

SMCSIG NEWSLETTER



With April in full swing, it's a season of growth, progress, and preparing for the months ahead. Across our schools, classrooms are alive with learning, collaboration, and steady momentum as we approach the final stretch of the year. It's also a great time to prepare for upcoming trainings and continue building the knowledge and skills that support our students' success.

-Tom Ledda, Executive Director

Indoor Heat: An Important Reminder for All Staff



Indoor heat is now a bigger workplace safety issue in California, and it applies to many public agency and school settings. While heat illness is often linked to outdoor work, indoor spaces such as maintenance shops, warehouses, kitchens, custodial rooms, and mechanical areas can also become unsafe when temperatures rise.

For schools and public agencies, prevention starts with awareness:

1. Monitor higher-risk indoor areas where temperatures can rise quickly.
2. Provide staff with access to fresh, cool drinking water.
3. Maintain a comfortable cool-down space that is easy to access.
4. Train supervisors and employees to recognize the signs of heat illness.

Make sure staff understand prevention steps and know how to respond if someone becomes sick.


Continued...

Employers are also expected to take practical steps to lower heat exposure:

1. Use fans, ventilation, cooling equipment, or air conditioning where feasible.
2. Add rest breaks when needed to reduce heat stress.
3. Adjust work schedules to avoid the hottest periods when possible.
4. Limit time spent in hotter indoor areas when conditions require it.
5. Closely observe employees during heat waves or when they are newly assigned to warm work environments.

Following the rule is about more than avoiding penalties. It is about protecting employee health, reducing disruptions, and maintaining a safe workplace for everyone.

California's indoor heat standard is a reminder that heat safety is not just an outdoor issue. With planning, training, and simple preventive steps, we can help keep San Mateo County staff safe and ready to work.



BENEFITS

JPA Benefits Bulletin!

Spring is in the air—and it's the perfect time for a fresh look at your benefits! We're here to keep you in the loop with helpful reminders, important updates, and a few things to look forward to. Let's dive in

Eligibility Reminders (Quick Refresher!)

Spouse

Your spouse is the person to whom you are legally married, as recognized under state or federal law.

Domestic Partners

Good news—JPA plans allow coverage for domestic partners! To be eligible, partners must be officially registered with the State of California. This applies to both same-gender and opposite-gender couples.

Child(ren)

You can cover your child(ren) up to age 26. Eligible children include:

- Natural child
- Adopted child
- Domestic partner's child(ren)
- Stepchild(ren)
- Children covered under a QMCSO

BENEFITS

Life Insurance – Coming Soon!

A big thank you to everyone who completed the life insurance survey! Alliant will be reaching out soon to gather the final details needed for marketing. Stay tuned—more to come!

April Awareness: Stress Awareness Month

April is all about stress awareness—because your well-being matters!

Take a moment to check in with yourself. Whether it's a quick walk, deep breaths, or unplugging for a bit, small steps can make a big difference.

Stay in the Know

We're working on new and improved ways to keep you informed:

- Open Enrollment updates
- Helpful reminders all year long

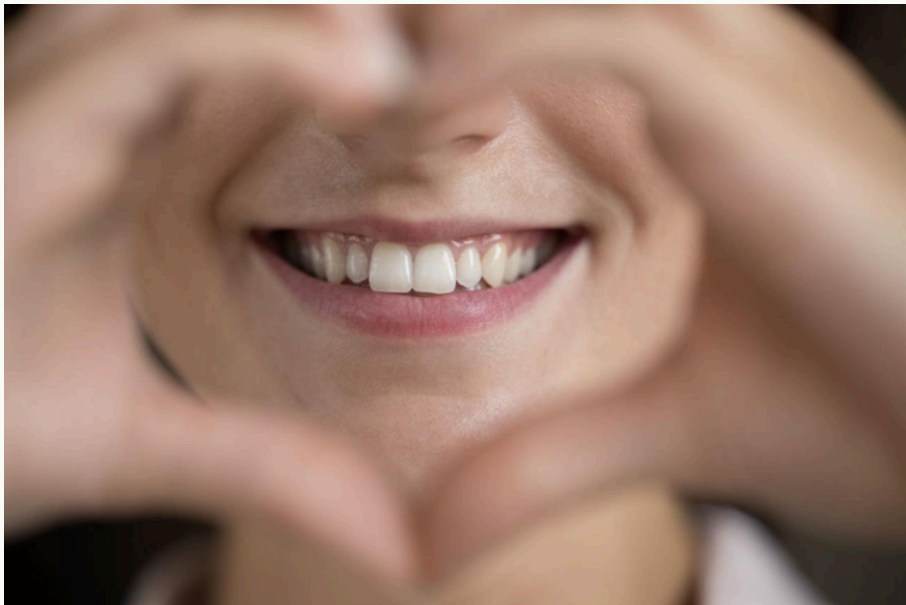
Clear. Simple. Helpful. That's the goal. Keep an eye out—exciting updates are on the way!

Questions? We've Got You Covered.

Have questions about your benefits? Reach out anytime—we're here to help!

Here's to a happy, healthy April!

DELTA DENTAL



Delta Dental wellness resources for the month of April highlight the following topics:

- National stress awareness month
- Oral, Head, and Neck cancer awareness
- National Prosthodontics awareness week

Find articles on these topics and other relevant content in Delta Dental's [Healthy Living hub](#), linked below.

[**Delta Dental Healthy Hub**](#)

EVIDENT

Evident provides automated Certificate of Insurance (COI) management to help districts track, verify, and manage vendor insurance requirements. The platform streamlines collection and review, improves consistency, and helps reduce third-party risk. SMCSIG members have access to discounted, pre-negotiated rates.

[LINK TO EVIDENT DOCUMENT](#)

[EVIDENT Flyer](#)

Here are a few helpful links:

- **Website:** [Evident](#)
- **60-second overview:** [Link](#)
- **PRISM COI guidance example:** [Link](#)
 - Shows how other risk pools are sharing Evident with their members

UPCOMING EVENTS



M&O Meeting

We hope you can join us at our upcoming M&O meeting—please be sure to RSVP, as a light lunch will be provided and we'll need an accurate headcount.

We also encourage that at least one representative from each district is able to attend.

For this meeting's presentation, we're excited to welcome Castor Rameriz of Cavara Tree Service Inc., a trusted vendor serving public agencies in San Mateo County. Cavara recently supported SMCSIG with tree removal at the Broadway building, and Castor will be sharing insights on identifying trees that may require pruning or removal for safety, along with key permit considerations for effective tree management.

M&O Meeting Details

Date: Thursday, April 23, 2026

Time: 10:00–11:30 AM

**Location: San Mateo County Office of Education
101 Twin Dolphin Dr., Redwood City, CA 94065**

Ways to weave in wellness



OPTUM March Newsletter

MENTAL HEALTH AWARENESS

To access this month's EAP newsletter, please go to the Optum Website ([Linked Here](#)), and use access code **SMCSIG**.

Optum is your Employee Assistance Program (EAP) provider.

Each benefit eligible employee and their family members have access to the program. EAP is available to help you help your employees and their families deal with life issues that may affect their ability to be productive in their jobs

Call toll-free: 1(866) 248-4094
Or log on to liveandworkwell.com
Access code: SMCSIG

Fitness Rewards are back!

[Log your workouts here!](#)

The fitness rewards are back! As a reminder, rewards will be available only to subscribers enrolled in the UnitedHealthcare medical plan. If you are enrolled in a Kaiser medical plan, this program will no longer be available.

Complete a gym workout or home workout 12x per month and earn the opportunity to be entered in a drawing for a \$25 gift card reward.

You must submit your workout session on the form. Gym workouts and home workouts can count for this program.

Eligible Districts

**Belmont-Redwood Shores SD
Cabrillo Unified School District
Jefferson Elementary School District
Jefferson Union High School District
Portola Valley School District
SMCSIG JPA
Bayshore Elementary School District
La Honda-Pescadero School District**



Save THE Date

Important Dates

M&O Meetings

- April 23, 2026

10:00-11:30

Location: SMCOE

101 Twin Dolphin Dr. Redwood City 94065

Executive Committee / JPA Board Meetings

- May 28, 2026
- June 11, 2026

9:00 AM -12:00 PM

Location: ZOOM / SMCSIG

OFFICE

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