



THE VOICE

FOR ISD622 EDUCATORS

MESSAGE FROM THE PRESIDENT

Hello Members,

I had mentioned last month that about a quarter of our teachers would end up in a new location after Round Zero Staffing. I hope everybody has had a chance to see the results of Round Zero. If you have not yet done so, please reach out to those staff members that are joining you next year and give them a nice welcome. Round zero may be done, but there is still a lot of stress and anxiety about how next year is going to look. Please remember this and be considerate to all. Thank you to those who volunteered in January at the Food Shelf. I have attached two pictures. In February, our union raised \$150 for the Jackie Robinson Foundation. Thank you!! I hope everybody has an amazing and relaxing Spring Break!!!

Together,

Tim Kappes

.Community Service Projects

March: Book Drive—give new or gently used books to building rep. They will be housed at the union office. Teachers are welcome to come and “shop”. Please give books to your building rep by Monday, March 14, 2022. If you have a lot, please contact Tim Kappes and he will pick them up.

Food Shelf Photos



Important

Phone Numbers

- *Tim Kappes (President)
Cell: 701-640-3177
- *Jana Hedlund (Vice President)
School: 651-748-6074
- *Jody Murphy (Treasurer)
School: 651-748-6669
Cell: 651-353-2554
- *Mary Glagavs (Secretary)
School: 651-748-6876
Cell: 651-249-6292
- *Katrina Geske (Membership)
Cell: 715-456-8920

Member Rights

- *Tim Kappes (Chair)
Cell: 701-640-3177
- *Kent Gordon (High School)
School: 651-702-8685
- *Janene Lenard (Elementary and Middle)
Cell: 612-741-8508
School: 651-702-8088
- *Annie Hodges (Special Education)
Cell: 952-250-6637

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Executive Board Meeting

You're invited!
Monday, Mar. 14, 2022
4:15 p.m.

North St. Paul Legion
2678 7th Ave E
North St. Paul

March 13, 2022



Contract Corner

Spring 2022 Staffing Timeline:

Round 0: Friday, February 25, 2022.

This round was only for teachers who had super seniority due to buildings closing, reductions in staff or other administrative reasons.

Round 1: Open to all teachers with continuing contract

Opens - Wednesday, March 2, 2022

Closes - Monday, March 7, 2022 - 4:00PM (This is during Spring Break)

Round 2: Open to all teachers with continuing contract

Opens - Wednesday, March 16, 2022

Closes - Monday, March 21, 2022

Any remaining open positions posted - Friday, March 25, 2022

Tips/Advice to teachers who have been Non-Renewed:

This is NOT the end of your teaching career! Use this experience to Grow! Just because you weren't a good fit for this assignment does not mean you can't be a terrific teacher. Keep your head up high and move on. For every door that closes is a brand new window of opportunity. First, show the utmost professionalism. Ask and listen to your administrator/ instructional coach/co-workers. Ask them what you can do better at your next school? Ask them what you did really well here? What was your strength? Use this information to grow and knock your next interview out of the park. Second, stay positive throughout the rest of the school year, towards staff, students, and families. This will show your strong positive character. Last, continue to volunteer for extra duties and give 100% to your job. This attitude will carry you far into the future and might even earn you a good recommendation for your next teaching job. Good luck and keep your chin up high.



Ways to Prevent Teacher Burnout

1. Find someone you can be vulnerable with. Relationships with your colleagues is important as you can go to them for help.
2. Practice time management and strive for a work-life balance.
3. Create your own playtime, no matter which grade you teach.
4. Bring mindfulness and self-care to your daily routine.
5. Don't be afraid to declare "me time."
6. Don't give yourself extra homework. If you do bring work home, limit how much time you spend on a lesson plan and take breaks.
7. Find your people, they get you!
8. Find your own voice and allow it to change over time.
9. When you feel hopeless, find perspective. Sometimes teachers care so deeply for their students that the trauma students have endured can take a personal toll. Be aware of what you can and cannot affect.
10. Don't make education your life.



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If so, email
mglagavs@isd622.org
to claim your \$10 prize!!