

VALLEY STREAM TEACHERS' ASSOCIATION

Local 1633-In Solidarity

VSTA FOOD DRIVE

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Throughout the end of March and April, each of the 14 buildings were asked to set up collection drop off points for the Holy Name of Mary Food Pantry, right here in Valley Stream. Literal truckloads of non-perishable items were collected from members and voluntarily delivered to the Pantry on April 26th. The outpouring of generosity from VSTA members was evident and greatly appreciated by those who manage this much needed outreach for Valley Stream community members. It seemed the timing was perfect as the pantry was running low on items. The VSTA is always thrilled to be a part of giving back to the Valley Stream Community. Thank you to all members who contributed to the Spring Food Drive. It was a true example of your dedication in serving the community where you work.

VSTA VOICES



Danielle Dodge (Howell Road School) welcomed her second son, Henry Logan on April 12, 2022.

Jackie Schimmenti's son Ross Schimmenti is graduating from the University of Delaware with a BA in Marketing and Sports Management.



Gina Winant (South) became engaged on March 11th. Gina and her fiancé, Phil are looking forward to an April, 2023 wedding.

Lindsey Roughly gave birth to her first daughter, Madison Paige Roughly on April 12th



Have a shout out you want added to the newsletter? Email vstanews@gmail.com to be included in future issues.



NYSUT Training Comes to VSTA

On Thursday, April 26th, Jessie Leiken, NYSUT Labor Relations Specialist, provided training to Executive Council representatives, VSTA Officers, and Unit Leaders. Topics covered were regarding FMLA and information concerning Social Media.

FMLA (the Family Medical Leave Act) is a Federal Law that "provides eligible employees of covered employers with guaranteed leave time for qualifying events upon proper notice and medical certification." Under this federal law, employers are required to continue certain benefits and guarantee the employees right to return to their job. These are not contractual rights, but rather, legal rights, and they must be applied consistently.

Eligible employees must be employed by their employer, or district in this case, for 12 months in order to be eligible. This does not necessarily apply to other school staff, as they may be subject to an hourly requirement to be considered eligible. FMLA provides for up to 12 weeks unpaid within a 12 month period, usually runs concurrently with paid leave, and can also be taken "intermittently".

As with any federal law, the employer has some wiggle room in their interpretation of the law, for lack of a better term. Due to these varying interpretations, each of the four Valley Stream Districts has slight differences in their application of this law. It is because of this, VSTA urges you to reach out to your building Unit Leader or VSTA officer and contact your business office to gain insight into your own personal situation and they would be happy to advise. you.

Social Media is a slippery slope for educators. It is strongly advised that members use good judgment when posting on social media.

Both slide presentations are available on the VSTA website in the Members section. They contain great information for members.

School Budget Vote

On May 17, residents throughout Long Island will be voting for their Board of Education trustees and on their 2022-2023 school budgets in each of their respective school districts. As union members, it is extremely important to vote for school board candidates who will promote public education. This year, more than ever, there are organizations that are trying to spread an anti union and anti-public education rhetoric. VSTA PAC representatives met with willing candidates looking to gain VSTA's endorsement. The VSTA is proud to announce the support of the following candidates: District 13 - Milagros Vicente and Vincent Capos District 24 - John Maier, Markus Wilson, and Kim Wheeler. There is no contested election in District 30. VSTA encourages all union members to vote for the NYSUT endorsed candidates in their respective communities. Don't forget to vote on Tuesday, May 17th!

Yoga Poses for Teachers

Did you know that yoga has been proven to decrease the stress hormone cortisol? Yoga can also help with chronic pain and promote better sleep. As teachers nearing the end of the school year, we are all under an immense amount of stress. Here are some quick yoga poses that you can do throughout the day.

Mountain Pose: Stand tall with your feet together firmly planted on the floor. Imagine rooting your feet down and extending through the earth. Let your arms hang relaxed at your sides with your palms faced out. This is a great pose to help you reset and find your center.

Legs up on the wall: While this may be more difficult to do in school, when you get home, lay with your legs leaned up against a wall. Not only will this slow your heart rate, sooth your tired legs, and relieve stress, but it is also great for headaches.

Supine Twist: Lie down with your knees drawn to your chest. Slowly drop your knees to one side of your body, keeping your upper back on the floor as much as possible. After resting here a minute, bring your knees back to your chest and drop them to the other side. This is great for a sore back, tight hips, and an exhausted mind.

When you're planning for the future, what's at the top of your list?

- A comfortable nest egg for retirement
- Providing for your family
- Purchasing a new home
- Home improvements
- Purchasing a new vehicle
- Travel and entertainment



NYSUT Member Benefits offers dozens of endorsed programs to help turn those dreams into reality.

When it comes to saving you money, protecting your family and helping you plan for the future, NYSUT Member Benefits has a variety of programs and services to help with your goals. Whether you are just starting out on your journey, well into your career or enjoying a well-deserved retirement, there is a Member Benefits-endorsed plan that may be of assistance featuring value-added extras unavailable to the public.

Get started by first bookmarking the Member Benefits website at memberbenefits.nysut.org. There, you will find numerous tools and resources available to you as a NYSUT member – including a **Financial Learning Center** with articles designed to help educate you on financial decisions and topics. Member Benefits also endorses important **legal and financial services** along with an **online savings program** featuring some of today's most competitive interest rates.

Next up would be looking in the "Shopping, Travel & Personal" section of our site for **MB Discounts & Deals**. This program utilizes the nation's largest private discount network to provide NYSUT members with exclusive access to savings of up to 50% on restaurant dine-in or take out, groceries and food delivery, clothing and shoes, hotels and flights, vehicle maintenance, and much more.



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