



THE EDUCATOR

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ATA President Bob Maier's 2022 State of the Union Address

It has been a tradition for me to write a piece for the ATA newsletter this time of year. As I begin, I usually go back and read the articles I have written in the past to use as a starting point for this year's article. What has occurred to me is that our times have changed so dramatically in a very short time. Fact is, I know we all know how very different things have been through the pandemic, but so much more has changed within Arlington.

As we all have navigated teaching online and hybrid, as well as dealing with COVID in person, much has changed

in Arlington right before our eyes. Starting at CAO we have a whole new administrative team to work with. After we worked through last year with

As we all have navigated teaching online and hybrid, as well as dealing with COVID in person, much has changed in Arlington right before our eyes.

Larry Licopoli as interim superintendent, we welcomed Dave Moyer to the permanent position last spring. From my perspective, this has been refreshing as relationships had been strained with the administration in CAO

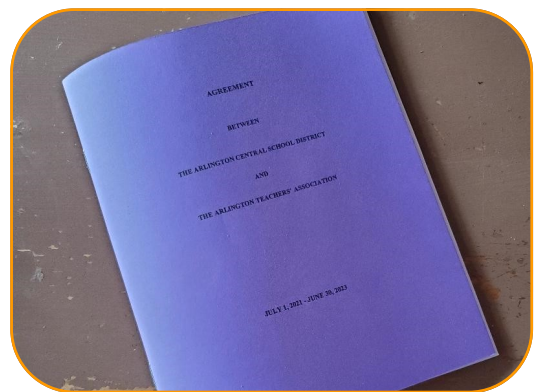
before Licopoli. Outside a few folks who have been with Arlington for some time, most of the other administrators at CAO are also new to Arlington and settling in quickly. The changes there have also reverberated out to our buildings with new administrators and faculty. The business of education continues even in the throws of an international pandemic. On a very positive note, we were able to settle our contract for a two-year extension that recognizes our efforts with salary increases which alleviated that pressure. A year from now we will be
See Times on page 2

AT-HOME COVID-19 TESTS

Please carefully read and follow all directions on testing kit packaging.

WHAT TO DO IF YOU TEST POSITIVE

- Isolate right away, even if you are vaccinated. A positive test requires a minimum of 10 days quarantine per CDC guidance. Visit DutchessNY.gov/COVIDquarantine for instructions.
- Take a picture of the positive at-home test result within 24 hours.
- Report your positive result to the health department online at DutchessNY.gov/COVIDpositive.
- If symptoms worsen or you have trouble breathing, consult your doctor or go to the Emergency Department/call 9-1-1.
- Answer the phone. A contact tracer will reach out to you. It may take



ARLINGTON TEACHERS' ASSOCIATION
46 Davis Ave., Poughkeepsie, NY 12603



(845) 454-7002 · www.arlingtonteachers.com · ata4547002@aol.com

Trivia Challenge

Answer the question below correctly and you could be the proud winner of ATA gear!

Approximately what percent of the world's population celebrates the lunar new year?

Last month's question had no correct responses received. According to Ron Higgins, the ATA has had **12** presidents since 1967. Answer this month's question and you could be the proud owner of some ATA gear.

Submit your answer to the above trivia question to sfalk@acsdny.org by February 4. The winner will be randomly selected from the correct submissions.

We Persevere Through Difficult Times

Continued from front
back to the table for a successor.

In writing this article I have tried to reflect on the last year. We are now in the second year of this strange time in education. I'm sure most of you would agree with me when I say this current year is harder than the last. As the news of COVID surfaced in January of 2020, we were

plunged into shut down March 13, 2020. That year was a scramble to learn new technology and provide some instruction online. Last year (2020-21) we all began the year remote, some of our elementary colleagues returned to in-person and others taught online all year. Our secondary faculty returned to the classroom to teach both in-person and remote at the same time with hybrid instruction. I can honestly say teaching online or hybrid was never even a thought in my mind two years ago, though I know many of our colleagues had been using technology to deliver lessons for some time. Those of us who were thrust into it appreciate your support and help as we navigated new instructional techniques. Our collective

support through social media was a testament to our commitment to each other and I want to thank you all for being so helpful to each other.

Now 2021-22 is stacking up to be more difficult than the previous year, but we continue to rise to the occasion. I want to commend you all for

I continue to hear very positive feedback from members of the community who share how happy their children are receiving such a great education in these difficult times. You should also know in conversations with the Board of Education leaders as well as the district administration, I am thanked on behalf of all of you. We have something very special here at Arlington, and that all starts with you as members of the ATA.

your dedication and perseverance to provide the best for the students of Arlington every day. All of your effort keeps Arlington as a district of distinction in the Hudson Valley despite COVID. You all should know these efforts are not unnoticed. I continue to hear very positive feedback from members of the community who share how happy their

children are receiving such a great education in these difficult times. You should also know in conversations with the Board of Education leaders as well as the district administration, I am thanked on behalf of all of you. We have something very special here at Arlington, and that all starts with you as members of the ATA.

For those of you new to education, I welcome you in these most difficult times—it is not always this difficult, or this intense. We can only hope that the end is in sight and there are better days ahead. Please understand the ATA is here to support you in any way we can. Over my tenure as the ATA's president, I have never been prouder to say that I have your confidence to lead this organization. I can only hope that in the years to come, when COVID calms down and we can return to a more normal environment, we will be able to focus all our attention on what we enjoy: teaching our students. I want to wish you all the best in 2022.

-Bob Maier,
ATA President

AHS Educators Work To Manage Stress

As teachers, we all face stress from time to time. It's how we deal with it that's important. What is stress? Stress is a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances. There are two types of stress: "distress" and "eustress," otherwise known as "bad" and "good" stress. Eustress is stressors that end in a positive result (i.e. planning a marriage, awaiting the birth of a child, etc.). Whereas distress typically has a negative or unknown outcome (i.e. losing a family member, divorce, or too much to handle at work).

The body reacts to stress in a variety of ways, just like one can handle his or her stress in a variety of ways. Stress can become debilitating if not managed, so how can one handle stress? By utilizing stress management tools and techniques. Stress management is defined as the tools, strategies, or techniques that reduce stress and reduce the negative impacts stress has on your mental or physical well-being.

What is the best way to handle stress? That depends on you and your interests.

Stress management techniques not only aid in the reduction of symptoms but given the right circumstances, can help alleviate stress altogether. Keep in mind, stressors are everywhere, so

even well-managed stress can resurface.

The COVID-19 pandemic has exacerbated stress levels for most people. On top of usual stressors, for teachers we now add things like wearing a mask,

with COVID. In response to this, Arlington High School teachers are lucky to have a range of after school stress-management classes available to them. Among the offerings are a walking group led by business teacher Lisa

Greco, and a Tai Chi class led by science teacher Dale Corzine.

AHS also has a Mindfulness Room where both teachers and students can go when in a stressed state. Social workers Chris Babb and Jen Green created the room so teachers and students alike can release feelings of anxiety, worry, regret, anger, or other challenging feelings. The goal of mindfulness practice is to learn how to be in the present moment, which often leads to feeling calmer, regulated, and capable of making sound decisions.

David Gatta, Coordinator of the Health and Physical Education department, praised the AHS health education teachers for the implementation of their new stress management unit. Nicole Benedetto, Brendan Hunt, and Kelley Hunt are available to share their curriculum content with anyone who is struggling and/or just needs some more ideas to add to their bag of tools.

Stay safe, stay healthy, and remember "we rise by lifting others".

-Michelle Chastain,
AHS PE Teacher

Have you ever felt any of the following?

- Aches and pains.
- Chest pain or a feeling like your heart is racing.
- Exhaustion or trouble sleeping.
- Headaches, dizziness, or shaking.
- High blood pressure.
- Muscle tension or jaw clenching.
- Stomach or digestive problems.

Stress Management Techniques:

- Exercise.
- Mindfulness.
- Relax Your Muscles.
- Breathing Meditation.
- Eat Well.
- Slow Down.
- Take a Break.
- Nap.
- Laugh.
- Make Time for Hobbies.
- Talk About Your Problems.

contact tracing, and worrying about the immunocompromised, and family members diagnosed

Summer Opportunities About

In February summer may seem far off, but it is not too soon to be thinking about applying for teachers after school ends. Information about numerous educational programs can be found in this list of just some of the great programs that are available at very little or no cost at all to educators.

Program Sponsor	Recommended Grade Level	Subject	Date
National WWII Museum	6-12	Social Studies & English — WWII	July 28-Aug
McDonald Observatory	K-12	Science—Astronomy	Various
Smithsonian National Air and Space Museum	K-12	STEAM	July 11
The Thoreau Institute	K-12	Natural History, ELA	July 10
National Endowment for the Humanities	K-12	Humanities—Social Studies, ELA, Architecture, Music	Various
Air Camp	K-12	STEM	July 18
National WWII Museum	5-8	Real World Science	July 10
American Meteorological Society	K-12	Science—Weather	July 24
Ford's Theater	K-12	The Civil War	June 19-24 July 10-15 (in
Carnegie Hall	6-12	Music, Drama	July
Elementary Physical Education Workshop	K-8	Physical Education	July 13
ASM International	6-12	STEM—Materials Science	Various

g for one of the many professional development opportunities available and on the internet, but many can be very expensive. The following is a cators. Many even include room, board, and travel expenses!



s	Location	Application Deadline	Website
August 3	New Orleans, LA	Feb. 4	tinyurl.com/y7h4nkv9
us	Fort Davis, TX	Feb. 7	mcdonaldobservatory.org/teachers/profdev#hubble
-22	Washington, D.C.	Feb. 11	tinyurl.com/3hrah76
-15	Walden Pond, MA	March 1	tinyurl.com/yf623sm8
us	Various	March 1	www.neh.gov/divisions/education/summer-programs
-21	Dayton, OH	?	aircampusa.org/
-15	New Orleans, LA	March 4	tinyurl.com/2wbskbd3
-29	Kansas City, MO	March 25	tinyurl.com/jgqg2x8
(online) n person)	Washington, D.C.	April 11	www.fords.org/for-teachers/programs/civil-war-washington/
	New York, NY	Ongoing	www.carnegiehall.org/MEW_Summer_Program/
-16	San Luis Obispo, CA	Ongoing	epew-cp.weebly.com/
us	Various	Ongoing	tinyurl.com/gwo24fq

2021 — 2022 ATA Officers

President	Bob Maier
First Vice-President	Greg Nieman
Second Vice-President	Steve Hertzog
Treasurer	Dave Cordella
Chief Negotiator	Robert McHugh
PR Committee Chair	Kristine Jackson
Community Action Chairs	Brendan Lawlor Bill Mueller
Welfare Trust Chair	Ron Higgins
Communications Chair	Sam Falk
Senior Building Representatives	
	ASM — A'Rehema Leach
	BES — Adrienne Pisciotta/ Melissa Maiello
	Noxon — Nicolle McMorris
	VFES — Pina Bruno
	OPS — Nancy Thomas
	Traver — Diana Judge
	JDWR — Barbara Mackey
	TIS — Joe Sutka
	LMS — Patty Bauerlein
	UVMS — Jim DeBonis
	AHS — John Filor
	AHS — Noreen MillsMartin

What's Going On?

"What's Going on" is a monthly feature of The Educator. It highlights noteworthy accomplishments by ATA members. Do you know of a colleague who deserves recognition? Let The Educator know by emailing sfalk@acsdny.org. We can't know what's going on at all of your schools without your help!

Congratulations to the following ATA members for their contributions to the Arlington community and beyond.

Arlington High

Art teacher Sean Bayliss has been appointed by College Board as the Lead Consultant for the national group of AP Art History teachers who offer one-day workshops and five-day Summer Institutes. These professional development opportunities are designed to help other teachers learn best practices for teaching the course. Beginning in 2010 Bayliss began as a reader, scoring students' essays on the exam, and was trained as a workshop leader in 2015. In 2016-2020 he served on College Board's AP Art History Development Committee, which creates the exam and curriculum for the course. He also serves now on the Arts Advisory Committee for College Board. He says that working with other teachers from around the country has



Photo courtesy of Arlington Music

Vail Farm Elementary

Music teacher Leanne Sowul presented at the NYSSMA conference on December 4 in Rochester. Her talk was titled "Beyond Multicultural Music: Teaching Culturally Responsive Pedagogy in the Instrumental Ensemble".

given him great perspective, and also appreciation for many aspects of living here in the Hudson Valley of NY. On a daily basis, he brings these experiences to his classroom. Teaching the course, and seeing students' engagement in it, he says, is an "absolute joy!".

LaGrange Middle

School psychologist Linda Dixon-Dziedzic obtained her Ph.D. in Clinical Counseling from Jacksonville last August.

Union Vale Middle

Social Studies teacher Chris Malet is a member of the Diversity, Equity, Inclusion Committee (DEIC) for the National

Interscholastic Lacrosse Coaches Association (NILCA). This is a national committee with coaches from seven different states. Over the last year they have presented and had a presence at two national lacrosse conventions. The DEIC mission is to enhance the game of lacrosse by supporting high school coaches as they embrace, empathize, affirm, and appreciate all of the identities within our lacrosse community. According to Malet, "It has been a joy to be part of this amazing group. We have had a great start and I'm excited to see where we go and what we accomplish!".

Social Worker's Side Job Serves To Empower

Although social worker Laura Bagnarol is new to Arlington this year (split between ASM, OPS, and VF), she is no stranger to the local community as just one of many ATA members that are involved with organizations outside of their day jobs.

In 2013, after being discouraged by the summer sports camps that existed for her then four-year-old daughter, she decided to create her own program, which has expanded over the years into BE BIG BE BRAVE, LLC. According to Bagnarol, "My professional career prior to that had involved working with survivors of sexual abuse, so with that in mind I wanted to create an empowering program that would remind girls to always use their voices."

She describes the whole endeavor: "The Pigskin Princess Project launched in 2014 and is a skills and drills flag football program for girls, ages 3-11. Since then we started The Pig-

skin Prince Project, a character-building program for boys, ages 3-5 that focuses on teaching football and healthy masculinity. From these programs came others, like The Brave Project, a self-awareness, safety program for girls in elementary through high school. I also have a program for teens on screen overuse and how it can affect our minds, muscles, manners, and moods. I present as a speaker to different groups throughout the Hudson Valley on a variety of topics."

Bagnarol runs her programs where she can find space or is invited, often at the Town of Fishkill's rec center, but she says that, "The kids who participate in my programs live in several different areas, from towns here in our district to towns in the Wappingers Central School District, or Poughkeepsie and Beacon districts and some even come from across the river." A few years ago Spectrum



Photo courtesy of Laura Bagnarol

Social Worker Laura Bagnarol runs an LLC that includes a program that uses football to empower young girls.

News even did a segment about how the project was reaching girls in the region.

Details about all of the Be Big Be Brave programs, and Bagnarol's speaking opportunities, can be found at www.bebigbebrave.com.

Tax Season Is Upon Us Once Again

When preparing your taxes, you may be able to deduct the union dues from your taxable income. Check with your tax preparation professional to be sure.

So how much did I pay in Union Dues (ATA+NYSUT/NEA+AFT) in 2021?

New employees (started in Sept.)	\$418.25
Full time employees (worked last year also)	\$953.13
Recent retirees (Dues from last Spring)	\$534.88

Are there any exceptions to this? Yes, a few people may have had a leave, or started after Sept. 1, or had some other payroll interruption that would change their deduction. See below to confirm your deduction.

The documentation you can provide to show that you have made these payments is on the "paystub" that was emailed to you on 12/23/21. I recommend keeping all of your paystubs, but the last one in each December is particularly handy when tax prep time comes.

Happy New Year!

-Steve Hertzog, ATA 2nd Vice President

Dates to Remember



FEBRUARY

8th—Board of Education Meeting, Budget Workshop: 7 p.m., LMS

15th—ATA Executive Council Meeting: 4 p.m., AHS Room 1432

21st—President's Day - No School

22nd—Board of Education Meeting, Budget Workshop: 7 p.m., CAO

26th—Math, Science, and Technology Fair: 8:30 a.m. - 12 p.m., AHS

MARCH

8th—Board of Education Meeting, Budget Workshop: 7 p.m., TRP

11th—Superintendent's Conference Day

15th—ATA Executive Council Meeting: 4 p.m., AHS Room 1432

16th—School Budget Public Forum: CAO

18th—Professional Development Half Day

22nd—Board of Education Meeting: 7 p.m., CAO



APRIL

2nd—District Arts Fair: 11 a.m. - 4 p.m., LMS



Announcements

Don't Forget To Re-Register!

NYS law requires that all teachers re-register every five years in order to maintain their Professional or Permanent certificates, and that time is up.

Make sure to go to <http://www.highered.nysed.gov/tcert/teach/> by the end of the month prior to your birth month to re-register.

Stay informed! Follow us on Facebook and Twitter or check out www.arlingtonteachers.com for forms, photos, calendars, and more.