
NEWARK TEACHERS UNION



WEEKLY UPDATE

January 13, 2023



LOCAL 481
AFT/AFL-CIO

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PRESIDENT'S REPORT



TRENDING THIS WEEK :

- [Secretary Treasurer Report pg. 3](#)
- [Kudos/Honoring Staff Members pg. 4-5](#)
- [Mental Health and Wellbeing pg. 6-7](#)
- [AFT Plus - Health Pg 8-9](#)
- [January Paycheck changes pg. 10](#)
- [Prudential Tickets pg. 11](#)
- [NTU Ed Resource Center/Upcoming Events pg. 12](#)

Back in the day when I was a young poetry editor of Rutgers University's literary journal, I attended a reading of “for colored girls who have considered suicide/when the rainbow is enuf” by Ntozake Shange. She was introduced by another author—Toni Morrison. The evening's theme was black women and how they deal with subjects from race, rape, abandonment, abortion and domestic violence. It was an eye opening experience!

Fast forward to 2023 and I’m still reading polls & reports that Black and Latina women are disproportionately underutilizing emotional well-being or mental health services that are, unlike in the 70’s & 80's, more widely available to them. It's important for everyone to get the help they need!

Where can someone find some of these services? The district offers counseling through their [Employee Assistance Program](#). In addition, there are free benefit services through our insurance provider like Headspace (mental/emotional), [PeerFit](#) (physical), and [Noom](#) (nutritional) that we have been spotlighting in recent issues, please check them out. We also have an extensive list of [Social Service Resources on our website](#),

There are also good resources specifically for Black Women at <https://therapyforblackgirls.com/>

IN SOLIDARITY,

JOHN M. ABEIGON
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From the Desk of the Secretary-Treasurer



Here we go! We are on the other side of January 1st!! Let the countdown begin!

In continuing with the high-energy tone of my piece this week, please keep an eye on your mail as we are sending out a little something to all our MEMBERS. You should be receiving a portfolio and a pen. It's not just fluff. PLEASE, PLEASE, PLEASE USE IT. How? Put all of your observations in it. Print out important requests for support or assistance. Print out your PD certificates, etc. Everything that you will need at the end of the year, should go in there and be kept safe and secure.

Please refer to last week's piece for information about MID YEAR REVIEWS.

PLEASE continue to share and discuss your observations and report to me any inconsistencies or issues that arise.

PLEASE PLEASE fill out your RSVP to MANDATES and timesheets for pay for working after the work day...all linked down below!



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IMPORTANT!

- EVALUATION FRAMEWORK
- REBUTTAL TIPS
- RSVP TO MANDATES
- MISSED PREP FORM
- SUPPLEMENTAL TIME REPORT



WTTA Staff

MEMBER OF THE WEEK



Rashida Khan

TEACHER AIDE

Mt. Vernon Elementary School

She is hard working, always positive, and deserves more than what she gets created for. Mrs. Khan loves her pre-K students at Mount Vernon. She is knowledgeable and generous. Lastly I believe we should really appreciate our paraprofessionals. I wouldn't be successful if it wasn't for her help.

Nominated by: Susana Pena



NTU STAFF MEMBER NOMINATION

don't miss it


It takes a team to help a school function effectively. Each and every one of you play an important role. Each week, in our NTU Update the NTU would like to recognize outstanding staff members that are going above and beyond.

To nominate an NTU member, please click the link or QR code.

click here!



SCAN ME



Resolution Idea: Try Noom Again

As part of the NBOE Well initiative, Noom is fully sponsored and provided to all NBOE employees who participate in one of the district's medical plans at no additional cost!

Noom is a psychology-based program that empowers you to take control of your health for good. Powered by behavioral science, technology, and human coaches, Noom helps millions of people lose weight and meet their personal goals—from weight management to diabetes prevention to stress reduction.

Your program will be delivered on an easy-to-use mobile application and will include:

- A personal health coach
- A supportive group of peers
- Educational articles and interactive challenges about healthy living
- An extensive food database and other fitness and health trackers to help you make healthy choices

Note: This benefit is only available to the employee who are enrolled in Aetna medical, and not extended to dependents.

If you have not received your invitation, visit go.noom.com/nboe and enter passcode SVFIRF.

“ JUST BECAUSE YOU CAN'T SEE IT DOESN'T MEAN IT'S NOT THERE.

Mental illness isn't always easy to see.
2 out of 3 people suffering from mental illness
suffer in silence.



**STOP THE STIGMA. SUPPORT MENTAL HEALTH
AWARENESS.**

[HTTPS://THERAPYFORBLACKGIRLS.COM/](https://therapyforblackgirls.com/)



Staying Healthy



If you are working on diet resolutions, DinnerTime is a powerful meal planning and shopping app that can help by suggesting menus with recipes that meet your dietary goals. AFT members can get a free month trial and receive a 40 percent discount.

Dinner Time



Whether you are a caregiver for an aging loved one, or want to make sure you have quick access to help throughout your day, LifeStation's suite of medical alert technology can help! A nationally recognized provider that sends help at the push of a button within minutes. This is an exclusive discount for AFT members only.

Medical Alert Monitoring.



The trauma counseling program is available to working members, free of charge, in the one-year aftermath of a covered traumatic incident.

Free Trauma Counseling.



Staying Healthy



Download a free discount RX card and save up to 65 percent on the retail price for name-brand and generic drugs.

Prescription Card



Two member-paid plans provide discounted vision coverage for lower out-of-pocket costs for members and their families.

Vision Services & Discounts



Members can purchase this discount plan to receive 20-50 percent off on everything from routine visits to major dental procedures with this large national dental network.

Dental Services & Discounts

Looking at your paycheck: What changes in January?

Every January, we get the same questions from the members about why their paycheck seems to have decreased. This is typically caused by two main areas.

1) Payroll taxes: There are Federal and State taxes that are only taken out until certain income caps are reached each year. In addition, the IRS changed tax brackets for 2023, so this could have a direct impact on your paycheck as well.

For a state level, Family Leave Insurance, Unemployment, and other payroll deductions are only taken from your first \$41,400 of income earned in a calendar year. These reset every January.



2) Chapter 78 contributions: Under state law, our health benefit contribution is based on a percentage of the total premium cost paid by the district. That premium cost is typically adjusted every January, so while your percentage of contribution may not change, you may still end up paying more. The district has a calculator on their Benefits Portal so you can check what your new contribution rate would be.

Reminder, if you are on the NJ Educators Plan or Garden State Plan, your contribution is a percentage of your salary, so your rate likely would not have changed in January.

If you have any questions about your pay, send an email to mmaillaro@newarkteachersunion, with your paystub and if necessary your compensation history from Employee Self-Service.

PRUDENTIAL CENTER

THE PRUDENTIAL CENTER HAS SENT US A DISCOUNT CODE FOR UPCOMING DISNEY ON ICE, JURASSIC WORLD LIVE, AND MONSTER JAM SHOWS. WHEN YOU GO TO THE BELOW LINKS, YOU NEED TO CLICK ON "UNLOCK" AND ENTER THE CODE NTU481 TO UNLOCK THESE SEATS.



JURASSIC WORLD LIVE

FRIDAY, MARCH 3, 7 PM
SATURDAY, MARCH 4, 7 PM
SUNDAY, MARCH 5, 7 PM

DISNEY ON ICE

FRIDAY, JANUARY 13, 7 PM
SATURDAY, JANUARY 14, 7 PM
MONDAY, JANUARY 16, 1 PM



MONSTER JAM

FRIDAY, JANUARY 27, 2023, 7 PM
SATURDAY, JANUARY 28, 2023, 7 PM



NTU SCHOLARSHIP AND HALL OF FAME DINNER



The NTU Education Foundation is proud to announce its 2023 Albert Shanker Scholarship Awards and Hall of Fame Induction.

In 2022, twenty-one members' children, members, and Newark students received academic scholarships totaling \$29,500. This year, we will be having a full Hall of Fame Dinner for the first time since 2019! More information to come.

We are relying on your continued support and good will to continue this worthy endeavor. Should you have any questions, please do not hesitate to contact us at (973) 643-8430 or e-mail ntuscholarshipawards@gmail.com.



[CLICK HERE TO APPLY. DEADLINE FOR SUBMISSION IS MONDAY, APRIL 24!](#)



IMPORTANT DATES



- MONDAY, JANUARY 16 - DR. MARTIN LUTHER KING JR DAY- SCHOOL CLOSED
- TUESDAY, JANUARY 24 - NTU EXECUTIVE BOARD MEETING. 3:45 PM
- TUESDAY, JANUARY 24 - NBOE BUSINESS MEETING, 6 PM
- WEDNESDAY, JANUARY 25 - NTU BUILDING REP MEETING, 3:45 pm
- THURSDAY, JANUARY 26 - NBOE MEETING, 6 PM

PLEASE NOTE THAT JANUARY 13 AND JANUARY 17 ARE THE WORK DAYS BEFORE OR AFTER A HOLIDAY. TO ENSURE THAT YOU GET PAID FOR THE HOLIDAY BREAK, YOU MUST TAKE A PERSONAL DAY IF YOU ARE GOING TO BE ABSENT ON ANY OF THOSE DAYS.

YOU CAN TAKE A SICK DAY ON THOSE DAYS AS LONG AS IT IS PART OF AN APPROVED MEDICAL LEAVE. UNLESS IT IS PART OF AN EXTENDED FMLA, YOU MUST SUBMIT A MEDICAL CERTIFICATE TO NBOE OFFICE OF ADMINISTRATIVE SERVICES WITHIN 3 DAYS OF YOUR RETURN TO WORK.

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The NTU's 2022 Annual Financial Statement is available upon request at the NTU offices by appointment. Email sscreven@newarkteachersunion.com