

December 16, 2021

UPDATE



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Principal Blanca Cruz from Edward Roybal Learning Center (HS) hosted an introductory press conference with Boardmembers for **incoming Superintendent Alberto Carvalho**. Click [HERE](#) to watch video of the welcome.



SUPERINTENDENT>> PAGE 2

REMINDER:

The AALA office will be closed from December 24th through December 31st. No Update will be published during Winter Break. The next Update will be published on January 13, 2021. Have a safe and restful holiday!

Associated Administrators of Los Angeles

SUPERINTENDENT FROM PAGE 1

Students and parents were able to briefly interact and share LAUSD experiences as we return to in-person instruction and what they need and expect from him.



Here is a brief biography of the Superintendent:

Alberto M. Carvalho has served as Superintendent of Miami-Dade County Public Schools (M-DCPS), the nation's fourth largest school system, since September 2008. He is a nationally recognized expert on education transformation, finance, and leadership development. During his tenure, M-DCPS has become one of the nation's highest-performing urban school systems receiving systemwide accreditation from AdvancEd in 2014. The District has also been named as the 2014 College Board Advanced Placement Equity and Excellence District of the Year, as well as the 2012 winner of the Broad Prize for Urban Education. As a staunch believer in school choice, he has expanded choice options in Miami-Dade to over 1000 offerings that include bilingual programs, fine and performing arts, biotechnology, engineering, robotics, aviation, forensic sciences, and many others.

An instructional leader at heart, Mr. Carvalho is also the proud founder and principal of the award-winning iPreparatory Academy that has become a model of robust 21st century learning in the age of innovation and technology. He is recognized by his peers as a national



voice for equity in education. His honors include Florida's 2014 Superintendent of the Year; the 2014 National Superintendent of the Year; the 2016 winner of the Harold W. McGraw Prize in Education; the 2018 National Urban Superintendent of the Year; the 2019 National Association for Bilingual Education (NABE) Superintendent of the Year Award; and recognition by Scholastic Administrator as one of "The Fantastic Five" educators making a difference in America. He serves on the National Assessment Governing Board, to which he was appointed by the U.S. Secretary of Education. Mr. Carvalho is a member of the National Board of Directors for Common Threads as well as the Posse Foundation. He also serves as a committee member for the National Academies of Science, Engineering, and Medicine, and as an Advisory Committee Member to the Harvard Program on Education Policy and Governance.

Mr. Carvalho has been awarded many honorary degrees including a Doctor of Public Service by Florida International University; Doctor of Humane Letters by both Barry University and Florida Memorial University; and a Doctor of Pedagogy, Honoris Causa from Nova Southeastern University. He has been honored by the President of Portugal with the "Ordem de Mérito Civil" and by Mexico with the "Othli Award".

AALA looks forward to working with Mr. Carvalho!

As one of the most culturally diverse areas in the world, winter in the United States signals many celebrations, including, Thanksgiving Day, Las Posadas, Hannukah, Christmas, Kwanzaa, winter solstice, New Year's Day, and Lunar New Year. Holiday feasting is always special and dear to our hearts and stomachs! In reality, most people only gain about one pound during the holidays; the problem is losing the pound and not gaining more weight after the holidays.



Healthcare FAQs - Healthy Holiday Feasting

What are some ideas that may help to avoid overeating?

- Drink water or have a healthy snack before you eat. Studies have shown that drinking water one half hour before eating helps you reduce your caloric intake.
- Scope out the spread: Before you start loading your plate, scope out the buffet and select/eat only the foods you love.
- Use a smaller plate: A smaller plate helps you control your portions. Start with with lots of water-rich vegetables and fruits—you will get calories packed with lots of vitamins, minerals and fiber to fill you up.
- Avoid “diet-busting” foods: These culprits include fatty meats, fried foods, full-fat dairy foods (mac and cheese, pizza, cream sauces, etc.), white bread or rolls, white rice and pasta made with white flour.
- Reach for the lower fat proteins: These include shrimp, skinless poultry, fish, pork tenderloin and lean lamb.
- Stay away from “empty calories:” Chips, creamy dips, cookies, soda, coffee drinks, juices and plain and mixed alcoholic drinks contain a lot of calories and have little to no nutritional value.
- Wear snug clothes: Tight-fitting clothes will prevent you from overeating.

I've heard the expression, “naughty holiday foods.” Who coined the phrase, and what foods are “naughty?”

- According to WebMD, turkey and chicken skin – Yummy, but loaded with saturated fats. Go for breast meat with no skin.

- Stuffing – Usually loaded with butter and fatty meats, like sausage. Go to broth-based stuffing or wild rice stuffing instead.
- Mashed potatoes – Buttery, creamy (added cream or milk) and salty. With gravy, the calories really add up! Try mashed potatoes with low-fat milk or chicken broth, lightly add salt and skip butter entirely.
- Sweet potato casserole – Topped with butter and marshmallows or buttery candied nuts, calories soar. Instead, cut out butter and half the sugar and top lightly with mini marshmallows.
- Pecan pie – Healthy, but made with lots of corn syrup, butter and sugar. Go for a thin slice/sliver of pumpkin pie instead and don't eat the crust.
- Caramel popcorn – Those holiday tins of caramel popcorn are loaded with corn syrup and butter. Feast on plain popcorn instead.
- Holiday cookies – If you can't resist them, eat just one and enjoy!
- Milk chocolate candy – Avoid these high fat, low-nutrient sweets. Go for a small amount of solid dark chocolate with at least 70% cocoa.
- Soda pops, eggnog, mixed drinks

Additional Resources:

- [The Naughty List of Holiday Foods](#), WebMD
- [Holiday Healthy Eating Guide](#), American Heart Association
- [Healthy Eating for the Holidays](#), UCLA.edu

AAALA Hosts Labor Partners' Presidents at Health Benefits Committee Strategic Meeting

AAALA welcomed labor partners from each of the District's eight respective unions to strategize on upcoming negotiations related to healthcare. The unions have notified the District of the intent to bargain.

This is especially important since the Memorandum of Understanding for health care expires on December 31, 2021. In the meantime, current benefits remain in place effective January 1, 2022.

The Eight Unions Bargaining Team (including AALA) remain committed to bargaining the best medical, dental, and vision plans especially during this ongoing pandemic.

Ensuring District sponsored healthcare for active members and retirees continues being the team's top priority.

Stay tuned for important updates as healthcare negotiations are about to begin.



AAALA SCHOLARSHIP AND COMMUNITY AWARD APPLICATIONS



During the week of January 10, 2022, the application for AALA scholarships will be emailed to school administrators and college counselors at options, adult, and high schools. It will also be posted on the AALA website. Administrators are urged to provide copies of the application to all interested graduating students. There is no limit to the number of applicants from a school. All applications with supporting documents are due in the AALA office or postmarked by Friday, February 25, 2022. Scholarship recipients will be selected and notified in March. Awards will be presented at the banquet on Thursday, May 19, 2022, at the Millennium Biltmore Hotel.

The Community Volunteer Award nomination form will be available online the week of January 10, 2022. Administrators are encouraged to nominate outstanding volunteers from their sites. The nomination deadline is Friday, February 25, 2022. Do not miss out on this opportunity to recognize your outstanding community supporters. Those selected as honorees will be introduced and presented commemorative plaques at the banquet. REMINDER: A nominee cannot be an employee of LAUSD.

Should you have any questions regarding the scholarship and/or community awards program, please contact Gema Pivaral at 213.484.2226 or gpivaral@aala.us.

Don't Become a Statistic! If It Sounds Too Good To Be True, It Is Probably a Scam

Last year alone, consumers lost over \$265 million in online purchase scams while credit card fraud added another 129 million in losses. The FBI reminds everyone to practice “good cybersecurity hygiene” to avoid becoming part of these statistics. Earlier this week ITD sent out an email to all employees with tips to avoid cyber scams. We have included those tips below, along with tips from the [FBI](#) as a reminder to keep yourself safe from cybercriminals.

- Cybercriminals often use scare tactics, such as “Your account will be deleted!” or “This amount has been charged to your credit card!” to create a sense of urgency and get you to act quickly without thinking. NEVER give up personal information by email.
 - The District will never ask you to confirm your employee information, such as your username or password, SSN, date of birth, driver’s license number, or credit/debit card number through email. These acts should not be trusted.
 - Do not click links or download any attachments in emails that are suspicious. Hover over email links first to verify that they are the same address and from a trusted source before clicking.
 - Pay attention to the “CAUTION: EXTERNAL EMAIL” in the body of the email and do not respond if the email looks suspicious.
 - If you believe you are a victim of identity theft, visit <https://oag.ca.gov/idtheft/first-aid>. If you receive a suspicious email, report it directly to the Microsoft Threat Prevention Team by following the guidelines at <https://achieve.lausd.net/phishing>. You can also simply contact the person who appears to have sent the communication to see if he or she in fact did so.
- If you’re purchasing from a company for the first time, do your research and check reviews.
 - Verify the legitimacy of a buyer or seller before moving forward with a purchase. If you’re using an online marketplace or auction website, check their feedback rating. Be wary of buyers and sellers with mostly unfavorable feedback ratings or no ratings at all.
 - Avoid sellers who act as authorized dealers or factory representatives of popular items in countries where there would be no such deals.
 - Be wary of sellers who post an auction or advertisement as if they reside in the U.S., then respond to questions by stating they are out of the country on business, family emergency, or similar reasons.
 - Avoid buyers who request their purchase be shipped using a certain method to avoid customs or taxes inside another country.
 - Be careful how you pay.

Know who you’re buying from or selling to.

- Check each website’s URL to make sure it’s legitimate and secure. A site you’re buying from should have https in the web address. If it doesn’t, don’t enter your information on that site.

Never wire money directly to a seller. Avoid paying for items with pre-paid gift cards. In these scams, a seller will ask you to send them a gift card number and PIN. Instead of using that gift card for your payment, the scammer will steal the funds, and you’ll never receive your item. Use a credit card when shopping online and check your statement regularly. If you see a suspicious transaction, contact your credit card company to dispute the charge. Monitor the shipping process.

Always get tracking numbers for items you buy online, so you can make sure they have been shipped and can follow the delivery process.

Be suspect of any credit card purchases where the address of the cardholder does not match the shipping address when you are selling. Always receive the cardholder’s authorization before shipping any products.

It's the Most Wonderful Time of the Year... To Secure Your Campus

Winter break begins on December 20th. Before clearing off your desk and beginning your much needed three-week break, ensure that you have communicated your expectations with your Plant Manager so that your campus is secure. A few last minute precautions might save you from being called back to school



Teachers need to:

- Close and secure all classroom windows at the end of the school day.
- Ensure that all interior doors to classrooms are locked.
- Ensure that valuable equipment (e.g. laptop computers, projectors, document readers, etc.) is secured in locked cabinets or closets in locked rooms that are alarmed.
- Lock desks and cabinets.
- Unplug any non-essential electronic devices in their classroom and workroom.
- Double-check to ensure that their doors are closed (including connecting classroom doors), locked and secure at the end of the day.

Plant Manager and/or custodial staff need to:

- 
- Turn off the HVAC system.
 - Inspect the campus before it is secured at the end of the day or before the holiday break to ensure that all doors and windows are closed, locked, and secure thus reducing the opportunity for crime.
 - Ensure that all exterior and interior gates are locked.
 - Ensure that all perimeter lighting is functional and that timers are set to the appropriate times.
 - Turn off the schools bells, so that the community and LASPD, can distinguish between the fire alarm audible bell and the passing period bells.
 - Ensure that all interior doors to classrooms are locked and all perimeter gates are secure.
 - For schools that have Team Cleaning Crews, the following procedures will be followed:
 - » A member of the Team Cleaning Crew will call the Area Operations Supervisor (AOS) daily to confirm that each site is secured as they leave the site.
 - » If the AOS does not receive a call regarding a given site, the AOS Supervisor/designee will go to the site and secure it. If an AOS designee goes to secure the site, the designee will call the AOS to confirm the site is secured.
 - » The AOS will log daily the confirmation of site security.

Clerical and office staff need to:



- Lock all desks and cabinets.
- Lock and secure all windows and interior doors.
- Ensure that all keys, radios and critical devices are locked in a secure cabinet or safe in a locked room.
- Double check to ensure that the alarm system is functional and properly set.

Food Services Prepares For Winter Break Food Distribution For Students and Families

Site Administrators, as you well know food insecurity is ever present in our communities. Please share and post these informational flyers on your school's website. You can click on each to download.



**LOS ANGELES UNIFIED
HOLIDAY
SEASON
FOOD DISTRIBUTION SCHEDULE**

Please pick up food boxes for **your student** at any of our 63 Grab & Go Food Centers.

Each student will receive one food box that includes meals for 7 days, as well as one additional box from the food bank (while supplies last).

Parents may pick up food boxes on behalf of their students. Additional giveaways for families are available while supplies last.

Dates and Hours of Operation:
November 22
December 20
December 27
January 3
8:00 - 11:00 a.m.

For more information and a list of sites, please visit our website
<https://achieve.lausd.net/cafela>



**DISTRITO UNIFICADO DE LOS ANGELES
HORARIO DE DISTRIBUCIÓN
DE ALIMENTOS PARA LA
TEMPORADA DE
VACACIONES**

Por favor, recoja las cajas de comida para su **estudiante** en cualquiera de nuestros 63 Centros de Alimentos Grab & Go.

Cada estudiante recibirá una caja de comida que incluye comidas para 7 días, así como una caja adicional del banco de alimentos (hasta agotar existencias).

Los padres pueden recoger cajas de comida en nombre de sus estudiantes. Habrán obsequios adicionales para familias disponibles hasta agotar existencias.

Fechas y Horarios de Operación:
22 de Noviembre
20 de Diciembre
27 de Diciembre
3 de Enero
8:00 - 11:00 a.m.

Para obtener más información y una lista de sitios, visite nuestro sitio web
<https://achieve.lausd.net/cafela>

Omicron Spreading Quickly - Protect Yourself

The Omicron Variant is spreading at an alarming rate and is now present in thirty six states. Infection rates are up 40% from last month. Broadway cancelled shows due to an outbreak. Omicron is transmitting at higher rates than previous variants. California Governor Gavin Newsom announced the return of a public setting indoor mask mandate from December 15 through January 15. The [Centers for Disease Control](https://www.cdc.gov) (CDC) has a plethora of information to inform and protect yourself. With COVID-19 knowledge is power.

How easily does Omicron spread? The Omicron variant likely will spread more easily than the original SARS-CoV-2 virus and how easily Omicron spreads compared to Delta remains unknown. CDC expects that anyone with Omicron infection can spread the virus to others, even if they are vaccinated or don't have

symptoms.

Will Omicron cause more severe illness? More data are needed to know if Omicron infections, and especially reinfections and breakthrough infections in people who are fully vaccinated, cause more severe illness or death than infection with other variants.

Will vaccines work against Omicron? Current vaccines are expected to protect against severe illness, hospitalizations, and deaths due to infection with the Omicron variant. However, breakthrough infections in people who are fully vaccinated are likely to occur. With other variants, like Delta, vaccines have remained effective at preventing severe illness, hospitalizations, and death. The recent emergence of Omicron further emphasizes the importance of vaccination and boosters.

OMICRON FROM PAGE 7

Will treatments work against Omicron? Scientists are working to determine how well existing treatments for COVID-19 work. Based on the changed genetic make-up of Omicron, some treatments are likely to remain effective while others may be less effective.

CDC recommendations include:

- Vaccinations. CDC recommends that everyone ages 18 years and older should get a booster shot at least two months after their initial J&J/Janssen vaccine

or six months after completing their primary COVID-19 vaccination series of Pfizer-BioNTech or Moderna.

- Masks. CDC continues to recommend wearing a mask in public indoor settings in areas of substantial or high community transmission, regardless of vaccination status.
- Testing. Active LAUSD employees can take advantage of district testing.



WINTER BREAK 2021 TRAVEL TIPS



Adhere to Travel Guidances

Consult the new travel guidances by visiting: tinyurl.com/latraveladvisory

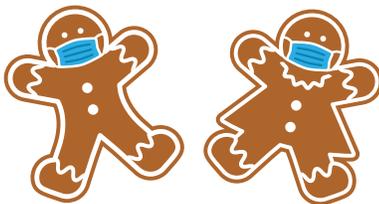
Scan me!



Get Tested

Before and after you travel for the holidays, have had a possible exposure, or have symptoms.

- Before travel, get a COVID-19 test 1-3 days and only proceed with travel if your test is negative.
- After travel, get a COVID-19 test 3-5 days after returning and quarantine for 7 days.



Follow Masking Requirements

Wear your mask indoors and at crowded outdoor events, regardless of vaccination status.



Stay Local

Delay travel until you and your traveling companions are fully vaccinated.



Los Angeles County
Office of Education



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HOURS OF OPERATION

DECEMBER:

Monday - Friday 7:15 AM to 3:15 PM

JANUARY (NEW HOURS):

Monday - Friday 7:15 AM to 4:30 PM

WINTER SCHEDULE:

TESTING AVAILABLE

December 1 - 22, 2021

January 3 - 31, 2022

NO TESTING

December 23, 2021 - January 2, 2022

Monday, January 17, 2022

SCHEDULE YOUR APPOINTMENT TODAY!

1. Register for a Parent Portal account at <http://parentportal.lausd.net>
2. Link your child in Parent Portal
3. Schedule a COVID-19 test using your child's student ID at <https://dailypass.lausd.net>

LOCAL DISTRICT EAST
El Sereno MS
Gage MS*

LOCAL DISTRICT CENTRAL
Carver MS
Evans Adult School

LOCAL DISTRICT SOUTH
Bethune MS
Gardena HS*

LOCAL DISTRICT WEST
Audubon MS*
Beethoven EEC (NEW)

LOCAL DISTRICT NORTHWEST
Zelzah Testing Center*
West Valley Occupational Center

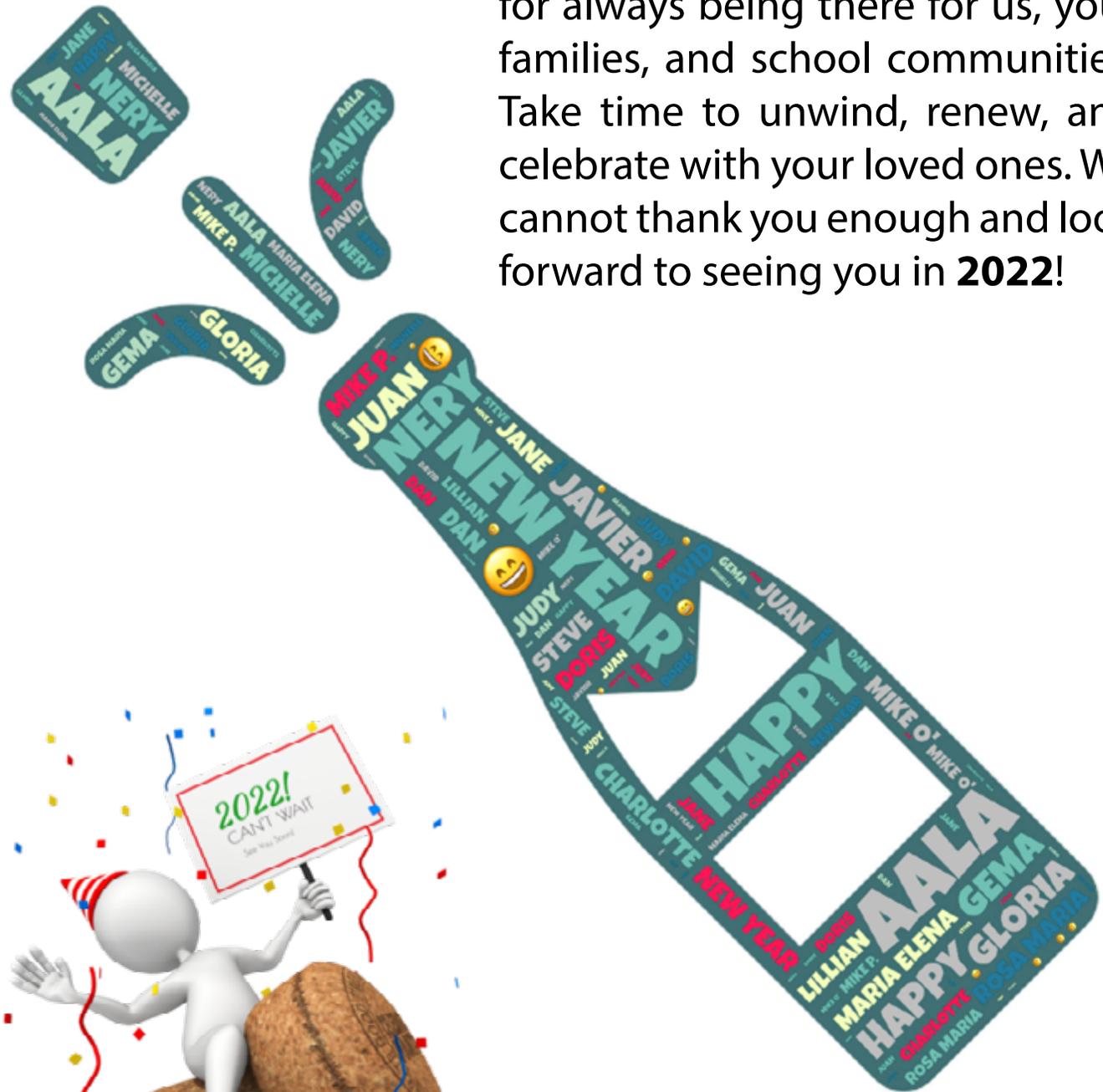
LOCAL DISTRICT NORTHEAST
Pacoima MS*
Monlux Testing Center

*Symptomatic Site



Schedule a COVID-19 test at <https://dailypass.lausd.net>. For help scheduling a COVID-19 test or using the Daily Pass, call the Los Angeles Unified Helpdesk at (213) 443-1300, Mon-Sat 6am-6pm.

We just want to say **THANK YOU** for always being there for us, your families, and school communities. Take time to unwind, renew, and celebrate with your loved ones. We cannot thank you enough and look forward to seeing you in **2022!**



Associated Administrators of Los Angeles



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.

Become an AALA Angel

AALA established FRIENDS OF AALA, a 501(c)(3) nonprofit corporation in January 2011, to continue our outstanding student scholarship program for deserving LAUSD students. In Spring 2021 AALA awarded 40 scholarships to graduating seniors representing high schools and community adult schools. The 2020-2021 school year marked AALA's 40th year providing scholarships to students.

Friends of AALA also recognizes the tremendous support given by community volunteers at local school sites and presents five awards each year.

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.

For as little as \$5 or \$10 a pay period, you can support these deserving seniors by clicking [HERE](#). All donations to FRIENDS OF AALA are tax deductible.



Calling All AALA Alumni

Friends of AALA again seeks your support for 2022 scholarships to deserving seniors. Send your annual donation to: Friends of AALA, 1910 Sunset Blvd., Suite 850, Los Angeles, CA 90026, or call 213.484.2226.

