



DAYTON EA INSIDER

Your Monthly DEA Newsletter

February
2024



President's Corner

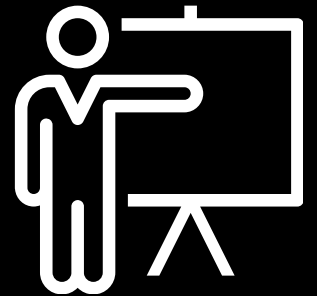
In our shared pursuit of shaping young minds and guiding the future, I address you with a message emphasizing unity. As educators, our collective responsibility goes beyond academic growth, extending to the creation of a community founded on collaboration and mutual support. The strength of our profession lies in unity, a force that enables us to navigate challenges and create an environment conducive to both educator and student flourishing. Our union symbolizes not only our collective bargaining power but also our commitment to shared principles and quality education. Let us stand united as an inspiration for our students, demonstrating the significance of collaboration, respect, and working towards common goals. Through our collective efforts, we can shape a future where education becomes a catalyst for positive change.

Your DEA President

What to do this weekend?

Check out Dayton Local for things to do this month. You could go Axe throwing, Ice skating at Riverscape, enjoy the new Pinball bar in Beaver creek, or enjoy a nice meal with someone you love. The options are plenty.

Check out OEA Professional Training Opportunities



DEA MEMBERS ARE ROCKSTARS

Meet Michelle Cardilino. She currently teaches at Wogaman Middle School. Ms. Cardilino has been teaching for 5 years in the district. What she loves most about her job is seeing students achieve their goals. If she wasn't teaching she would be a Wedding Planner. Ms. Cardilino enjoys Mexican food and her favorite drink is Ice Tea. A quote she lives by is "Education is the most powerful weapon which you can use to change the world." Nelson Mandela. Wow such a positive and beautiful statement! A little advice Ms. Cardilino would give herself back when she first started teaching would be to set boundaries.

IF YOU HAVEN'T COMPLETED CLICK THE LINK BELOW
https://docs.google.com/forms/d/e/1FAIpQLSetDyP7VY9s8eKmpXHIP5Sc20DMdwLM2Eowx3mvaR9OddhLag/viewform?usp=sf_link





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Self care Corner

What is Self Care?

- It's the practice of taking an active role in protecting one's own well being and happiness, in particular during periods of stress.

What are the signs of burnout?

- Sleep Issues
- forgetting things you didn't before
- trouble concentrating
- change in appetite
- Depression and anxiety



What is one way you can better take care of yourself?

- Manage your time better
 - Start and end with a purpose
 - Make lists to stay on task
 - Use a planner
 - Close your door
 - Theme your day of what you want to focus on today (ex. Wednesday- Grading Papers)



Make sure that you know your contract. You can access it from the [DEA website linked here](#).



Dates to Remember
 Feb. 16 Building PD Day
 Feb. 19 Presidents Day/District Closed
 March 8 End of 3rd Quarter

Check out
WOEA
Calendar for
meeting
dates and
events

When I have nothing to write but suddenly teacher look at me

