

UPDATE

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Week of February 8, 2021

ZOOM IN TO THE REPRESENTATIVE ASSEMBLY MEETING TODAY

You are cordially invited to join your department caucus at 4:30 p.m., today, Thursday, February 4, 2021. The caucus gives level-alike members the opportunity to share and discuss issues and areas of concern for the association to pursue with the District's senior management. It is also a time to take care of important business matters relevant to each department.

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The department caucuses are followed by the Representative Assembly meeting at 5:00 p.m., where we will be sharing important updates. Highlights for the general assembly include:

- Announcement of the candidates for the various open offices, and the taking of nominations from the floor.
- Everything you want to know and ask about the District's intent to add 10 instructional days to the 2021 school year featuring **Ileana M. Davalos**, Deputy Chief Human Resources Officer, and **Dr. Francisco J. Serrato**, Assistant Chief Human Resources Officer.
- Reporting of department concerns by the vice presidents of the AALA Executive Board.

Please know that every member in good standing is welcome and encouraged to join one of the department caucuses at 4:30 p.m. TODAY and the general meeting at 5:00 p.m.

You may wish to take a moment to peruse the packet from November's Executive Board meeting (click [HERE](#)). Typically, in the brick-and-mortar world, the documents are reviewed at the Representative Assembly meetings. In the interest of time, the reports will not be reviewed today. Instead, the focus of the meetings will be on important association business like the current status of the District under the stay-at-home order.

Links for the departmental caucuses from 4:30 p.m. to 5:00 p.m.:

ADULT DEPARTMENT:

<https://lausd.zoom.us/j/89859833365?pwd=K1Z4aG1YTEhFWFhaSnhMMldsNGNJZz09>

Meeting ID: **898 5983 3365**

Passcode: **638675**

ELEMENTARY DEPARTMENT:

<https://lausd.zoom.us/j/83963472466?pwd=bnZEUIZGOGgzd2JjK0pkWEM3M3ZRUT09>

REP. ASSEMBLY MTG. (Cont.)

EARLY EDUCATION DEPARTMENT:

<https://lausd.zoom.us/j/84884092848?pwd=dUVKVzZlV3VidURrQTdpa2Y2Vmt0Zz09>

Meeting ID: **848 8409 2848**

Passcode: **808288**

SCHOOL SUPPORT ADMINISTRATORS DEPARTMENT:

<https://lausd.zoom.us/j/88224051682>:

Meeting ID: **882 2405 1682**

SECONDARY DEPARTMENT:

<https://lausd.zoom.us/j/82570985734?pwd=ZndsT1RKV1Rna3hsaG9VYkpjVWxkUT09>

Meeting ID: **825 7098 5734**

Passcode: **AALA**

UNIT J:

<https://lausd.zoom.us/j/83325325250?pwd=R2VrQXpCbzQxb1Z3VlIFbVJQaFpQdz09>

Meeting ID: **833 2532 5250**

Passcode: **720113**

GENERAL REPRESENTATIVE ASSEMBLY - 5:00 P.M.

<https://lausd.zoom.us/j/89859833365?pwd=K1Z4aG1YTEhFWFhaSnhMMldsNGNJZz09>

Meeting ID: **898 5983 3365**

Passcode: **638675**

HEALTHCARE FAQs – BE INFORMED ABOUT THE DIETARY SUPPLEMENTS YOU TAKE

A 2020 survey on dietary supplements shows that 73% of adults in the United States report they take dietary supplements in the form of pill, powder, or liquid. The pandemic has also contributed to changes—43% of supplement users report they increased their usage in some way, such as increasing dosage, frequency of use, and/or adding new products. The results show an increased focus on ingredients that support overall health and wellness and immunity.

Ranked in categories of most consumed by survey participants, vitamins and minerals topped the list (98%) followed by specialty supplements (46%), herbal & botanicals (44%), sports nutrition (30%), and weight management (19%).

What are the most popular supplements included in each category?

1. **Vitamins and minerals:** Vitamin C, multivitamins, vitamin D, Zinc, Calcium, B complex.
2. **Specialty supplements:** Omega-3/fatty acids, probiotics, melatonin, fiber, and glucosamine/chondroitin.



FAQs—DIETARY SUPPLEMENTS (Cont.)

3. **Herbal and botanicals**: Green tea, turmeric, CBD, elderberry, and Echinacea.
4. **Sports nutrition**: Protein (drinks, powder, bars), energy (drinks/gels), hydration (drinks/gels), creatine, amino acids, and recovery drinks and/or powders.
5. **Weight management**: Protein, garcina cambogia, green coffee, medium chain triglyceride oil, white kidney beans, bitter orange, glucomannan and CLA (conjugated linoleic acid).

How safe are dietary supplements?

Dietary supplements are regulated by the U.S. Food and Drug Administration (FDA) as foods, not as drugs. The label may claim certain health benefits, but unlike medicines, supplements cannot claim to cure, treat, or prevent a disease.

Manufacturers of dietary supplements are responsible for the safety of their products and for the truthfulness and accuracy of their labeling. Once a dietary supplement is on the market, the FDA evaluates safety by doing research and keeping track of any side effects reported by consumers, health care providers, and supplement companies. If a product is found unsafe, the FDA may issue a warning or require that the product be removed from the marketplace. Legal action may be taken against manufacturers or retailers who make illegal claims that their products could treat, prevent, or cure diseases such as diabetes, cancer, or cardiovascular disease.

Is it possible for supplements to interact with any of the medications I take?

Yes, some dietary supplements have been found to interact with medications. For example, the herbal supplement St. John's wort interacts with many medications, rendering them less effective. Vitamin K can interact with wayfarin (Coumadin®) to prevent blood from clotting. Vitamins C and E might reduce the effectiveness of some types of cancer chemotherapy. To check for interaction, the FDA recommends two sites:

- Drug.com interaction checker - Click [HERE](#)
- MedlinePlus® - Click [HERE](#).

What are some safety considerations when taking supplements?

- Make sure you follow label instructions.
- Tell your health providers what supplements you take.
- Do not take supplements in place of, or in combination with, prescribed medications without your health care provider's approval.
- Remember that “natural” does not indicate that a product is safe. Certain herbs (for example, comfrey and kava) can harm the liver.

For more information:

- For the FDA's site for *Recalls, Market Withdrawals, & Safety Alerts*, click [HERE](#).
- [Dietary Supplements: What you Need to Know](#), National Institute of Health, Office of Dietary Supplements

HUMAN RESOURCES UPDATES

Friday Educator Development and Support Officer Hours

To support school leaders with the EDS activities, including formal observations, which are due by **February 19, 2021**, HR's EDS Team will continue to hold virtual, drop-in support sessions **each Friday from 2:00 - 4:00 PM**. Information can be found on this [flyer](#) or by emailing **Silvia Rubalcava** at sxr8628@lausd.net.

Educator Development and Support: School Leader (EDSSL) Formative Conference and Rating

The following activities and deadlines are for Assistant Principals, Principals, and Principal Supervisors participating in this year's EDS evaluation process. Human Resources staff can support your efforts in completing EDSSL formative activities. For further assistance, please contact **Heather Lower Lowe** at hlowe@lausd.net or **Jose M. Rodriguez** at jmr7481@lausd.net.

Task	Deadline
FORMATIVE ACTIVITIES:	
Mid-Year Reflection	1/21/2021
Formative Conference & Formative Rating	2/05/2021

Student Teacher Placements Needed

Los Angeles Unified has a long history of accepting placement of individuals who must complete their clinical practice, commonly referred to as "student teaching." Support for student teacher candidates serves as an invaluable pipeline to potential new teachers for our District and is a great way to get a head start on filling vacancies for the upcoming school year. If you are interested in serving as a host school for a student teacher, please email **Peggy Taylor Presley** at peggy.presley@lausd.net. We will do our best to provide an appropriate match.

THE SCHOOL REOPENING DEBATE

Many educators follow the timely and accurate daily reports by [EdSource](#) on what is happening in our District, and on the broader educational front. School reopening currently looms as one of the hottest discussions revolving around the pandemic.

Several recent reports may interest *Update* readers:

- [Dispute widens between Gov. Newsom, school employee unions over reopening campuses](#), February 4, 2021
- [Newsom says schools can reopen even before all teachers are vaccinated](#), February 3, 2021
- [Quick Guide: What California's color-coded county tracking system means for schools](#), January 26, 2021

WHERE TO GET YOUR COVID-19 VACCINATION

Eligibility may vary by county, but generally healthcare workers and seniors 65 years and older are eligible. If vaccination slots are full, check back often. Check for new pharmacy sites to open in the near future.

Kaiser Permanente (for members and the public) – www.kp.org/covidvaccine or call the vaccine hotline at 855.550.0951

Los Angeles County – Information/Registration:
<http://www.publichealth.lacounty.gov/media/Coronavirus/vaccine/index.htm>

City of Los Angeles – Sign up through Carbon Health:
<https://carbonhealth.com/covid-19-vaccines>

Orange County – <https://www.othena.com/>

San Bernardino County – <https://sbcovid19.com/vaccine/locations/#load>

Riverside County – <https://rivcoph.org/COVID-19-Vaccine>

Ventura County - <https://www.venturacountyrecovers.org/vaccine-information/portal/>

ACSA REGION 16

GR-R-R-R-REAT NEWS!

Peer Scholarships for Learning Available for 2020-2021

For the 2020-2021 school year, the Region 16 Board approved the following support for our Region 16 members in peer scholarships:

- ACSA Institutes and Symposiums up to \$500
- ACSA Conferences, Workshops, or Forums up to \$250

Members may be awarded one scholarship per year.

Upcoming State Conferences:

- **Classified Educational Leaders Institute**, Online Virtual Event, February 24-25
- **Sisterhood Leadership Symposium**, Alhambra, CA, May 15
- **Principals' Summer Institute**, UCLA, Tentative dates: June 20-26
- **New & Aspiring Principals' Institute**, UCLA, Tentative dates: June 21-25

For further information and application, contact **Leonard Choi**, President, ACSA Region 16.

ACSA REGION 16 (Cont.)

UPCOMING REGION 16 EVENTS

Aspiring Administrators, Tuesday, February 11 at 7:00 p.m.

Semester Focus: Your Future is Now

Researching your next job, managing the politics, paths to the superintendent position.

Rich Thorne, Leadership Associates, <https://www.leadershipassociates.org/>.

Leadership Associates is one of California's premier executive search and leadership development firms.

Join Zoom Meeting –

<https://lausd.zoom.us/j/98236445657?pwd=MkFZU1pqBTZ1cVJveS9JTDRTeEE4Zz09>

Meeting ID: **982 3644 5657**

Passcode: ACSA

Mindfulness Meditation: Inner Matrix Book Study

Michelle Windmueller, retired director, is offering ACSA Region 16 free mindfulness classes on Thursday evenings from 6:30 p.m. to 7:55 p.m. These classes are for you to help you take care of yourself. The classes are offered beginning February 11 through March 18. If you participated last fall, you are invited to continue. Space is limited. Pre-registration: <http://bit.ly/3qA8Aq2>

The book, *The Inner Matrix: A Guide to Transforming Your Life and Awakening Your Spirit*, is available on amazon.com for \$8.99.

SAVE THE DATE!

5th Annual Women's Leadership Summit

Saturday, March 6, 2021

Free Registration

UPCOMING EVENTS

- Shining Our Crowns
- *Leading While Female* Book Study

2020 SCHOLARSHIP RECIPIENT

Each week we have been featuring one of the thirty-two LAUSD 2020 graduates who received a \$2250 Friends of AALA Scholarship last May. Due to the pandemic, our annual banquet where we would have formally recognized the recipients had to be cancelled. Therefore, we asked each of them to send us a picture as well as let us know what they would have said if the awards banquet could have been held. This week, we are sharing with you the comments from **Angelica Mercado**, a graduate of John F. Kennedy High School (**Dr. Richard J. Chavez**, Principal).

SCHOLARSHIP RECIPIENT (Cont.)

I would first like to thank my amazing family for being such a strong support system when it comes to anything I do. I would not have been where I am without them. I would also like to thank my principal, **Dr. Chavez**, my college counselor, **Mr. Abarr**, and my AP Stats teacher, **Mr. Ireland**, for their support during my entire college application process. I am excited to begin my next journey at UC Santa Barbara with a major in Economics and Accounting. I want to give a big thanks to Friends of AALA for awarding me this very generous scholarship of \$2,250. This money will help pay for a portion of my tuition, which will help alleviate some stress off of my parents. I will strive to be the best I can be and hopefully one day I can repay them for all that they've done for me



AALA has now featured all 32 of the 2020 Friends of AALA scholarship recipients. We are now focused on our 2021 scholarships. Please consider supporting future graduates by donating to the Friends of AALA Scholarship Fund. The scholarships are 100% funded by the contributions of members, friends, and sponsors and are fully tax-deductible. Active and retired members can make a one-time tax-deductible donation by clicking [HERE](#). Active members also have the option of joining the more than 200 AALA Angels and making a monthly \$5 (or more) donation. Simply click [HERE](#) to complete the necessary paperwork to become an angel. Checks payable to Friends of AALA can be mailed to the AALA office at 1910 W. Sunset Blvd., Suite 850, Los Angeles, CA 90026.

IN MEMORIAM

ALLEN SUSSMAN—Former principal of Napa Street School and Herrick Avenue Schools. Mr. Sussman retired on July 1, 1999, and passed away on January 25, 2021. Funeral services took place on Tuesday, February 2, 2021.

POSITIONS AVAILABLE

Note to Applicants: Please be advised that you are responsible for making sure all the District requirements have been met. Do not contact AALA for information regarding positions; for detailed requirements for positions and employment updates use the contact phone number provided in the announcement or visit the District website at <http://www.lausdjobs.org> classified or <http://achieve.lausd.net/Page/1125> certificated. Employees who change basis during the school year may not earn a full year of service credit and annualized employees who change their basis during the year may sustain an annualized settlement.

POSITIONS (Cont.)

CERTIFICATED

Open to certificated and classified employees who meet the position requirements

ASSISTANT PRINCIPAL, ELEMENTARY INSTRUCTIONAL SPECIALIST (APEIS)

Local District South (one position), MST 37G or MST 38G (based on site), B Basis. For more information, contact **Jennifer McConn**, Administrator, Special Education, at (310) 354-3431. Application deadline is 3:00 p.m., Friday, February 12, 2021.

ASSISTANT PRINCIPAL, SECONDARY

Wilmington Steam Magnet, Local District South, MST 40G, B Basis. For more information, contact **David Kooper**, Community of Schools Administrator, at (310) 354-3400. Application deadline is 3:00 p.m., Wednesday, February 10, 2021.

INSTRUCTIONAL COORDINATOR, TK-12

Local District South, MST 41G, E Basis. For more information, contact **J. Keith Vladovic**, Administrator of Instruction, at jkv4418@lausd.net. Application deadline is 2:30 p.m., Tuesday, February 16, 2021.

CLASSIFIED

CHARTER SCHOOL FISCAL ADMINISTRATOR

Charter School Division, \$121,917 - \$151,019, 12-month position. For more information, please click [HERE](#). Application deadline is Monday, February 8, 2021.

CHIEF INVENTORY ANALYST (PURCHASING & STOREKEEPING)

Procurement Services Division, \$81,756 - \$101,808, 12-month position. For more information, please click [HERE](#). Application deadline is Friday, February 12, 2021.

FISCAL OVERSIGHT ADMINISTRATOR (ACCOUNTING)

Charter School Division, \$107,736 - \$134,232, 12-month position. For more information, please click [HERE](#). Application deadline is Friday, February 19, 2021.

PREVIOUSLY ANNOUNCED POSITIONS

CERTIFICATED POSITIONS	LOCATION	CONTACT	DEADLINE
<i>SPECIALIST, NEW TEACHER INDUCTION</i> (2 positions), MST 38G, A Basis	Beginning Teacher Growth & Development Induction	Aida Rodriguez aida.rodriguez@lausd.net	Friday February 5, 2021
<i>PRINCIPAL, ELEMENTARY</i> MST 42G, E Basis	Euclid Avenue ES Gifted Magnet Local District East	Maricela Sanchez msanch27@lausd.net 213.760.5443.	Friday February 5, 2021

Associated Administrators of Los Angeles

CERTIFICATED POSITIONS	LOCATION	CONTACT	DEADLINE
<i>SPECIALIST</i> MST 38G, B Basis	Division of Special Education (Charter)	Dixon Deutsch Dixon.deutsch@lausd.net	Monday February 8, 2021
CLASSIFIED POSITIONS	LOCATION	CONTACT	DEADLINE
<i>DIRECTOR OF IT, PROJECT MANAGEMENT</i> \$121,900 - \$151,000, 12-month position	Information Technology Division	Click HERE	Friday February 5, 2021
<i>DIRECTOR OF BENEFITS ADMINISTRATION</i> \$121,900 - \$151,019, 12-month position	Division of Risk Management & Insurance Services	Click HERE	Friday February 12, 2021
<i>DATA BASE ADMINISTRATOR</i> \$107,307 - \$132,800, 12-month position	Information Technology Division	Click HERE	When Filled