

The Voice

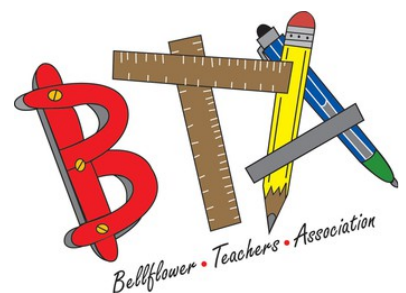
Bellflower Teachers Association



From the President

Hello Members,

Happy Holidays! I hope that as you are wrapping this week up and heading into break that you pause, take a deep breath, you made it! The winter break marks a mile stone in our school year, for secondary it's the end of first semester and for elementary it's the



middle of the second trimester. But I think we all think winter break as the 1/2 way mark, because after we return in January the school year goes by fast! I hope you enjoy the holidays and the time with the important people in your life.

Board Meeting Highlights: The board meeting on Dec. 14 covered a BTA presentation (see below), recognition of Mayra Garza, outgoing president, and election of Brad Crihfield as the new president, approval of the school board meeting dates for 2024, review of the organization chart, review of the new enrollment, permits, and reorganization process, approval of the first interim financial statements, and approval of the SPSAs, just to name a few of the major items.

BTA will be sending surveys out in the new year as we prepare to sunshine the contract in March and start the bargaining process. We will also be sending out a safety survey as the next Alliance meeting will be discussing this topic.

BTA wants your pictures! Please send pictures of your teachers on campus. I use them in the newsletter and now the board presentation. School Spirit wear, Dress Up days, Special events. Teachers only please. Email them or text them voiceofBTA@gmail.com or (562)525-4557.

Stronger Together,
Kari M.
BTA President

BTA presentation - December 2023.pdf

[Download](#)
2.2 MB

Board of Education Meetings - 2024.pdf

[Download](#)
36.1 KB

Catastrophic Leave

Thank you to those of you who donated days for two of our members. We donated enough days to help them get through their individual health issues. BTA is fortunate to have members like you who look out for one another.

From the CTA Magazine

Sleep Is a Superpower

There's a close relationship between sleep and mental health, and just as our respective mental health journeys vary widely, so do our sleep journeys. Sleep and rest are also critical to our physical health: Research shows you're more productive, focused, resilient and creative when you're well rested.

Choosing to prioritize rest in a world that celebrates busyness is not easy. It requires mindfulness, self-awareness and a commitment to make space for rest and sleep. The Calm app, a rest and relaxation app free to CTA members, can help. Its meditation and sleep content can advance your sleep journey and improve your overall health.

The Cleveland Clinic offers tips for better sleep hygiene that include components where the Calm app can easily be used, including:

1. Keep consistent sleep and wake times. Doing this will train your circadian rhythm – your body's natural internal clock – to go to sleep and wake up at appropriate times, and you'll be better primed to fall asleep faster and wake up more refreshed.
2. Start winding down an hour before bedtime. Your best bedtime will depend on how much sleep you need (seven to nine hours is typical). If you need eight hours of sleep, count backward from the time you need to wake up and plan to shut your eyes at the right time. Add an hour beforehand for a calming routine such as reading or taking a warm bath or shower – or using the Calm app. Keep the lights dim and avoid screens.
3. Make your room comfy. Keep your phone, tablet, computer and other screens out of the bedroom. Get a supportive mattress and comfy pillows. Lighting should be minimal, and room temperature on the cool side.
4. Cut out bedtime drinking and snacking. Both can take a toll on your ability to sleep well. Keep an eye on your caffeine and alcohol intake late in the day.
5. Calm your mind. Try the Calm app for meditation, gentle stretches, relaxing music and more.
6. Avoid exercise before bed. Exercising within an hour or two before bedtime can trigger insomnia or difficulty falling asleep.
7. See an expert if you need more help.

Rest is the key to resilience. It's important to remember that a nap won't set you back. An early night won't mean unraveling all your hard work. An afternoon dedicated to restful activities doesn't mean you're unproductive. Take the rest you need – and get Calm!

CTA Teacher Resources / Conferences

Classroom Resources

Inspiring our students and leading our profession. If you're looking for classroom resources for educators by educators, you came to the right place!

<https://www.cta.org/for-educators/classroom-resources>

CTA Conferences 2024

Here are the upcoming CTA conferences. If you are interested in attending, click the link to register. BTA will reimburse you for your registration and parking. If the conference is out of town, please contact me for more information.

Issues Conference

January 12-14 2024

Planet Hollywood LAs Vegas

<https://web.cvent.com/event/4fc70f53-7096-44d8-a375-d8c983f31e25/regPage:d4e29386-6c99-4a23-a66b-30a95d915e7d?RefId=CTA.org>

New Educator Weekend

February 23-25, 2024

Hilton Orange County/Costa Mesa

<https://web.cvent.com/event/19289e2a-0e58-44a0-b302-749ea65291fa/regPage:d4e29386-6c99-4a23-a66b-30a95d915e7d?RefId=CTA.org>

Good Teaching Conference

March 22-24, 2024

Hyatt Regency OC

<https://web.cvent.com/event/25e3e96f-e0be-474d-8b26-7969e5ff66f6/regPage:d4e29386-6c99-4a23-a66b-30a95d915e7d>

CTA Scholarships

23-24-Membership-Materials-071323-Info-Flyer-Scholarships_Final.pdf

[Download](#)

934.5 KB

Member Benefits

Member Benefits Poster 23-24 060723.pdf

[Download](#)

3.7 MB

Thinking About Retirement?

CTA Retirement Workshops

- It's always nice to find out how the system is working and to plan for our futures. Click on the link below to make an appointment and attend a retirement workshop.



Meet virtually with Cisco Webex. Anytime, anywhere, on any device.

Simple, modern video meetings for everyone on the world's most popular and trusted collaboration platform.

cta.webex.com

Below is the PDF explaining retirement benefits. Please note: for the insurance cash out option you must be enrolled in the district medical plan for at least your last year of teaching. If you are on the opt out plan you will continue to get what you are eligible for, but there is no cash out option.

23 BGB Retirement Guide Certificated Revised 05.09.23 (busd) (1) (1).pdf

[Download](#)

644.5 KB

Things to Note

2023-2024 BTA Dues Schedule

2023-24 dues schedule.pdf

[Download](#)

51.4 KB

Pay Scales

You can find the new pay scales on the Business Plus site and also on our website bellflowerteachers.com.

Know Your Executive Board

BTA Executive Board 2023-2024.pdf

Download

509.9 KB

Know Your Teacher Rights

CTA members have the legal right to a safe and healthy workplace. A mini-guide to teacher's rights was placed in your teacher mailbox for your reference and review, but if you missed it or didn't get one, the link is below for you to visit and bookmark.

<https://www.cta.org/for-educators/your-rights>

Know Your Ed Code

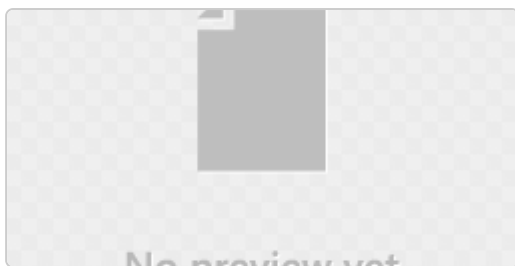
When can you suspend a student? What are your rights as a teacher? Check out this PDF!

<https://casetext.com/statute/california-codes/california-education-code/title-2-elementary-and-secondary-education/division-4-instruction-and-services/part-27-pupils/chapter-6-pupil-rights-and-responsibilities/article-1-suspension-or-expulsion/section-48910-suspension-of-pupil-from-class-by-teacher>

Know Your Contract

www.bellflowerteachers.com has the most updated contract PDFs for your reference.

<https://bellflowerteachers.com/wp-content/uploads/2022/08/2020-2022-BTA-Contract-FINAL-for-printing.pdf>



Searchable BTA Contract

Searchable BTA Contract

docs.google.com

Have you joined PTA?

Did you know that you can still join PTA and support your school? PTA does a lot of great things for our kids, and teachers too, so if you haven't joined, please do!

www.bellflowercouncilpta.org/p/join-our-ptas.html



Get the Calm App for Free with CTA!

Free subscription to CTA members. To access your free subscription, you will need to log into the CTA Member Benefits site, <https://www.ctamemberbenefits.org/en/Life-Events/Calm>. This link will take you to our Calm site and you will follow the instructions on the page to create your Calm account. You will need your CTA member ID, if you do not know your member ID, you can call Member Benefits at (650) 552-5200. They can also help create your Calm account. Please let me know if you have any questions. Thank you!

Email your Board Members

Whew! The election is over, and now the work begins. Please reach out to the board members and let them know your concerns, invite them to your classrooms, share the exciting things going on at your site.

Brad Carihfield (President) bradcarihfield@busd.k12.ca.us

Amie Stewart (Vice President) amiestewart@busd.k12.ca.us

Mayra Garza (Clerk) mayragarza@busd.k12.ca.us

Renita Armstrong (Member) renitaarmstrong@busd.k12.ca.us

Sue ElHessen (Member) Selhessen@busd.k12.ca.us

Event Information

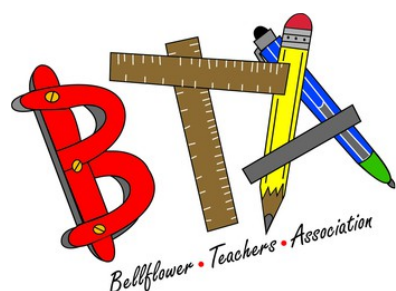
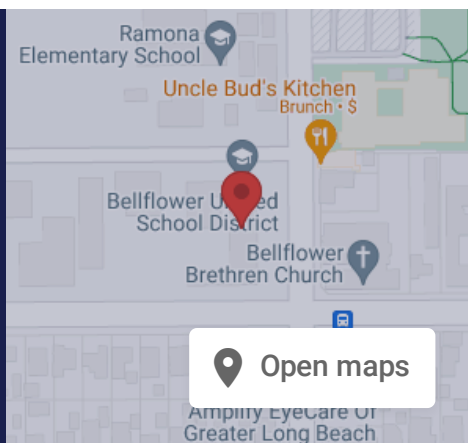
School Board Meeting

When?

Thursday, Jan 18, 2024, 06:00 PM

Where?

Bellflower Unified School District, Clark Avenue, Bellflower, CA, USA



Bellflower Teachers Association

Email: voiceofBTA@gmail.com

Website: www.bellflowerteachers.com

Location: [17434 Studebaker Road, Cerritos, CA, USA](https://www.google.com/maps/place/17434+Studebaker+Road,+Cerritos,+CA,+USA)

Phone: (562) 525-4557

Facebook: [Facebook.com/bellflowerteachers](https://www.facebook.com/bellflowerteachers)



Kari McDaniel

Kari is using Smore to create beautiful newsletters