

THE FW INSIDER

MISTER BEN RECEIVES TVT AWARD



Tucson Values Teachers (TVT) presented the January Teacher Excellence Award to Benjamin Collinsworth! Ben was honored for learning and mastering new technology for the 2020-2021 school year. "Ben has risen to meet the challenge, adjusting his teaching style and approach to connecting with his students. He has found a way to present the same story times, interactive music, opportunities to meet new people and learn about their lives, and more through videos, Zoom and Google Classroom." Winners of the Teacher Excellence Award receive \$250 cash courtesy of Helios Education Foundation, a \$100 gift card for classroom materials, and flowers. Congratulations, Mister Ben!

CERTIFICATES FOR CURRICULUM TIME

Teachers who participated in curriculum time in July and/or in October in preparation for Remote and Hybrid Learning will receive certificates documenting their professional growth hours. Certificates will be sent to school sites and placed in mailboxes in the coming weeks, and the hours can be applied toward 301 professional growth.

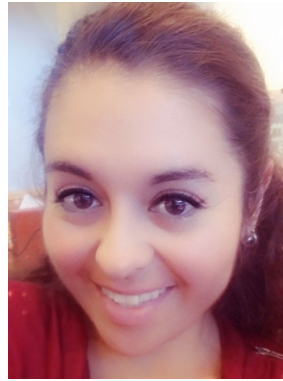
DON'T FORGET

Please email Dr. Parkinson after you receive your first round of the vaccine, and again after you receive the second round. Thank you!

NEW FACES IN DISTRICT POSITIONS



Stacie Miller
Substitute Coordinator



Venessa Rodriguez
PD Assistant



Stephanie Schorey
Database Systems Specialist

Please help us welcome three new faces in positions at the District! Stacie Miller is our new Substitute Coordinator, Venessa Davis is the new Administrative Assistant for Professional Development, and Stephanie Schorey has moved from Homer Davis to become the new Database Systems Specialist. Feel free to stop by and say hello!

STUDENTS RETURN TO CLASSES ON MONDAY, FEBRUARY 15TH

INCREASED FRAUDULENT UNEMPLOYMENT CLAIMS

With the COVID-19 pandemic, the District is receiving many fraudulent claims for unemployment benefits. If we receive an unemployment claim in your name, Danielle Rubio will call you to verify its authenticity. If it is fraudulent, she will email you the Arizona Department of Economic Security (DES) phone number and links to DES, the Federal Trade Commission (FTC) identity theft website, and the National Center for Disaster Fraud (NCDF) website so you can report the fraudulent activity.

BENEFIT ME

Happy people – those who experience positive emotions most of the time – are healthier, show more resilience, and live longer. According to psychologist Sonja Lyubomirsky, 50% of your happiness is genetically predetermined, 40% relates to your outlook, and a mere 10% is due to your unique life circumstances. While you may not be able to change your genetics, your outlook and life circumstances are adaptable:

Use your strengths – find new ways to use your unique skills and strengths every day. Research has shown that using your strengths can boost your happiness.

Express gratitude – say "thank you" often to make sure your peers and colleagues know you appreciate them. Kindness is contagious and can improve happiness dramatically.

Rest and recharge – take periodic breaks throughout the day and get enough sleep at night to ensure you are functioning at your best. When you are well-rested, you are a better communicator and problem-solver.

Surround yourself with happy people – having happy friends and family appears to be an even better predictor of happiness than the amount of money you earn.

Gallagher Wellness 2020