



Nebo News



VOLUME XI ISSUE II

OCTOBER 2021



NEBO SCHOOL DISTRICT'S SPECIAL POINTS OF INTEREST:

- Nebo District has approximately 35,000 students in 2021-2022.
- 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 Rise Up – S~C~I

A couple of weeks ago I was privileged to attend a dinner event and speech from the inspirational and influential Meg Johnson. If you are not familiar with her story, Meg was a talented ballroom dancer and professional party planner. That all changed one weekend when she was paralyzed in a hiking accident in Southern Utah at age twenty-two. Meg fell 45 feet and is now a quadriplegic, paralyzed from her chest down without the use of her hands. Wheelchair bound, but determined, Meg refuses to sit still. Since she was paralyzed, Meg has played Murderball with the Utah Scorpions, competed at Ms. Wheelchair America, and become a mom. Meg inspires audiences all over the world with her message of hope, happiness, determination, and triumph. Meg frequently says, "I am the one in the wheelchair, but I am not the only one who knows what it feels like when this life gets too hard to stand, and we all need a little help to keep on rollin."

(<https://megjohnsonspeaks.com/>)

I have heard Meg's inspiring story before, but this was the first time I heard her SCI challenge. Meg is paralyzed because of a Spinal Cord Injury. She has taken the acronym from her disability – SCI – and transformed it into an acronym that has brought her purpose and hope:

Smile ~ Compliment ~ Invite

Meg points out that everyone possesses the ability and has the opportunity to Smile, Compliment, and Invite to bring joy and light into their own life and into the lives of others. The

following quotes are in the spirit of Meg's message:



"Smile at strangers and you just might change a life." Steve Maraboli

"Sometimes just a little compliment can make someone's entire day."

"When I [invite] you into my life, I'm giving myself the opportunity to see life through your point of view. **My perspective is enriched by your experiences, your challenges, and your dreams.** With one touch, you trigger a profound change in me, even if it doesn't seem like it."

www.exploringyourmind.com

I invite each of us to take a moment to check out Meg's website or to re-watch Andra Day's music video "Rise Up." Look for examples of Smile, Compliment, and Invite, then consider how we might apply this in our own home, office, classroom, etc. Remember, "All we need is hope, and for that we have each other" (Rise Up, Andra Day) to:

Smile ~ Compliment ~ Invite



Dates to Celebrate:

Oct. 1-31
Bullying Prevention Month
National Principals Month

Oct. 1
National Diversity Day

Oct. 2
Custodial Worker Day

Oct. 3-9
Fire Prevention Week

Oct. 4
World Animal Day
Child Health Day

Oct. 6
International Walk to School Day

Oct. 11
Indigenous Peoples Day

Oct. 11-15
School Lunch Week

Oct. 18-23
School Bus Safety Week
Character Counts Week

Oct. 24
United Nations Day

Oct. 31
Halloween



Nebo's Professional Development Day

Nebo teachers and staff recently participated in educator development a bit differently than in years past. Depending on the subject or age of the students taught, the teachers had an opportunity to choose some of their training.

Secondary teachers enjoyed the theme: "Little Things... Big Impact!" Some of the classes to choose from included the Happiness Advantage, From the Lens of the Learner, Project Based Learning 101, How to Maximize Canvas for Your Students, and Fine Arts Collaboration to name a few.

The event coordinator, Wendy LeFevre, and also Nebo's Secondary Curriculum Coordinator, said, "It was very exciting to see secondary employees gather to participate in professional development that was meaningful to them. Offering a variety of options to participants and having excellent presenters made for a very successful day of learning."

Nebo's elementary teachers had time to dive into Language Essentials for Teachers of Reading and Spelling called LETRS. This professional course is an empowering development training for any teacher—no matter the grade, who teaches reading, spelling, and related language skills. Teachers received guidance on how to plan and balance word recognition and comprehension instruction. Five essential components of reading instruction include: Phoneme Awareness, Phonics, Reading Fluency, Vocabulary, and Reading Comprehension.



When asked about the elementary portion of staff development, Alicia Rudd, Nebo's Elementary Curriculum Coordinator, said, "We are so proud of and grateful for the caliber of teachers we have in Nebo School District. To prepare for our K-5th grade Professional Learning Day on September 20, teachers had to complete work prior to this day which involved reading, watching training videos, learning how to assess student phonological knowledge, then assessing three students. The power of our professional learning this year through LETRS is that we are all learning together for the benefit of students. The LETRS pedagogy will strengthen our already strong classroom whole group and small group instruction and provide opportunities of networking and collaboration across the district. Now, that is amazing!"

Charitable Giving Month October 5—31

The Charitable Giving campaign is a great way to donate to great causes. This year's campaign includes the opportunity to give to United Way, Kids Cause, and the Nebo Education Foundation. The most effective way to give is through payroll deduction. Other years' campaigns have donated over \$4,000 in new payroll deduction donations and another \$1,200 in one time donations. We thank you, Nebo School District employees, for your generous donations.

This year's Charitable Giving campaign began on October 5 with a kick-off meeting for Charitable Giving Representatives. The campaign in your schools will run October 5 through 31. If you have been the recipient of charity, please consider offering to help your building representative.

To make giving even simpler and to use less paper, the campaign this year will be an online donation process that should take less than ten minutes to complete.

Superintendent Rick Nielsen Honored by BYU

Nebo School District's Superintendent, Rick Nielsen, is being honored by BYU as the recipient of the McKay School's Alumni Achievement Award. Along with other awarded recipients, he will deliver a lecture, "You Learn Lotz from a Zotz!" at 11:00 a.m. on Thursday, October 7 in room 115 of the McKay Building on BYU's campus.



Superintendent Rick Nielsen

Prior to serving as Superintendent, his career included service as a sixth-grade teacher, elementary school principal, and district-level administrator. Mr. Nielsen holds a Bachelor of Science Degree in Education and a Master of Education Degree in Education Leadership from Brigham Young University.

The lecture will be available live online, and the recording will also be available on demand after the event.

Superintendent Rick Nielsen is being recognized for his outstanding accomplishments as an educational leader. The BYU McKay School states, "We look forward to celebrating Rick and hearing his perspectives!"

Nielsen serves on a number of boards, including the Utah Valley University Board of Trustees, Co-Chair of the UVU/MTECH K-16 Alliance, Chair of the BYU/Public School Partnership, and the Nebo Education Foundation Board.

Superintendent Nielsen currently serves over 35,000 students in the Nebo School District. He has held this position since 2010.

October 2021 PEAK Awards

To read the nomination submissions, go to October 2021 PEAK Awards: <http://www.nebo.edu/news/3478>. To submit a PEAK Award nomination, go to employee page and scroll down, or go to: www.nebo.edu/PEAK.



Nominated by: Alison Hansen, Lisa Muirbrook, Lindsey Hughes, Sarah Brunson, Angie Killian
PEAK Award: Pam Turley, Digital , District Wide
 Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Kandice Antonino
PEAK Award: Lori Lewis, Intervention Technician, Brookside
 Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Chelsea Rowley & Hannah Camit
PEAK Award: Shawnee McMullin, Teacher, Santaquin
 Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Cristina Lloyd
PEAK Award: Tannis Graves, ESL Technician, Park
 Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Teresa Beebe & Kim Head
PEAK Award: Cami Thomas, Principal, Mapleton
 Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Alison Hansen
PEAK Award: Andre Burnham, Bus Driver, Transportation
 Board President Christine Riley, Superintendent Rick Nielsen



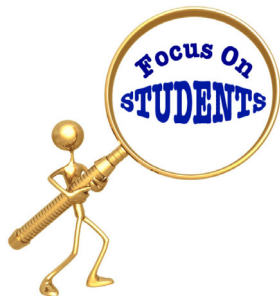
Nominated by: Adam Gull
PEAK Award: Leney Edvalson, Special Ed. District Wide
 Board President Christine Riley, Superintendent Rick Nielsen



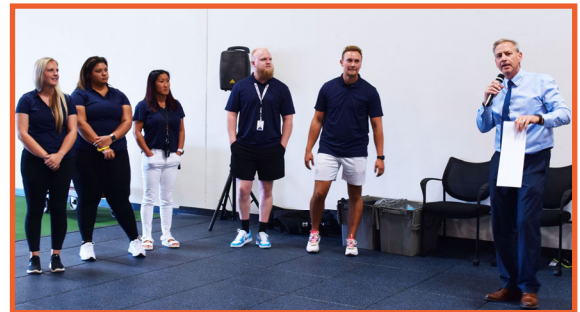
Nebo's Employees Fitness Center

Nebo School District held the ribbon cutting for the Nebo Fitness Center. Nebo is thrilled to be offering this opportunity for free for our employees.

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www.nebo.edu



Superintendent Rick Nielsen said, "We are so excited to have this new Nebo Fitness Center available to ALL of our Nebo employees and their families, free of charge. We appreciate how much our Board values our employee's health and wellbeing and that they invest in opportunities to support this commitment. We invite everyone to come and see the new Nebo Fitness Center for themselves and hope that it will be a place that promotes health and happiness for the members of our Nebo family."



The operations and maintenance crews worked hard to get this facility into shape so that all Nebo employees can benefit from this wonderful exercise opportunity.

Brad Montague, Custodial Foreman, who actually cut the ribbon, said, "This facility is much bigger than me. Many people truly made this fitness facility a reality."



"This facility represents where employee ideas are shared and people come together to provide benefits for our employees. Every department contributed. Please come and use this wonderful exercise facility," stated Ken Van Ausdal, Nebo Human Resource Director.

When you come to the Nebo Fitness Center at 350 South Main in Spanish Fork, here are some things to remember when you enjoy a good workout:

Operating Hours are from 5:30 to 8:30 a.m. and from 2:45 to 10:15 p.m. on Monday through Friday. Saturdays will be open from 6:00 to 10:00 a.m.

1. Nebo employees can gain access to the Nebo Fitness Center with their district or school identification card. Please check in with the trainer/attendant when entering the facility.
2. Employees must be present during the time you and your family use the facility. You can bring your immediate family members with you.
3. There is no fee to use the facility for Nebo employees or your accompanying family members.
4. Trainers are available to help you learn how to use the machines, to create a personal exercise plan, or just to get fitness advice during the 3:00-10:00 p.m. Monday-Friday time frame and during the 6:00-10:00 a.m. Saturday time frame.
5. Please observe the posted fitness center etiquette expectations.
6. To schedule the Pickleball courts, please use the link emailed to you by Troy Bohling.

Trainers and attendants that will be at the facility to help you are: Adam Allen, Kaden Beal, Dempsey Dulaney, Whitney Johnson, Jerilynn Randall, and Angela Youd.

Troy Bohling who helped in getting this wellness facility off the ground said, "Grab a friend, a family member, or a co-worker and come to the Fitness Center and start getting healthier."

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