help decide future calendars, contact your Rep!

October 2017						
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29	30	31				
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November 2017						
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						16

December 2017						
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31						15

January 2018						
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21	22	23	24	25	26	27
28	29	30	31			
						16

February 2018						
Su	M	Tu	W	Th	F	S
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18	19	20	21	22	23	24
25	26	27	28			
						18

March 2018						
Su	M	Tu	W	Th	F	S
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18	19	20	21	22	23	24
25	26	27	28	29	30	31
						17

April 2018						
Su	M	Tu	W	Th	F	S
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22	23	24	25	26	27	28
29	30					
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May 2018						
Su	M	Tu	W	Th	F	S
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27	28	29	30	31		
						22

June 2018						
Su	M	Tu	W	Th	F	S
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
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- FIRST DAY OF SCHOOL - August 9, 2017
- LAST DAY OF SCHOOL - June 1, 2018
- HOLIDAYS
- MINIMUM DAYS - December 21, 2017 and June 1, 2018
- OCTOBER, FALL, WINTER & SPRING BREAKS
- NON STUDENT DAY - January 8, 2018

180 Total Instructional Days

Your VVTA Exec Board:

President: Kathleen Montague-Hanson (LLA); 1st Vice President: Jennifer Lovelace (AHS)
2nd Vice President: Jennifer Longueira (AHS); Secretary: Jeff Voigt (AHS); Treasurer: Otilia Vargascorona (VVHS)

Don't forget our WEBSITE: <https://vvtatoday.weebly.com/>

TWITTER: <https://twitter.com/VVTAorganizing>

FACEBOOK GROUPS: Search "Victor Valley Teachers" on Facebook to be added

Newsletter Editor: Michael Wyzard (AHS): mwyzard@vvhdsd.org

Thanks to Carrie Bershee, Karen Musslewhite, and PJ Ehart for input on this issue; Jennifer Longueira for providing the health insurance info. Next issue out in April, contributions and suggestions are welcome!

HAPPY NATIONAL SCHOOL COUNSELING WEEK



February 6 - 10 is National School Counseling Week

Did you know Counselors are covered by our contract? They are not administration and they bargain with us for the benefit of all of our students. Take some time to show your local counselor your appreciation for all they do!

Adelanto HS

Karen Musslewhite
Amy Stone
Brandi Ringnell
Elijah Thornton

CIMS

Julie Provansal
Carrie Bershee

Goodwill

Lora Walsh-Martin

Hook

Kristina Kamiyama
Kristina Madrigal

Lakeview

Scott Manley
Lina Williams

Silverado HS

Fred Dearborn
John Pinkerton
Adrian Mullikin
Kristina Pittman

Victor Valley HS

LaDonna Silva
Andrea Porter
Josie Struebing
Kristie Moitoso

University Prep

Noemi Quevedo-Darling
Maya Wilkin

Show Your Counselors some 

Check [http://www.schoolcounselor.org/school-counselors-members/about-asca-\(1\)/national-school-counseling-week](http://www.schoolcounselor.org/school-counselors-members/about-asca-(1)/national-school-counseling-week) for daily things you can do for your counselors!



Kaiser users, there are a number of great programs for you!

My Health Manager

When you're a registered member on <https://www.kp.org>, you get a one-stop resource for managing your health online. It offers time-saving features 24 hours a day, seven days a week. With My Health Manager, you can:

- E-mail your doctor's office
- View most lab test results
- Order prescription refills
- Request routine appointments

And more!

Get Medical Advice When You Need It

Telephone Advice Nurses are available when you need help. Call 1-866-454-8855 from Monday thru Friday from 7 AM to 7 PM or for after hours care try 1-888-KPONCALL (576-6225)

Wellness Coaching on the Phone

We all strive to improve our health—to be more energetic, more focused, and more productive. But whether you're trying to lose weight, quit smoking, or manage stress, getting started and staying motivated can be a challenge. Now you can get the extra support you need to make healthy changes and stick with them

Wellness coaching by phone can help you eliminate those barriers, allowing you to make positive changes. Partner with a coach today to:

- Focus on healthy habits—Make healthy behavior changes to help you lose weight, quit smoking, manage stress, get more active, or make healthier food choices.
- Create a customized plan—Work with your coach to outline manageable steps you can take to reach your goals. Little changes over time can help you achieve long-term success.
- Schedule convenient telephone sessions—Coaching takes place over the phone, so you can set up calls at times that work for you.

Wellness coaching is available at no charge for Kaiser Permanente members. Coaching is offered in English and Spanish, and no referral is needed. Simply pick up the phone and call to get started. Call 1-866-862-4295, Monday through Friday, from 6 a.m. to 7 p.m. Pacific time, to make an appointment.

Kaiser: Lifestyle Changes for Chronic Health Conditions

If you have diabetes, heart disease, or blood pressure or cholesterol problems, making healthy lifestyle changes can help. Changing your diet, getting more exercise, and getting rid of harmful habits can reduce your risk of heart attack, stroke, and other serious health problems. Even small changes can help. Start with steps that you can take right away. Think about things such as time limits, stress, and temptations that might get in the way, and figure out how you can avoid or overcome them. Go to <http://www.kp.org> and enter K745 in the search box to learn more about "Lifestyle Changes for Chronic Health Conditions: Care Instructions."

Health & Dental Benefits Reminder:

ANY ISSUES with your insurance, contact your Rep and get in touch with Kathleen Hardy at the DO (khardy@vvhhsd.org). Save all your paperwork and we will try to sort things out!



Having a chronic condition can be complicated, so we're here to support you. If you have a chronic condition, our programs can help you improve your quality of life by showing you how to take an active role in managing your health. You may be interested if you have one of these conditions:

- Diabetes**
- Heart failure**
- Asthma**
- CAD or COPD**

Our programs give you access to a nurse who will work closely with you one-on-one to answer your questions. Other features include in-person (where available) or online self-management workshops and educational materials.

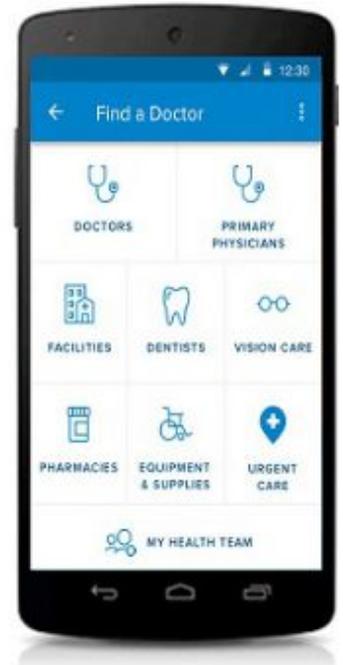
If you have one of these conditions or other chronic conditions, call us at 866-954-4567 to learn more or get started.

Blue Shield Online and Mobile App

Blue Shield members can now get even more of their health plan information anytime, anywhere. The Blue Shield website and mobile apps have been designed for easier access on the go.

MOBILE APPS

Download the Blue Shield of California mobile app from the [App Store](#)SM or [Google Play](#)TM store.



FEATURES

View ID card

View deductible and copayment year-to-date totals

View claims

Benefits information

Register

NurseHelp 24/7SM

HSA/FSA balances linked to your Health Equity account

Navigate in Spanish

Contact us

Find a doctor or urgent care

MEMBER REGISTRATION IS EASY

One username and password gives you 24/7 access to your health plan information from your desktop, laptop and mobile device.

Don't forget Teladoc!

Blue Shield's Teladoc service gives members 24/7/365 access to a doctor through phone or video consults with a \$10 copay: 1-800-Teladoc (835-2362) or <https://www.teladoc.com/bsc>

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LCAP and LCFF: What are they?

In July 2013, Gov. Brown signed new education funding measures into law. The Local Control Funding Formula (LCFF) is part of this new law and gives local school districts more authority to decide how to spend their education dollars. Districts do this by putting together a Local Control Accountability Plan (LCAP), which is written with the help of administration, parents, students, and teachers. By taking part in LCAP meetings, you can help decide how these funds are spent.

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Our district's LCAP Meetings are at the District Board Room from 4 to 5:30 pm on the upcoming dates:

February 9

February 23

March 9

March 23

April 13

April 27

and beyond!

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For more information, check the VVUHSD website and look for the LCAP link on the main page, and/or read this CTA article:

<http://educator.cta.org/i/755919-november-december-2016/43>

Upcoming Events



Next few VVTA Rep Council meetings:

February 8

March 8

April 12

May 10

Meetings are held at the VVTA office at the old Cobalt site (across from Silverado). All members are welcome to come and join the discussion!

Fall Mixer on Friday, February 10, hope you can make it to Marie Calendar's!

Next Board Meetings: February 16, March 2 & 16, April 6 & 20

Upcoming conferences: CTA New Educator Weekend (March 10-12) and Good Teaching Conference (March 17-19)

Send any special events or upcoming birthday announcements to Janice Betian at jbetian@vvhhsd.org

Next issue will be out in April!