



Please update your name and school changes with FCFT. Also list a current private phone number and e-mail address. We never give out your contact information to anyone else. You can call the office at 707-451-6840 or e-mail the office at [www.fcft.org](http://www.fcft.org).

**Inside this issue:**

- FCFT wants to help you with any school problems. 1
- Update FCFT with your personal information changes. 1
- Keep confidential items at home, not in your classroom. 2
- FCFT members attended the annual AFL-CIO meeting. 2
- Remember to begin accumulating points for your teaching license. 2
- Vote in the upcoming November elections. 2

FCFT Office Phone - 703-451-6840

# ON THE LEVEL

## A NEW BEGINNING

Welcome back to school! FCFT hopes that you are settling in and feeling good about your teaching situation. FCFT is here to help you with school issues that you might have. The FCFT office has experienced school Labor Specialists whom you can call for advice. It is much better to talk to FCFT than to talk with other teachers. Often a phone call can resolve the problem or answer your question. Our office is open Monday through Friday from 8:30 to 4:30. So call **FCFT at 703-451-6840**. If you call after hours, be sure to repeat your name and telephone number. Saying it just once could become garbled. If you don't receive a call back, please call again in case something went wrong with the call. Our receptionist will ask for your name. We want to give our services to our union members, and that is why she asks for that information. Anything you speak about to the FCFT Labor Specialists will be kept confidential. FCFT will keep you updated on concerns to teachers so be sure to read the updates on our website.

Best wishes for a successful school year!



## KEEP GOOD RECORDS

This is a reminder to keep all of your confidential records (hardcopy) concerning employment in a folder at home. Things are not secure in your classroom and could be viewed by administrators and others. Always read anything mailed to you from the School System and VRS. If you are mailed a document, it is likely important, and needs to be read and saved at home.

Sometimes a teacher or IA has told us that they don't bother to read mail or they think it is not important. You need to take care of yourself since one never knows when an error could occur. Watch out for number one!





**You must renew your teaching license every five years in Virginia. Do not wait. It is better to accumulate your points early, than to be rushed at the end.**



## AFL-CIO CONVENTION MEETS

FCFT is a member of the AFL-CIO. Three delegates from FCFT attended the annual Virginia convention in Williamsburg in August. The credentials committee announced that 181 delegates and 12 guests were in attendance. The meeting began with a welcome from the Williamsburg mayor who welcomed everyone and reminded the group that Williamsburg was the colonial capital of Virginia. Doris Crouse-Mays, the president of Virginia AFL-CIO, spoke about the effort to elect pro-labor politicians to our Virginia government. Doris urged delegates to work for the Democrats to take over the Senate and the House of Delegates. The Honorable Bobby Scott announced that he is now the Chair of the Education and Labor Committee in Congress. He is a favorite of the VA AFL-CIO. He attends every convention and said that he is hopeful that the Congress will raise the minimum wage to \$15 soon. He also applauded Virginia for expanding Medicaid so that over 200,000 Virginians now receive medical care. He, along with others, said that unions try to make working people's lives better.

## DON'T FORGET IMMUNIZATIONS!

You might think it is too early to get your flu shot. It is not. It is now September. Most doctors think September and October are the ideal months to get a flu shot. The flu has already been diagnosed in Florida. No one thought it would hit that early. Also check on your tetanus shots which are good for ten years. A new shot is available for Shingles. Most of us know teachers who have gotten Shingles which is very painful.

Take care of yourself since you are around children all day. Teachers have to be strong!

## NOVEMBER ELECTIONS ARE COMING!

It won't be long now before the elections are held in Virginia. Be sure to register to vote if you are new in the state. Also if you changed your address, you should update the information. October 15 is the deadline for voter registration. Look on line for more information on the Fairfax County Government Page.

The election will be held on Tuesday, November 5, 2019. Polls are open from 6:00 a.m. until 7:00 p.m. Virginians will be voting for members to the House of Delegates and to the Senate. Locally, voters will select members to the Fairfax County Board of Supervisors and for members to the Fairfax County School Board. They decide issues that will affect you and the School System. Your vote is very important.