

THE ADVOCATE

SAN DIEGO EDUCATION ASSOCIATION

Read the articles in this month's issue by clicking the links below.



“We are all special educators with the increasing population of high-needs students with IEPs in our classrooms. As the relentless special education staffing crisis continues year after year, we need to find solutions NOW when we see our students being underserved.” [Read more in Letters in Solidarity.](#)



To appropriately support students, educators need resources and support! [Access a collection of resources](#) including reminders of our contractual rights, a variety of recorded webinars, key considerations regarding student discipline and educator injuries, and other resources.



Supporting Students with IEPs in the General Education Classroom: Our contract includes specific protections and resources to help educators appropriately support students with IEPs, particularly in classes where over 20% of students have IEPs. [Read more about your rights and how to ask for support when needed.](#)

**Do you know
your options
for retirement?**

Whether or not you are considering the District's offer of a Supplementary Early Retirement Plan (SERP) for the 2024-25 academic year, it's never too early to educate yourself on your retirement options! [Sign up for an upcoming online or in person CalSTRS workshop.](#)



Health insurance pays your doctor.
Disability insurance pays you.

Learn more at
CTAMemberBenefits.org/Disability

TheStandard CTA CALIFORNIA TEACHERS ASSOCIATION

For costs and further details of the coverage offered by Standard Insurance Company including the exclusions, benefit waiting periods, and reductions or limitations and the terms under which the policy may be continued in force, please contact Standard Insurance Company at 800.522.0406. GP190-LTD/S399/CTA.1 SI 23553-CTAvol (10/24)



STAR PROMISE

CTA Members, take advantage of Auto and Home/Renters Insurance that is...

Simple.
Trusted.
Affordable.
Right for you.

California Casualty AUTO AND HOME INSURANCE CTA
CalCas.com | 1.866.268.1754



Healthy Gut, Happy Mind
As the holidays approach, it's important to recognize the interconnectedness of gut health and mental health.

Approximately 90% of the body's serotonin - a neurotransmitter crucial for mood regulation - is produced in the gut. By nurturing your gut, you can support your mental well-being during the busy holiday season.

Visit the California Schools VEBA Cooking & Nutrition Hub to download your gut health starter kit packed with quick, nutritious gut-healthy recipes.

Visit the Hub

CALIFORNIA SCHOOLS VEBA YOUR HEALTH. OUR PURPOSE

To learn more about California Schools VEBA, visit www.VEBAnet.org.



north island credit union A Division of California Credit Union

Save for your Summer break with an Educator Summer Savings Account.

- Perfect for educators and school employees who don't receive paychecks during the summer
- Grow your money faster with a 6.50% APY!
- Save throughout the school year via payroll deduction or pre-authorized internal transfer
- Balance plus dividends disbursed each July

QR Code

Gloria Rogers
VP, School & Community Development
grogers@ccu.com or (800) 334-8788
northisland.ccu.com/educators

Federally insured by NCUA.
Equal Housing Opportunity. NMLS # 400403. © California Credit Union. Requires payroll deduction or recurring pre-authorized internal transfer into the Educator Summer Savings account up to \$1000.00. Deposits into the account can only be made via payroll deduction or pre-authorized internal transfer. Total deposits must not exceed \$2000 per month, July 1 - June 30. Minimum \$0.01 deposit to open account. The credit union will distribute the balance of the account if more than \$25 in July via ACH for transfer into a CCDU account. Proof of employment at a qualified California public or private school is required. APY = Annual Percentage Yield. Rates are subject to change after the account is opened. APY is accurate as of the last dividend declaration date. Dividends earned on balances \$100+. Fees may reduce earnings on the account.

**TOGETHER WE ARE
STRONGER**