

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 6th largest district in Utah.
- Nebo District is the 5th largest employer in Utah County.

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Superintendent

Discover the Power Within—The Power of Positive Influence

“Think for a moment about those relationships in your life that mean the most to you. They probably involve one-on-one time spent face-to-face with each other. Unfortunately, with advancements in technology, we may be losing – by our own choices – the opportunities to develop the most meaningful of relationships. In this world of ‘staying connected,’ I wonder if we aren’t, in fact, hurting our chances of developing meaningful personal relationships.

“We need to make sure we’re not so connected with *everything* out there that we miss the chance to be quiet and connect with the people directly in front of us. It’s in those real-life connections that the power of our personal influence can have life-changing, long-lasting impact.

“I’ve seen firsthand that life is tough. Just as it helps me when people encourage and lift me up, I know that others need that as well.

“Do you want to have a positive influence on the life of someone else? Then let me ask you a few more questions. When was the last time you went to visit someone who needed a visit? When was the last time you made a call – or wrote a letter – to someone who could use a lift in his or her life? When was the last time you had a date with your spouse or a ‘date night’

with your little girl, who adores you? When was the last time you sent flowers to someone for no particular reason? When was the last time you did something that will forever be a positive memory in someone’s life?



“When was the last time you were an encourager for someone else?



“No matter where you are in your life’s journey, you can begin today to be very intentional about leaving a trail of positive memories in the lives of those around you. Memories they will cling to in the rough spots they face over the course of their

lives. Memories that will draw them closer to you and affirm their value to you and to themselves.

“Life has enough memories of the tough kind, so why not create a few fond and unforgettably good ones along the way for the people you love?”

Uncommon, by Tony Dungy, p. 92-94.



Register to vote at: <https://vote.utah.gov>

Dates to Celebrate:

Nov. 1-30
Native American Heritage Month

Military Family Appreciation Month

Nov. 3
Daylight Savings Time Ends

Nov. 5
Election Day

Nov. 11
Veteran's Day

Nov. 10-16
Geography Awareness Week

Nov. 18-22
American Education Week

Nov. 20
Education Support Professionals Day

Nov. 21
National Parent Involvement Day

Nov. 19
Gettysburg Address Anniversary

Nov. 28
Thanksgiving Day



Save Money on Prescriptions

When filling your prescriptions, you may want to check out the app GoodRx. You just put in the medication name and tap search prices. The app gives you the cash, discount, and coupon price of medications from around 10 pharmacies in the area. Most pharmacies will match the lowest price showing up in the app.



Another way to save on prescriptions is to use generic drugs and generic alternatives to lower your healthcare costs without sacrificing the effectiveness of your medications. Generic drugs are made by a competing drug company after the original maker's patent has expired. They have the same dosage, safety, strength, and quality

as the original brand-name medication, but generics are almost always cheaper than brand-name drugs. Even brand-name drugs that are still under patent protection can have generic alternatives. These generic alternatives work similarly and are in the same class as their brand-name counterparts but have different active ingredients. If you are taking a brand-name drug, talk to your doctor about whether there is a generic alternative available that could save you money. You can also use our drug lookup tool to find generics for the brand-name drugs you are taking.

Resilience Seminar By Blomquist Hale

Mon. Nov. 11, 4 to 5 p.m. Mapleton Jr.

Tues. Nov. 12, 4 to 5 p.m. Salem Jr.

Amazon Smile

Did you know that when you shop for the holidays at smile.amazon.com/ch/87-0546418, AmazonSmile donates to Nebo Education Foundation? One hundred percent of these monies fund teacher grants to help supplement equipment and supplies for students.

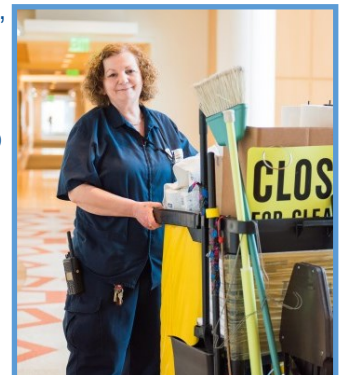
Thank you for supporting the Nebo Education Foundation by shopping at smile.amazon.com instead of just Amazon.

Honor Education Support Professionals

It takes an entire village to reach, educate, and inspire Nebo students. To meet the needs of the "whole" student, education needs all our Nebo support staff including: child nutrition, transportation, custodians, special education, technicians, secretaries, construction, paraprofessionals, technology, finance, maintenance, and legal to name a few.

Education Support Professionals Day was first celebrated in 1987 to honor contributions of school support staff.

Thank you for using your talents and extra time to genuinely care about each individual student and making Nebo a safe and wonderful place for students.



BE A Nebo Hero

Cecily Yeager, Dean of Students, Salem Junior, "She goes above and beyond in her job. She is so positive and helpful to all the teachers and students. You can tell she really cares about others." Recognized by Stacy Johnson.

Angela Eckhart, Teacher, Larsen, "I was overwhelmed, and she took the time to talk to me. She made me feel better. She loves her students." Recognized by Amanda Fernlund.

Matt Guilbert, Teacher, Spanish Fork High, "He is impressive in the way he takes care of our LIA students. He personally motivates them to graduate." Recognized by Leslie Swenson.

Shiloh Slaymaker, Nutrition, Spanish Oaks, "She works hard to coordinate meals. She greets each student with a smile and has a kind word and a greeting." Recognized by Kali Brown.

Brooke Johnston, Teacher, Mapleton Junior, "She helped me with a hard concept and made my educational experience better." Recognized by Olivia Carrillo.

Heather Bringhurst, Secretary, Cherry Creek, "Heather greets each person with a smile. She can figure anything out and is always on top of her responsibilities. She genuinely loves her job and interacting with the people." Recognized by Mike Duncan.

Trent Mikesell, Teacher, Springville High, "Trent creates a safe and fun environment for his students. He is well-loved by the kids." Recognized by Janelle Frossard.

Jen Ramos, Teacher, Orchard Hills, "Ms. Jen puts her arms around our little guy and brings him in and loves him. By the time we pick him up, he's happy again and excited to show us the work he did in class." Recognized by Shauna & Brooke Shepherd.

Ellen-Anita Olsen, Librarian, Mt. Nebo Junior, "Every time she sees a student, parent, or faculty member, she encourages them to visit the library. The students are now reading more than ever. She always knows what books we like." Recognized by Jessica Thurman, Alice Wilson, Sahaja Rutledge, Azzrin Westmoreland.

October 2019 PEAK Awards

To read the nomination submissions, go to October 2019 PEAK Awards: <http://www.nebo.edu/news/2919>.
To submit a PEAK Award nomination, go to employee page and scroll down, or go to: www.nebo.edu/PEAK.



Nominated by: Mike Duncan & Katherine Beck
PEAK Award: Janell Haskell, Secretary, East Meadows
Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Sarah Lemmons
PEAK Award: Deon Bradford, Teacher, Mt. Loafer Elem.
Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Hannah Camit
PEAK Award: Susan Hunter, Secretary, Santaquin Elem.
Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Billi Robbins & Clint Cornwall
PEAK Award: Courtney Corbin, Teacher, Taylor Elem.
Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Mike, RaShel, Mary, Jennie, Diana, Kevin, Kelli, Robert, & David
PEAK Award: Von Dansie, Custodian, Payson High
Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Brenda, Susan, Rhet, Scott, Mike, Krysten, & Todd
PEAK Award: Reilly Ryan, Teacher, Diamond Fork Jr.
Board President Christine Riley, Superintendent Rick Nielsen



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If your successes are not listed, please get awards to iana.hiskey@nebo.edu with Award Nebo News in the subject line.

BE A Nebo Hero

Nebo District's Celebrations

Student Celebrations

SHS Girls' Cross Country Team, 5A State Champions.

All-State Choir, 61 Nebo singers were chosen for the All-State Choir in Utah.

Advanced Learning Center, 20 ALC female students, were selected to join the 2019 WING Flight in Houston, TX.

Memre Gause, Larsen Elementary, was selected as the Daily Herald Student of the Week.

Employee/Program Celebrations

Monica Rudd, a special education teacher at Sierra Bonita, was honored at the state's Council for Children with Behavioral Disorders.

Nebo's CTE educators, presented nationally at Career & Technology Conference host by NACEP.

Mattie Stevenson, Larsen Elementary, was selected as the Daily Herald Educator of the Week.

"Don't wait until the fourth Thursday in November, to sit with family and friends to give thanks. Make every day a day of Thanksgiving!"

—CHARMAINE J FORDE



Nebo
Hero

Travel Assistance & ID Theft Protection

All employees who have Nebo School District Basic Life Insurance are also covered for Travel Assistance and ID Theft Protection Services. These benefits can include:

- ◆ Medical evacuation while traveling
- ◆ Medical referrals and monitoring while traveling
- ◆ Emergency travel arrangements
- ◆ Resolution Guidance and Assistance if you are a victim on identity theft
- ◆ Other benefits (see the flyer on the Nebo webpage benefits)

For a direct link, go to:

http://www.nebo.edu/sites/nebo.edu/files/Travel%20and%20ID%20Theft%20flyer%20Hartford_0.pdf

If you have noticed any wonderful people or experiences that need to be recognized, please email them to iana.hiskey@nebo.edu.