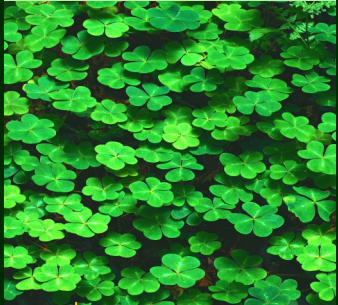


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SPRING NEWSLETTER
2011



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Boise Educational Support Professionals

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President's Corner: Andrew Rath



-Andrew Rath, *Boise Education Association President*

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Special Assertiveness Training

On March 16th, from 4:30 to 6:30 p.m., the BEA/ESP Steering Committee is sponsoring a special training session for Educational Support Professionals. Held at the IEA Building,

this training will focus on building assertiveness skills including building self-esteem, effective communication and stress awareness as well as assertive behaviors. The training is open to

all ESP's, members and non-members alike. Dinner will be provided so advance sign up is requested. For sign up information see your BEA building representative or call the BEA.

ESP's in the Spotlight

Christine Ronan

Christine Ronan, Special Education Para Professional at Hillside Junior High, is a woman of action. Christine joined BEA when she began coaching the Hillside girls' volleyball team. As a coach she wanted the extra liability insurance.

Never one to sit on the sidelines, Christine then became a delegate to Dele-

gate Assembly. While at Delegate Assembly she took advantage of the opportunity to propose a new business item addressing concerns of alternative ISAT testing for special education students. The new business item passed overwhelmingly.

Christine was surprised when asked how she, as an ESP, found the courage

to propose the new business item. "I didn't know I was doing the unusual. I saw a big problem with ISAT testing and thought it needed to be addressed," said Ronan.

The future of the BEA/ESP looks bright with young members like Christine Ronan.

Jeanine Rishel

BEA/ESP Steering Committee member Jeanine Rishel was awarded the December 2010 Golden Apple Award at the January 2011 meeting of the Boise School Board. Jeanine is a Special Education Paraprofessional at South Junior High.

Quoting from the nomination letter, "Student and teachers admire and re-

spect her because of her consistency and dedication. She maintains a positive balance of respect and support with every child, not just in the resource room, but with every student she encounters. This person is also an asset to the general education teachers and they look to her for input and direction. Her reliable support and con-

scientious efforts to meet the needs of students does not go unnoticed and staff members feel blessed to work with her."

The other members of the BEA/ESP Steering Committee offer their congratulations to Jeanine. Well done, friend.

Wellness Updates

Nutrition - Is Chocolate Really Healthy?

Antioxidants in foods help protect our bodies from the everyday damage that contributes to heart disease, cancer, and accelerated aging. But, how do we know how much of these substances are in our foods? ORAC, the common acronym for Oxygen Radical Absorbance Capacity, measure and compare foods in 100 gram portions. What is the ORAC score on chocolate? Fla-

vanols, the antioxidants found in cocoa measure up quite well in the ORAC charts.

1.4 oz of dark chocolate 8000 = 1 cup of blueberries 8000

1.4 oz. of milk chocolate 3500 = 1/2 cup of broccoli 1500

Don't run and get your pound of chocolate just yet. It is recommended to get your antioxidants from a variety of foods sources and still limit your choc-

olate, since chocolates are usually high in sugar and fat. For information on ORAC and nutrition, please visit the American Dietetic Association's web site at www.eatright.org.

-Boise Schools Motivation,
<https://boiseschoolswellness.motivation.cc/>



Membership Doesn't Cost — It Pays!

Do you think that you are paying too much for auto or homeowners insurance? As a BEA/IEA/NEA member you may discover an opportunity to save! For more than 50 years, Cali-

fornia Casualty has been designing policies that reward educators with affordable rates, exclusive benefits, and money-saving discounts. The average savings for teachers who switch

to California Casualty is \$400 per year. Contact California Casualty at calcas.com for a description of offers and unique services available to educators to save you money.

Donation to IEA Children's Fund

The Classified Employees Association of the Boise School District has continued to help education even after the organization was replaced five years ago. Former treasurer, Marsha

McKinley, was encouraged by the bank to remove the remaining \$604.00 in the association's checking and savings accounts. Former presidents and vice-presidents made the decision to

donate the money to the IEA Children's Fund in the name of the Classified Employees of the Boise School District.

National ESP Day

November 17 was set aside by the NEA to honor Educational Support Professionals nationwide. In Boise, the contributions of the ESP's were recognized in different ways at different schools.

At Hillside Junior High a large 'WE APPRECIATE YOU' poster was created by BEA building rep Tanya Gordon with the names of all the ESP's in the building. The certified staff then wrote notes of thanks and support and

signed the poster. It was then hung on the wall in the staff lounge.

At Grace Jordan Elementary a special social hour was held after school hours to honor the ESP's. Refreshments were served and the certified staff had the opportunity to thank the ESP's for all their hard work.

At Horizon Elementary the staff lounge was decorated with stars bearing the names of the building ESP's. The theme of the day was "HORIZON

ESP'S SHINE LIKE STARS." Building rep Vikki Green created a report card for the ESP's which hangs on the bulletin board in the staff lounge.

Homemade caramel corn was served.

Other celebrations were held throughout the district. National ESP day is held every November. If your building didn't celebrate this year, help organize a celebration for next year.

-Suszan Kats, *Horizon Elementary*

Upcoming Events



2011

Anyone is welcome to join us at our BEA ESP Steering Committee Meetings.

February

17 - BEA ESP Steering Committee Meeting at IEA Building, 5:00 p.m.

March

16 - Special Assertiveness Training at IEA Building, 4:30 - 6:30 p.m.

April

21 - BEA ESP Steering Committee Meeting at IEA Building, 5:00 p.m.



BEA Education Support Professionals Steering Committee

-BEA President, Andrew Rath
-BEA Executive Director, Kathy Yamamoto
-Rachelle Bernard, DSC
-Debra Brown, Horizon

-Mary Gordon, Whitney
-Gena Harris
-Bev Harrigfeld, Horizon
-Bruce Hellinga, Grace Jordan

-Suzan Kats, Horizon
-Kathyn Pierce, Hillside
-Jeanine Rishel, South
-Suzanne Tracey, Grace Jordan

Boise Education Association

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*Boise Educators Working Together
to Support Boise Students.*

BEA Website:
bea.groupsite.com

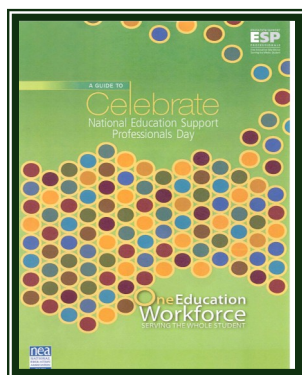
The Boise Education Association consists of about 1,700 members including classroom teachers, paraprofessionals, administrators, custodians, counselors, secretaries and other school district employees.

We are committed to providing a high quality education for all students within the Boise School District. We work collaboratively with the community to ensure all children are prepared for a productive adult life.

-Kathyn Pierce, Editor
Office Assistant at Hillside JH



Boise Education Association
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P.O. Box 2638
Boise, ID 83702



We're BEA/IEA/NEA ESPs and Proud of It!

Getting Your Money's Worth – Being a Member of the IEA.