

The summit is what drives us,



But **The CLIMB** itself is what matters.

Nebo News

Nebo
SCHOOL DISTRICT

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NEBO SCHOOL DISTRICT'S SPECIAL POINTS OF INTEREST:

- Nebo District has approximately 35,500 students in 2022-2023.
- 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 Professional Day	2
Charitable Giving Month	2
Flu Clinics	3
Health Screenings	3
PEAK Awards	3
Register to Vote	4
Nebo Fitness Center	4

Superintendent – Rick Nielsen Integrity, Congruence, Humility & Courage

Thanks to each of you for helping our district get off to a wonderful start this school year. We hope that our opening meetings—with powerful messages from Jason Hewlett—helped to get your own school year started out right.

This year's focus on *The Climb* will draw from topics found in Hewlett's book, "The Promise to the One." According to Jason, the first step of any successful climb is *Integrity*. Some of his quotes on integrity include:

- ◆ "Integrity is the name of the Promise game" (p. 62).
- ◆ "It is one thing to break a Promise to peers and friends, with the humiliation and embarrassment of not being what they thought you were, but it's quite another to face the reality that you broke a Promise to yourself" (p. 61).
- ◆ "When the life I appear to live is congruent with the life I actually live – the life that no one else sees – that is fulfillment, peace, strength, and Integrity" (p. 65).
- ◆ "Consistency in keeping a Promise – that is Integrity at its highest level" (p. 70).



Stephen M.R. Covey further expounds on Integrity in his book, "The Speed of Trust." He writes:

"Certainly, integrity includes honesty – telling the truth and leaving the right impression. But there are at least three additional qualities that are equally vital:

- ◆ Congruence – A person has integrity when there is no gap between intent and behavior.
- ◆ Humility – Being humble means recognizing principle and putting it ahead of self.
- ◆ Courage – Doing the right thing, even when it's hard."

Covey then suggests "three high-leveraged 'accelerators' that make a powerful difference in increasing integrity.

- ◆ Make and Keep Commitments to Yourself – when you make a commitment to yourself, do so with the clear understanding that you're pledging your integrity.
- ◆ Stand for Something – 'It's not hard to make decisions when you know what your values are.'
- ◆ Be Open – Do I value and am I involved in continual learning?

"The greater your integrity – the more honest, congruent, humble, and courageous you are – the more credibility you will have and the more trust you will inspire" (p. 62-72).

I am deeply grateful that I serve with high integrity friends and colleagues. This

makes my own *Climb* more enjoyable and also creates safety and trust that my team and I can successfully navigate every aspect of *The Climb*. After all, "relationships are built upon this thing called Integrity" (Hewlett, p. 62).

I invite each of us to focus on these core principles of integrity as we keep our "Promise to the One" and elevate others as well.

Nebo's Professional Development Day

On Monday, September 26, 2022, Nebo teachers and staff participated in a district-wide Professional Development Educator Day. Depending on the subject or age of the students taught, the teachers had an opportunity to choose some of their training.

Nearly 800 elementary teachers attended a virtual LETRS training. This training was a culmination of hard work, study, and classroom application of the LETRS pedagogy.



Selene Carlson, the event coordinator, said, "LETRS is helping teachers understand the Science of Reading and giving them strategies to enrich student learning in Nebo. We are fortunate in Nebo to have the very best teachers!"

When asked about the elementary portion of staff development, Celeste Gledhill, Nebo's Elementary Curriculum Coordinator, said, "We are grateful for the caliber of teachers we have in Nebo School District. To prepare for our K-5th grade Professional Learning Day on September 26, teachers had to complete work prior to this day which involved reading, watching training videos, learning how to assess student reading skills, then assessing 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."

"Our preschool teachers are embarking on a new professional learning opportunity very similar to LETRS for K-6 teachers. LETRS for Early Childhood provides teachers with the science and best practices for the very beginning literacy skills. Teachers will gain new skills to help young learners, ages 3 and 4, build a literacy foundation before they learn to read or write. We are excited to learn together to support Nebo students," exclaimed Alicia Rudd, Special Programs Director.



Secondary teachers enjoyed choosing from a large list of the classes including: Simple Steps to Build Well-Being and Social Connections, Time Out for Teachers, Deep Dive into Deep Learning, and Increasing Student Engagement to name a few.

The secondary event coordinator, Wendy LeFevre, and also Nebo's Secondary Curriculum Coordinator, said, "The Secondary Mini Conference was a successful day of learning thanks to the many excellent presenters. Participants appreciated being able to choose topics that were meaningful to them."

Thank you to everyone that made this day possible. It was a wonderful day of development for our Nebo educators.

"The summit is what drives us, but The Climb itself is what matters!"



Charitable Giving Month

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 September 27 with a kick-off meeting for Charitable Giving Representatives. The campaign in your schools will run from October through Thanksgiving Break. 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.

Dates to Celebrate:

- Oct. 1-31**
Bullying Prevention Month
National Principals Month
- Oct. 2**
Custodial Worker Day
- Oct. 3**
Child Health Day
- Oct. 4**
World Animal Day
- Oct. 5**
International Walk to School Day
- Oct. 10**
Indigenous Peoples Day
Columbus Day
- Oct. 9-15**
Fire Prevention Week
- Oct. 10-14**
School Lunch Week
- Oct. 17-21**
School Bus Safety Week
Character Counts Week
- Oct. 24**
United Nations Day
- Oct. 31**
Halloween



Flu Clinics

Monday October 3
1:30 to 5:00 p.m.
Cherry Creek Elem.
484 South 200 East
Springville

Monday, October 10
1:30 to 4:00 p.m.
Park Elementary
90 North 600 East
Spanish Fork

Monday, October 24
1:30 to 5:00 p.m.
Parkview Elementary
360 South 100 East
Payson

Health Screenings

Remember to register for health screenings by logging into your SelectHealth account and click on the Screening tab from your dashboard.

- Register for a SelectHealth Account
- Choose an in-network SelectHealth Primary Care Provider PCP
- Create a Virgin Pulse Account (Sign-Up & Track Steps)
- Complete an annual online Virgin Pulse "Health Check"
- Attend a worksite health screening event or obtain the screening from your PCP
- Complete at least one online Virgin Pulse "Journey" program
- Complete at least two Activity Campaigns
- Stay current with cancer screenings
- Women age 50-74: Mammogram every 2 years
- Women age 21-29: Pap test every 3 years
- Women age 30-65 Pap test every 3 years, or a HPV test every 5 years
- Men and Women age 45-74: One colonoscopy every 10 years or other colorectal cancer screening once every 1-5 years

September 2022 PEAK Awards

To read the nomination submissions, go to September 2022 PEAK Awards: <https://www.nebo.edu/news/4040>.
To submit a PEAK Award nomination, go to employee page and scroll down, or go to: www.nebo.edu/PEAK



Nominated by: Olivia Chatterton
PEAK Award: Julie Wilcox, Special Ed. Tech., Foothills
Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Morgan Peterson
PEAK Award: Megan Oropeza, Teacher, Meadow Brook
Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Chris Killpack & Tammy Halcrow
PEAK Award: Diane K. Martin, Education Tech., Payson Jr.
Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Park Teachers and Staff
PEAK Award: Jordan Millett, Custodian, Park Elem.
Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Kate Elliott; Students: Taylor J., Adilynn P., Macey H., Tate N., DaisyMae, Brooklyn P., Austin S
PEAK Award: Kendall Bosch, Teacher, Maple Grove Middle
Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Ryann Bayless, Jade Andersen, Matt Christensen
PEAK Award: Deon Youd, Teacher, Spanish Fork High
Board President Christine Riley, Superintendent Rick Nielsen



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Register to Vote



Remember to register to vote. Go to <https://vote.utah.gov/>

Voter registration must be received by 5:00 p.m. on Friday, October 28, 2022.

(Voters may register to vote at an early voting location or at a polling location on election day. Please bring two forms of identification to the polling location.)

Ballots will be mailed out beginning October 18, 2022. The last day to request a mail ballot is 5 p.m. November, 1, 2022.

The general election is on Tuesday, November 8, 2022.

Nebo's Employee Fitness Center Available

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:



1. Operating Hours are from 5:00 a.m. to 11:00 p.m. on Monday through Saturday beginning November 1.
2. Nebo employees and retirees can gain access to the Nebo Fitness Center with their district or school identification card during trainer hours. To gain access to the fitness facility outside trainer hours, you will need to apply for a key fob on the Human Resource Fitness webpage after October 15. Please check in with the trainer/ attendant when entering the facility.
3. Employees must be present during the time you and your family use the facility. You can bring your immediate family members with you.
4. There is no fee to use the facility for Nebo employees or your accompanying family members.
5. 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.
6. Please observe the posted fitness center etiquette expectations.
7. To schedule the Pickleball courts, please click the link for the [pickleball scheduler](#).

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

Troy Bohling, Human Resource Coordinator, said, "Gather a friend, a family member, or a co-worker and come to the Fitness Center and start getting healthier."