

Union Pulse

Colorado Springs Education Association
April 15, 2020

The State Of Our Union

On April 14, 2020, the CSEA Annual Meeting of the Corporation was held virtually. Approximately 70 members attended and heard a report on the state of our union. We are in sound fiscal condition and our membership percentage remains steady. The April Association Representatives meeting was held following the Annual Meeting. It was announced that we are cancelling the Volunteer and Friends of Education Banquet previously scheduled for May. Association Representatives were reminded that if they wish to nominate themselves to serve as an AR again next year they must submit their nomination by April 27.

Teaching And Academic Resources

CEA Teaching & Learning is excited to offer virtual office hours for instructional practice support. We have 20 members, covering many grade levels and content areas, ready to connect with CEA members in a fun and engaging environment to share ideas and enhance their approach to continuous distance learning. Look through [this Google Document](#) for the schedule and links to RSVP for sessions. If you have questions, or have interest in facilitating a group that isn't represented, reach out to Cassie Harrelson (charrelson@coloradoea.org).

Edutopia has 4 tips for teachers shifting to teaching online available [here](#).

For Your Pleasure And Health

Educator Self-Care in the Coronavirus Crisis

What About You: Strategies for Supporting Educator Resilience and Trauma-Informed Self-care
Thursday, April 16 from 11:30 to 1:00.

This webinar explores how educators are taking care of themselves and their families during the COVID-19 crisis while maintaining connections with their students. An expert panel will go over trauma-informed self-care and resilience-building strategies educators can use to better prepare themselves to face challenges. [Register here](#) to join the discussion. This is the first webinar in the series *Teaching and Leading in the Time of COVID-19*.

[Take A Breath: How The Simple Act Of Meditative Breathing Helps Us Cope](#)

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This correspondence is intended for members of CSEA, ESPA, CEA, and their families. It is not intended for public distribution.