



ON THE LEVEL

SOCIAL MEDIA AND MORE



Are you protected on Social Media? The answer is likely 'no.' FCFT recommends that all members who are on social media remove any identifiers that show employment with FCPS. There are employers who are taking action against employees for what they write on their own private social media accounts. Please protect yourself from **any** chance of this happening. Be smart about what you are sharing, whom you allow to see your posts, and the photos that you share.

In other concerns from all of us, the FCFT office has been receiving calls about rising health-insurance costs. Not much can be done about it. Most medical insurance companies have raised their rates. The insurance companies say that too many people are using emergency rooms for minor medical complaints and for situations that are not urgent. Also insurance companies cite the high cost of specialty drugs and that many previously uninsured people are now getting medical insurance.



Inside this issue:

Be cautious on Social Media.	1
Check charities with charitynavigator.org .	1
A little earful during the holidays!	2
Watch out for Number 1.	2
Be careful while driving.	2
Incorporate your supervisor's suggestions.	2
FCFT Office Number-703-451-6840	

WATCH OUT FOR SCAMS

We are coming into the holiday season with Thanksgiving being near. It's the time of year when we are thinking of others, buying gifts, and celebrating. Scam artists are also active, unfortunately. Most of us get lots of junk mail with many solicitations for our hard-earned money. Some of the charities asking for your donation are not charities at all, but a group of thieves playing on your generosity. Just be cautious and give to charities that you know will use the money for the intended purpose and not to line someone else's pocket. The local police warn us not to give money over the phone unless we initiate the call. To check out charities before you give any money, go to Charity Navigator at www.charitynavigator.org or the Better Business Bureau at www.bbb.org.



ON THE LEVEL

A CHEER'FUL LITTLE EARFUL

The holidays are upon us with the end of November and Thanksgiving Day. This is a time for celebrating our bounty and our blessings with good food, wonderful friends and family, and a little holiday cheer. A little cheer can go a long way. As models in the community, we are held to a higher standard. What we do after work can reflect upon us in our work. So if the holiday spirit moves you a little too far or the Friday 'Happy

Hours' last a little too long, do the sensible thing. **Your job may depend on it.**

Take a cab home, get a ride with a friend, or call a family member to pick you up if you are intoxicated. Don't put your job on the line. You can be terminated for inappropriate or criminal behavior outside of work.



The Virginia Department of Transportation claims that drivers in Virginia have a 1-in-88 chance of a deer-vehicle collision in November!

WATCH OUT FOR DEER NOW!



The large whitetail deer population throughout the suburbs of Northern VA has resulted in conflicts between deer and people. The most serious of these are automobile collisions. These collisions can result in extensive car damage, bodily injury, and even death. You are

cautioned to be extra vigilant driving since deer seem to be on the move at day-break and dusk. Actually, in Northern VA deer can be seen near the roads at all times. This is deer mating season until the end of December. Just be aware that if you see one deer, more are usually not far behind.

FOLLOW SUGGESTIONS

By now some of you will have received some communication from your supervising administrator who has made a classroom observation. Be sure to implement any suggestions for improvement. If you do not agree with the report, you may write a rebuttal that will be attached to the observation. We urge you to call FCFT to get help writing the rebuttal.

FCFT recommends that you keep a notebook divided into each of the standards and insert the relevant documents behind each standard. This will provide your evaluator with documentation and show that you are organized.



Call FCFT at 703-451-6840.