

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

- Nebo District has approximately 34,000 students in 2019-2020.
- Nebo District has approximately 4,500 employees.
- Nebo District is the 7th largest district in Utah.
- Nebo District is the 5th largest employer in Utah County.

**INSIDE THIS ISSUE:**

Dates to Celebrate	2
Nebo District Retirees	2
Graduations	2
Wellness Today	3
Nebo Academy	3
District Teacher Year 2019-20	3
Nebo Heroes	4
Celebrations	4

## Superintendent We Learned Lotz from a Zotz!

Last fall, no one could have ever known how critical it would be for all of us to “Discover the Power Within” this school year. You are all remarkable in the work you have done this year to support each other and to support students. Thank you for your epic and significant efforts!

We started the year with the message: **You Can Learn Lotz from a Zotz!** including the belief that “each of us has a power hidden within, something that can get us through any kind of adversity. That power is resilience” (“The Resilience Breakthrough,” Christian Moore). We have likely experienced the need for more relational, street, resource, and rock bottom resilience this year than we ever have as an education community.

We also learned that the center of a Zotz is what makes it unique, special, even powerful, with the very obvious and very simple explanation that the O-T in the middle gives the Zotz its power. Think of how much you have exercised Optimism, Oneness, Originality, Thankfulness, Trust, Teamwork, Tenacity, and Talent as you have had unparalleled Opportunity to give 100%. We have been called upon to deeply manifest our character, which:

“may be manifested in the great moments, but it is made in the small ones . . . Character is tested, revealed, and further developed by the decisions we make in the most challenging times. We have to know what is right, and we have to choose to do it . . . outwardly . . . Character is a blend of inner courage,

wisdom, and a sense of duty to yourself, to others, and to something greater than you.” (“Uncommon,” Tony Dungy, p. 6-8)

Finally, we began the year with a story that helped us remember to apply these principles in our personal lives and in our organization. Some of those words seem even more significant and bring me even greater pride in our employees, given our current circumstances.

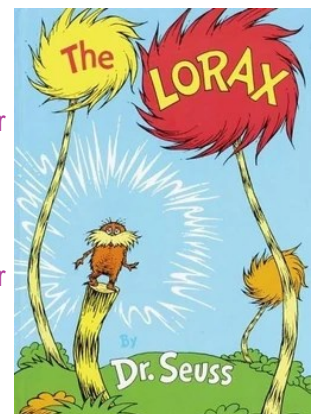
The students down south in the county of U  
Gets lots of great schooling from each one of you  
But this doesn't happen by chance, it does not!  
It comes from the lessons we learned from the Zotz!

[McPotts] went forth with great courage, like all of you do,  
To help each [little] Zotz find their zest and their hue.  
So the first thing she did for each bland little tot  
Was to reach out and act, [With the things she could] do.

And so, learn a lesson from Lorax and McPotts  
And the power that came to each small little Zotz:  
“Unless someone like you cares a whole awful lotz,  
Nothing is going to get better, it's not.” (“The Lorax,” Dr. Seuss)

[Just in case you forgotz!]

Again, thank you for an amazing and memorable year. I wish you all the best for the summer months and look forward to new beginnings next year.



*Jack*

# Nebo District's Retirees 2020

## Dates to Celebrate:

### May 1-31

Asian Pacific American Heritage Month

Better Hearing and Speech Month

National Physical Fitness & Sports Month

### May 1

School Lunch Hero Day

### May 3

World Press Freedom Day

### May 4-8

National Teacher Appreciation Week

### May 5

Cinco de Mayo  
National Teacher Day

### May 6

National Bike to School Day  
National School Nurse Day

### May 10

Mother's Day

### May 10-16

Food Allergy Awareness Week

### May 16

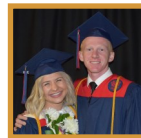
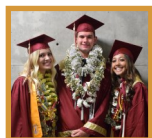
Armed Forces Day

### May 25

Memorial Day



Dale Abbott, Bus Driver, Transportation, 12.5 yrs.  
Ann Anderson, Secondary Director, District, 33.5 yrs.  
Kathy Banks, Custodian, Springville High, 23 yrs.  
Ingrid Bolz, Teacher, Payson Junior, 24 yrs.  
DeAnn Carter, Secretary, Spanish Oaks Elementary, 27 yrs.  
Steve Carter, Building Official, District, 32 yrs.  
Jill Chestnut, Sp. Ed. Technician, Salem Hills High, 20 yrs.  
Julie Christofferson, Fine Arts Specialist, District, 44 yrs.  
Ivan Clarke, Teacher, Salem Hills High, 32 yrs.  
Tammy Crandall, Teacher, Rees Elementary, 26 yrs.  
John DeGraffenried, CTE Director, District, 33 yrs.  
Betsy Eckton, Instructional Coach, District, 30 yrs.  
Brian Frankowski, Teacher, Mapleton Junior, 30 yrs.  
Faye Fuller, Sp. Ed. Technician, Payson Junior, 22 yrs.  
Jan Gordon, Sp. Ed. Technician, Foothills Elementary, 27 yrs.  
Karl Hales, Teacher, Salem Hills High, 33 yrs.  
Lynn Harmer, Teacher, Mt. Nebo Junior, 30 yrs.  
LaVerne Hoseinyzad, Preschool Technician, Rees Elem., 18 yrs.  
James Howell, Teacher, Payson Junior, 15 yrs.  
Rebecca Jorgensen, Teacher, Brookside Elementary, 17 yrs.  
Cheryl Leifson, Teacher, Park Elementary, 22 yrs.  
Ann Makin, Teacher, Art City Elementary, 25 yrs.  
Linda Meador, Bus Driver, Transportation, 11 yrs.  
DeAnn Nielsen, Principal, Maple Mountain High, 33 yrs.  
Shellie Olsen, Teacher, Mt. Loafer Elementary, 18 yrs.  
Tracy Olsen, Business Administrator, District, 34 yrs.  
Ellen-Anita Olson, Librarian, Mt. Nebo Junior, 19 yrs.  
Gwen Reed, Secretary, District, 32 yrs.  
Sheila Robbins, Teacher, Sierra Bonita Elementary, 27 yrs.  
Nyle Russell, Teacher, Payson High, 30 yrs.  
Kathleen Shaw, Teacher, Spring Lake Elementary, 21 yrs.  
Greg Shields, Teacher, Springville Junior, 33 yrs.  
Brent Shurtliff, Mechanic, Maintenance, 28 yrs.  
Pat Spencer, Custodian, Payson Junior, 15 yrs.  
JoAnn Sutherland, Sp. Ed. Technician, Foothills Elem., 25 yrs.  
Glen Thorpe, Custodian, Salem Hills High, 10 yrs.  
Jill VanAusdal, Sp. Ed. Tech., Payson High, 24 yrs.  
Cynthia VanBuren, Speech Pathologist, District, 5 yrs.  
Joan Van Voorhis, Speech/Lang. Technician, Mt. Nebo Jr., 15 yrs.  
Robbyn Wagstaff, Director Secretary, District, 15 yrs.  
Debra Wells, Teacher, Springville High, 31 yrs.  
Brenda Wesson, Psychologist, District, 15 yrs.



## Nebo Graduations

### Monday May 18

Landmark High (at the high school)  
8:00 a.m. to 3:00 p.m. Car Parade/Diploma  
Red Carpet & Photo, Virtual Graduation Link

### Wednesday, May 20

Springville High (at the high school)  
10:00 a.m. Car Parade/Diploma & Photo  
4:00 p.m. Virtual Graduation Link  
8:20 p.m. "Lights On" for 2020  
9:00 p.m. Fireworks  
Later when restriction is lifted: Senior Party

### Maple Mountain High (at the high school)

10:00 a.m. Car Parade/Diploma  
Red Carpet & Photo  
4:00 p.m. Virtual Graduation Broadcasted on  
SFCN/YouTube.  
Later when restriction is lifted: Senior Party

### Payson High (at the high school)

9:00 a.m. Ceremony Begins at School,  
Live YouTube Link  
9:45 a.m. Car Parade/Diploma & Photo  
8:20 p.m. "Lights On" for 2020  
9:00 p.m. Fireworks  
Later when restriction is lifted: Senior Party

### Thursday, May 21

Salem Hills High (at the high school)  
Night before "Lights On" for 2020  
9:00 a.m. Car Parade/Diploma & Photo,  
Live YouTube Link  
4:00 p.m. Virtual Graduation Link  
Later when restriction is lifted: Senior Party

### Spanish Fork High (at the high school)

10:00 a.m. to Noon Car Parade/Diploma &  
Photo, Live streamed on SFCN/YouTube  
4:00 p.m. Virtual Graduation Broadcasted on  
SFCN/YouTube.  
8:20 p.m. "Lights On" for 2020  
9:00 p.m. Fireworks  
Later when  
restriction is lifted:  
Senior Party



## Wellness Today

During a crisis like the COVID-19 virus, it's important to take steps to stay physically healthy. But maintaining good mental health is also important.

### Tips for Maintaining Good Mental Health:

- ◆ Limit media. Reading all articles related to the crisis will only cause more stress. Try setting a specific time, such as once every other day, to read updates, and do so with the idea that it will help you know how to prepare, not tell you how much to panic.
- ◆ Do some good. As you are able, help those around you.
- ◆ As much as you are able, stick to your normal routine. Or, create a new routine and adapt to following it.
- ◆ Reduce stress by having a preparedness plan.
- ◆ Connect with others through calls, video calls, etc.
- ◆ Practice good health habits such as exercising, meditating, sleep-ing enough, and eating well.
- ◆ Do things you enjoy or use this time to explore other interests.

### Tips for Helping Your Children During a Crisis:

During this time when the world is experiencing a crisis, you can be the source of comfort your children need.

Everyone reacts to crisis and stress differently. Below are some reactions to watch for that may indicate your children need help through a crisis.

### Reactions to Watch For:

- ◆ Acting out or exhibiting more irritability
- ◆ Withdrawing or demanding more attention than usual
- ◆ Crying more than usual and at the slightest provocation
- ◆ Experiencing unexplainable aches and pains
- ◆ Eating unhealthily
- ◆ Showing a change in sleep patterns

Whether your children are reacting to the current crisis or to another crisis in their world, the following tips can help you better support your children.

### Tips to Help:

- ◆ Talk with your children about the crisis. Allow them to ask questions and then answer them simply and in a way they can understand.
- ◆ Talk with your children about their feelings. Are they feeling stressed? Worried? Listen to what they say, without judging. If talking doesn't seem to help, encourage them to draw or write about their feelings.
- ◆ Tell your children that their safety is important to you. Even though they are safe, let them know it's ok for them to feel scared or worried.
- ◆ Take care of yourself. In order to help your children, you need to help yourself. Practice good health habits and exhibit healthy ways to handle stressful situations. Your children can look to you to know how to cope with crises.
- ◆ Offer more attention to your children, such as giving back rubs, cooking comfort food or your children's favorite food, and giving more hugs.
- ◆ Spend more time together as a family.

## Nebo Academy is Still Open!

**Summer Classes** Please check the STATUS line (on the right side of the form) for current information on how individual classes will be delivered. This will continue to be updated as new information is available. Go to the following link:

[Nebo Academy Course Listing](#)

**REGISTRATION FEES:** If you are NOT an employee of Nebo School District, the cost for all classes is \$50. Please contact Robbyn Wagstaff at 801-354-7423 to register.

**STIPENDS:** Framework and New Teacher Induction courses have a stipend. For other courses, work with your principal to confirm if a stipend will be given.

## District Teacher of the Year 2019-2020



**Jessica Lindley—District Teacher of the Year**

Lana Hiskey, Cheryl Cofie, Keri Huntsman, &  
Elementary Director Dave Rowe



# 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

**Kylee Street**, Teacher, Spanish Fork Jr., "She is always going out of her way to help students enjoy and improve in her class. She helps fellow teachers." Recognized by Alec Carlson.

**Emily Monroe**, Teacher, Spanish Oaks, "She is amazing and creates an environment where all students can succeed and learn and grow." Recognized by Kali Brown.

**Brenda Wesson**, Psychologist, Brookside, "She is passionate to help others and has a great deal of understanding. She has a calming influence." Recognized by Dana Beckert.

**Linda Baird**, Secretary, Hobble Creek, "She goes above and beyond and comes in early to take care of the needs of our students and staff." Recognized by Celeste Henderson.

**Laurie Nielson**, Secretary, Mt. Nebo Jr., "She is a miracle worker finding subs for teachers and welcomes visitors with love." Recognized by Jada Lerwill, Marco Ledesna, Scott Kamerath, Alice Wilson.

**Makenna Taylor**, Teacher, Sage Creek, "She is the life and energy here at school and is always positive finding ways to cheer others around her." Recognized by Heather Bingham.

**Ashley Eyre**, Teacher, Spanish Fork Jr., "She cares deeply for her students. Often, she is here after hours talking with students that need extra help." Recognized by Sharman Brown.

**Angela Linford**, Teacher, Riverview, "She is an amazing teacher and supporting my daughter in the Reflections Awards ceremony after a long field trip day." Recognized by Ashley Mitchell.

**Brittney Peay**, Teacher, Salem Hills High, "She took cheerleaders to sing for Mr. Peery. They need the same boost and love." Recognized by Lee Gillie.

**Nicole Draper**, Librarian, Diamond Fork Jr., "She had big shoes to fill and welcomes over 100 students to the library during most E-times. All students are busy reading, drawing, computing robots, doing VR, Legos, beads, blocks, chess, and on and on." Recognized by Susan Anderson.

## Nebo District's Celebrations

### Student Celebrations

**Livy Haroldsen**, East Meadows, was selected as the Daily Herald Student of the Week.

**Sydney Ward**, SHHS, was selected as one of the two Top Volunteers for Utah for the Spirit Prudential Award.

**Azzrin Westmoreland**, Mt Nebo Junior, was honored for "Utah's Do the Write Thing" by the Utah State Board of Education.

**Emma Beach**, Mapleton Elementary, won the Utah State Sweepstakes for the Arbor Day Poster Contest.

**Julie Christofferson**, Arts Specialist, was honored as the Lifetime Achievement in Arts Education of the Year by the Sorenson Legacy Awards.

### Employee/Program Celebrations

**Jesse Roberts**, SFHS, was selected for Excellence in Teaching Award by UEA.

**Kara Poulsen**, Diamond Fork Jr., was honored as the Secondary Drama Instructor of the Year by the Sorenson Legacy Awards.

**Annalyse Anderson**, East Meadows, was selected as the Daily Herald Educator of the Week.

**Dave Harlan**, Canyon Principal, was honored with the Elementary Owl Award by fellow principals.

**DeAnn Nielsen**, MMHS Principal, was honored with the Secondary Owl Award by fellow principals.

*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).*