

**NEBO SCHOOL DISTRICT'S SPECIAL POINTS OF INTEREST:**

- Nebo District has approximately 33,000 students in 2018-2019.
- Nebo District has approximately 4,500 employees.
- Nebo District is the 6th largest district in Utah.
- Nebo District is the 5th largest employer in Utah County.

**INSIDE THIS ISSUE:**

Dates to Celebrate	2
Nebo School Board	2
Retirement Options	3
Nominate Classified Employee	3
PEAK Awards	3
Nebo Heroes	4

## Superintendent's Message: Staying Healthy

Over a decade ago, I heard Dr. Steven Aldana share proven strategies and benefits of improved health and wellness. As a self-described dessert loving, sweet eating, anti-fruit-and-vegetable, sedentary lifestyle recipient of the message, Dr. Aldana's message really didn't resonate with me at all.

Fast forward to today and not much has really changed with my food preferences or (lack of) interest in exercising. However, thanks to people like John Allan and Ryan Kay, Health and Wellness Specialists, our District Wellness initiatives, and other friends and colleagues, I now find myself more committed to better eating, exercising, and sleeping.

While I am new to the game, I am so impressed with the volume of colleagues in our organization who have caught the vision and are fully committed to improving their own health and wellness, and in supporting others. As a singular example: I love seeing people going on quick walks during the day and inviting others to join in. The number of steps being taken each day in Nebo must be staggering.

Today on his blog, Dr. Aldana writes about "The 7 Best Reasons to Have a Wellness Program" ([www.wellsteps.com/blog](http://www.wellsteps.com/blog)). Among the many that he outlines, the one most significant to me is that "employees start to engage, communicate with each other, feel valued and appreciated... Employees are obviously healthier; but, more importantly, they are happier."

Remember how each of us felt after Kevin Carroll filled us with his energy and enthusiasm last fall.

Now reflect on his "Rules of the Red Rubber Ball" and think about how each of these areas is strengthened by a personal commitment to improved health and wellness:

1. Commit to it
2. Seek out encouragers
3. Work out your creative muscles
4. Prepare to shine
5. Speak up and challenge boundaries
6. Expect the unexpected
7. Maximize the day



Like many others, I still have a long way to go on my journey to good health and wellness. I may even have somewhat of a "burr under my saddle" that "The District" expects me to engage in wellness activities. However, it is undeniable that I am a happier and

healthier husband, father, friend, colleague, and leader when I focus on improved social, emotional, and physical health.

Kudos to everyone who is committed to the journey and helps others along their path. Thank you for helping someone like me to live the "Rules of the Red Rubber Ball" when it comes to health and wellness!

**Letters of Intent**  
**Due by:**  
**February 15,**  
**2019**

**Dates to Celebrate:**

Feb. 1-28  
 American Heart Month  
 Dental Health Month  
 African American History Month

Feb. 2  
 Groundhog Day

Take Your Child to the Library Day

Feb. 4  
 Rosa Parks Day  
*Honoring an important person in the civil rights movement*

Feb. 4-8  
 National School Counseling Week

Feb. 12  
 Abraham Lincoln's birthday

Feb. 14  
 Valentine's Day

Feb. 17  
 Random Acts of Kindness Day

Feb. 16-23  
 National FFA Week

Feb. 18  
 Presidents' Day

Feb. 22  
 George Washington's birthday

# Nebo School Board of Education

The Nebo School Board of Education consists of seven members that represent all the communities in Nebo School District. Three Nebo School Board Members were sworn in by Tracy Olsen, Nebo School District's Business Administrator, on January 9, 2019.



Scott Card ran unopposed in the Springville, Mapleton, and Spanish Fork areas. He will serve his first four-year term as a board member for the Nebo School Board of Education.

support, community engagement, and commitment to partnering with parents. The vision and leadership they provide are critical to our success as a district. They are a flagship example of a highly effective Board."

Shannon Acor ran unopposed in the Springville area. She will serve for a third, four-year term as a board member.



President Christine Riley and Vice President Lisa Rowley were sworn in for a two-year leadership term for Nebo School District School Board of Education by Tracy Olsen, business

Rick Ainge won his seat in the Salem, Payson, and Spanish Fork areas. He will serve for a third, four-year term as a board member.

administrator. Christine has served on the board for ten years, and Lisa is starting her third year as a board member.

"We love our Nebo School Board of Education. They are so great to work with and supportive of our employees," said Superintendent Rick Nielsen. "The Board is well known for their student-centered focus, employee

Other Nebo School Board of Education members include Randy Boothe and Dean Rowley.



Our own Rick Ainge is the new President of the Utah School Boards Association. CONGRATULATIONS!



Superintendent Rick Nielsen, Scott Card, Rick Ainge, Vice President Lisa Rowley, President Christine Riley, Dean Rowley, Shannon Acor, Randy Boothe, Business Administrator Tracy Olsen

## Retiring at the end of 2018-19?

Nebo is offering an Early Retirement Notice Incentive to those who have their retirement approved by the Board of Education before mid-February. The details are as follows:

- ◆ Any employee who is eligible for and retires from the Utah Retirement System (URS) by June 30, 2019, can submit the final paperwork to the district by:
  - ◇ February 1, 2019, to receive \$500 in their February 28 paycheck.
- ◆ The final application deadline for this Early Retirement Notice Incentive is February 1, 2019.

This incentive is a one-time option for those who will retire at the end of the 2018-2019 school year.

**Road to Wellness Compliance is due by: February 1, 2019.**

## Nominate Classified Employee of the Year

All of our Nebo employees are amazing and deserve recognition. It is that time of year to nominate our hard working friends who are classified employees. Our classified employees include bus drivers, secretaries, technicians, food service workers, custodians, technical support, and maintenance workers. They work hard each day to ensure a positive, safe environment for our students to learn.

**Classified Employee Nominations**

**Due by: February 15**

Please take five minutes and nominate one or more classified employees who have made a difference in your life or in the lives of our students. Click on the link below to make your nomination.

[Link: Classified Employee of the Year Form.](#)

## January 2019 PEAK Awards

To read the nomination submissions, go to January 2019 PEAK Awards: <http://www.nebo.edu/news/2660>. To submit a PEAK Award nomination, go to employee page and scroll down, or go to: [www.nebo.edu/PEAK](http://www.nebo.edu/PEAK).



Nominated by: Leanne Johnson  
 PEAK Award: Marina Irwin, Teacher, Meadow Brook Elem.  
 Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Mary Ledesma  
 PEAK Award: Monte Larsen, Bus Driver, Transportation  
 Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Starr David & Clint Cornwall  
 PEAK Award: Chalyce Peck, Teacher, Cherry Creek Elementary  
 Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Monte Larsen  
 PEAK Award: Dave McKee, Principal, Spanish Fork High  
 Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Amy Van Dyk  
 PEAK Award: Erin Cope, Teacher, Sierra Bonita Elem.  
 Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Lisa Muirbrook, Shanna Huffaker, Shalese Rogers, Jensen Krause  
 PEAK Award: Karen Burt, Psychologist, Art City Elementary  
 Board President Christine Riley, Superintendent Rick Nielsen

# Nebo

SCHOOL DISTRICT

**Nebo School District**

**Phone: 801-354-7400**

**Fax: 801-798-4010**

**Email: [iana.hiskey@nebo.edu](mailto:iana.hiskey@nebo.edu)**

**[www.nebo.edu](http://www.nebo.edu)**

*If your successes are not listed, please get awards to [iana.hiskey@nebo.edu](mailto:iana.hiskey@nebo.edu) with Award Nebo News in the subject line.*



# Nebo Hero

# BE A Nebo Hero

**Marilyn Morgan**, Teacher, Payson High, "Music is my background. It is very obvious to me that Ms. Morgan is not only well trained and knows what she is doing, but her students love her." Recognized by Curt Ripplinger.

**Christine Blazzard**, Keyboarding, Rees, "She did a phenomenal job and is so dedicated to her students. Students loved to go to keyboarding. She spent extra time after school to help the students practice for district competition." Recognized by Adam Gull.

**Rachel Kimball**, Dance, Meadow Brook, "She always goes above and beyond to help students and teachers alike. She sends out reminders and ideas to use dance in many areas of curriculum." Recognized by Phena Brown & Heather Balli.

**Alyc'e Johnson**, Lunch, Springville Junior, "She was literally a hero when she performed the Heimlich to save a life and be a Nebo Hero. She has a smile for every student and truly cares." Recognized by Shauna Shepherd.

**Laura Puntsag**, Special Education, Sage Creek, "She has coached me through a particularly challenging situation with rules and regulations. She is extremely knowledgeable, amazingly helpful, and always exhibits infinite kindness." Recognized by Alison Hansen.

**Russell Maughan**, Energy Specialist, District, "Russell is one of the most dependable people I have ever worked with. When he says that he will do something, he gets it done! Students always come first." Recognized by Mike Duncan.

**Esther Cox**, Teacher, Park, "She puts in extra effort and hours to prepare. Even with all that on her plate, Esther is aware of the students in our school who are struggling with something difficult. She makes a difference with students one at a time." Recognized by Carrie Dunn.

**Dixie Spresser**, Pre-School Teacher, Rees, "I've never seen a classroom with so many active learning materials. She helped me know what to do to prepare my child for kindergarten. Mrs. Spresser is fantastic!" Recognized by Ashley Thomas.

**Scott Buck**, Teacher, Diamond Fork Jr., "He is a quiet source of strength of the Diamond Fork long standing tradition. His students love him! He has a knack with connecting them through caring and through real world examples." Recognized by Brenda Burr, Mike Sorensen, Krysten Barazoto, Todd Claybaugh, Rhet Rowley, Susan E. Anderson, and Scott Tippetts.

**Janna Manookin**, Student Support, Landmark, "Janna has a heartfelt desire to help students, whatever their challenges, and the students can feel that. She is patient, kind, and happy day after day, but she is also persistent." Recognized by Matt Cope & Lynn Mecham.

**Sheriece Farr**, Technician, Art City, "She made the choice to continue working through her son's serious illness; hoping that the normality would help all around. She helps students all the time and almost gets knocked over by all the students' hugs." Recognized by Julia Murray.

**Sherry Heaps**, Teacher, Payson High, "Sherry assisted her culinary class in catering an exceptional lunch for the Payson/Santaquin Chamber of Commerce." Recognized by Brian Blake & Christine Thomas.

**Maria Ruiz**, Secretary, Operations, "When an email begins with Aloha, the day is immediately brightened. Maria is so friendly and kind. She offers service with ease." Recognized by Lee Gillie.

**Leslie Lines**, Teacher, Mapleton Junior, "Leslie is always trying to find new, engaging ways to get her students to enjoy PE. She also does a great job including the Special Education students into her classes." Recognized by Danielle Lopez & Marianne Stephens.

*If you have noticed any wonderful people or experiences that need to be recognized, please email them to [iana.hiskey@nebo.edu](mailto:iana.hiskey@nebo.edu).*