

An Orange County Public Schools employee publication

April 2017

# Orange Peal

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# HAPPY EARTH DAY!!



As we celebrate Earth Day this month, check out the different ways OCPS has implemented sustainability efforts over the last year.



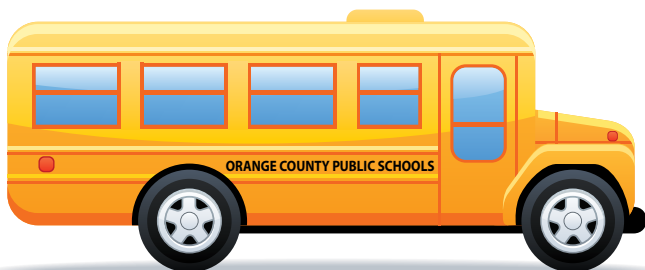
Recycled 23,000 tons of waste from schools and district facilities

More than \$16,650 in cash was awarded to schools that submitted an application for the OCPS Green Schools Recognition Program.



Prevented 5.1 million pounds of carbon dioxide from entering the atmosphere

This avoidance is equivalent to the annual greenhouse gas emissions from 490 passenger vehicles or 5.5 million miles per year driven by an average passenger vehicle.



Avoided 100,000 gallons of diesel fuel consumption by reducing idle time, route consolidation and use of alternative fuel





Does your school have a newsletter? Be sure to add [orangepeal@ocps.net](mailto:orangepeal@ocps.net) to your distribution list!

## Save the DATES

### Orange Peel Submission Deadlines

- May issue - **April 10**
- June issue - **May 8**

### Hurricane Make-up Day

- **Reminder:** April 28th will be a normal school day.

### Parent Academy

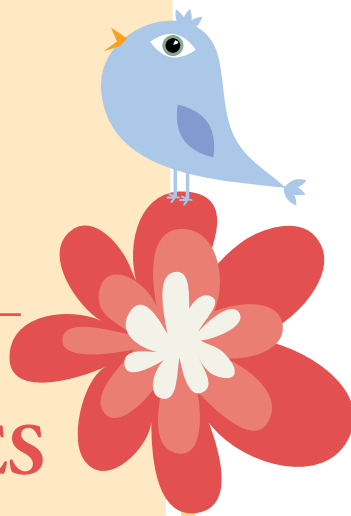
"It Takes a Village:  
Connecting Your Family  
to the Community"

**Saturday, April 8, 2017**  
**8 a.m. - 1 p.m.**  
**Evans High School**

## TRIVIA

Submit the correct answers to the trivia questions below, and you will be entered into a drawing to win a \$10 movie gift card. Email your answers to [orangepeal@ocps.net](mailto:orangepeal@ocps.net).

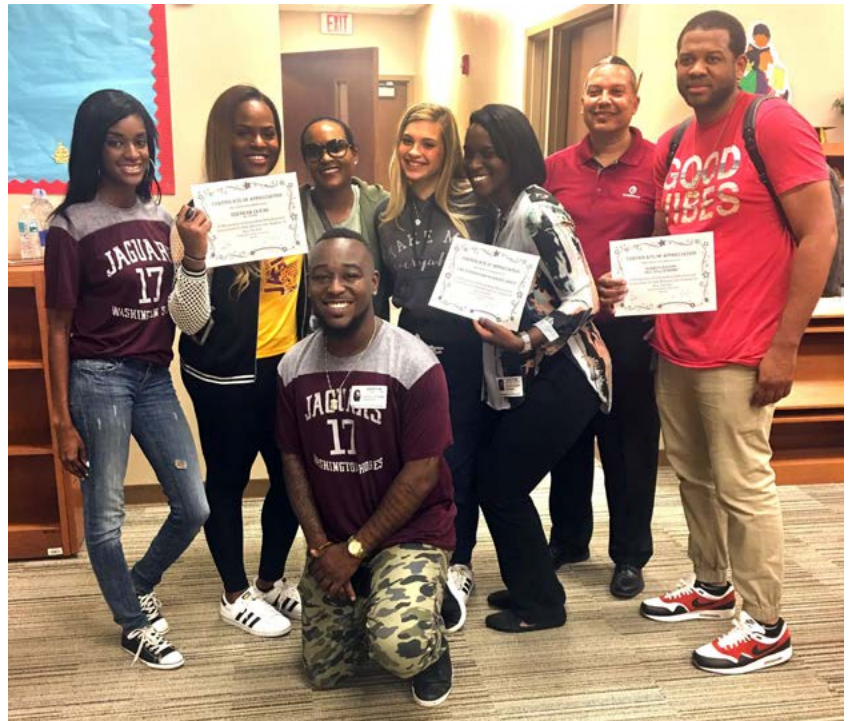
1. How many tons of waste did OCPS recycle last year?
2. Name one item featured in the OCPS Intranet Quick Links panel.
3. On July 1, OCPS will launch a new Learning Management System. What is it called?
4. MDLIVE allows you to have a \_\_\_\_\_ doctor's appointment.



# Best Ideas!

Did you host a school-wide event that was a huge success? What about using an out-of-the-box approach to teaching world history? If you have an idea that you think could be useful for other teachers or employees, submit your "best idea" to [orangepeal@ocps.net](mailto:orangepeal@ocps.net).

## Washington Shores FSA Pep Rally recap



The Washington Shores Jaguars kicked off this year's testing season with a surprise FSA Pep Rally. Staff and students enjoyed an afternoon of music, fun, and laughter as a reward for the hard work put into preparing for the FSA. Kudos to Principal **Nathaniel Stephens** and the administration team for coordinating this event for the school.

## A FUNNY THING Happened

**Larina Peck**  
District Staffing Specialist  
ESE Procedures

I was playing hangman with my intensive reading class, as a creative way to tell them that I was pregnant. When they finally excitedly guessed the sentence "I am expecting," they still had one big question. "What exactly are you expecting, Mrs. Peck?"

Submit your story for a chance to win a \$25 movie gift card. Email submissions to [orangepeal@ocps.net](mailto:orangepeal@ocps.net).

# Get featured in the *Orange Peel!*

## Are **you** an OCPS Mom?

This May, we are saluting OCPS moms who also have children who work for the district. If that's you, submit a photo of you and your son or daughter and tell us what's the best part about working together!

## Graduation Season is Upon Us

Many of our employees are pursuing higher education and will be celebrating a graduation this semester or this coming summer. If that's you, please submit your name, work location, current position and a brief description of your accomplishment. We want to celebrate you!

We want to hear from you! Take our survey and share your thoughts about the *Orange Peel* (<https://s.zoomerang.com/r/OrangePeel>).



# What's New at OCPS



## Employee Email Migration

**Did you hear?** Through June 2017, we will begin migrating Outlook mailboxes to a cloud service of Microsoft called Outlook 365. No action is required until you receive a personalized email with instructions. The change will increase employee mailbox capacity by 250 for a total amount of 50 GB of space (say goodbye to archives!). If you have any questions, please open a service request or email [helpdesk@ocps.net](mailto:helpdesk@ocps.net).

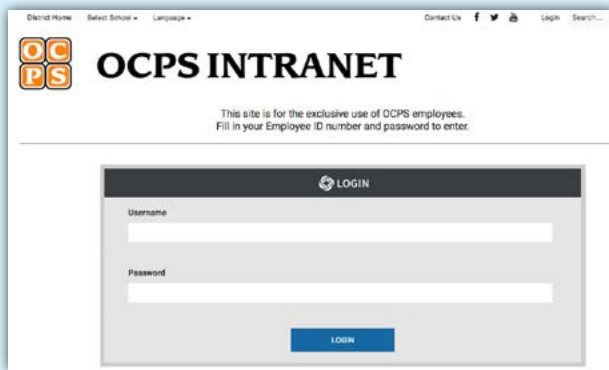


For the past few years, OCPS has been working to find ways to centralize online learning platforms for employees, students and parents. This summer, OCPS will rollout a new enterprise Learning Management System (LMS) called Canvas.

Canvas is an online storehouse that will house learning materials for OCPS employees, parents and students, and integrates with existing digital tools including G Suite for Education, SAFARI Montage, SAP and more. Departments will be able to use the same platform to create courses that allow users to enhance skills in various areas of interest.

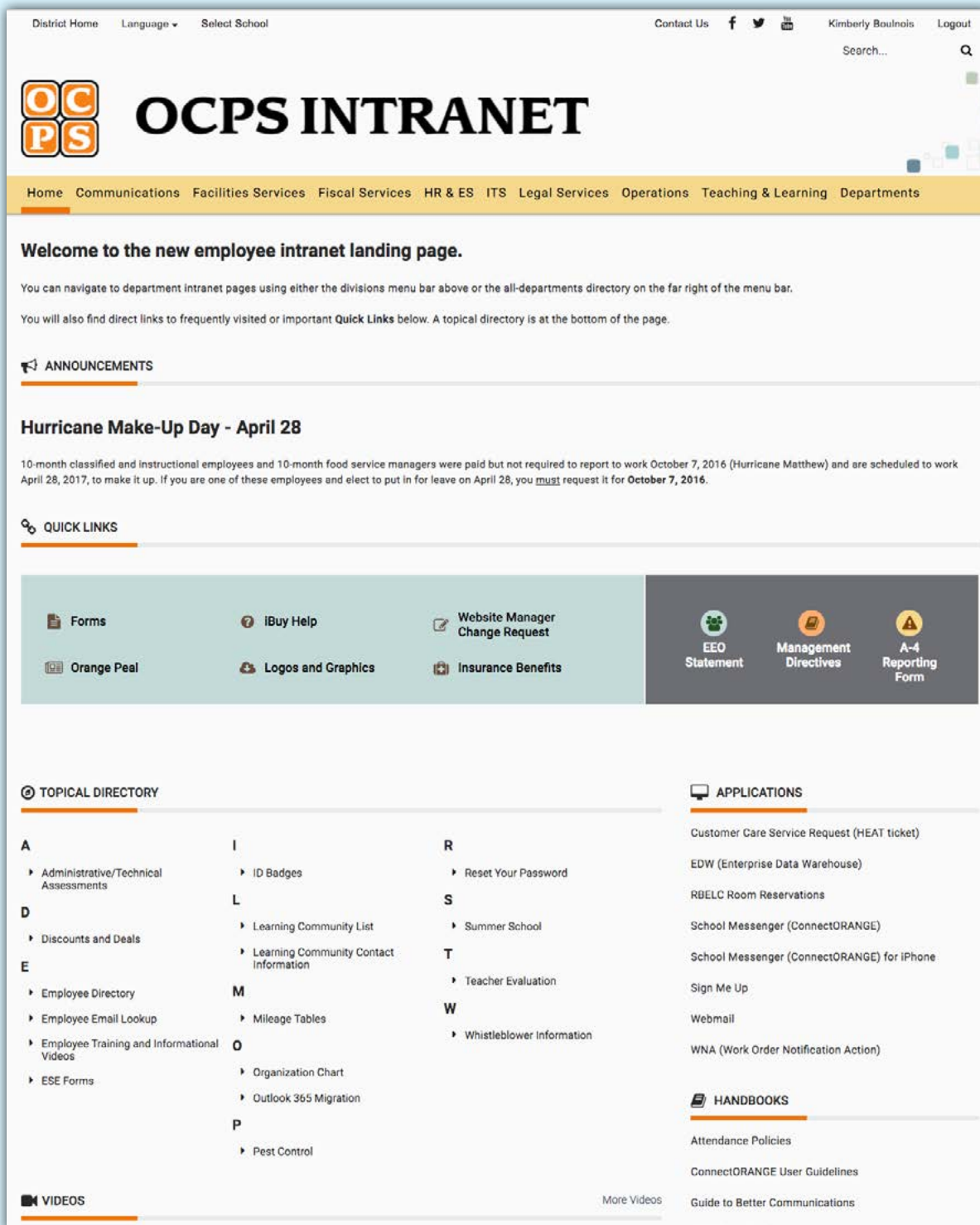
Beginning July 1, PDSONline will move to Canvas, with more platforms to follow. To access Canvas, visit [ocps.instructure.com](http://ocps.instructure.com) and login using your OCPS active directory credentials (same as webmail). Through LaunchPad ([launch.ocps.net](http://launch.ocps.net)), select the Canvas icon to sign in.

For more information about Canvas, please contact Sharmin Ashraff, ITS Project Manager, at [sharmin.ashraff@ocps.net](mailto:sharmin.ashraff@ocps.net).



# Intranet Tour

The OCPS Intranet site is now available to employees throughout the district. To access the "Intranet" site, hover over "Employees" and click on "Intranet". You will be taken to a login screen where you will enter your Employee ID number and password.



The Search tool is located in the upper right hand corner of the page. If you have any comments or suggestions, please write to [webmaster@ocps.net](mailto:webmaster@ocps.net).

Once inside, you will find the gold navigation bar that organizes the site by divisions, then departments.

A Quick Links panel has also been created to help you quickly find the district's most-accessed documents.

Looking for something specific? An alphabetical directory of topics can be found in the lower half of the main intranet webpage.



# You're the Best

Submit your professional accomplishments, program achievements and other major accolades, along with a photo to [orangepeal@ocps.net](mailto:orangepeal@ocps.net).



Congratulations to Wekiva High School's Physical Education teacher **Erica Weitz**, who won her first marathon with a time of 2:48:48!

Chief Information Officer **Jim Pulliam** was recently selected to serve on the executive committee of the National Advisory Council on Cybersecurity (NACC). NACC is a one-of-a-kind effort for an unprecedented education initiative, intended to bring attention and thought leadership on the ever-increasing cybersecurity vulnerabilities facing school districts.



Congratulations to the students and staff of **Prairie Lake Elementary School** on winning this year's WrestleMania Reading Challenge. In an effort to promote literacy, WWE and partner First Book, the nonprofit social enterprise, has distributed more than 160 million books to children in need, and donated 20,000 books to Orlando area schools as part of WrestleMania in the community.



Kudos to the **Parent Academy team** and our district for earning the Grand Prize "Lori Horne Family Engagement Award" at the recent National Family Engagement Summit. Special thanks to all who contributed to this achievement!

An advertisement for Orangetheory Fitness. It features a man in an orange shirt with the text "I BURN FOR CHANGING LIVES" and "START BURNING TODAY." Below this, it lists benefits: "BURN 500 CALORIES OR MORE IN 60 MINUTES", "KEEP BURNING CALORIES FOR UP TO 36 HOURS", "HIGH ENERGY, COACH-LED GROUP WORKOUT", "CUSTOMIZED FOR YOUR LEVEL OF FITNESS", "HEART RATE-BASED INTERVAL TRAINING", and "IT'S TOUGH! IT'S FUN! IT'S ADDICTIVE!". At the bottom, it says "DISCOUNTED MEMBERSHIP RATES FOR ALL OCPS EMPLOYEES!" and provides contact information for three locations: OTF Altamonte Springs, OTF Colonial, and OTF Winter Park.

# Hello



# FRANK GAY

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Contact your local counselor at  
[lauren.hazeltine@gcu.edu](mailto:lauren.hazeltine@gcu.edu)

The information printed in this material is accurate as of October 2016. GCU, while preserving its lawful rights in light of its Christian mission, is committed to maintaining an academic environment that is free from unlawful discrimination. Further detail on GCU's Non-Discrimination policies can be found at [gcu.edu/titleIX](http://gcu.edu/titleIX) 16COEE0220

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- ✓ Health Care Workers
- ✓ Social Workers
- ✓ Clergy

### Buying or Selling a Home?

**WHAT IS OPERATION HOME SAVINGS ABOUT?**  
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**The average home buyer or seller saves over \$2,000.**

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or call 407.647.1033

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# Benefits Bulletin

**Time to**  
**CHEER!**

**Annual Enrollment is almost here!**

The employees at Avalon Middle (seen below) love to cheer for their school teams, but they also get excited when Annual Enrollment comes around. This is the time of the year when they - and all OCPS employees - can make changes to their insurance plans. Once you have the information you need, you will make the changes online in the MyOCPS portal.

All of last year's providers will continue for the 2017-18 plan year, beginning Oct. 1, 2017. Fan favorites include:

- Medical - Cigna
- Pharmacy - CVS/caremark
- Behavioral/Mental Health and Chemical Dependency - Orlando Behavioral Healthcare
- Disability - Lincoln Financial Group
- Dental - DeltaDental
- Vision - Humana
- Group Life - Securian (underwritten by Minnesota Life)
- Flexible Spending Accounts - TASC

The dates of Annual Enrollment are being scheduled and will be announced soon.





# INSURANCE **UPDATE**

## Discussions about employee medical plan options continue

As a result of ongoing discussions regarding medical plan costs and their effect on employees and the district, final benefit offerings and rates were not available at the time of this edition of the *Benefits Bulletin*. **It will be important to stay tuned for more information on this year's annual insurance enrollment, including the dates when enrollment will be held.** Updates will be on the Insurance Benefits Intranet page, sent by email and will be included in upcoming editions of the *Benefits Bulletin*.

You can read more about the optional benefits available to you in this and upcoming editions of the *Benefits Bulletin*.



With MDLIVE, you can have a virtual doctor's appointment anytime, anywhere on your terms. MDLIVE's doctors can diagnose you, prescribe medication when appropriate and send the prescription directly to your pharmacy.

### How it works

You can easily activate your account or connect with an MDLIVE doctor by using one of the following methods:

#### By Telephone

1. Call 1.888.726.3171
2. Speak to a coordinator to find a doctor who meets your needs
3. Talk to the doctor

#### By Computer

1. Go to [www.mdlive.com/ocps](http://www.mdlive.com/ocps)
2. Find a doctor who meets your needs
3. Video chat with the doctor

#### By Smart Phone App

You can also download the MDLIVE App for an easier and more convenient way to visit with a doctor.

## Healthy HERO

In "The Power of Habit," author Charles Duhigg wrote, "Change might not be fast and it isn't always easy. But with time and effort, almost any habit can be reshaped." Kelly Tourné, CRT/Instructional Coach at Conway Elementary School, told us about a colleague who changed his lifestyle to become healthier:

*"David Carter, the TSR (Tech Support Rep) at Conway Elementary, has lost almost 100 pounds during the last year. His decision to make a healthier life for himself was not an easy one, but once he decided to commit to healthier options and smaller portions, he started seeing a big difference. Dave works at three different locations within OCPS and is*

*always on the move. Losing the weight has made him feel healthier and stronger. Dave is an inspiration to others at our workplace and fellow staff members are starting to realize, 'he's onto something!' Keep up the good work Dave, and I will continue to be your cheerleader!"*

We salute David Carter as April's **Healthy HERO**. He is an encouragement to his co-workers who have watched his progress!

If you would like to nominate a co-worker as a Healthy Hero, please e-mail [wellness@ocps.net](mailto:wellness@ocps.net) with the candidate's name, location and why they deserve the title.



David Carter, before



David Carter, after,  
April 2017 Healthy Hero

# PLAN AHEAD FOR THESE OPTIONAL BENEFITS



While OCPS pays for term life insurance equal to your annual salary, with a minimum of \$7,500, there are two optional life insurance plans you can purchase.

**Dependent Term Life Insurance** – You may purchase additional life insurance for your spouse/ domestic partner in an amount up to \$10,000, and for each eligible child up to \$5,000, depending on your annual salary.

**Group Universal Life Insurance** – You may apply for additional life insurance coverage in amounts from one to five times your annual salary and also have the ability to make contributions to a cash accumulation fund. Your spouse/domestic partner may apply for coverage up to three times your annual salary with the availability of a cash accumulation fund. If you or your spouse/domestic partner elect coverage, you may purchase a \$5,000 or \$10,000 policy for eligible dependent children. Evidence of Insurability may be required for some elections.



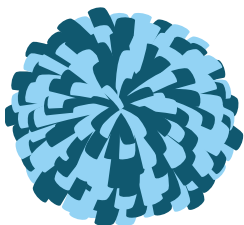
**DeltaCare Basic Dental Plan (HMO type)** – This plan is designed for individuals who currently have healthy teeth and gums and focuses on preventive dental maintenance, however, it offers benefits for other more complex dental work as well. You must use a participating general dentist to receive benefits.

**DeltaCare Comprehensive Dental Plan (HMO type)** – This plan offers a broader range of benefits including some restorative dental procedures (fillings) at no charge after a \$5 office visit copayment. It offers a wide range of benefits for specialty referrals when you are referred by your participating general dentist.

**Delta Dental PPO (Preferred Provider Organization) Dental Plan** – With this plan you have the freedom to select any dentist you wish. If you choose to see a participating PPO dentist you will receive a higher level of payment for your dental work. You may decide at the time you receive services whether or not to use a participating provider.



The Humana Specialty Benefits Vision Plan provides benefits for eye examinations, lenses or frames through participating doctors. You can receive services from a non-network doctor and be reimbursed according to plan allowances.



## DISABILITY INSURANCE:

The disability plan will pay up to 66 2/3 percent of your salary. The duration of benefits is based on your age when the disability occurs. Read more about the disability plan and the duration of benefits in the Insurance Handbook on the Intranet in May by clicking [here](#) (Open offer this year for employees.)



## 2017 Walking Program Update Step into the spotlight!

This is such a wonderful time of year to walk outdoors! Put on your shoes, grab your pedometer (or other tracking device) and enjoy the sunshine. Employee Wellness would like to recognize the Walking Program's Top Steppers for March (as reported by the Activ-Trak website on 3/21/2017):

- |             |               |
|-------------|---------------|
| 1. Cindy H  | 409,434 steps |
| 2. Mary Ann | 376,705 steps |
| 3. Cindy    | 305,128 steps |
| 4. Carolyn  | 249,207 steps |
| 5. Amy      | 246,569 steps |

## Who walked during Spring Break?

Let's hear it for the teams who were tops during the week of March 20:

1. Union Park MS
2. Northeast Area Maintenance
3. OTC, Mid Florida campus
4. Pine Hills ES
5. Acceleration Academy

## Insurance Benefits Survey sent to an inbox near you

OCPS Insurance Benefits represent a significant part of employees' total compensation so we are asking you what you think in our seventh biennial insurance benefits survey. Your feedback is very important to us and we plan on sharing the findings with you in future editions of the *Benefits Bulletin*. The results of the survey will be used to identify opportunities to enhance the partnership between OCPS and employees, as well as for short-term and long-term strategic planning.

An "alluser" email with the link to the survey has been sent to your mailbox. Find it now to make your voice heard!



## Reminder – On-site mammography this month!

OCPS and Cigna are proud to announce Florida Hospital for Women's Mobile Wellness on location offering screening mammograms at four of the Transportation Compounds (appointments at all locations begin at 8 a.m.):

### Lake Nona Transportation Compound

8105 McCoy Rd., Orlando 32822

**Tuesday, April 11, 2017**

### Eric Olson Transportation Compound

2900 Bear Bryant Dr., Orlando 32809

**Friday, April 21, 2017**

### Hanging Moss Transportation Compound

6721 Hanging Moss Rd., Orlando 32807

**Tuesday, April 25, 2017**

### Pine Hills Transportation Compound

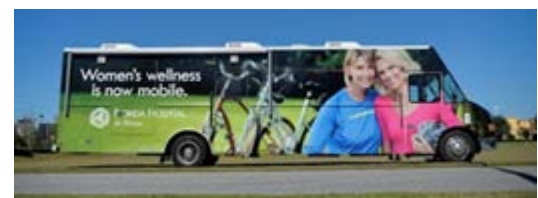
5140 N. Pine Hills Rd., Orlando 32808

**Thursday, April 27, 2017**

### Please note:

- It's not just for Transportation employees; school-based employees who work near the transportation compounds are invited to make appointments too!

- If this is your first time using Florida Hospital for Women for a screening mammogram, they will need a copy of your previous films for comparison.
- It is necessary to make an appointment and meet the eligibility requirements in order to participate, please click [here](#) for more information and instructions.





### Gateway to Space 5K and 10K

Sun., April 23, 2017

6 a.m.: Park, go through security checks and get bussed to runway

8 a.m.: 5K and 10K

### Shuttle Landing Facility Runway

Kennedy Space Center

SR 405

Titusville, FL 32899

For more information and to register, visit <http://www.active.com/titusville-fl/running/distance-running-races/gateway-to-space-5k-and-10k-2017>

### Run for the Trees

Sat., April 29, 2017

7:30 a.m.: 5K

8:45 a.m.: Kids Run

### Showalter Field

2525 Cady Way

Orlando, FL 32792

For more information and to register, visit <http://www.trackshack.com/events-detail.php?id=108>.

### Orlando Kidney Walk

Sat., April 30, 2017

8:30 a.m.: Check-in time

10 a.m.: Start

### Harbor Park

4990 New Broad Street

Orlando, FL 32814

For more information and to register, visit [http://donate.kidney.org/site/TR?pg=informational&sid=8153&fr\\_id=8570](http://donate.kidney.org/site/TR?pg=informational&sid=8153&fr_id=8570)

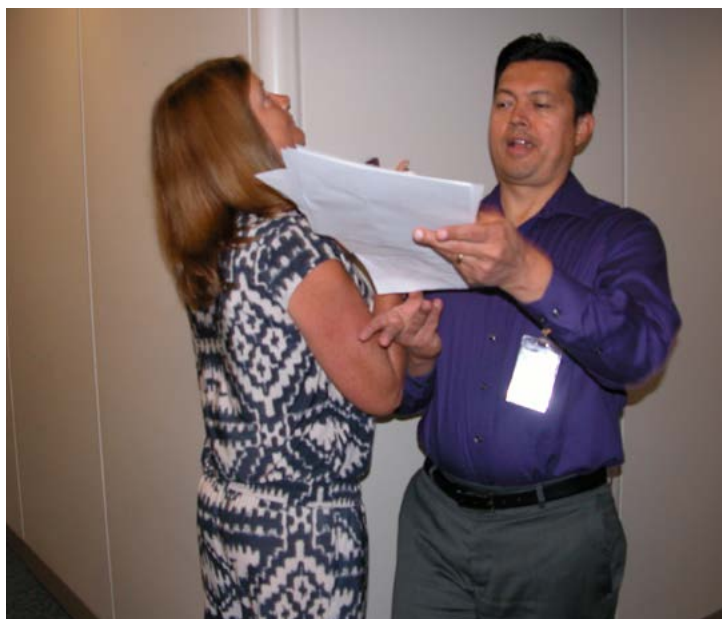
## WORKERS' COMPENSATION NEWS

### Don't miss this about Light Duty!

The Light Duty Program is designed for employees who suffer an on-the-job injury and are able to return to work with restrictions assigned by the authorized treating medical provider. The Light Duty Program allows injured employees to remain in an active status until they can return to their regular job duties. This program is coordinated through the Workers' Compensation Department. The work location of the injured worker must notify the Light Duty Office at **407.317.3905** of any employee placed on light/modified duty following an on-the-job injury. The Light Duty Office will make sure that matching suitable light duty assignments are available either at the regular work location or at other locations throughout the district.

Thanks to all the work locations that assist in providing Light Duty assignments for our injured workers. Your cooperation is a key to the success of the Light Duty Program.

**Safety Tip:** Make wide turns when walking around corners to avoid collisions.



## Let us know what you think

My suggestions / comments about benefits are: \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_

Name (optional) \_\_\_\_\_

Work location \_\_\_\_\_

Please return to Kimberly Eisenbise, RBELC-3, or email: [wellness@ocps.net](mailto:wellness@ocps.net). Thank you for your input!

This is a publication designed to keep OCPS employees and their families informed about available benefit programs. This information is not intended to replace professional health care. See your health care professional for information relevant to your medical history. All correspondence should be directed to the Editor, Orange County Public Schools, 445 W. Amelia Street, Orlando, FL 32801, or through the school system's courier service. Editors: Kimberly Eisenbise and Patty Villane, Graphic Artist: Kim Boulnois