



Mindful ★ Appreciative
Gritty ★ Innovative ★ Caring

Nebo News



VOLUME X ISSUE III

NOVEMBER 2020



NEBO SCHOOL DISTRICT'S SPECIAL POINTS OF INTEREST:

- Nebo District has approximately 34,000 students in 2020-2021.
- Nebo District has approximately 4,500 employees.
- Nebo District is the 7th largest district in Utah.
- Nebo District is the 6th largest employer in Utah County.

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Superintendent “Be Mindful”

There are many ways to think about what it means to be *Mindful*, including suitable synonyms – awareness, thoughtfulness, compassion. When I think about being *Mindful*, I’m drawn to the following from Author David Brooks. He suggests that ***The Road to Character*** begins by changing the question, “What do I want from life?” to a different set of questions: “What does life want from me? What are my circumstances calling me to do?”

He continues, “You come across certain people who... have achieved inner integration. They are calm, settled, and rooted. They are not blown off course by storms. They don’t crumble in adversity. Their minds are consistent and their hearts are dependable.

“None of them is even close to perfect. But they practice a mode of living that is less common now. They [are] acutely aware of their own weakness.

“They radiate a sort of mental joy. They answer softly when challenged harshly... They are dignified when others try to humiliate them, restrained when others try to provoke them. But they get things done... They just seem delighted by the flawed people around them. They just recognize what needs doing and they do it.

“They make you feel funnier and smarter when you speak with them... They have not led lives of conflict-free tranquility, but have struggled toward maturity. They have gone some way toward solving life’s essential problem, which is that, ‘the line separating good and evil passes not through states, nor between classes, nor between political parties either – but right through every human heart.’”

(from “The Road to Character,” Introduction)



At some point in life I hope to attain this level of mindfulness. In the meantime, I will listen and learn from the many wise and mindful people around me. Let’s all continue to do our best to “Be the Magic” for our students and peers by demonstrating what it means to be *Mindful*.



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Nominate Employees for PEAK Awards


Dates to Celebrate:

- Nov. 1-30**
Native American Heritage Month
- Military Family Appreciation Month
- Family Literacy Month
- Nov. 1**
Daylight Savings Time Ends
National Literacy Day
- Nov. 3**
Election Day
- Nov. 9-13**
National Young Readers Week
- Nov. 11**
Veteran's Day
- Nov. 13**
World Kindness Day
- Nov. 15-21**
Geography Awareness Week
- Nov. 16-20**
American Education Week
- Nov. 18**
Education Support Professionals Day
- Nov. 19**
National Parent Involvement Day
Gettysburg Address Anniversary
- Nov. 20**
Substitute Educators Day
- Nov. 22-28**
National Family Week
- Nov. 26**
Thanksgiving Day

Do you know someone in our schools and/or departments who really “gets it” when it comes to exceptional customer service? If so, Nebo School District, Nebo School Board of Education, and the Superintendent Staff want to recognize them for having a positive impact on our customers—students and parents. We are looking for an employee that has Positive Energy And Kindness (PEAK), that has made a special effort by performing remarkable customer service.

We encourage you to look for opportunities to nominate your coworkers and other Nebo employees who demonstrate exceptional service.

All nominations will be reviewed, and qualified candidates may be recognized at the Nebo School District Board meetings and/or in the Nebo News. (Keep nomination secret until announced.)



PEAK Award

PEAK Award
Positive Energy and Kindness

Nebo
SCHOOL DISTRICT

Do you know someone in our schools and departments who really “gets it” when it comes to exceptional customer service? If so, Nebo School District wants to recognize them for having a positive impact on customers. We are looking for an employee that has Positive Energy and Kindness, that has made a special effort by performing remarkable customer service. All nominations will be reviewed, and qualified candidates will be recognized at the Nebo School District Board meetings. (Keep nomination secret until announced.)

I would like to nominate:

Person's Name & Job _____

Person's School and Dept. _____

How did the above employee provide exceptional service? _____

How did this impact your perception of Nebo School District? _____

Your Name _____ Your Email _____

Your Cell Phone _____ Date _____

If you received EXCEPTIONAL customer service, you may nominate the person for the PEAK Customer Service Award. Please visit Nebo's website on the employee page, scroll down to the PEAK Award or go to www.nebo.edu/PEAK click on the PEAK Award link to tell us about your experience today. (Keep nomination secret until announced.)

BE A Nebo Hero

VOTE Tuesday November 3

Don't forget to VOTE in this general election and have your voice heard. Please know you can **VOTE by mail** or the following:

Vote at **Early Voting locations** at Spanish Fork Fairgrounds, Provo County Office, Geneva Megaplex, or Lehi Megaplex from Wednesday, October 28 to November 2, 2020. Remember to bring your ID and proof of residence with you.

Vote on Election day, November 3, the polling places will be open from 7:00 a.m. to 8:00 p.m. Go to: vote.utah.gov(link is external) for polling places.

NEBO NEWS



Honor Education Support Professionals

SPED TECH:

The extra time and attention you give to your students is remarkable. Even if it takes all year (or more) to meet a goal, your enthusiasm for their success is contagious. You make a difference each day and uplift students in ways no one else can.



#schoolheroes Teresa Kwant

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, and maintenance to name a few.

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

SCHOOL BUS DRIVER:

You are sometimes the first smiling adult a child sees each morning and the last before they get home. You always brave the weather to get our kids safely where they need to be, while being a shining example as you do it.

#schoolheroes Teresa Kwant



PARAPROFESSIONAL:

The heartfelt hero. Using their talents to help students discover their own. Dedicating their time and energy each day to the students in their care, and doing it all while meeting the individual needs of many.



#schoolheroes Teresa Kwant

SCHOOL CUSTODIAN:

The quiet hero of the school. They are always the first to arrive each day, clean up messes no one dares to touch and befriend everyone that passes by.

#schoolheroes

Teresa Kwant



Support professionals provide invaluable services and are essential partners in the children’s education process. Thank you, support professionals, for using your talents and extra time to genuinely care about each individual student and making Nebo a safe and wonderful place for students.

SCHOOL LUNCH WORKER:

You are behind the scenes most of the day, but during lunch you let kids know they matter. You always serve kids healthy meals and happy attitudes. Without you students don't have the energy to conquer their day.

#schoolheroes

Teresa Kwant



SCHOOL SECRETARY:

You always save the day by passing out Band-Aids to kids, making extra copies for teachers, and answering calls from worried parents. You run both the office and school with ease, bringing warmth to the building and everyone inside it.

Teresa Kwant #schoolheroes



Nebo

SCHOOL DISTRICT

Nebo School District

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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.



Nebo Hero

BE A Nebo Hero

Sarah Sumsion, Title I Coordinator, Barnett, “She is always the first one to jump in and offer a helping hand. She goes above and beyond every day to make sure teachers, students, and staff are supported and loved.” Recognized by Kali Brown.

Ryan McGuire, Principal, Mt. Nebo Middle, “He works tirelessly to prepare our school to transition to a middle school. He creates a positive image through public relations and hires competent and caring staff whom love kids.” Recognized by Lynette Muhlestein & Mike Robinson.

Ronda Slater, Secretary, Foothills, “She stops what she is doing to help students. She uses a kind voice and asks questions and creates an environment of safety and trust.” by DayValena Lisonbee.

Mike Johnson, Principal, Hobble Creek, “He always looks out for our children. The kids love him and always look forward to seeing him. He knows how to bring calm during this time of COVID.” Recognized by the Ryan Briggs Family.

Rachelle Sorensen, Secretary Oakridge, “She always goes out of her way to help each teacher at Oakridge. She is willing to help with Medicaid logs, IEP’s, sending emails and making copies.” Recognized by Tasha Lewis.

Kate Elliott, Teacher Mapleton Jr., “She goes above and beyond and excels in science. She makes all kids want to learn science. Plus, the students love all her incredible activities.” Recognized by Christi Nebeker.

Eric Gappmayer, Counselor, Rees, “He is constantly working with students and making a difference in their lives. He counsels, teaches, hallway duty, or crosswalk duty.” He jumps in wherever he can help.” Recognized by Adam Gull.

Melissa Page, Teacher, Salem Jr., “She listens and facilitates action. She loves her students and makes them do things they might not want to do. She is kind and makes it safe for students.” Recognized by Stacey Petersen.

Deanna Herrmann, Teacher, Westside, “She is an impeccable teacher, friend, and mentor. She always offers a listening ear and support to her colleagues and is the backbone of our team. She loves her students and cares deeply about the development of the whole child.” Recognized by Tiffany Litchfield.

Scott Shepherd, Custodian, SHHS, “He is a magician! He has hundreds of things to do; yet in an instance he can solve your problem. He serves with a positive enthusiasm and no task is unimportant.” Recognized by Lee Gillie.

Kali Brown, Principal, Barnett, “She is always so positive and encouraging. She responds quickly to questions/concerns and always gives praise.” by Natalie Veach.

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