

MAY 26, 2023

NEWARK TEACHERS UNION

WEEKLY UPDATE



MEMORIAL
DAY

REMEMBERED AND HONORED



LOCAL 481
AFT/AFL-CIO

May 26, 2023

NEWARK TEACHERS UNION UPDATE



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AFT/AFL-CIO

PRESIDENT'S REPORT

We have focused on mental health often this year, especially in the last few weeks for Mental Health Awareness Month. One of the most important things we can do for our mental health is to remember to take time for ourselves. I am reminding everyone to de-stress and do whatever it is that you need to come back on Tuesday refreshed and ready to finish out the school year.

Listen to music you love! Take some time to watch that movie or TV show you have wanted to watch! Go for a walk or hike! Get a massage! Spend time with loved ones! The weather is looking great for a BBQ this weekend. Whatever “self-care” looks like for you, take advantage of this weekend!

Do not check your work email! Ignore texts from your principals! Anything they are sending you can wait until Tuesday morning! This has been a frustrating year, and we have all been through numerous struggles. But remember, we can all have something better...but we might have to fight like hell to get it!

IN SOLIDARITY,

JOHN M. ABEIGON
PRESIDENT/DIRECTOR OF ORGANIZATION
NEWARK TEACHERS UNION LOCAL 481, AFT, AFL-CIO
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TRENDING THIS WEEK :

- [Secretary Treasurer Report pg. 3](#)
- [Share My Lesson - Mental Health pg. 4](#)
- [Kudos/Honoring Staff Members pg. 5](#)
- [General Counsel Update pg. 6](#)
- [Dr Flagg Teacher Appreciation Week pg. 7](#)
- [Community Survey pg. 8](#)
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- [Credit Union Update pg. 10](#)
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- [Member Services pg. 12](#)

<http://newark.nj.aft.org/>



From the Desk of the Secretary-Treasurer

This is a simple one...we have to embrace this as we close out Mental Health Awareness Month...Your boss sees you as replaceable. It is undeniable. If you walked off the job today, never to return, you would eventually be replaced. Your students would get over it, a new batch would come in and never know there was someone missing.

I hope that doesn't burst any bubbles.

HOWEVER...you are NOT replaceable by your family, your friends, your loved ones...ever. To them, you are IRREPLACEABLE. Don't ever forget this. When you are sitting down to do work, and you are pressured by an administrator to go above and beyond, to give more of yourself, to "do it for the kids..." Remember this.

Remember and enjoy your long weekend. I value all of you and I am proud to be here on this crazy ride with you.

IMPORTANT!



[EVALUATION FRAMEWORK](#)

[REBUTTAL TIPS](#)

[RSVP TO MANDATES](#)

[MISSED PREP FORM](#)

[SUPPLEMENTAL TIME REPORT](#)



Michael Iovino
Proud Educator
and
NTU Secretary Treasurer
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HOW TO IMPROVE

Mental Health



Supporting Our Mental Health

Tap into this curated collection for free self-care webinars and blogs, as well as lesson plans to support students navigating their well-being.

[AFT Share My Lesson has put together some amazing lesson to help you address Mental Health Awareness!](#)

Lesson Plans and Professional Development consist of:

- [On Our Minds: Podcasting to Help Teens Talk about Mental Health](#)
- [Self-Care and Communal Care for Ourselves and Our Students](#)
- [Coping With Climate Anxiety](#)
- [Support Your Students Mental Well-Being with NEW Emotional Empowerment Lessons for Grades 1-6](#)
- [Preventing Teen Suicide and Promoting Mental Wellness Through Animation](#)

And much more!!!

WTTA Staff

MEMBER OF THE WEEK



Wahab Ashraf

COLLEGE PREP & AP BIOLOGY TEACHER
SCIENCE PARK HIGH SCHOOL

This year's recipients of the Princeton Prize for Distinguished Secondary School Teaching is Wahab Ashraf of Science Park High School in Newark, Wahab Ashraf teaches College Prep and Advanced Placement biology at Science Park High School, a magnet school for students in the Newark School District interested in pursuing STEM careers. Ashraf was named his school's Teacher of the Year in 2017-18 and 2021-22. He also teaches mathematics at Rutgers and New Jersey Institute of Technology, and he received the Rutgers University Presidential Award for Excellence in Teaching in 2022. Students enjoy Ashraf's classroom atmosphere, which they characterize as fun, engaging and hands-on. Many are inspired by his teaching to pursue further studies and careers related to biology.

Nominated by: Silvia Pereira

Nominate A Colleague Today!





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***THIS IS THE DANGER PERIOD FOR SCHOOL STAFF!
THE STATISTICS PROVE IT!***

Right now as I write you, there is a teacher before the New Jersey State Board of Education facing charges of child abuse and neglect. Their teacher licenses are at stake from a Board of Education seeking license suspension or worse revocation. Child abuse and neglect allegations really escalate between the months of May and June of every school year. This is the most dangerous period for staff. Classrooms become hot. Students fear bad grades. Overcrowded classrooms become somewhat more difficult. Failing students seek to aggravate staff into losing their temper. This is not the time of year to be alone with problem students.

Talk to your colleagues and Building Rep about the inherent problems which can accrue at the year's end within your classrooms. Do not leave your class unsupervised! That's a recipe for disaster. Students have attacked classmates during the teacher's absence. Some have jumped out of classroom windows! I know all too well that you do not always get administrative support for the hard task you have.

Too often parental support is non-existent as well. So many people have no idea how difficult your job is. The NTU does! Let's get through the 2022-2023 school year unscathed! That's your goal!



DR. E. ALMA FLAGG CELEBRATES

Teacher Appreciation WEEK

MAY 02 - 07



THE ALLIANCE FOR NEWARK PUBLIC SCHOOLS

2022-2023 COMMUNITY SURVEY

ON DISCRIMINATION, VIOLENCE, & MENTAL HEALTH

The Alliance for Newark Public Schools is inviting you to participate in the 2022-2023 community survey to gain insight into the experiences of students, parents, teachers, and all school staff as it relates to school violence, and discrimination. The purpose is to evaluate the safety and mental health outcomes of those affected by these issues. While some of the questions are quite personal and may be difficult for some to answer, your participation in this survey and the answers you provide will remain 100% confidential and anonymous.

The community's participation in this will inform the work that The Alliance for Newark Public Schools does to advocate for our young people and our school district. The Alliance will release the findings of the survey in a report which will be issued just before school starts in the Fall of 2023 and will include recommendations for the Newark Board of Education, the Superintendent of Newark Public Schools, and the NJ State Board of Education.

By participating in this survey, you are including your voice and experience into an important public conversation happening in Newark that affects our children and the future of our city. Please visit www.UnitedNJ.org/CommunitySurvey2023!

We appreciate your participation!



THE TEACHER MISERY SHOW

NEWARK SYMPHONY HALL
NEWARK, NJ
JULY 1

FEATURING!
TEACHER MISERY



**KAREN
CASSADY**



**MARYANNE
PICCOLO**



**TYLER
REGAN**



**LEIGH MCCLENDON
"LEIGH MCNASTY"**



**DOUG
WILLIAMS**



DJ FIERCE FITNESS TY



**KYLE KIDD
"NANNY MAW"**



HILARIOUS REENACTED
SCENES FROM TEACHER
MISERY'S BOOKS



'80S, '90S, AND 2000S
DANCE BREAKS!



CONTESTS THAT ONLY
TEACHERS COULD WIN!



IMPROV WITH
AUDIENCE PARTICIPATION



ROCK PARODY SONGS AND
AUDIENCE SING-ALONGS
ABOUT THE WOES OF
TEACHING!



GET YOUR TICKETS AT:

TEACHERMISERYCOMEDY.COM

**Use code
newarkstrong
for 35% off!**

Update from United Cities Credit Union (formerly Newark Board of Education Employees Credit Union (NBEECU))



CLOSED

**UCCU will be migrating to a new core banking system,
and will be CLOSED to the public
on June 1st and June 2nd.**

**This upgrade is to ensure a more effective
and efficient banking experience for our members.
We apologize for the inconvenience this may cause.**

**United Cities Credit Union (UCCU)
will reopen on Saturday, June 3rd, 2023.
All Debit Cards will be active for use
on June 1st & 2nd.**

UNITED CITIES CREDIT UNION

195 Norman Road, Newark, NJ 07106 • 973-375-9182 • <https://uc-cu.org> • info@uc-cu.org

NTU STAFF MEMBER

Nomination

It takes a team to help a school function effectively. Each and every one of you play an important role. 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.

Nominate A Colleague Today!



CLICK HERE



SCAN ME

IMPORTANT DATES



- MONDAY, MAY 29 - MEMORIAL DAY (SCHOOL CLOSED)
- WEDNESDAY, MAY 31 - NTU EXECUTIVE BOARD MEETING (NEW DATE)
- THURSDAY, JUNE 1 - NTU BUILDING REP MEETING (NEW DATE)

PLEASE NOTE THAT MAY 26TH AND MAY 30TH ARE THE WORK DAYS BEFORE AND AFTER A HOLIDAY. TO ENSURE THAT YOU GET PAID FOR THE HOLIDAY WEEKEND, 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.



MEMBER SERVICES



NTU Members should never hesitate to communicate with us by phone, email, etc., regarding any of the issues we handle at the Newark Teachers Union.

- Planning for Retirement
- Pension & Buy Back Issues
- ER&D Staff Development
- Health and Supplemental Benefits
 - AFT Membership Benefits
- FMLA and other leaves of absence
- Assistance with Evaluations and Observations
 - Disciplinary Hearings
- Labor Relations & Payroll
 - Legal Representation
 - Workers Comp
- Tuition Reimbursement

If you have changed your address, phone number, or location, please let us know by emailing sscreven@newarkteachersunion.com

Also, if you don't get our weekly updates, make sure you are on our mailing list by reaching out to mmaillaro@newarkteachersunion.com

Don't forget to follow us on Facebook (<https://www.facebook.com/NewarkTeachersUnion481/>) and Instagram (https://www.instagram.com/newark_teachers_union/?hl=en)

[If you are not a NTU member, make sure you fill out a membership application on our website!](#)

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