

LET
IT
SHINE!



Nebo News



VOLUME II ISSUE II

NOVEMBER 2012



NEBO SCHOOL DISTRICT'S SPECIAL POINTS OF INTEREST:

- Nebo District has over 30,500 students 2012-2013.
- Nebo District has over 4,200 employees.
- Nebo District is the 7th largest district in Utah.
- Nebo District is the 5th largest employer in Utah County.

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No Energy Vampires on the Energy Bus

From The Energy Bus and The No Complaining Rule by Jon Gordon

"It's not easy to deal with the negativity in the world, but it's something that's got to be done. Your success and life are so important that you must surround yourself with a positive support team. No one creates success in a vacuum, and the people we surround ourselves with have a big influence on the life and success we create... There are people who increase your energy, and there are people who drain your energy. I call the people who drain your energy, Energy Vampires; and they will suck the life out of you and your goals and vision if you let them... don't take it personal. They are just part of the negativity that exists in the world. Your job is to do your best to eliminate any negativity..."

"The best way to deal with negativity is to create a positive culture where negativity can't breed, grow, and survive. Otherwise, you will spend all your time fighting negativity rather than cultivating a positive culture."

"Every morning you have a choice. Are you going to be a positive thinker or a negative thinker? Positive thinking will energize you. When you get to work, you have another choice. You can catch people doing things right, or you can catch them doing things wrong. Guess which of those two activities energizes people more?"

Let's all continue to work to fuel our lives with positive energy so that we can personally avoid becoming an Energy Vampire to our department, team, grade level, or family. And we all know the best way to keep vampires away... "Let It Shine!"

Superintendent Rick Nielsen

Reminder . . .

The district will distribute a one-time 3 percent appreciation stipend in the November paycheck to every employee that has not already received a financial step increase for the 2012-2013 school year.

THANK YOU for your contribution to this wonderful district, please know how much your efforts are appreciated. It is a pleasure to work with such outstanding people. THANK YOU for all you do for the STUDENTS of Nebo School District and your individual schools. We wish you the best for the rest of the year!



SAVE THE DATE

Annual Scrapbooking &
Pan Sale
November 5, 6, 7,
3:00 to 5:30 p.m.
Located at the
Former Nebo Learning
Center
Now Advanced
Learning Center
570 S. Main Springville

Did you know. . .

- ◆ Nebo School District covers 1,315 square miles.
- ◆ Transportation transports 10,372 students daily and 1,355 of those students are disabled.
- ◆ Nebo School buses drive over 12,478 miles per day and 2,233,562 miles per year.
- ◆ Nebo School buses make 6,645 stops each day.
- ◆ Transportation has 138 bus drivers and 53 bus attendants.
- ◆ Thanks transportation for all you do for students!

“Nebo Benefits”

We have the best employees imaginable, and we want you to be informed about your benefits. Did you know. . .

- All employees who work fulltime for the district have a \$29,000 life insurance policy. The district pays the entire premium!
- Employees who work four hours a day or more are eligible for the \$29,000 life insurance. If employees are less than fulltime, they pay a small prorated premium.
- Along with these life insurance policies, employees have \$5,000 of life insurance on a spouse and \$3,000 on dependents.
- It is VITALLY important that employees contact the Nebo School District Human Resource Department if you have a major life event such as divorce, marriage, birth, adoption, death, etc. We may need to make changes to your benefits.
- You can look at detailed information about each benefit plan Nebo School District offers to employees at <http://www.nebo.edu/hr/benefits/2012-13>.
- It is important that you look at your pay check/advice detail each month to make sure that the correct deductions are being made. You can see your pay check/advice detail at <http://www.nebo.edu/employees/finweb>. You just log into the finance portal using your email username and password, then go to payroll. Click on the highlighted day of the month to check your paycheck detail.

Thank You for Working Hard for Nebo Students!

“Gimmie 5” – Nebo Employee Wellness

There is unprecedented excitement for this year's Nebo Employee Wellness program. *Gimmie 5* is our new theme for the wellness program, with 5 being our magic number. Our first “5” is a goal of only 5% increase on our insurance renewal. After a 17.6% increase last year and to reach 5% this year, we need each other's support to keep costs down. *Gimmie 5* is also a sign of encouragement. Teams have been formed at our various work locations to keep us on track to achieve 5%. Talk to your location's wellness specialist if you want to join a team.

There are two parts to the “*Gimmie 5*” program:

1. The Monthly Challenges, and
2. The 2012-13 Wellness Prize -- Wellness Day.

Challenges: The monthly challenges are open to all employees and their spouses. Prizes and encouragement is given out.

See: <http://wellness.nebo.edu/>.

2012-13 Wellness Prize: This incentive is limited to those who qualify for Nebo District health insurance. You can earn an extra day off or get a \$50 gift card.

You have 5 tasks to complete:

1. A screening,
2. Complete the online Health Risk Assessment with your insurance carrier, and
- 3 - 5. Complete and report on three monthly challenges. You can pick the monthly challenge or a standard challenge of exercising 20 days in a month. For full details, see:

http://wellness.nebo.edu/wellness_day.



Why Relationships Deserve an Intentional Focus in Schools . . .

“No Significant learning occurs without a significant relationship.” ~ Dr. James Comer

“The quality of relationships teachers have with their students is the keystone to effective classroom management and perhaps even the entirety of teaching.” ~ Robert Marzano

“...the most important element in motivating students to want to achieve at high standards: the quality of relationships with their teachers. It has always been true that students tend to learn very little from teachers who they feel are not respectful toward them. They may feel goaded into doing the minimum by a teacher who uses fear and intimidation, but they will never do their best even in subjects they enjoy. And for today’s students, who often have little contact with their parents or other adults, relationships with caring, respectful teachers have become even more important.” ~ Tony Wagner, Robert, Kegan, et al. (2006, p. 42)

“For every one of us that succeeds, it’s because there’s somebody there to show you the way out. The light doesn’t necessarily have to be in your family; for me it was teachers and school.” ~ Oprah Winfrey



Nebo’s New Elementary Language Arts Program — *Journeys*

Nebo’s Elementary Teachers have launched the year with the new language arts program, *Journeys*, and are taking advantage of its amazing qualities to teach the new core! After receiving several days of excellent in-service from our very own experts this summer, teachers have bravely faced the daunting task of implementing a new program alongside the new core with dedication and determination.

Teachers are also discovering this program’s valuable online resources. Teachers interested in taking advantage of a tutorial on how to access and best use the online resources can contact their instructional coach.

Thanks to all who have helped in any way to select, train, support, and implement the *Journeys* program. Educators throughout the district look forward to improving student learning with this program over the coming months and years.

Nebo Parent Educator Group on Autism

When children come into this world, they don’t come with a set of instructions on how to teach every needful thing or how to manage every behavior. Parenting is not for the light-hearted, especially when it comes to raising a child with different abilities.

In an effort to provide support and education to families, Nebo School District holds a free monthly Parent/Educator group for those parents who have children with Autism Spectrum Disorders or other Pervasive Developmental challenges. This meeting is held the second Thursday of each month at the CTE building directly west of the District Office. It is open to parents, educators, and anyone else in the community who may be interested in learning more about Autism and the challenging behaviors that often accompany this different ability.

Nebo has parent volunteers who help manage a web page with information and notes from each session. This information is available at www.neboautism.com. Professionals from our community and surrounding areas volunteer their time to address various topics of interest such as organization in the home and school to managing and avoiding melt-downs. Reaching out to families is an important part of our commitment to be partners in education.



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Nebo District's Celebrations:

Students:

MMHS Boy's Golf 4A State Champions
Grant Gardner, Brookside, Hershey State Champion

All State Choir

Payson High — Kimberly Skousen, Noelle Peck, Haylee Harris, Grace Heaps, Canyon Hiemuli, Kaleb Stanton, Brandon Peterson, David Green

Maple Mountain High — Shayla Clifton, Marinda Jones, Shalee Hiskey, Alyssa Jones, Rachel Ockey, Allison Eager, Brittney Snyder, Michaela Hughes, Jalene Keliiliki, Megan Larsen, Ethan Lowe, Noal Smith, Landon Thorn, Hunter Hiskey, Taylor Winkel, Josh Bennett, Colby Gardiner, Ian Scott, Joseph Furner

Salem Hills High — Taiza Savage, Danielle Clark, Lindsay Howard, Madeline Miller, Levi Lundquist, Austin Tuttle, Colline Freece, Caiden Bancroft
Spanish Fork High — Brooklyn Young, Sarah Insalaco, Brook Jones, Sarah Kimball, Marty Sperry, Samuel Maughan, Jory Brown, Josh Fallon, Chet Oxborrow, Morgan Olsen

Springville High — Anne Kawaii, Cami Sumsion, Holly Whearley, Elizabeth Elliott, Marie Terry, Natalie McCracken, Jantzen Dalley, Matt Niu, Ian Taylor, Helaman Burrows, Austin Whiting, Noah Egan

Employees & Programs:

Chris Loveless, Payson High, was selected as Wrestling Coach of the Year by National High Schools

Amber Hall, Physical Education Teacher at Maple Mountain High, was selected as Utah High School Physical Education Teacher of the Year.

Principal Susan Huff Receives BYU David O. McKay School of Education Alumni Achievement Award

Nebo School District was found to be the third most cost effective large school district in the Nation in a recent national study.

If your successes are not listed above, please get awards to iana.hiskey@nebo.edu with Award Nebo News in the subject line. (I may pull items off your school website if time permits.)

For the rest of the story on these celebrations, please go to www.nebo.edu or the school's website.

The Free Fruit and Vegetable Program

We are very excited that Park, Rees, and Wilson elementary schools qualified this year for the USDA's Fresh Fruit and Vegetable Program (FFVP)! This is a wonderful program that provides free fresh fruits and vegetables twice a week to all the students at these three schools.

The goal of the Fresh Fruit and Vegetable Program (FFVP) is to:

- Create healthier school environments by providing healthier food choices,
- Expand the variety of fruits and vegetables children experience,
- Increase children's fruit and vegetable consumption, and
- Make a difference in children's diets to impact their present and future health.

It has been fun to see the students' reactions to new fruits and vegetables like pluots and jicama! We plan to try more exotic fruits and vegetables as the school year progresses. We hope they enjoy these healthy, tasty alternatives to the typical high fat, high sugar snacks. Another important aspect of this program is nutrition education, which we will teach during the snack. We appreciate the support of our food service staff and teachers in implementing this great, new program!

