

Union Pulse

Colorado Springs Education Association
October 29, 2020

Social and Emotional Well-being of Staff

Back in March, a study of the social and emotional needs of teachers identified that the five most-mentioned feelings were “*anxious, fearful, worried, overwhelmed, and sad.*” This [article](#) lays out why it is important to care for self, to establish some balance, and to focus on staff social and emotional well-being. As it concludes, “The time has come for *all* schools to address the missing link in what will help educators’ thrive—a greater focus on *all* adults’ health and well-being. If we want our educators to be successful—both personally and professionally—schools must be places that bring out the best in them.”



Thumbs Up to Everyone that has returned their ballot!

Announcements

It's Too Late to Mail Your Ballot

It is now too late to mail in a ballot for Election 2020. Postmarks do not count. If you are delivering your ballot, you will find the list of voting centers and secure ballot drop-off sites [here](#). If you would like to have your ballot picked up and delivered by a CSEA volunteer, please let your AR know.

CEA Voter Guide for the 2020 election!

Are you looking for voting recommendations based on your address? Check out this [link](#) provided by our state organization.

Take Action!

Tell the State Board of Education: Provide educators some relief and give us the space and time we need to care for our students and classrooms. [Join](#) the campaign to provide an extension on READ Act Mandate.

Rocky Mountain PBS – Colorado Classroom

Colorado Classroom features daily literacy, science and math lessons for K-3 students and their families, on broadcast and [online](#).

Articles Of Note

October is Arts Month. Check out these digital educator [resources](#) from the Colorado Springs Fine Arts Center.

Daylight Saving Time is this Sunday! Check out these fun [facts](#) about daylight saving time.

[Pikes Peak Superintendents push for suspended standardized tests.](#)

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It is not intended for public distribution.