



News Up North

Teri M. Rounsaville North UniServ

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IMPORTANT DATES:

- January 5 2010 Legislative Session Begins
- January 18 Martin Luther King, Jr. Day
- January 26 MAE Lobby Day
- February 5-7 SE REG Conference Little Rock
- February 8 NE Reg. Meeting
- February 9 NW Reg. Meeting
- March 2 Read Across America
- March 12-13 MAE Convention/RA
- March 16 MAE State Spelling Bee

MAE Access Card!

I just learned that one of our Ole Miss Desoto Students saved \$70 on his Dell Computer using his MAE Access Discount Card.

Send us your favorite discount on Access.

A+ Auto

While we're at it, lets hear from you on A+ Auto. Any great discount stories? I know it is hard to beat Dana saving \$1500 when she switched to A+ Auto, but lets hear from you. tmclay@nea.org

For a free comparison quote:
www.calcas.com/mcarroll
Or call 1-877-999-8927



MAE NORTH MEMBERS WELCOME LEGISLATORS

Many local leaders met with legislators during the last two months to talk with them before the 2010 Legislative Session began.

We are very lucky to have such Champions of Education in North Mississippi. They all talked of this being a tough session. They have heard from members about Fully Funding MAEP and National Board Supplement, Increasing Classroom Supply Funds and ESP Priorities.

We at MAE, are very proud of the Government Relations work we do. You see most Associations say that they Lobby, but MAE has a very impressive process and record of activity and action for our members.

It includes polling our members on priorities. Researching and writing legislation, finding legislative sponsors, speaking on the bills, attending committee meetings, lobbying every day. Meet the MAE Team: Lobbyist-Terry Lynn Hamm, President-Kevin Gilbert, Executive Director-Frank Yates and Associate Executive Director-Beverly Brahan. All full time at the Capitol. And don't forget about our other Staff and Board of Directors.

YOUR MAE VOICE IS VERY STRONG!

MAE wants your non school email address so we can keep you up to date on what's happening at the Capitol. Give yours to your Local President or Building Rep today. Give your name and local as well as the email address.

If you want to help your Building Rep, I am sure they would love the help with this small but important project.

MAE Professional Development

Does your school need relevant, high quality PD ideas? Topics that will enhance the skills of the classroom teacher and help meet the needs of your students?

- I've got a SMART Board. Now what do I do with it? How to build a better presentation and how to make it interactive.
- Stress and Time Management. Too much to do and not enough time to do it?
- Indoor Air Quality: The air we breathe. How does it effect student performance?
- Closing the Achievement Gap
- RTI
- Legal Issues, Texting, Cell Phones, Emails
- Classroom Management and Organization
- Diverse Learners-Meeting Their Needs
- Family-School-Partners: Parental Involvement, Making your School Family Friendly, Family Support for Learning, Interactive Homework.

Let MAE help with your Staff Development needs.
bbrahan@nea.org

Need an idea for your local meeting? How about sponsoring a shorter version workshop from the titles above. We are here to help our members.



Good Advice to Prevent Swine Flu



Some good friends gave me the *best* present for Christmas. It was a bottle of Hand Sanitizer with a festive label saying "Hoping your only swine is your holiday ham!" I have laughed over that many times but that is what prompted this article. All of us have seen Swine Flu in the schools, maybe in our families. This email by *Dr. Vinay Goyalby* had some good tips for preventing the spread of the infection.

The only portals of entry for the germ are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible to avoid coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is.

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced (instead of focusing on how to stock N95 or Tamiflu).

1. Frequent hand-washing (well highlighted in all official communications).
2. "Hands-off-the-face" approach. Resist all temptations to touch any part of the face.
3. Gargle twice a day with warm salt water (use Listerine if you don't trust salt). H1N1 takes 2-3 days after initial infection in the throat/ nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.
4. Similar to 3 above, clean your nostrils at least once every day with warm salt water. This can be done by Neti Pot or blowing the nose hard once a day and swabbing both nostrils with cotton buds dipped in warm salt water, this is very effective in bringing down viral population.
5. Boost your natural immunity with foods that are rich in Vitamin C. If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.
6. Drink as much of warm liquids (tea, coffee, etc) as you can. Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.

UniServ Survey-The North UniServ Council has worked on a member survey to get feedback on several topics.

- We'd like to know your priorities for the association.
- Do you receive communication from the Building, Local and UniServ levels?
- What are your top three classroom issues you'd like the association to address?
- What personal or professional needs can we help with?

Please email your answers to tmccly@nea.org. Include your local. All responses confidential.

Contact Information

North UniServ Office 1-888-294-0159

645 CR 110 Water Valley, MS 38965

tmccly@nea.org

Share your local or members stories with us for the Educator or Newsletter. Simply email text and pictures.