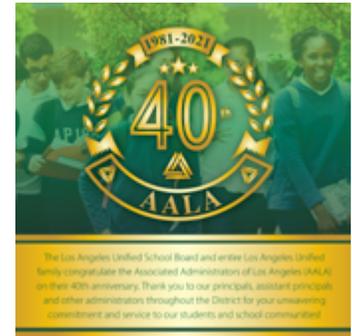


# UPDATE

## “In Recognition of 40 Years of Excellence and Exemplary Leadership”



AALA recognized at the February 8, 2022 Board meeting. “We celebrate the Associated Administrators of Los Angeles’ commitment to quality public education in the Los Angeles Unified School District.” AALA President **Nery Paiz** addressed the Board and **Interim Superintendent Reilly**, thanking them for the recognition as well as addressing the work ahead of ameliorating working conditions for AALA members and negotiating a long term health and benefits contract.



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### Negotiations Update:

**All of the District’s Labor Partners including AALA held a second bargaining session on February 9, 2022. Two bargaining session meetings were scheduled for March 9 and March 23, 2022. Labor partners have proposed a multi-year MOU for all unions.**

## Associated Administrators of Los Angeles

This week Governor Gavin Newsom announced that the state of California will lift the indoor mask mandate for vaccinated people in counties that do not have their own indoor mask mandates. Los Angeles County has its own indoor mask mandate and according to

the [LA Times](#), is not planning to lift the indoor mask mandate for vaccinated people quite yet.

At the same time, counties are not lifting vaccine requirements. L.A. County Public Health Director Barbara Ferrer said there are still

valid reasons behind the county order requiring vaccinations for customers of indoor bars, wineries, breweries, nightclubs and lounges, as well as the city ordinance mandating proof of full vaccination to enter other indoor businesses.

# Almost Out of the Woods? Not Quite Yet



“We still have a lot of cases here, and we have a lot of transmission. And anything we can do to really help us get to a lower level of transmission, I think, is appropriate,” Ferrer said.

As for schools, the state also announced that they are working to update school masking requirements.

Vaccinated or not, at this time school mask mandates remain in place. Any changes to LAUSD school mandates will come from the Board of Education and the LA County Department of Public Health.

Nevertheless, there is hope and there is a glimmer of light at the end of the tunnel.

**SPOTLIGHT:**  
Dr. Kizzmekia S. Corbett

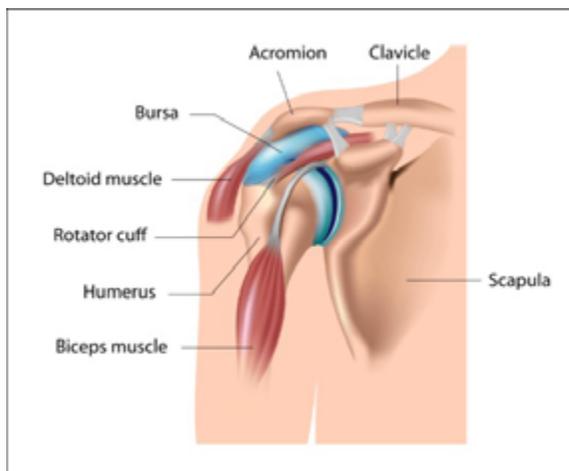


**#DidYouKnow** that the scientific lead for the Coronavirus vaccine was an African American woman? Dr. Kizzmekia S. Corbett is a Harvard Professor, viral immunologist, research fellow and the scientific lead for the Coronavirus Vaccines & Immunopathogenesis Team at the National Institutes of Health (NIH), National Institute of Allergy and Infectious Diseases, Vaccine Research Center (VRC). Corbett uses her expertise to propel novel vaccine development for pandemic preparedness. In response to the ongoing global COVID-19 pandemic, the vaccine concept incorporated in mRNA-1273 was designed by Corbett's team from viral sequence data and rapidly deployed to industry partner, Moderna, Inc. where it was approved by the U.S. Food and Drug Administration.



## Healthcare FAQs - Experiencing Shoulder Pain?

Shoulder pain is the third most common musculoskeletal complaint after spine and knee pain. The shoulder is a complex joint system where the bones of the upper arm (humerus), collar (clavicle), and shoulder blades (scapula) meet. The joint is held together by the rotator cuff, a group of four muscles and tendons. Being the most movable joint in the body, the shoulder is vulnerable to repetitive stress, tears, or injury to muscles, ligaments, and tendons.



### What are the most common causes of shoulder pain?

A common source of shoulder pain involves the rotator cuff, including:

- Tendinitis - Damage or irritation to rotator cuff tendons
- Bursitis – Inflammation and swelling of the shoulder bursa
- Impingement – Pain when raising arm to shoulder height, caused by inflammation between the collar bone and the outer edge of the shoulder blade
- Rotator cuff tears – Pain and difficulty moving arm caused by a tear or tears where tendons pull away from the arm bone

Other causes of shoulder pain include:

- Osteoarthritis – Pain and stiffness caused by bone spurs or the gradual wear and tear on cartilage that cushions and protects the ends of your shoulder bones.
- Fractures – Upper arm and collarbone fractures involves pain and affects range of motion.

**My shoulder started hurting when I began lifting boxes onto an overhead shelf. It's been a while and it's still sore. What should I do before calling my doctor?**

Home remedies include Rest (stop the activity that caused the pain), Ice (apply ice for about 20 minutes several times a day), and Heat (alternate with heat after 48 hours). Manage pain by taking anti-inflammatory medications—ibuprofen or acetaminophen. Once pain subsides, work to keep your shoulder strong and flexible.

### What are good exercises to strengthen my shoulder joint and prevent future injury?

- Warm up stretches—Gentle shoulder rolls
- Arm circles, forward and back (work up to 20 each side), plank (30 sec.), shoulder blade squeeze, wall pushups
- Locate other shoulder exercises. Google “Shoulder strengthening exercise.” Examples: Healthline’s [Rotator Cuff Exercises](#); and Academy of Orthopedic Surgeons’ [Rotator Cuff and Shoulder Conditioning Exercises](#).

### When should I seek emergency, urgent care, or my primary care doctor for my shoulder pain?

- Call 911 for sudden shoulder pain with shortness of breath, tightness in the chest, dizziness, or sweating. These symptoms may indicate a heart attack.
- Go to Urgent Care for shoulder injuries that are not life-threatening such as deformed or dislocated shoulder, fractures, the inability to lift or move your arm away from your body, intense pain, and sudden swelling.
- Consult your primary care doctor for shoulder pain that persists despite home treatment and you feel that it doesn’t require immediate attention.

**For more information**, see Harvard Health Publishing, [Two common shoulder injuries and how to avoid them - Harvard Health](#).



## Extended School Year 2022

Principals Interested In Applying For ESY 2022:

ESY Dates: June 27, 2022 - July 22, 2022

ESY Online Application Window: February 7, 2022  
-March 4, 2022

Employment Application available at [summer.lausd.net](http://summer.lausd.net)



## 2022 AALA Scholarship Application

Now available! The cover letter and application were mailed directly to high school, pilot, options, and adult school principals earlier this week. If you did not receive an email, click here for the [COVER LETTER](#) and the [APPLICATION](#).

The application, transcript, and letter of recommendation deadline is Friday February 25, 2022. All materials must be uploaded via Google Drive. Links are embedded in the application. NO emails or faxes will be accepted.

The Scholarship Awards Banquet will be held at the Center at Cathedral Plaza.

Administrators, please stress to students that they do not upload transcripts and letters of recommendation, LAUSD school staff do! Applications will be rejected. Links for school staff to use are embedded in the application.

## 2022 AALA Community Volunteer Award Application

Now available! Deadline to nominate a community volunteer (not an LAUSD employee) is Friday, February 25, 2022. Click [HERE](#) to download application.

## High School 2022 Summer Term

High School 2022 Summer Term dates are June 22 – July 22. The application window for administrators interested in working as Summer Term Principals opens on Monday, February 7, 2022. Interested candidates may apply by logging in with their SSO to [summer.lausd.net](http://summer.lausd.net). A list of host sites, as well as other details, are available in the application portal. Click on [Summer Term Employment Opportunities](#) for the flyer. Please share the flyer with your faculty and staff. Updates will be posted at <https://btb.lausd.net/summerprograms> as they become available. With questions, please contact Betsy Castillo, Beyond the Bell Administrator, at [bac9874@lausd.net](mailto:bac9874@lausd.net).



**THANK YOU** to our AALA retirees for their generous support of LAUSD students through their monetary donations to the AALA Scholarship fund and participation in Friends of AALA. You are the key to our success!

LDC BLACK STUDENT MATTERS PRESENTS

# BLACK STUDENT MATTERS

MONDAY 14<sup>TH</sup> FEB

5PM-6PM

WELCOMING ALL STUDENTS, FAMILIES, COMMUNITY & EDUCATORS

SPECIAL GUEST

DR. GEORGE MCKENNA III

BOARD MEMBER DISTRICT 1

[Click here to join the webinar](#)



<https://lausd.zoom.us/j/87482682937>  
Or One tap mobile : US: +16699006833



Approved by Frances Baez, LD Central Superintendent



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The Rams are dedicated to becoming the greatest community partner in Los Angeles and highlighting leaders that are advocating for justice, addressing disparities, and inspiring change. In honor of this commitment and in memory of Kenny Washington (#13), the Rams are launching the pLAymakers program to recognize 13 Angelenos annually who are committed to moving our city forward. Continuing the legacy of groundbreakers like Kenny and Woody Strode, each pLAymaker is defined by core values those men exemplified, including perseverance in the face of adversity, dedication to their goals and the Los Angeles community, fortitude through breaking barriers, and inspiring others around them to make a difference.

**LA Rams pLAymakers will receive:**

- Financial Grant
- Inclusion on the Rams Inspire Change Website: Photo gallery and bio.
- Recognition through Rams Social Channels.
- Recognition at Rams' annual Inspire Change game

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LA Schools are teeming with **pLAymakers**. Would you like to nominate a deserving colleague? Click [HERE](#) to submit a form!

# Associated Administrators of Los Angeles

## EDST STAKEHOLDER FEEDBACK SURVEY

The 2021-2022 Stakeholder Feedback Survey opens on February 14, 2022, and will be available online for students in grades 3-12 through March 11, 2022. The survey is designed to provide student feedback to teachers on key aspects of the classroom environment that are highly correlated with student learning outcomes. The survey is designed as part of the Educator Development and Support: Teachers (EDST) cycle, but all roster-carrying teachers at school sites (grades 3 and above) have access to administer the survey at LAUSD sites to students at <https://survey.lausd.net>.

Please encourage your teachers to participate in this optional survey and stress the value of student feedback. Teachers and administrators may review survey resources and monitor survey progress while not at a District facility using the following link: <https://myapps.lausd.net/surveyadmin>.

The EDS team is here to support you. Please contact a team member at [mypgs@lausd.net](mailto:mypgs@lausd.net) or join Friday Zoom Office Hours from 2:00 pm to 4:00 pm at <https://lausd.zoom.us/j/86023099747>

## EDST FORMAL OBSERVATIONS

Formal Observations should be calendared and underway for all UTLA-represented employees being evaluated in the 2021-22 school year. The contractual deadline for completing the Formal Observation is **February 18, 2022**, with a Formal Observation Conference to be held within 10 working days of the Formal Observation. To support your efforts in completing formal observations, resources are provided on the MyPGS website under the Resources tab.

For support please contact a team member at [mypgs@lausd.net](mailto:mypgs@lausd.net) or join Friday Zoom Office Hours from 2:00pm to 4:00pm at: <https://lausd.zoom.us/j/86023099747>



## 2022 TEACHER OF THE YEAR NOMINATIONS DUE FEBRUARY 18, 2022

School communities are invited to nominate their exceptional teachers for the Teacher of the Year Program. The program recognizes outstanding educators for their commitment to their students, school and community. Teachers may be nominated by LA Unified colleagues, parents, or students. Nominations may be submitted at the following link: <https://bit.ly/TOYnomination>.

Please contact Peggy Taylor Presley at [peggy.presley@lausd.net](mailto:peggy.presley@lausd.net) with any questions.

## LOS ANGELES PRELIMINARY ADMINISTRATIVE SERVICES CREDENTIAL (LAPASC)

LAPASC is a tuition-free, competency-based, job-embedded credentialing program for Los Angeles Unified teacher leaders interested in obtaining their preliminary administrative services credential and serving in high need schools. For more information about the program, visit our website at: <https://sites.google.com/lausd.net/lapasc/home>

**Applications are due by February 11, 2022 at 5 p.m.** For additional information, contact Delia Estrada at [LAPASC@lausd.net](mailto:LAPASC@lausd.net).



# Associated Administrators of Los Angeles



L.A. Unified

HUMAN RESOURCES

## Leading Social-Emotional Learning

A professional development designed for administrators provided by the Division of Instruction and the Human Resources Induction & Credentialing Unit.



Participants will have the opportunity to deepen their understanding of Social-Emotional Learning (SEL) Leadership to proactively engage and support positive school cultures. Participants will explore how SEL can assure equitable outcomes for all learners.

5  
MAR  
2022

30  
APRIL  
2022

Free e-book to participants:



8:30 a.m. – 3:30 p.m.

VIRTUAL MEETING FOR ALL ADMINISTRATORS INCLUDING EARLY EDUCATION PRINCIPALS, DIRECTORS, CoSAs, and A.I.s



Participants will gain insights into leading Social-Emotional Learning with a focus on growth mindset, self-efficacy, self-management, and social awareness.

Registration is limited to 200 participants.

Please register in [MyPLN](#) by searching "SEL Leadership 2022".

Participants will be paid 6 hours at the new training rate.



Made possible by the Division of Instruction in partnership with HR Induction & Credentialing, AALA, and ACSA Region 16.

Contact: Dr. Susan Ward-Roncalli at [roncall@lausd.net](mailto:roncall@lausd.net) or Dr. Marco A. Nava at [mnav@lausd.net](mailto:mnav@lausd.net).  
333 S. BEAUDRY AVE. 14<sup>th</sup> Floor | LOS ANGELES, CA 90017 | (323) 241-3444

# Associated Administrators of Los Angeles



The Los Angeles Unified Board of Education voted on February 8th setting **Superintendent Alberto M. Carvalho's** start date of Monday, February 14.

Monday February 21st is Presidents' Day, a federal holiday. The AALA office will be closed.

Not receiving your AALA Update in your email mailbox? Click [HERE](#) to add your name to the AALA mailing list. If you inadvertently clicked on the "unsubscribe" link and opted out of receiving future AALA mailings, the AALA office staff cannot add you back. Use the link above to add yourself back to the mailing list.



**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.



## Interest Groups - News You Can Use

### Alliance of Asian Pacific Administrators

The Alliance of Asian Pacific Administrators is accepting applications for scholarships to be awarded to graduating Asian and Asian-Pacific Islander high school seniors. One of the main goals of the Alliance of Asian / Pacific Administrators is to provide financial assistance to deserving Asian Pacific Islander seniors who wish to further their career goals through post high school education. This can include, but is not limited to, a two-year junior college or a state accredited private trade school. Our scholarship committee reviews many factors besides GPA when considering the recipient.

This year, AAPA will award \$2,000.00 for each selected recipients. To apply for the AAPA Scholarship you must:

- Be of Asian/Pacific Islander ancestry
- Graduate from L.A. Unified School in June 2022
- Maintain a cumulative minimum 2.0 GPA

**Extended by one week!** Applications must be completed by Friday, March 4, 2022 at 5:00 p.m.

Link for Application: <https://bit.ly/aapa-online-scholarship-application>

Upload Letters of Recommendation: <https://bit.ly/2021-22-aapa-lor>

### Association of California School Administrators Region 16

Join Us! **SAVE THE DATE!**

6th annual Region 16 Women in Leadership Summit

**Women in Leadership Summit**

Theme: "Celebrating Opportunities"

**Saturday March 5, 2022**

**50 YEARS CELEBRATING 1971-2021**  
region 16  
WE ARE GOLDEN TOGETHER

- In Person
- @ Hamilton High School
- 8:00 AM - 2:00 PM

Register on Eventbrite:  
**CLICK HERE**  
PW: ACSA Region 16

**Eventbrite** GET TICKETS NOW

## Interest Groups - News You Can Use

### Council of Mexican American Administrators

The 2022 Council of Mexican American Administrators (CMAA) Scholarship Application information was emailed to school-site administrators at all Comprehensive High Schools, Options Schools, Community Day Schools, and Adult Schools. Administrators are encouraged to spread the word among their students about this excellent scholarship opportunity and encourage them to apply. The due date for all completed applications is Friday, March 11, 2022. This year we would like to see all schools represented in the applicant pool.

CMAA Comprehensive High School Application Click [HERE](#)

CMAA Option Schools and CDS High School Application Click [HERE](#)

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## Healthy Valentine's Day Alternatives

When you think of Valentine's Day, do images of decadent chocolate bon bons and conversation hearts come to mind? These treats may be nostalgic but not good for your health. This year, why not try some healthier alternatives?

A quick internet search results in a plethora of recipes. TasteofHome.com has easy to prepare recipes that any novice can tackle. How about a [mixed berry sundae](#) with a Greek yogurt base? One serving has a skimpy 160 calories.



Bakerita.com offers gluten and dairy free recipes. These [red velvet cookie dough bites](#) are made with almond flour and cashew butter. Maple syrup provides the sweetness.

Looking for something gooey and chocolatey? How about This decadent concoction uses almond flour, coconut sugar, butter and your yummy cake is ready in 30 minutes!



[paleo chocolate melting cakes?](#) and dark chocolate. Add eggs and

Bonbonbreak.com has a blueberries, cuties, and



[cupid kabobs](#) recipe to make with your kids. All you need is strawberries, skewers.

How about [dark chocolate almond cranberry trail mix](#)? Yummy and heart healthy?



Yes please!

No time to bake? Consider healthier alternatives you can purchase. You can prepare a mixed fruit basket, a dried fruit tray, or chocolate dipped fruit. Or move away from food and give your special someone a fitness tracker, cooking classes, sports lessons, a juicer, a spa day, or a couples adventure.

Valentine's Day meals do not have to be calorie rich to be satisfying either. Look for lighter, healthier alternatives of your favorites. If you are planning on dining out, look at the calorie counts before ordering. Sometimes, an appetizer packs twice as many calories as an entree. If you take a few moments to plan your meal, your heart will thank you!