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February 2023



While January may have been the month you made year-long resolutions, today is always a great day to continue improving upon your wellbeing or to start new practices to get you there! This month, we invite you to consider ways in which you can improve self-care and physical, emotional, financial and social wellbeing.



DISCOUNT FOR MASSAGE ENVY



Massage Envy — Special offer for SCCOE Employees: FSA/HSA eligible for membership and services (show your work badge to qualify). Discount can be used for members of your immediate household as well! Participating locations: Burlingame, Redwood City, Palo Alto, Mountain View, Sunnyvale, Santa Clara, Milpitas, San Jose-the Plant, San Jose-El Paseo.

- 50% off your first visit
- \$10 off per month for a membership





Mindful Monday's

The Santa Clara County Office of Education has started Mindful Monday's. Every Monday from 12 to 12:15 p.m. or from 12:30 to 12:45 p.m., feel free to join us via Zoom.

[Please fill this Google form out to participate.](#)

Mindful Monday remaining series dates:

- February 27
 - March 6
 - March 13
 - March 20
 - March 27
 - April 3
 - April 10
 - April 17
-



Join us for the Employee Wellbeing Workshop

In conjunction with the HEARD Alliance, and TeacherWISE, the SCCOE is excited to offer a five part workshop series on Employee Wellbeing.

The Employee Wellbeing Workshop consists of five meetings focused on different aspects of personal wellbeing. Participants will connect with others to create a Community of Practice centered around adult wellbeing. After completing this program, participants will be able to:

- Assess their current wellbeing
- Identify specific components of their wellbeing to improve
- Explain and use strategies to improve their wellbeing
- Create, implement, and revise SMART goals to improve their wellbeing
- Demonstrate effective coping skills for decreasing and managing stress

Dates:

Tuesday, March 7

Tuesday, April 4

Tuesday, May 9

Tuesday, June 6

Time: 3:45 to 5:15 p.m.

Audience: SCCOE employees or public and charter school district employees in Santa Clara County interested in learning about and improving their wellbeing.

Registration Link: <https://forms.gle/rVvtnPELgH6baGNM6>

Zoom Link: <https://sccoe.zoom.us/j/5544526149>



Join the Youth Health and Wellness Team for the Adult Social Emotional Learning Professional Learning Network

An opportunity to reflect, connect, learn, and plan out individual next steps with others working to implement Social Emotional Learning in schools.

"In order to create conditions for students to engage in Social Emotional Learning, adults need to feel empowered, supported, and valued, and they need to be well. This calls on districts to foster a supportive staff community that promotes adults' own Social Emotional Learning." - CASEL

This Professional Learning Network supports educational leaders as they strengthen their structures, knowledge, and skill set implementing Social Emotional Learning.

In partnership, the Santa Clara County Office of Education and the HEARD Alliance would like to invite you to join us in this five part Professional Learning Network series, where we will learn more about how to strengthen adult social emotional learning competencies and capacities using research based practices from Collaborative for Academic, Social, and Emotional Learning (CASEL) and resources from the Berkeley Greater Good Science Center.

Date:
Thursday, Apr 27, 2023

Time: 3:30 to 5 p.m.

Audience: School Site Administrators, Directors of Student Services, District SEL Team Members, School Site SEL Leadership Team Members.

Registration Link: <https://na.eventscloud.com/693561>



California State Tax: Rates and Who Pays in 2022-2023

Author: Tina Orem

California state income tax brackets and rates depend on taxable income, tax-filing status and residency status.

For the 2022 tax year (taxes filed in 2023), California has nine income tax rates, ranging from 1% to 12.3%. A 1% mental health services tax applies to income exceeding \$1 million.

California state tax rates and tax brackets

California state income tax returns are due April 18, 2023, or October 16, 2023, with an extension. Residents and businesses in counties affected by the 2023 winter storms get until May 15, 2023.

Single or married filing separately



Tax rate	Taxable income bracket	Tax owed
1%	\$0 to \$10,099.	1% of taxable income.
2%	\$10,100 to \$23,942.	\$100.99 plus 2% of the amount over \$10,099.
4%	\$23,943 to \$37,788.	\$377.85 plus 4% of the amount over \$23,942.
6%	\$37,789 to \$52,455.	\$931.69 plus 6% of the amount over \$37,788.
8%	\$52,456 to \$66,295.	\$1,811.71 plus 8% of the amount over \$52,455.
9.3%	\$66,296 to \$338,639.	\$2,918.91 plus 9.3% of the amount over \$66,295.
10.3%	\$338,640 to \$406,364.	\$28,246.90 plus 10.3% of the amount over \$338,639.
11.3%	\$406,365 to \$677,275.	\$35,222.58 plus 11.3% of the amount over \$406,364.
12.3%	\$677,276 or more.	\$65,835.52 plus 12.3% of the amount over \$677,275.

Married filing jointly or qualifying widow(er)

Tax rate	Taxable income bracket	Tax owed
1%	\$0 to \$20,198.	1% of taxable income.
2%	\$20,199 to \$47,884.	\$201.98 plus 2% of the amount over \$20,198.
4%	\$47,885 to \$75,576.	\$755.70 plus 4% of the amount over \$47,884.
6%	\$75,577 to \$104,910.	\$1,863.38 plus 6% of the amount over \$75,576.
8%	\$104,911 to \$132,590.	\$3,623.42 plus 8% of the amount over \$104,910.
9.3%	\$132,591 to \$677,278.	\$5,837.82 plus 9.3% of the amount over \$132,590.
10.3%	\$677,279 to \$812,728.	\$56,493.80 plus 10.3% of the amount over \$677,278.
11.3%	\$812,729 to \$1,354,550.	\$70,445.15 plus 11.3% of the amount over \$812,728.
12.3%	\$1,354,551 or more.	\$131,671.04 plus 12.3% of the amount over \$1,354,550.

Head of household



Tax rate	Taxable income bracket	Tax owed
1%	\$0 to \$20,212.	1% of taxable income.
2%	\$20,213 to \$47,887.	\$202.12 plus 2% of the amount over \$20,212.
4%	\$47,888 to \$61,730.	\$755.62 plus 4% of the amount over \$47,887.
6%	\$61,731 to \$76,397.	\$1,309.34 plus 6% of the amount over \$61,730.
8%	\$76,398 to \$90,240.	\$2,189.36 plus 8% of the amount over \$76,397.
9.3%	\$90,241 to \$460,547.	\$3,296.80 plus 9.3% of the amount over \$90,240.
10.3%	\$460,548 to \$552,658.	\$37,735.35 plus 10.3% of the amount over \$460,547.
11.3%	\$552,659 to \$921,095.	\$47,222.78 plus 11.3% of the amount over \$552,658.
12.3%	\$921,096 or more.	\$88,856.16 plus 12.3% of the amount over \$921,095.

Source: California Franchise Tax Board

Note: If your taxable income is \$100,000 or less, use the [tax table](#) on the California Franchise Tax Board's website to figure taxes owed.

What is California's standard deduction?

The standard deduction for state income taxes in California is \$5,202 (single or married filing separately) and \$10,404 (married filing jointly, qualifying widow/er or head of household).

Do I have to pay California state income tax?

Generally, you have to file a California state tax return if you're a resident, part-year resident or nonresident and:

- You're required to file a federal tax return.
- You got income from a source in California during the tax year.
- You have income above [certain thresholds](#).

What part of my income gets taxed by California?

When it comes to California state tax, there are three residency statuses: resident, part-year resident and nonresident. They determine what portion of your income the state will tax.

If your California residency type is ...	California taxes this part of your income
Resident.	All income from all sources inside and outside California.
Part-year resident.	All income received while a resident, plus income from California sources while a nonresident.
Nonresident.	Income from California sources.

Am I a resident for California state tax purposes?

Resident status rules

You're a resident of California for tax purposes if your presence in California wasn't temporary or transitory in purpose. Generally, you're a resident if you lived in California, even if you were temporarily out of state.

Here are some examples of situations that can make you a California resident for tax purposes, according to the state:

- You spend more than nine months in California during the tax year.
- Your employer assigns you to an office in California for a long or indefinite period.
- You decide to check out California for a while, with no real plans to leave.
- You're in California for an indefinite period to recuperate from an illness.

Students from California who go to college out of state do not automatically become nonresidents. Likewise, attending school in California doesn't automatically make a student a California resident. [You can see the rules here](#) for how California determines residency status.

Part-year resident status rules

Generally, you're a part-year resident of California if you were a nonresident for some of the tax year. This is often the case for people who moved to California from another state.

If you're a part-year resident, you pay California state tax on all income you received during the part of the tax year you were a resident of California, plus state income tax on income just from California sources while you were a nonresident.

Nonresident status rules

Nonresidents still may have to pay California state tax on income they receive from California sources. This means you may need to file a California state tax return even if you live in another state but made money from California-related things such as:

- Services performed in California.
- Rent from real estate you own in California.
- The sale or transfer of real estate in California.
- Income from a California business, trade or profession.

In some cases, you might be a nonresident for tax purposes even if you live in California but you were out of state for at least 546 consecutive days because of an employment-related contract. However, that exception won't apply if you had more than \$200,000 of intangible income while the employment-related contract was in effect, were in California for more than 45 days during the tax year, or if the state thinks the point of your absence is to evade state income taxes.

6 things to know about California state tax

1. California's tax-filing deadline generally follows the [federal tax deadline](#).
2. [Tax software](#) will do your state taxes (though sometimes for an extra fee).
3. Wondering "Where is my California state tax refund?" Good news: You can [check the status of your state tax refund](#) online.
4. If you can't pay your California state tax bill on time, you can [request](#) a one-time, 30-day delay.
5. If you can't afford your tax bill and owe less than \$25,000, California offers [payment plans](#). Typically, you get three to five years to pay your bill. There's a fee to set up an agreement.
6. You can also apply for the state's [offer in compromise program](#), which might allow you to pay less than you owe.

Find the tax relief company that's best for you

We've weighed the pros and cons of some major players in the space.

[Click Here to visit Nerd Wallet to read the full article.](#)





Really Green Smoothie

Ingredients:

- 1 large ripe banana
- 1 cup packed baby kale or coarsely chopped mature kale
- 1 cup unsweetened vanilla almond milk
- 1/4 ripe avocado
- 1 tablespoon chia seeds

- 2 teaspoons honey
- 1 cup ice cubes

Directions:

Combine banana, kale, almond milk, avocado, chia seeds and honey in a blender. Blend on high until creamy and smooth. Add ice and blend until smooth.

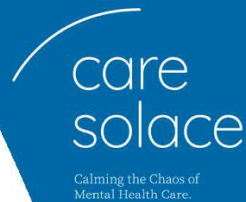
Link to the original recipe: <https://www.eatingwell.com/recipe/270514/really-green-smoothie/>



CareSolace

24/7/365 Mental Health Care Coordinator Service for Santa Clara County
Office of Education Students, Staff, and their Families.

Getting help can be a daunting process. Let our Care Companions find the help you need for depression, anxiety, stress, and more.



Chaos to calm

Care Solace makes it easier for students, staff & their families to connect with mental health care resources and providers in the communities.

Our purpose

To quickly connect communities to reliable, ethical and quality mental health care and recovery services.

Get connected to mental health providers

If you or a family member is experiencing anxiety, stress, depression, substance abuse, or other mental health conditions, use Care Solace for expert help in navigating the mental health care system.

The Care Concierge team can quickly and confidentially find available providers in the community, matched to your specific needs.

Care Solace provides:

- Care Concierge professionals available 24/7 by phone, email, text or video chat in any language
- A dedicated Care Concierge to support you through the whole process, calling providers on your behalf to determine a fit
- Help with private insurance, Medicaid, and no insurance
- Care Solace services come at no cost to you or your family
- Completely confidential support; Care Solace will not share your information without your permission
- In-person, online, or teletherapy options
- Appointment coordination for students, staff, and their families

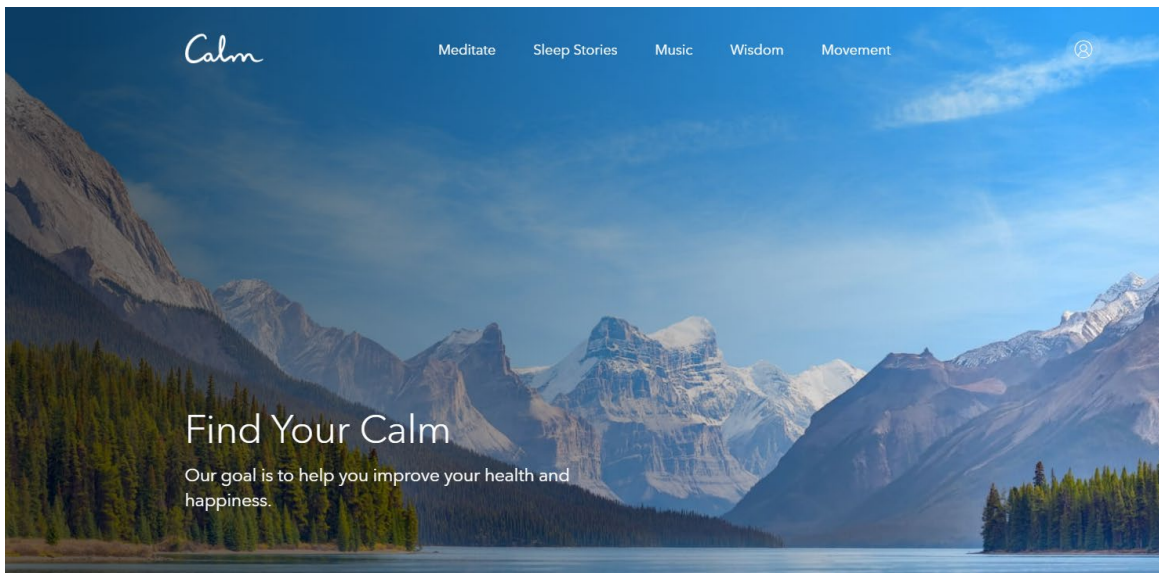
Contact Care Solace 24/7 888-515-0595

caresolace.com/sccoe
to start an anonymous search

Please note, Care Solace is not an emergency response service or mental health services provider. In the event of a life threatening emergency, please call 9-1-1 or the National Suicide Hotline 1-800-273-8255.



[CareSolaceFlier](https://www.caresolace.com/sccoe)
<http://www.caresolace.com/sccoe>



Get Calm at no additional cost if you're a Kaiser Member.

How? Sign in to kp.org before making a Calm account. After signing in to kp.org, Kaiser Permanente members can set up a Calm account at no additional cost.

Calm features include:

- More than 100 guided meditations
- Sleep Stories for deeper more restful sleep
- Exclusive music tracks for focus, relation, and sleep

Visit Calm.com to find out more about this app.

Kaiser Permanente had partnered with Ginger to expand their Mental health Support offerings!



On-demand emotional support with **ginger**

- Immediate 1-on-1 support for coping with many common challenges — from stress and low mood to issues with work and relationships, and more.
- Highly trained emotional support coaches are ready to help 24/7
- Adult Kaiser Permanente members can use Ginger for 90 consecutive days at no cost.

What can you do with the Ginger app?

- Text with your coach anytime, anywhere, 24/7 for 90 days
- Discuss goals, share challenges, and create an action plan with your coach
- Get personalized, interactive skill-building tools from your coach
- View recaps from each texting session, track your progress, and more



The Ginger app offers 1-on-1 support for many common challenges — from anxiety, stress, and low mood to issues with work, relationships, and more. Ginger's skilled emotional support coaches are ready to help 24/7. Kaiser Permanente members can use the app at no cost, no referral needed.

What can employees do with Ginger?

- Text with a coach anytime, anywhere, 24/7.
- Discuss goals, share challenges, and create an action plan with their coach.
- Get personalized, interactive skill-building tools from a library of more than 200 activities.
- View recaps from each texting session, track progress, and work with their coach to adjust action plans as needed.



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About the Santa Clara County Office of Education

Working collaboratively with school and community partners, the Santa Clara County Office of Education (SCCOE) is a regional service agency committed to serving, inspiring, and promoting student and public school success.. The SCCOE is a premier service organization driven by the core principles of equity, diversity, inclusion, and partnership. For more information about the Santa Clara County Office of Education, please visit www.sccoe.org and follow us @SCCOE on [Facebook](#), [Instagram](#), and [LinkedIn](#).

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