

SERVING LAUSD ADMINISTRATORS SINCE 1981



UPDATE

ASSOCIATED ADMINISTRATORS OF LOS ANGELES

WEEK OF SEPTEMBER 23, 2024

PUSHING THE BOUNDARIES

AALA FALL RECEPTION 2024

now happening at
LUMINARIAS!

Invited guests include: All ACTIVE and ALUMNI AALA Members,
Board Members, Superintendent Carvalho and Friends.

**Slight
Change of
Plans!**

DATE: Thursday, September 26, 2024

TIME: 4:30 p.m. – 7:30 p.m.

LOCATION: **LUMINARIAS**

3500 West Ramona Boulevard
Los Angeles, CA 91754

Enjoy COMPLIMENTARY hor d'oeuvres & beverages while
RECONNECTING with friends and colleagues and GREETING
our SPONSORS!

Click [HERE](#) to Register!

ASSOCIATED ADMINISTRATORS OF LOS ANGELES

WEEK OF SEPTEMBER 23, 2024

IN THIS ISSUE:

- 1 **PUSHING THE BOUNDARIES** AALA Fall Reception 2024
- 3 **WE WILL NO LONGER STAY SILENT!**
- 4 **INFORMATION CORNER**
- 5 **CAHN FELLOWS 2024**
- 7 **HEALTHCARE FAQs** 7 Numbers Than Can Save Your Life (Part 1)
- 10 **NATIONAL HISPANIC HERITAGE MONTH**
- 11 **HUMAN RESOURCES UPDATES**
- 12 **♪♪SEND ME AN ANGEL, RIGHT NOW ♪♪**
POSITIONS AVAILABLE (LINKS)
INTEREST GROUP CONTACT INFORMATION
- 14 **INTEREST GROUPS** News You Can Use

AALA STAFF:

Maria E. Nichols, President

Administrators

Juan A. Flecha, Chief-of-Staff
Steve Quon

Consultants

Irene Hyland
Maria Elena Rico-Aguilera

Field Representatives

Julie Gonzalez
Dr. Rosa Maria Hernandez
Dr. Windy Warren

Unit J Stewards

Ignacio Chavez
Oliver Hament
Cesar Mercado
Mauricio Pinto
Alfred Sixtos

Office Staff

Javier Melendez
Gema Pivaral
Gloria Souquette
Marissa Tindel

Need to contact us?

Associated Administrators of Los Angeles
1910 Sunset Blvd., Suite 410
Los Angeles, CA 90026
Office 213/484-2226
Fax 213/484-0201
Web www.aala.us
Email office@aala.us
Update (assistance) info@aala.us



ASSOCIATED ADMINISTRATORS OF LOS ANGELES

NO LONGER FROM PAGE 3

shows that we need more support providers at the school sites such as PSWs, School Psychologists, and PSAs to assist students and families through a personalized approach and to support with the implementation of Positive Behavior Interventions and Restorative Practices. The district must invest in increasing mental health support personnel as the data is clear as day that our students have massive needs. The school administrator, in particular single site administrators, cannot do it alone. I demand that the district reconsider its staffing norms and brings back Assistant Principals and APEISs to support with the operational effectiveness and safety of students on our campuses.

I will continue to bring your voices and concerns to LAUSD. We will no longer stay silent! I will continue to advocate for systemic changes desperately needed at Beaudry. I will continue to fight to improve your working conditions and the negative impact it has on your personal well-being, health, and productivity. I vow to bring back a balanced approach to your work respecting your personal and professional boundaries. Thank you for your ongoing dedication to enhancing the educational experience for our students. Together, we can make a meaningful difference in the safety and climate of our schools.

In Solidarity and Unwavering Resolve,

Maria

HAVE YOU MOVED HOME OR WORK LOCATION?

Please email office@aala.us to keep accurate information and make sure you receive communications.

NEED ASSISTANCE FROM AALA?

Whether you need assistance with membership, have a question or need representation, AALA's staff is available to assist you! The office is open Monday to Friday 7:30 am to 4:00 pm (213/484-2226) or you can email office@aala.us 24/7.



ARE YOU A NEW ADMINISTRATOR OR CANCELED MEMBERSHIP?

Becoming an AALA active member with the benefits of [AALA membership](#) just got easier, Complete AALA's easy form by scanning this QR code. Remember, AALA is as strong as its membership!



I INADVERTENTLY UNSUBSCRIBED FROM THE UPDATE. WHO DO I CONTACT?

Email info@aala.us or office@aala.us for assistance.

THIS WEEK'S FACEBOOK GROUP QUESTIONS TO PONDER

President Nichols asks, what are your thoughts and comments on the state of LAUSD and student safety and school climate?

President Nichols asks, what's on your mind?

President Nichols asks, are any principals being assigned pool teachers? Are you expected to fund this positions? Are you being asked to evaluate these pool teachers? Are you given a choice or is this an expectation from the district?

Haven't joined the AALA Facebook group? Members in good standing can provide their information [HERE](#). Not a member, use the QR code above or call the AALA office for assistance.



Cahn
FELLOWSHIP

2024

Congratulations
Distinguished Principals!



Los Angeles Unified

Katherine Choe
Mar Vista ES

Jorge Olmos
Wilmington STEAM Magnet MS

Blanca Cruz
Roybal Learning Center

Jonathan Paek
Charles Kim ES

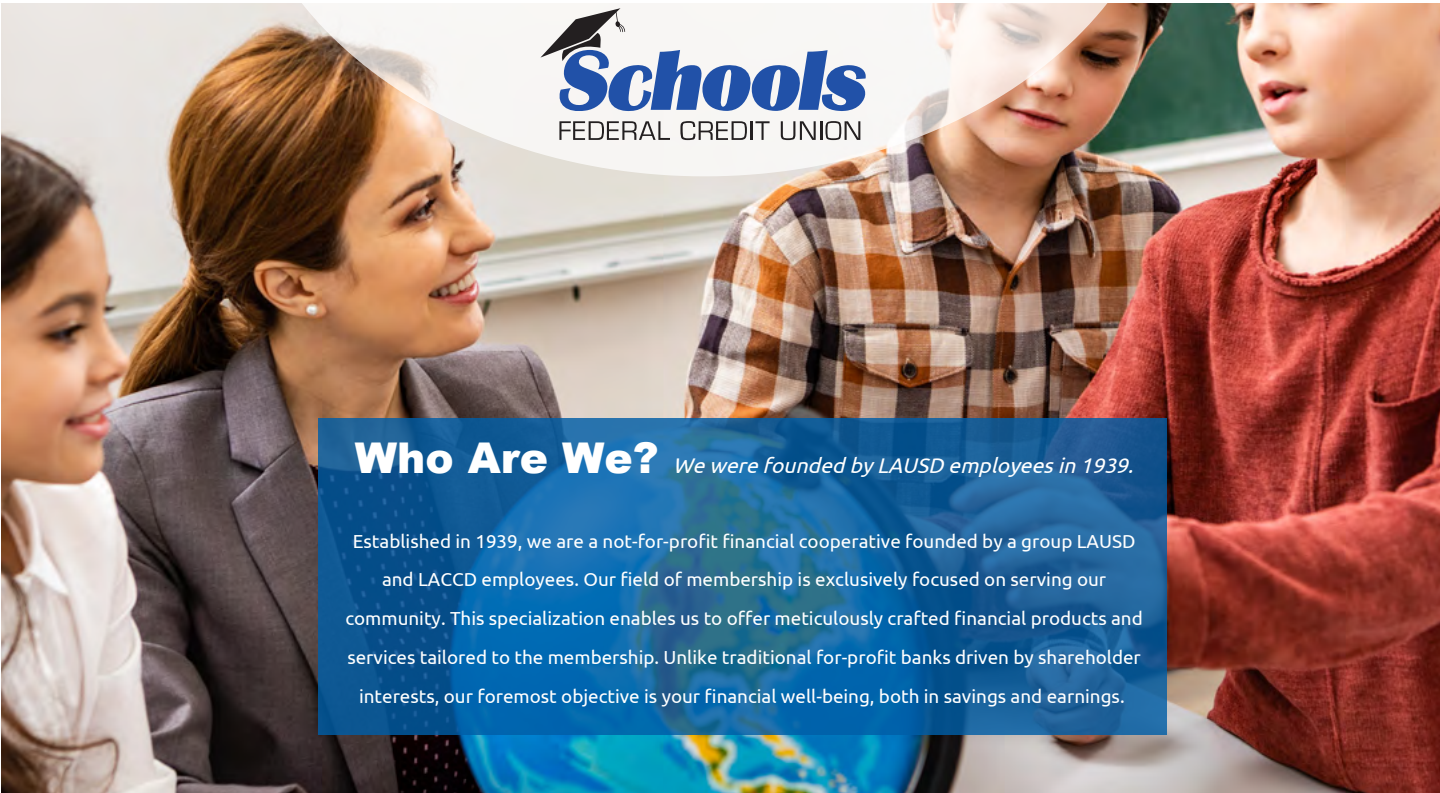
Hanh Kim D' Aloisio
Oliver Wendell Holmes MS

Katherine Patterson Bates
Vista Del Valle DL Academy

Kelly Gomez
Eshelman Avenue ES

Leticia Sanchez
Sara Coughlin ES

Because strong principals make better schools.



Who Are We? *We were founded by LAUSD employees in 1939.*

Established in 1939, we are a not-for-profit financial cooperative founded by a group LAUSD and LACCD employees. Our field of membership is exclusively focused on serving our community. This specialization enables us to offer meticulously crafted financial products and services tailored to the membership. Unlike traditional for-profit banks driven by shareholder interests, our foremost objective is your financial well-being, both in savings and earnings.

Current School Employees

- Rate Reduction Auto Loan ¹
(reduce your current or offered rate by 2%!)*
- Summer Safeguard Savings Account ^{2, 3}
(Prepare for the summer and get rewarded)
- Classroom Supply Loan ^{2, 4}
(Borrow up to \$1,000 @ 0% for 12 months)
- Utility Loan for Classified Employees ^{2, 4}
(Borrow up to \$1,000 @ 0% for 12 months)
- Technology Loan ²
(Borrow up to \$2,500 @ 1% for 24 months)
- Mortgage Programs ⁵

And so much more...

- Free Checking
- Free Savings / Holiday Account / U Name It!
- Individual Retirement Accounts
- Debt Consolidation Loan
- Non Variable - Visa Credit Card
- Personal Loan (Special Occassions)
- Credit Builder / Rebuilder Loan Programs
- Auto Buying Services

More Branch & ATM access than most!



Nationwide Branch and ATM Access

- +5,000 Nationwide Branches (Service Centers)
- +30,000 Surcharge Free ATMs

Join Today!



As of 4/1/2024, all applications are subject to approval. Rates are subject to change. The actual terms will vary based on the borrower's or borrowers' characteristics. ¹ Floor rate at 5.65% for 72 months. ² Direct deposit or payroll deduction from a qualified source is required. ³ Maximum monthly contribution of \$2,000. Total deposit will be transferred to Primary Share account on the first business day of July. This is a variable rate account. As of the date of this advertisement, 6.60% APY / 6.44% Rate. ⁴ Must be a current school employee (classified or certificated). ⁵ Visit our Home Loan Center at www.SchoolsFCU.org. + Access provided by COOP. Service restrictions may apply.

Federally insured by the NCUA | Supplementary coverage is provided by ASI.

www.SchoolsFCU.org
(866) 459-2345

HEALTHCARE

FAQS *7 Numbers That Could Save Your Life (Part 1)*

The following information is excerpted from [AARP.org](#).

Metrics such as blood pressure and bone density provide an unbiased look at your health risks, arming you with crucial information that can empower you to take action and make healthier choices.

Many health problems are preventable with early intervention and lifestyle changes, says cardiologist Roger Blumenthal, director of the Johns Hopkins Ciccarone Center for the Prevention of Cardiovascular Disease.

“If you’re going to be an educated consumer and take charge of your lifestyle, you need to know your numbers,” he says. “Most of us want to see our children and grandchildren grow up... As doctors we have seen so many people not pay attention to their health and only present for medical attention after something major has happened, whether it’s a heart attack or a stroke or congestive heart failure. There is a lot we can do to prevent that from happening.”

Here are seven key numbers Blumenthal and other doctors say you need to know, along with smart strategies to boost each one.

1. Blood pressure

When your blood pressure is too high, it damages the walls of your blood vessels over time and causes plaque to build up inside your arteries, making them narrower.



Research shows that lowering the top number in your blood pressure reading to below 130 mm Hg reduces your risk of heart attack, heart failure and stroke by 30 to 40 percent.

Goal: 120/80 (optimal)

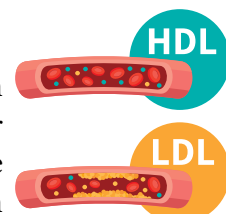
Your health care provider should measure your blood pressure at your annual physical and at other appointments. If you already have high blood pressure, the American Heart Association recommends home monitoring with an automatic, cuff-style monitor.

Though genetics plays a role, making lifestyle changes can dramatically slash your blood pressure, Blumenthal says. He suggests a diet rich in fruits, veggies and seafood while cutting back on fried foods, alcohol and sweets.

Sodium is also “a big risk factor,” Blumenthal says. Just cutting out one teaspoon of salt daily — about 2,300 milligrams of sodium — can lower your systolic blood pressure (the top number) by 6 points over the course of a week, according to research. That’s comparable to the effect of some blood pressure medications. (See: How to Lower Your Blood Pressure in Just One Week.)

2. LDL “bad” cholesterol

Too much LDL “bad” cholesterol can lead to plaque buildup inside your arteries, Blumenthal says. The plaque narrows your blood vessels and can block blood flow to your heart, brain and other organs, potentially leading to heart attacks and strokes.



Goal: Under 100 mg/dL. Also important: your total cholesterol score (under 150 mg/dL), your triglycerides (under 150 mg/dL) and your HDL “good” cholesterol (at least 40 mg/dL in men and 50 in women).

The same lifestyle changes that can reduce your blood pressure will also lower your cholesterol. Since a lot of the extra cholesterol circulating in your blood comes from food, tweaking your diet can make a big difference. Most importantly, ditch saturated fats and trans fats (often called partially hydrogenated oil in packaged foods). That means limiting your intake of red meat and whole milk dairy products.

Fried foods are another no-go; instead, opt for foods that are grilled, baked or steamed. (For more, see: 13 Foods to Help Lower Your Cholesterol.)

3. Blood sugar

If your blood sugar levels are too high, that means your body doesn’t make enough insulin or can’t use it as well as it should. Over time, if diabetes is not treated, the extra glucose in your blood can cause serious health problems like heart disease, stroke, kidney failure, vision loss and nerve damage, which can lead to amputations.



If your blood sugar drops too low, that can also be dangerous, says Ardeshir Hashmi, M.D., section chief

ASSOCIATED ADMINISTRATORS OF LOS ANGELES

7 NUMBERS FROM PAGE 7

of Cleveland Clinic's Center for Geriatric Medicine. Adults in their late 70s and 80s tend to be at higher risk because they may not be eating and drinking as much. A drop in blood sugar can cause confusion, dizziness and falls.

Goal: Fasting plasma glucose level of 70-99 mg/dL or an A1c level less than 5.7 percent. The A1c test measures the glucose in your blood over the last three months, while the fasting glucose test is a one-time look.

Both your fasting plasma glucose level and your HbA1c can be measured with a blood test. If you've been diagnosed with diabetes, your doctor may ask you to check your sugar levels at home with a glucose meter or a continuous glucose monitor.

Making healthy lifestyle changes is once again your best bet. Research shows a low-carb diet is especially effective at lowering glucose levels, Hashmi says.

Aerobic exercise is also important, he says. Studies show exercise lowers blood sugar levels over time, reduces insulin sensitivity and contributes to weight loss. Hashmi says exercising regularly is more important than how hard you exercise in each session.

If you've been diagnosed with diabetes, your doctor will work with you to create a personalized plan that includes monitoring your blood sugar levels, making dietary changes and possibly taking medication. (For more, see 7 Simple Ways to Lower Your Blood Sugar.)

4. Hearing number

This newly named metric, technically called a four-frequency pure tone average (PTA), measures how loud speech must be for you to hear it. The number can range from zero to 100 decibels (dB) and can help you better understand your hearing, says Frank Lin, M.D., director of the Cochlear Center for Hearing and Public Health at Johns Hopkins University and coauthor of AARP's *Hearing Loss for Dummies*.

The higher the number, the louder sounds need to be for you to hear them.

Lin and his colleagues at Johns Hopkins are encouraging greater use of the number because it offers data on how your hearing changes over time. Traditionally,

audiologists diagnose you within more general categories of mild, moderate or severe hearing loss.

"Hearing, for a lot of people, is still this black box," Lin says. "This is one number that can summarize your audiogram.... You can track your hearing across your lifetime and act on it."

Hearing loss isn't just about being able to hear your loved ones or your favorite show on TV. The latest research shows it's closely linked to other aspects of health, including cognitive decline, social isolation, depression and lower quality of life.

Goal: Under 20 decibels

If you've had a hearing test from an audiologist, you should have a hearing number, or PTA, Lin says. And two iPhone apps — offered by Mimi Technologies and Jacoti Hearing Center — provide a free test that will give you your number, Lin says. (Both companies sell products, but the test and apps are free.) Johns Hopkins researchers are developing a similar app for Android smartphones. AARP members can also take a free at-home hearing test using their phones; the results of the 10-minute test are reported as being in the normal range, slightly below or substantially below normal.

Here are the ranges for different levels of hearing loss defined by the National Institutes of Health:

Mild: 20-40

Moderate: 41-60

Severe: 61-80

Profound: 81+

If your hearing loss is mild or moderate, you may want to consider one of the over-the-counter hearing aids now available, Lin suggests. Research shows they can be as effective as one you would get from an audiologist, and they tend to be significantly more affordable.

For more severe hearing loss, a prescription device may be needed, or even a cochlear implant.

PART 2 WILL BE PUBLISHED IN THE NEXT UPDATE





LAUSD APPROVED HIGH-IMPACT TUTORING PROVIDER



WHO WE ARE

Cignition is a K-12 tutoring program, led by experienced educators who **produce proven, repeatable** results in student success.



Transforming
Virtual
Tutoring

WHAT WE DO

Our research-based approach focuses on data-informed instruction and collaborative learning, encouraging **student-to-student interaction** to build **deep conceptual understanding**.



Giving
Students That
"I get it!"
Moment

WHERE TO FIND US

We're already in classrooms all over Los Angeles Unified School District and we'd love to add you to our ranks!



Helping Educators
Get Students Back
**ON Track and ON
Grade Level**

CONTACT US NOW:



(510) 946-7750 ext. 6



dalcaraz@cignition.com



www.cignition.com

ASSOCIATED ADMINISTRATORS OF LOS ANGELES

NATIONAL HISPANIC AMERICAN HERITAGE MONTH

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum pay tribute to the generations of Hispanic Americans who have positively influenced and enriched our nation and society during Hispanic Heritage Month. These federal entities never disappoint!

[9 Latinx Artists to Know](#)

Learn about the lives and works of artists from the 1930s to today, all represented in the National Gallery of Art's collection.



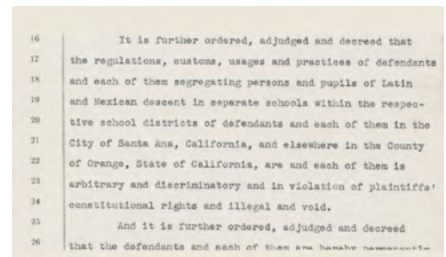
[National Museum of the American Latino](#)

The contributions and experiences of Latinos in the United States are an essential part of our nation's history and culture. The National Museum of the American Latino will showcase the achievements and contributions of Latinos to American history.



[Featured Document Display: Sylvia Mendez and the Struggle for Mexican American Civil Rights](#)

When the Mendez family tried to enroll in the majority-white school near their home, they were instead sent to a segregated school for Hispanic students. The Mendez family filed a lawsuit, arguing that segregating children based on ethnicity was a violation of the 14th Amendment. Documents from their historic lawsuit will be on display at the National Archives Museum through October 15, 2024.



[Mi Parque, Mi Historia](#)

National Hispanic Heritage Month traditionally honors the cultures and contributions of both Hispanic and Latino Americans as we celebrate heritage rooted in all Latin American countries.



[Hispanic American Veterans](#)

Asked to serve their country in time of war, Hispanic Americans displayed courage and valor in the face of adversity. Familiar with discrimination back home, many saw their service as affirming the ideals of democracy. In this presentation, the Veterans History Project recounts their inspirational stories.



[Hispanic Heritage Month Resources](#)

On this webpage of resources curated by the National Museum of the American Latino, you'll find a list of why and how we celebrate Latino communities and their contributions to American society, a list of virtual exhibits featuring Latino history, bilingual resources, stories of Latino achievements, and more.





UPDATES

EDUCATOR DEVELOPMENT AND SUPPORT

Educator Development and Support Certification Training (EDST)

EDST Observer Certification prepares and authorizes principal supervisors, principals, and assistant principals to observe and evaluate teacher practice. If you will be evaluating teachers, non-classroom teachers or academic counselors and have not participated in the 2-day Observer Certification, please register on [MyPLN](#) (Keyword: Observer Certification). If you have further questions, please contact [Heather Lower Lowe](#) or [Jeff White](#).

EDST Summer Calibration

Summer 2024 EDST Calibration Results are available for those who participated. This [Calibration User Guide](#) will assist you as you access, interpret, and ask questions about your results. The next calibration opportunity will be during Summer 2025.

Evaluation Plans and Rostering Staff for Evaluation in 2024-2025

Educator Development and Support evaluation plans are live on MyPGS. View the [Rostering IOC](#) for more information on rostering certificated staff for evaluation. Current due dates for administrator and teacher evaluations are below.

Activity	Administrator Timelines	Teacher Timelines
Submit Initial Growth Plan / Initial Planning Sheet	A 08/9/2024	A Basis: 8/9/24
	E 08/23/2024 B 09/06/2024	All other Basis: 9/20/24
Initial Growth Planning Conference/ Initial Planning Conference	A 08/23/2024	A Basis: 8/23/24
	E 09/06/2024 B 09/20/2024	All other Basis: 10/4/24

Zoom Office Hours

The Educator Development and Support (EDS) staff is available to assist you with all phases of the teacher evaluation cycle during virtual **Office Hours** on Fridays, from 3:00 pm to 4:00 pm, using this Zoom link: <https://lausd.zoom.us/j/81789342230>.

Are you sticking your head in the sand? The time to plan is NOW!!!



Unplanned long-term care costs can push you into serious financial distress. Get long-term care coverage before a health crisis prevents you from qualifying. You may email the completed form below to info@siltc.com. If you have any questions, please call the number below. Group Discounted rates available for AALA Members, Spouses, Family Members, and Retirees.

Offered by Specialists in Long Term Care Insurance Services, Inc. | **1-800-764-6585**

Member's Name: _____ Date of Birth: _____

Spouse's Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Best Time to Call: ___ AM/PM Email: _____

Please return questionnaire to:
Specialists in Long Term Care Insurance Services, Inc. (SILTC)
an AMBA Company (in CA dba: Association Member Benefits & Insurance Agency)
P.O. Box 6630
Auburn, CA 95604-9904

**Associated Administrators Los Angeles
(AALA) Approved Group Long Term Care
Insurance Plan**

🎵 **SEND ME AN ANGEL, SEND ME AN ANGEL, RIGHT NOW!** 🎵

Have you earned your AALA Angel wings yet? For as little as \$5 or \$10 per pay period you can earn some! This is the simplest way to become an AALA Angel. Think about it, for about the cost of a latte or spirit you can fund college dreams. And who knows, the scholar you support may someday saves lives.

AALA established FRIENDS OF AALA, a 501(c)(3) nonprofit corporation in January 2011 to fund our student scholarship program for deserving LAUSD students. This Spring AALA awarded 43 \$2,500 and 15 \$1,500 scholarships to graduating seniors representing high schools and community adult schools. The Board of Friends of AALA meets its annual fundraising goal by seeking donations from AALA's active and alumni members, private foundations, service clubs, organizations, and businesses. The generosity of these donors is much appreciated.

Scan this QR code **and earn your wings!** All donations to FRIENDS OF AALA are tax deductible!



YOUR GENEROSITY FUNDS DREAMS



***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/1566> (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.*

CERTIFICATED positions are open to certificated and classified employees who meet the position requirements.

Click [HERE](#) for school based positions

Click [HERE](#) for non-school based positions

CLASSIFIED positions are open to certificated and classified employees who meet the position requirements.

Click [HERE](#) for current job opportunities.

INTEREST GROUP CONTACT INFORMATION

You seek AAPA information?

<https://bit.ly/LAUSD-AAPA>

Looking for ACSA Region 16 news?

Visit ACSA's Region 16 website for up-to-date information at <https://www.acsaregion16.com>

Looking to connect with AJE-LAUSD?

<https://www.ajelausd.org>

You seek COBA information?

<https://www.cobalausd.net>

Can't find CMAA?

<https://www.instagram.com/cmaa.lausd/>

<https://www.instagram.com/cobalausd/>

INTEREST GROUPS - NEWS YOU CAN USE



AAPA 2024 FALL MIXER

OCT. 2, 2024 (WED.)

TIME: 5:30 PM

LOCATION : MOODAEPO II

3014 7TH STREET, LOS ANGELES, 90005

CHECK OUT THE MENU: MOODAEPOLA.COM



CAN'T WAIT TO SEE YOU!

First (50) AAPA members who register and check-in will receive a discount on dinner for \$20.00. Otherwise dinner is \$45.00 for All-You-Can-Eat (AYCE) Korean BBQ. Non-members are welcome and if you would like to sign up for AAPA membership, you are eligible for the discounted \$20.00 price.

RSVP
NOW!



<https://bit.ly/3Zom3FP>