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Winter Wellness

This winter feels to me like it has lasted forever. It has been cold and icy. On top of that I was sick for the better part of the month of January. I'm sure that many of you can relate. Winter can be a tough time for teachers. The combination of colder weather, less daylight and the post-holiday slump can lead to feeling drained and disconnected.

It is at these times especially that we need to remember to care for

ourselves. I had to cut back on some of the things that I was doing. This led to meetings having to be rescheduled and asking others to help pick up some of the slack, and simply saying no to what I could not do. Setting boundaries is an important part of self care. So is relying on our support network.

We know we are stronger together. This means that we reach out for support when needed and we offer support to others when we can. Many of our programs run this way already. It is how we try to run our Association as well.

During the recent winter break I met with the presidents of the local BOCES in our area in an attempt to strengthen our support network. Cap Region BOCES, Tech Valley High School, WSWHE BOCES and HFM BOCES all participated in this meeting. We agreed to share documents including contracts and negotiation strategies as well as to work together on

common issues and needs. Our next meeting is in April. I look forward to sharing with you our progress.

Thank you for all that you do everyday to support our students, our programs, our Association and each other.

In Solidarity,

Joal Bova, president, RCG BOCES Teachers' Association

We want to make sure that you are getting all that you can out of your membership! Make sure you are receiving communications from us through a personal email. Check out our website at <http://rcgboces.ny.aft.org/>. Follow us on Twitter @BocesRcg. If you have not already created an online account, do so at www.NYSUT.org. Our Local is RCG BOCES Teachers' Association Local 10175. Once you log in, you will have access to a variety of membership benefits.



NYSUT statement on federal immigration enforcement

NYSUT President Melinda Person released the following statement

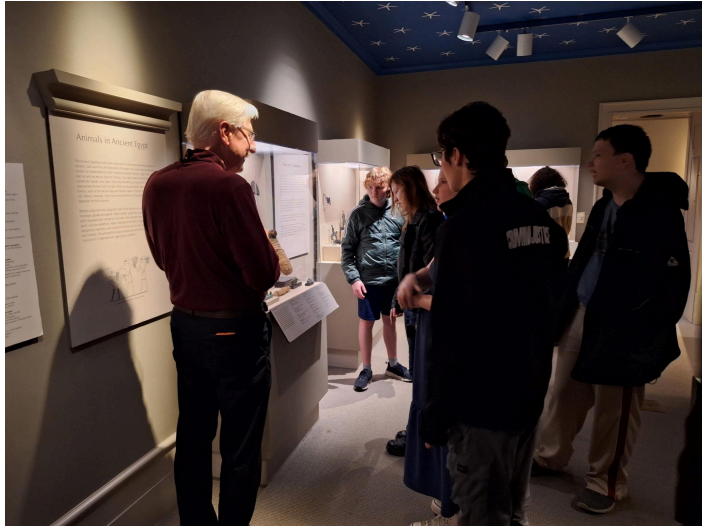
regarding the changes in federal immigration enforcement activities.

“From the moment they walk through our school doors, educators are dedicated to protecting every one of our students. Our schools must always

be welcoming, safe spaces for learning and growth. This isn't just our belief; it's prescribed by law and supported by guidance released by the governor, the attorney general and the New York State Education Department.”

Click [here](#) for more information

Sackett Students Visit The Albany Institute of History and Art



Getting out of the classroom and into the community is such an important experience for our students. Students from the Sackett Educational Center recently visited the Albany Institute of History and Art in Albany. Students took part in two sessions. Students participated in a guided tour of the Egyptian Mummies exhibit. There they learned about life in ancient Egypt and the two mummies that the Institute has as part of its collection. Students asked and answered questions during the 30 minutes presentation that included discussions about the political considerations of removing artifacts from their country of origin and ethical considerations around the display of human remains.

The second session allowed students to view part of the collection of Hudson River School painters and the Portrait Gallery. As part of that presentation students participated in an arts and craft activity. They used modeling clay to create a figure inspired by what they learned at the Institute.



"Art enables us to find ourselves and lose ourselves at the same time"
— Thomas Merton

Article 9- Leave

9.2 Personal Leave

A. Employees may charge up to three days against accumulated sick leave credits annually for the transaction of personal business that cannot be accomplished at times other than during school hours. Application for use of such leave, except in an emergency, shall be made not less than five days in advance of each anticipated absence for personal reasons to the designee of the Executive Officer and the granting of such leave shall be subject to the reasonable operating needs of the Agency. Employees shall receive a response in writing from the Agency within two days of the submission of their request.

B. Personal leave may not be used for vacation or to extend a vacation, holiday or recess period. An application for personal leave on a day immediately preceding vacation, holiday or the beginning or the end of a recess period shall state the specific business reason for the requested absence and the reason it can only be accomplished on that day. Any employee requesting time off for religious holidays, shall be granted such leave by the Agency, and it shall be charged to individually accrued time, if available, or unpaid, if leave is not available. Such Leave for religious holidays shall be limited to no more than five days for religious observances each year beyond those provided in Section 9.2(A) Personal Leave. Provided, however, this Section shall be effective on ratification and shall sunset on June 30, 2026.

C. Except with the approval of the employee's immediate supervisor, personal leave shall not be available to any employee who has announced his or her intention to resign or retire during the month immediately preceding the effective date of such resignation or retirement. Once leave is approved it cannot be taken away.



[Access the full contract here](#)

Enjoy these benefits

FOR FREE!

NYSUT Member Benefits strongly believes in the importance of making quality benefits easily accessible to the NYSUT membership. You may be interested in the following options:

1. Premium Calm Subscription:

All in-service and retiree members receive unlimited free access to the popular Calm app's full library of sleep, meditation, and relaxation content. Members can add up to five dependents (age 16 or older) to receive their own premium Calm subscription.

2. Peer Support Line:

Whether you're facing a specific stressful situation or would just like to speak with a supportive voice, this confidential helpline is free to all NYSUT members and their families. Call toll-free **844-444-0152** to connect with a peer.

3. AD&D Insurance Benefit/ Travel Assistance Services:

All in-service and retiree members are automatically provided with a \$5,000 accidental death & dismemberment insurance benefit, along with free travel assistance services from AXA Assistance.

4. New Member Life Insurance:

All new members are eligible to receive a free term life insurance policy providing coverage for up to \$25,000 for one year, guaranteed renewable at the end of the year.



SCAN ME



MARK YOUR CALENDARS:

Member Appreciation Event is back!

NYSUT Member Benefits is excited to announce that Member Appreciation Event will be held this March! This celebration will feature prizes donated by Member Benefits and our endorsed program providers. To be eligible to win, you must be a participant in our MAP Alert email service.

If you're not already a MAP Alert participant, simply scan the QR code, visit memberbenefits.nysut.org, or call **800-626-8101** to sign up. You'll then receive weekly updates about endorsed benefits, information about new programs, and be able to take part in special prize drawings such as Member Appreciation Event.

