

SMCSIG NEWSLETTER

May 2026



Welcome to the May Newsletter.

With just a few weeks remaining, we encourage everyone to stay focused, finish strong, and take pride in the accomplishments of this year. Thank you for your continued dedication and partnership in supporting our students.

-Tom Ledda, Executive Director

NEW SMCSIG SAFETY TRAINING AVAILABLE FOR M&O TEAMS

SMCSIG M&O OSHA Safety Awareness Training

 *Work Comp & Loss Control*



 TRAINED EMPLOYEES

 SAFER WORKPLACES

 FEWER INJURIES

 STRONGER SCHOOLS

SMCSIG is pleased to announce a new M&O OSHA Safety Awareness Training designed specifically for California school maintenance and operations employees. This 45–60 minute training focuses on practical safety awareness, common campus hazards, best practices, and real examples that may lead to workplace injuries or OSHA citations.

LOSS CONTROL



CONTINUED...

The training is designed for plumbers, electricians, HVAC staff, custodians, groundskeepers, and other M&O employees. Topics include hazard communication, chemical safety, slips and trips, ladder safety, electrical safety, lockout/tagout, PPE, safe lifting, heat illness prevention, housekeeping, and the importance of reporting hazards and near misses early.

A key message throughout the training is simple: small controls prevent big injuries. Employees are reminded to stop and look before starting a task, protect the work area from students and staff, use the right PPE and equipment, and pause when conditions change. The training also reinforces the expectation that employees should stop and ask before continuing when they are unsure about a hazard or procedure.

This training supports SMCSIG's ongoing workers' compensation and loss control efforts by helping member districts reduce injuries, improve safety practices, and strengthen compliance awareness across school worksites.

To schedule this training for your district, please contact Raya Estares.



JPA BENEFITS BULLETIN!

Welcome to the May Edition of the JPA Benefits Bulletin!

Spring is the perfect season for fresh starts—and that includes staying informed about your benefits. In this month's bulletin, we're sharing important updates, upcoming announcements, and helpful reminders designed to keep you in the know throughout the year. 🌸

Dental & Vision Updates

The JPA is currently reviewing and finalizing dental and vision rates for the upcoming plan year. Final January 2027 rates are expected to be presented to The Board in June.

District-specific information will be distributed by Alliant later this summer, so please look for additional details in July or August.

🛡️ Life Insurance Update

We're in the final stages of reviewing the JPA life insurance offering and anticipate presenting the finalized recommendation at the June Board meeting.

Following that meeting, communication will be shared regarding any updates or potential changes to the program. Stay tuned for more information.

BENEFITS

May Awareness: Mental Health Awareness Month

May is Mental Health Awareness Month — an opportunity to recognize the importance of emotional well-being, reduce stigma, and encourage supportive conversations both at work and at home.

Mental health plays a role in how we think, feel, connect with others, and navigate daily challenges. Just like physical health, it deserves care and attention. Small actions—such as taking breaks, checking in with coworkers, setting healthy boundaries, or seeking support when needed—can have a meaningful impact.

This month, we encourage everyone to:

- Take moments throughout the day to pause and recharge
- Stay connected with colleagues, friends, and family
- Prioritize self-care in ways that work best for you
- Extend kindness and patience to yourself and others
- Remember that asking for support is a sign of strength

Together, we can continue building a workplace culture where everyone feels supported, valued, and comfortable discussing mental well-being—not just this month, but year-round.

Stay Informed

We're continuing to improve how we communicate important benefits information throughout the year, including:

-  Open Enrollment updates
 -  Timely reminders and benefit resources
 -  Clear and helpful communications designed to keep things simple
- Keep an eye out for new updates and resources coming soon!

DELTA DENTAL



Delta Dental's wellness resources for the month of May highlight the following topics:

- Mental health awareness - According to Mental Health America's report, in 2024 23.4% of adults in the U.S. experience any mental illness in the past year.
- Save your tooth - There are over 700 species of bacteria in your mouth. Proper brushing and flossing helps them from causing damage.
- Women's health - Did you know that 84% of women 50+ years old don't know how menopause affects their oral health?

[Delta Dental Healthy Hub](#)

RESOURCES

[COPPER THEFT](#)

[FIRE HARDENING PUBLIC FACILITIES](#)

[IDENTIFYING PLAYGROUND HAZARDS](#)

[NOT SO ATTRACTIVE NUISANCES](#)

MEETING RECAPS



M&O MEETING

[Cavara Tree Presentation](#)

Cavara Tree Services Inc presented at the last M&O meeting. Please see link above for the presentation.

HR MEETING

[Employment Liability Claims Training](#)

Mika Frisk & Jessica Adair, Defense Attorneys presented at the last HR meeting. Please see link above for the presentation.

Topics Covered:

- Dual Employment
- Leave of Absences (addressing leave abuse)
- Failure to Accommodate/Workplace Accommodations
- Interactive Process
- Non-Reelect of Probationary Employees and Retaliation

is Mental Health
ness Month



Uh-oh
Blah
Meh
Yay
Woo-ho

OPTUM May 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



Important Dates

M&O Meetings

- TBD - We will be doing a summer M&O meeting.

Executive Committee / JPA Board Meetings

- May 28, 2026
- June 11, 2026

9:00 AM -12:00 PM

Location: ZOOM / SMCSIG
OFFICE

1791 Broadway, Redwood City
94063

