

Union Pulse

Colorado Springs Education Association
April 27, 2020

Kevin Coughlin Awarded The CEA Golden Apple Award

Congratulations to **Kevin Coughlin**, Twain, who serves as the Mitchell Region Director on the CSEA Board of Directors, for receiving this prestigious award at this past weekend's CEA Delegate Assembly! One recipient is selected annually from the pool of all nominees statewide to receive this award. The award recognizes an Association member, committee, or local which has made outstanding contributions in the area of education excellence and teacher image. Kevin has represented D11 educators as an Association Representative, served on the CSEA Board, served on the Mediation Support Team, participated in many District committees and community events, and organized the Book Give-a-Way at the Balloon Festival. Thank you, **Kevin**, for your many contributions.

Food Distribution Update

A number of schools in D-11, from elementary to high school, have active and important food distribution systems for needy students and families. We learned last week that some schools, especially in the elementary levels, were looking for places to consolidate and continue the distribution of food to those students and families in need. Often, the high school campuses have student led groups that coordinate these food distributions. We are waiting for more details from the District and should have more information later today,

Teaching And Academic Resources

Welcome To Cephalopod Week! This week the Seattle Aquarium is celebrating animals in the cephalopod class: octopuses, squid and cuttlefish. According to their website, "There are fascinating videos, educational activities, content for all ages and more resources while we all continue doing our part to help curb the spread of COVID-19 through our community." The daily schedule, which is available in the link [includes a live diver interacting with a variety of fish and cephalopods, discovering how many hearts a cephalopod has, and learning why they can change colors. Check it out \[here\]\(#\).](#)

[This Edutopia page](#) has helpful resources for teaching **English Language Learners**. It features free or inexpensive digital resources and its teacher-created videos make content more accessible for English language learners.

Math and spelling exercises for students ages 5-14 are available here through [Sumdog](#). The company is offering the entire site free until June.

Don't forget that CEA Teaching & Learning has **virtual office hours for instructional practice and support**. Members, covering many grade levels and content areas, are 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).

AR Nominations Close Today At 5:00 PM

If you are interested in nominating yourself to serve as an AR next year, please send us [an email](#) from your District 11 email address by 5:00 pm today.

For Your Pleasure And Health

“Zoom Fatigue” doesn’t just happen using Zoom. It can happen to any of us working remotely and spending a great deal of time on virtual platforms interacting with others. *National Geographic* has explored the causes, the problems we might experience, and offers some solutions [here](#).

From taking up Tae Bo at home to mountain biking, there are many ways to stay active without visiting a gym or exercise class. [USA Today](#) has some tips on staying active while social distancing

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