



F.O.N.T.

Focus On New Teachers

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Teachers are Stressed Out!



A survey of nearly 5,000 educators released on October 30 by the AFT and the Badass Teachers Association shows that nearly two-thirds of educators usually feel stressed out, twice the level felt by workers in the general population. Most surveyed feel disrespected by state and federal officials, especially Education Secretary Betsy DeVos. By contrast, two districts, Solvay, NY and N. Syracuse, NY, reported less stress as they have forged strong collaboration among educators, administrators, parents, and community members. Teachers in those two districts were less likely to leave the profession than other educators in the survey.

"Teaching is a tough job that carries with it high levels of stress, which obviously affects both students and educators. Stressful work environments can affect student achievement and educator effectiveness, and can be mitigated by a collaborative culture that respects educators and the work they do," says AFT President Randi Weingarten. "The survey shows that a supportive work environment is vital to creating schools that are places where teachers want to teach and kids want to learn. These kinds of environments do not come about by chance-they must be intentional."

Marla Kilfoyle, executive director of the Badass Teachers Association, says: "Educators in America continue to report stress levels that exceed the national average. We must continue to push for schools that respect educators and the work they do with our children. In supporting educators, we also support environments for children that are safe, happy, and productive."

The highlights of the 2017 survey include:

On amount of time feeling stressed: Nearly 61% of educators "always" or "often" find work stressful, twice the rate of other workers.

On being bullied, harassed or threatened on the job: 27% of educators say they have been threatened, bullied, or harassed, versus 7% of employed adults in the general population. 35% of teachers said the bullies are principals, administrators or supervisors, and 50% said it was students.

On respect: Educators felt respected by co-workers, students, and parents, but felt most disrespected by DeVos (86%), the media (61%), and state/federal elected officials (59%).

On control and influence at work: Educators say they have at least a moderate level of control over basic decisions in their classrooms, but have far less influence over policy decisions such as curriculum, professional development, and budget decisions.

Did You Know?

- This district offers a FLEX Benefit program through BOCES and managed by Beniversal.
- The FLEX program allows you to put aside pre-tax dollars to use for insurance premiums, medical reimbursements, and things such as dependent care.
- If you choose to participate, you will receive a debit card to use or you can fill out a reimbursement form found on the Beniversal website.
- Check your District email for more information.



Farmingdale Federation of Teachers

100 Broadhollow Road
Suite 104
Farmingdale, NY 11735

1(631) 249-0773

"The shortest way to do many things is to do only one thing at a time".

We're On The Web:
[http://
www.farmingdaleteachers.org](http://www.farmingdaleteachers.org)



Teacher Discounts



Office Depot: The Free Star Teacher Program offers educators special discounts and rewards. In addition to 10% in rewards points on selected purchases, members have special access to sales and events during the year.

Joann Fabric: The free Teacher Rewards Discount Card entitles teachers to 15% off all purchases.

FedEx Office: The Academic Edge program entitles teachers to a 15% discount on nearly all products, including brochures, posters and photos. The discount is available online and in store.

Party City: Save between 10 and 20% when you bring a signed letter on official letterhead from an officer of the school. You must complete the transaction with a check or credit card bearing the schools' name.

Linda McCoskey, Editor

FFT Secretary

Teachers are Stressed Out! cont.

Weingarten notes that 34 states still spend less on education than before the beginning of the recession in 2008, thereby cutting the federal education budget by \$9 billion.

The highlights of the Solvay Union Free School District and N. Syracuse Central School District include:

On stress: Solvay educators report work is "always" stressful 19% of the time and N. Syracuse educators put stress at 15%.

On respect: 67.5% of Solvay teachers and 54.8% of N. Syracuse teachers strongly agree that their supervisors treat them with respect, compared to less than half in the broad survey.

"Collaboration doesn't eliminate all of a district's problems, but it does enable everyone connected to a school to develop processes that lead to joint solution to problems, creating a sense of shared responsibility. High levels of stress undermine the ability of schools to be safe, welcoming, and healthy places for educators, students, and community," Weingarten says.

A national AFT poll of parents released earlier this year found that parents want well-funded neighborhood public schools that are safe and welcoming, help children develop their knowledge and skills, and ensure equal opportunity for all kids.

Excerpt from AFT.org/news