

UPDATE

www.aala.us

Week of February 22, 2021

ALMOST 40 & FABULOUS!

This July, the Associated Administrators of Los Angeles will have served its members 480 months, 14,600 days, 350,400 hours, and 21,024,000 minutes. Our birthday is coming up AALA! And to celebrate and kick-off this momentous occasion, Friends of AALA will be awarding 40, \$2,000 scholarships to the amazing Class of 2021! This historic granting of scholarships is made possible because of the generosity of our AALA Alumni, our Angel's Program for active members (http://www.aala.us/docs/2021/01/AALA-Angels-fillable-form.rev2_.pdf), and our stalwart sponsors.



Please encourage eligible seniors to apply for the scholarships by sharing the link. <https://forms.gle/mT6hGeJ8N7edk9Lj8>. The submission deadline is March 26, 2021.

For questions or additional information, contact Juan Flecha at juan.flecha@lausd.net.

Special accolades go to the Friends of AALA Board. The board is an outstanding constellation of LAUSD luminaries having dedicated countless hours, energy, blood, sweat, and tears to award the scholarships year-after-year. It is an incredible legacy to award 40 scholarships to the Class of 2021, in the middle of a pandemic, when fundraising has been the most challenging ever. Yet they have persevered and have continued their resolve to do what is best for our seniors.

Give them a shout-out on social media, send them a note, pick-up the phone, send a text, and let them know they are nothing short of EXTRAORDINARY!

President	Dr. Eve Sherman
Vice President	Dr. Angie Stockwell
Secretary	Jane Pollock
Treasurer	Neal Kleiner
Board Members	Antonio José Camacho
	Juan A. Flecha
	Renée Fuentes-Campa
	Dr. Rosa Maria Hernandez
	Dr. Judith Perez
	Carol Truscott

Here's to another 40 AALA!

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YOU GOT MAIL!

Yes, check your inbox for important mail on Friday, February 19. You should receive an email from SurveyMonkey with your AALA ballot to elect a new president and one-third of the Executive Board.

Why is this important? Here are just a few reasons:

- Health care MOU will be negotiated for calendar years 2022 and 2023.
- School reopening will be a major issue in the fall, requiring vigilance to ensure AALA members are fully protected.
- Three-year successor contracts will be negotiated for certificated and classified by the new president and board.

What should you do if you don't get the email with your ballot?

1. Check your junk, bulk, and/or Spam mailbox(es) to see if your mail ended up there.
2. Do a search of your email using the descriptor "ballot."
3. Oops, are you an AALA member in good standing? Did you become an administrator in the last several years and forget to sign up as a dues-paying member? You can check your pay warrant to note if AALA dues are deducted. If not, we will send you a ballot after you sign up by clicking this link: https://docs.google.com/forms/d/e/1FAIpQLSdZ_DMvGjsgCoxsxnQMEe-j-mJ75_PFrGieMFFhkMB78XsN4Q/viewform

If you did all of the above and still can't find your ballot, email juan.flecha@lausd.net.

HEALTHCARE FAQs – ENJOY A HEALTHY SIP!

Legend holds that Shennong, the second emperor of China, accidentally discovered tea in 2737 BC while sitting under a camellia tree. While heating a pot of water over a fire, twigs from the tree and dried camellia leaves fell into the boiling water, infusing it with an aromatic fragrance. Intrigued, Shennong tasted the refreshing brew, and sighed, "chá." Since the third century AD, tea has been touted as having medicinal qualities.

Tea was introduced in Portugal by Jesuit missionaries in the mid-16th century and spread rapidly to Holland, France, and the Baltic states. Tea arrived in America around 1650 to the Dutch settlement of New Amsterdam (later renamed New York). Because tea was so widely consumed by the settlers, in 1773, the English levied high taxes that gave rise to the Boston Tea Party revolt, signaling the beginning of the fight for independence.

HEALTHCARE FAQs (Cont.)

What has science learned about the medicinal effects of consuming tea?

Here are some findings from research conducted over the last 30 years?

- There is a growing body of evidence that drinking black tea may regularly help reduce the onset of heart disorders and cancer, lower LDL cholesterol, high blood pressure, body weight, and decrease blood glucose. Improvements were shown with the daily consumption of three to four cups of black tea.
- Green tea, not black tea, has been shown to lower the rate of prostate cancer.
- Tea has also been associated with lowering the risk of depression. A study with a sample of 23,000 participants showed that drinking three cups of tea a day reduced the risk of depression by 37%.



There are so many teas on the market today. Do all teas produce healthful effects?

Most tea research focuses on green and black teas made from the processed leaf of *Camellia sinensis*. Teas differ in how they are produced and processed: black tea is fermented, green tea is nonfermented, and oolong tea is semifermented. These processes of drying and fermenting determine the chemical composition of tea. Teas are also rich in polyphenols—plant chemicals that give teas their distinct flavor and aroma, and may have health-promoting properties.

There is limited research on the health benefits of herbal teas and teas from fruits, seeds, or roots. Herbal teas do have lower concentrations of antioxidants than teas from *Camellia sinensis*. Most claims that herbal teas help shed pounds, stave off colds, and produce restful sleep are largely unsupported. According to webmd.com, limited research findings include:

- Chamomile tea: Its antioxidants may help prevent complications from diabetes, like loss of vision and nerve and kidney damage, and stunt the growth of cancer cells.
- Echinacea: Often touted as a way to fight the common cold, the research on Echinacea has been inconclusive.
- Hibiscus: A small study found that drinking three cups of hibiscus tea daily lowered blood pressure in people with modestly elevated levels.
- Rooibos (red tea): This tea is produced from fermenting a South African herb. Although it has flavonoids with cancer-fighting properties, medical studies have been limited.

Where can I find additional information about teas?

- For a NIH (National Institutes of Health) summary of the benefits of green tea, click [HERE](#).
- Click [HERE](#) for a fact sheet on tea and cancer prevention from the NIH National Cancer Institute.
- For some interesting information about tea, click on: [A History of Tea—From Myth to Modern Day](#).

ACSA REGION 16

Brown Bag Luncheon, Thursday, February 25, at 12:00
Pia Escudero, Executive Director, Student Health and Human Services

Join Zoom Meeting
<https://lausd.zoom.us/j/94886461846>
Meeting ID: 948 8646 1846

Trivia Night, Friday, March 5, at 5:00 p.m. – 6:30 p.m.
Preregister at: <https://forms.gle/ZE8NY25egeQarAaf7>

Women in Leadership Summit, Saturday, March 6, from 8 a.m. – 1:00 p.m. (Free)
Keynotes **Joelle Hood** (Thriving Youniversity) and **Delores Lindsey** (*Leading While Female*)
Breakouts:

- **Ileana Davalos**, Deputy Chief Human Resources Officer
- **Dr. Lisa Gonzales**, Chief Business Officer, Mt. Diablo Unified School District
- **Elena Jimenez & Martha Marquez**, School Mental Health Field Coordinators
- **Dr. Stepan Mekhitarian**, Glendale Unified School District,
- **April Ramos-Olona**, Administrative Coordinator, HR Induction & Credentialing
- **Michelle Windmueller**, The Inner Matrix

Registration <http://bit.ly/3aywQT2>

Aspiring Administrators, Tuesday, March 9, at 7:00 p.m.
Semester Focus: Your Future is Now
Ileana Davalos, Deputy Chief Human Resources Officer, LAUSD

Join Zoom Meeting
<https://lausd.zoom.us/j/98236445657?pwd=MkFZU1pqBTZlcVJveS9JTDRTeEE4Zz09>
Meeting ID: 982 3644 5657
Passcode: ACSA

SAVE THE DATE – April 13 – *Leading While Female* – Book Study Begins

IN MEMORIAM

BARBARA ESPINOSA—Former principal of Florence Avenue School and former assistant principal of Fishburn Avenue School. Ms. Espinosa retired on February 4, 1992, and passed away on February 12, 2021.



SPORTS FOR LEARNING

Blended Social Emotional-Learning Through Physical Activity

Local college students and recent graduates act as near-peer coaches and mentors!

Services

We can help analyze your data to see which service will best support your school

Distance Learning

- ✓ Online Sessions with live coaches
- ✓ Interactive Virtual Learning Videos

In-Person

- ✓ Recess, Lunchtime, or Full-Day Support
- ✓ Whole Grade Level Release for Planning (PLC Time)
- ✓ Co-Teaching

Data

- Up to a **79%** decrease in disciplinary referrals
- **91%** of teachers say their students are more engaged in learning after our program
- **96%** of students look forward to coming to school on the day of our program

Information

- Approved Vendor - #1000012170
- Member of CASEL's (Collaborative for Academic, Social, and Emotional Learning) Providers Council

TO SCHEDULE A MEETING TO SEE HOW WE CAN SUPPORT YOUR SCHOOL, PLEASE CONTACT
Shane Schuurmans, 608-698-8688, shane@sportsforlearning.com

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.

CERTIFICATED

Open to certificated and classified employees who meet the position requirements

ASSISTANT PRINCIPAL, ELEMENTARY

186th Street Elementar School, Local District South, MST 38G, B Basis. For more information, contact **Maria O. Ballesteros** at maria.ballesteros@lausd.net. Application deadline 3:00 p.m., Wednesday, March 3, 2021.

POSITIONS (Cont.)

PRINCIPAL, ELEMENTARY

Pinewood Avenue Elementary School, Local District Northeast, MST 40G, E Basis. For more information, contact **Carmina Nacorda**, Community of Schools Administrator, at cnn1617@lausd.net or 818.252.5400. Application deadline is 5:00 p.m., Wednesday, March 3, 2021.

SPECIALIST, INSTRUCTIONAL TECHNOLOGY

Multilingual and Multicultural Education Department, Division of Instruction, MST 38G, E Basis. For more information, contact **Franz Foldvary** at franz.foldvary@lausd.net. Application deadline is 5:00 p.m., Wednesday, March 3, 2021.

CLASSIFIED

IT OPERATIONS MANAGER

Information Technology Division, \$89,976 – \$111,996, 12-month position. For more information, click [HERE](#). Application period is open until the position is filled

MOBILE DEVICE MANAGEMENT ADMINISTRATOR

Information Technology Division, \$107,307 – \$132,834, 12-month position. For more information, click [HERE](#). Application period is open until the position is filled

DEPUTY DIRECTOR OF IT, CUSTOMER SUPPORT

Information Technology Division, \$112,188 – \$138,888, 12-month position. For more information, click [HERE](#). Application period is open until the position is filled

PREVIOUSLY ANNOUNCED POSITIONS

CERTIFICATED POSITIONS	LOCATION	CONTACT	DEADLINE
<i>ASSISTANT PRINCIPAL, ELEMENTARY</i> MST 38G, B Basis	Camellia Avenue ES Local District Northeast	Dr. Rafael Gaeta 818.252.5400	Wednesday February 24, 2021
<i>ADMINISTRATOR OF OPERATIONS, DISTRICT OPERATIONS</i> MST 49G, A Basis	Office of School Climate, Culture, and Safety	Raina Guadamuz raina.guadamuz@lausd.net	Monday February 22, 2021
CLASSIFIED POSITIONS	LOCATION	CONTACT	DEADLINE
<i>FISCAL OVERSIGHT ADMINISTRATOR (ACCOUNTING)</i> \$107,736 - \$134,232	Charter School Division	Click HERE	Friday February 19, 2021

Associated Administrators of Los Angeles

CLASSIFIED POSITIONS	LOCATION	CONTACT	DEADLINE
<i>LABOR COMPLIANCE OFFICER</i> \$70,900 – \$88,300, 12-month position	Administrative Analysis & Administration	Click HERE	Thursday February 25, 2021
<i>DATA BASE ADMINISTRATOR</i> \$107,307 - \$132,800, 12-month position	Information Technology Division	Click HERE	When Filled