



GSD Staff News

Community and Wellness Resources

Remote Work/Life Tips

Now that the academic year has begun, please take some time to review your schedule and evaluate the demands of your job, your caregiving responsibilities, and your own well-being. Here are some tips for [managers](#) and [staff](#) to help start off the remote semester right. Managers should check in with staff periodically to ensure the current arrangements are working. Schedules and priorities can shift over time due to dependent care needs, remote work arrangements and other outside factors. Visit the GSD [COVID-19 Information for Staff](#) page for more resources.



The Daily Break Live Video Stretch Breaks and Meditation Sessions

As we continue to find ourselves juggling work, family and uncertainty, KGA Employee Assistance Program invites you to **The Daily Break!** Every weekday, beginning September 14th, we will provide a 15-minute **stretch break** or **meditation session**. Registration is free and you may participate as often as you would like. Family members are also welcome! Visit the [KGA website](#) to view the schedule and register for an upcoming session.

Remember to continue to

- Approach this reality with compassion and patience.
- Set expectations, communicate deadlines or progress, and check in as normal.
- Connect with your team daily or weekly.
- Understand availability and be flexible.
- Take a moment to reflect on the opportunity.

All-Staff Meeting

Wednesday, September 23 from 10 - 11 am
[Zoom link](#) | Passcode: 817794

Submit any questions and concerns via this anonymous google [form](#)

Title IX Bystander Intervention & Beyond Session

Tuesday, October 13th from 10 -11 am
 Zoom link [here](#) | Password 224479

Please save the date for this upcoming training for GSD staff with Rachel DiBella, Assistant Director, Title IX Education Programs.

Excused Absence for Dependent Well Care

A new benefit has been created for Harvard employees to reduce stress on those of us who are caring for (well) family members while also juggling our workloads. Beginning *September 20th*, staff members who need to care for well dependents, whose schooling or care arrangements have been disrupted by COVID-19, may use a new category of paid time off, with a benefit of **up to 10 days** from 9/20/20 to 12/31/20. Dependents include immediate family and household members -- children, adults and elders. Employees no longer need to use dependent care sick time for this purpose, but may still use it to care for dependents who are sick or who must isolate or quarantine.

Other temporary [COVID-19 workplace policies](#), such as the ability to use sick time before it is earned, and the waiving of annual limits on the use of dependent care sick time, remain in effect, as described for [Use of Sick Time and Dependent Care Sick Time](#) and [Emergency Excused Absence](#).

Diversity, Inclusion & Belonging Anti-Racist Resources

ACTION

- [www.WhiteAccomplices.org](#) — Opportunities for White People in the Fight For Racial Justice, Moving from Actor to Ally to Accomplice

READ

- [The Death of George Floyd in Context](#) by Jelani Cobb in the New Yorker

LISTEN

- [Intersectionality Matters!](#) this podcast from the African American Policy Forum

FOLLOW

- [Wee The People](#) A Boston-based social justice project for kids, parents, & educators. Exploring equity and racial literacy through interactive workshops.

WATCH

- [Slavery to Mass Incarceration by the Equal Justice Initiative](#) (5:50)

CONVERSATION

- [9 Phrases Allies Can Say When Called Out Instead of Getting Defensive](#)

Harvard 2020 Flu Clinics

The [Flu clinics](#) are being offered in the Science Center Plaza tent every Monday and Wednesday from 12- 3 PM beginning on Monday, September 14, 2020 - Wednesday, October 28, 2020.

- Flu vaccine will be available for anyone with HUID.
- High-dose vaccine will be available for those age 65 and older.



Fall 2020 Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8am	Wake Up & Flow 8:00am Victoria Gomez			Specialty Yoga (varies by week) 8:00am Jennifer Rasmussen	
11am		Prenatal Yoga 11:00am Karoline Barwinski		Tai Chi 11:00am Edward Hsieh	
12pm		Integration Yoga 12:00pm John Schlorholtz	Navigating Uncertainty (9/23-10/14) 12:00pm Jeanne Mahon	Yoga Pause 12:00pm-12:30pm Jeanne Mahon Amanda Ayers	Pilates 12:00pm MJ Kenny
1pm	Back to Basics 12:30pm Jason Jerudsiak			Self-Massage 1:00pm-1:45pm David Tremblay	
5pm			Open the Body, Open the Mind 5:00pm Marianne Bergonzi		
6pm	Stretch & Unwind 5:30pm Ana Schreck				
7pm				Restorative Yoga 7:00pm Andrea Heller	

All times are Eastern Time. All classes are one hour unless noted otherwise. This reflects our September schedule - it may vary from month to month.

All classes and workshops will continue to be offered on a drop-in basis, free of charge. Please use the registration forms linked on our [website](#) to sign-up for individual classes. The class schedule may vary month-to-month.

In 'Woke,' Cartoonist Keith Knight Drew From A Real-Life 'Wake-Up Call'



The trippy new Hulu comedy series *Woke* is what you might get if you mixed the satire in the movie *Get Out* with a psychedelic *Sesame Street* for adults. The show follows a Black cartoonist who wants to keep the contents of his national comic strip light until he experiences police brutality first-hand. It's based on real-life cartoonist Keith Knight whose work has appeared in *The San Francisco Chronicle*, *The Washington Post* and *MAD Magazine*. [Click here to listen](#) or [read the story](#). Watch the show [here](#).



For 13 decades and on all six continents, thousands of women have been directing film. In Mark Cousins' epic documentary, Tilda Swinton, Jane Fonda, Thandie Newton and many other key figures discuss the themes and work of these celebrated women in film that are often overlooked, underrepresented and largely unknown. Tune in to Turner Classics Movies (TCM) every Tuesday in September, as we kick off a three-month festival celebrating this insightful documentary, along with 100 women filmmakers.

Watch TCM is a "TV Everywhere" service that allows you to access on demand movies as well as live broadcasts of [TCM online](#) and on devices that support the [Watch TCM app](#).

- Watch the Women Make Film trailer [here](#)
- Read the movie schedule [here](#)

The Coronavirus Crisis EVERYTHING YOU NEED TO KNOW ABOUT THE GLOBAL PANDEMIC



NPR has created a special series on everything you need to know about the coronavirus pandemic. Sign up for [The New Normal Newsletter](#) for daily news on the coronavirus crisis and help getting through whatever comes next. We're in this together. Or view the coverage [here](#).

'Not Racist' Is Not Enough: Putting In The Work To Be Anti-Racist



Even white supremacists don't like to be called racist. That's why, NPR's Eric Deggans says, "not racist" doesn't feel like quite enough. In this episode, he walks us through steps to being anti-racist — in other words, ways you can continually strive to undo racism in your world and within yourself. Listen or read more [here](#).