

# FEDERATION FOCUS

**April Focus--Attend the St. Tammany School Board Meeting on Thursday, April 16 at 6:00 PM at the C.J. Schoen Complex (321 N. Theard St., Covington) to show the Board that our CBA matters and to support extending our contract.**

## YOUR FEDERATION AT WORK

ISSUE #3 | 04.15.26



## CONNECT WITH US:

- APP- ST. TAMMANY FEDERATION
- FACEBOOK-STTAMFED
- INSTAGRAM-STFED3952

## FROM THE DESK OF THE EXECUTIVE VICE PRESIDENT

We hope everyone had a restful and well-deserved spring break. Whether you spent time traveling, catching up on rest, or simply stepping away, we hope the break gave you a chance to recharge.

As we move through April, we are in the final stretch of the school year. This time brings busy schedules, testing, and end-of-year responsibilities, and we want you to know your Federation is here to support you.

Thank you to everyone who voted in the Best of St. Tammany Awards. Your support highlights the work of the Federation and the Federation Care Closet, and we appreciate your continued engagement.

We encourage you to join us at the upcoming St. Tammany School Board Meeting as we continue advocating for our members and our CBA.

Thank you for all that you do each day.

## MEET BABETTE



## FEDERATION SPOTLIGHT

**Executive Council Treasurer, St. Tammany Federation | Food Service Representative on Bargaining Team, St. Tammany Federation | Food Service Technician, Riverside Elementary**

We are proud to spotlight Babette Allen for her dedication, leadership, and unwavering support of our members. As a Food Service Technician at Riverside Elementary, Treasurer of the Federation, and a member of the bargaining team, Babette plays a vital role in strengthening our organization and advocating for our members.

Known for her dependability, passion, and huge heart, Babette consistently goes above and beyond in everything she does. She is a strong voice for food service workers, helping to relay concerns, bringing forward issues, and contributing to bargaining language that supports her colleagues. When she sees a need, she steps in without hesitation, offering support, finding solutions, and lifting up those around her.

We are grateful for Babette's leadership, her dedication to others, and the positive impact she continues to make across our Federation.

## FEDERATION BY THE NUMBERS

*Stats for the month of March:*

- **40**-Just Cause Conferences represented
- **16**-STPSB New employees welcomed and oriented to the CBA and dental benefits
- **299**-Phone calls handled (1 minute or longer)
- **Countless**-Emails, research hours, reports, and member advocacy behind the scenes

\*In the month of March we had one week with 17 Just Causes which is now the record for most JCs in one week.

## UPCOMING DATES

**Apr 16: STPSB Meeting-CBA Extension 6PM**

Apr 20: Volunteer Appreciation Day

Apr 22: Secretary Appreciation Day

May 1: School Lunch Hero Day

May 4-8: Teacher Appreciation Week

May 6: School Nurses' Day

May 8: School Communicators' Day

May 12: MHP Appreciation Day

May 18: Speech-Language Pathologist Day

May 25: Memorial Day

Know a member who should be in the spotlight? Submit a nomination here: <https://tinyurl.com/FedSpotlight> (you can also nominate yourself).



## DENTAL TIP OF THE MONTH

Provided by Delta Dental, our Federation dental partner. Through collective bargaining and our relationship with the school system, all employees have access to dental coverage at no cost. Taking advantage of preventive care, like regular cleanings and checkups, helps maintain long-term health and avoid costly procedures.

**April is National Stress Awareness Month**, and stress can impact more than just your mood—it can affect your oral health.

Have you been feeling stressed or anxious lately? Stress-related conditions like teeth grinding (bruxism), jaw pain (TMJ), and gum issues can all be linked to increased tension.

Maintain your oral health when stressed:

- Keep up with regular dental checkups
- Find healthy ways to reduce stress (exercise, rest, relaxation)
- Talk to your dentist if you notice jaw pain, sensitivity, or changes

Taking care of your oral health is an important part of taking care of yourself.

[For more details, read Delta Dental's Relax for a Better Smile article.](#)

<https://www1.deltadentalins.com/content/dam/ddins/en/pdf/wellness-calendar/EF70.pdf>

## TECH TIPS FROM ENER SYSTEMS

Ener Systems, our trusted IT partner and neighbor, helps protect Federation operations and member data every day. Known for their innovative work in technology and media production, including projects featured on Amazon Prime, Ener provides valuable insight to help keep your information secure both at work and at home.

Even after April Fool's Day, scams are very real—and often designed to look routine during a busy workday.

**Watch for these common scams:**

- Toll or parking fee texts – Messages claiming you owe a small fee and must pay immediately
- Impersonation messages – Emails or texts pretending to be a trusted company or agency
- “Too small to question” charges – Small amounts that feel harmless but lead to stolen information

These scams work because they feel normal and urgent, catching people off guard.

**Bottom line:**

Never click links or make payments directly from unexpected texts or emails—go to the official website instead.

[For more details, read Ener Systems' full blog.](#)

<https://www.enersystems.com/blog/april-fools-jokes-are-over-but-these-scams-arent-fun-pranks>

## MEMBER BENEFIT SPOTLIGHT

Union Plus is celebrating 40 years with a special “40 Days for 40 Years” sweepstakes, offering union members a chance to win up to \$4,000, with \$20,000 in total prizes.

This is just one example of the benefits available through Union Plus, which provides exclusive savings, discounts, and opportunities for union members and their families.

[Visit Union Plus to learn more and enter.](#)

[unionplus.org/fortyyears](http://unionplus.org/fortyyears)

## FEDERATION QUICK TIP

Be mindful when using school system devices, email, or personal accounts for work-related communication. Messages related to school business may be considered **public record**, regardless of the device used.

To protect your privacy, avoid signing into personal accounts on school devices or mixing personal communication with work emails, texts, or apps. Keeping work and personal communication separate helps maintain clear boundaries and reduces the risk of personal information being accessed or included in workplace matters.

## HIGGINBOTHAM WELLNESS

During National Stress Awareness Month, take time to check in on your well-being.

Simple ways to manage stress:

- Take short breaks
- Practice deep breathing
- Stay active
- Prioritize rest

Small steps can make a big difference.

[For more wellness tips and this month's recipe, read the Higginbotham Wellness Newsletter.](#)

<https://image.info.higginbotham.com/lib/fe3811717164057c72171/m/1/5732ca70-da8e-49c1-8f66-73fdd59450e4.pdf>