



# Nebo News



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## 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 with Gratitude

Andra Day's "Rise Up" video is filled with poignant inspirational messages, both from the song lyrics and from the video. One of the most significant and subtle messages comes near the very end of the video as the couple returns from their date. With music playing in the foreground, their silhouettes show as they come from their car back into their home. Quietly, almost imperceptibly, you hear the young woman's voice, "**Thank you for taking me out.**"

This unexpected expression of gratitude touches me every time I hear it. How can someone who is "broken down and tired of living life on the merry-go-round" feel such gratitude "in spite of the ache?" There are probably a lot of psychological rationale, but I believe that the simplest explanation is that she is just honestly and sincerely grateful.

Journalist Arthur C. Brooks writes that, while researching for the "world-renowned best seller *How to Win Friends and Influence People*," Author Dale Carnegie:

"Went to Broadway to see the last performance of the most famous magician of his age: Howard Thurston. . . Dale Carnegie visited Thurston's dressing room after his last show and asked him the secret of his success. Thurston told him his tricks were fairly conventional – nothing you could not find in magic books. The true secret to his success was *gratitude*. He told me that every time he went onstage he said to himself: 'I am grateful because these people came to see me. They make it possible for me to make my living in a very agreeable way. I'm going to give them the very best I possibly can. I love my audience. I love my audience.'

"Howard Thurston knew intuitively what scientists have since proved: the key to being nicer and happier is gratitude."

Today it seems increasingly more difficult, and less common-place to find reasons to be grateful. Pandemics, natural disasters, physical and mental health challenges, work and life stresses, societal unrest, and competing ideologies all make for turbulent times. All the more reason to focus on gratitude.

One research study "found that people who kept a list of things they were grateful for were significantly more satisfied with their lives than subjects who dwelled on negative events. [They] felt better about their lives as a whole, and were more optimistic regarding their expectations for the upcoming week. They reported fewer physical complaints, [were] happier and also more likely to report having helped someone with a personal problem or offered emotional support to another... The lesson is clear: to be happier and to be better to others, count your blessings."

I know that focusing on gratitude elevates my own life and helps me to be better for those I am privileged to serve. Thanks to each of you for your significant work. I am grateful and blessed to be counted among you as a fellow Nebo District educator. Like Thurston, the magician, you give our students "the very best [you] possibly can" each day.





**Dates to Celebrate:**

**Dec. 1**  
Rosa Parks Day — Civil Rights event

**Dec. 3**  
International Day for Persons with Disabilities

**Dec. 10**  
Human Rights Day — Declaration Adoption 1948

Nobel Prize Day — Awarded for “scientific exploration of great value for mankind”

**Dec. 15**  
Bill of Rights Day — The first 10 amendments to the U.S. Constitution were ratified on this day in 1791

**Dec. 17**  
Anniversary of the Wright Brothers’ flight

**Dec. 21**  
First day of Winter

**Dec. 25**  
Christmas Day



# Thinking of retiring at the end of 2021-22?

We recognize that many of our outstanding employees will be contemplating retirement at the end of this school year. We will be sad to see these good friends and dedicated coworkers leave our ranks and are so appreciative of their service to students.

In order to find the best possible candidates for open positions in the current competitive job market, it is important for supervisors to begin hiring new employees as soon as possible again this year. Therefore, we are once again offering an Early Notice Incentive to those who have their retirement approved by the Board of Education at least four months prior to their retirement. The details are as follows:

- ◆ Any employee who is eligible for and retires from Utah Retirement System (URS) by at the end of the 2021-22 school year, can submit the final paperwork to the District by:
  - ◇ December 3, 2021, to receive \$1,000 in their December 31 paycheck, or
  - ◇ January 7, 2022, to receive \$1,000 in their January 31 paycheck, or
  - ◇ February 4, 2022, to receive \$500 in their February 28 paycheck.
- ◆ The final application deadline for this Early Notice Incentive is February 4, 2022.

Although we have offered this option for a handful of years, this incentive should be considered a one-time option for those who will retire at the end of the 2021-2022 school year and may not be offered in future years. Interested employees who will be retirement eligible and would like to learn more about this option and their individual benefits may schedule an appointment with Troy Bohling at 801-354-7480. Retirement eligible employees will be given first priority on appointments.

## Christmas Card Winners 2021

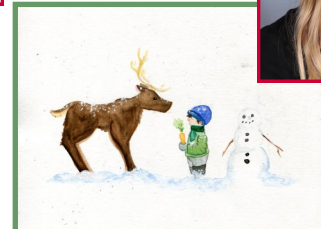
**First Place: Quincy Roberts**  
7th Grade, Diamond Fork Middle  
Teacher: Adriana Ashton  
*Cover for 2021 Nebo School District Christmas card*



**Second Place: Gavin Collett**  
7th Grade, Diamond Fork Middle  
Teacher: Adriana Ashton  
*Cover for 2021 Nebo Education Foundation Christmas card*



**Third Place: Oaklee VanSweden**  
7th Grade, DFMS  
Teacher: JeanMarie Andersen



**Honorable Mention: Maren Nielson**  
7th Grade, MGMS  
Teacher: Nick Sheffer



# Fall Academic All-State 2021



## Boys' Cross Country

Isaac Woolford, MMHS  
Lane Lindstrom, SHHS  
Ayden Christensen, SHS  
Benjamin Tenney, SHS  
Colton Balagna, SHS  
Logan Garnika, SHS  
Spencer Neel, SHS

## Boys' Football

Aaron Norris, SFHS  
Brenner Shepherd, SFHS  
Chase Pepper, SFHS  
Dallin Leatherwood, SFHS  
Jacob Haacke, SFHS  
Mckay Peery, SFHS  
Michael Dodd, SHS  
Seth Rigrup, SHS  
Tomokia Kaanga, SHS  
Will Penrod, SHS

## Girls' Soccer

Sheridan Liggett, MMHS  
Katelyn Smith, MMHS  
Linda Castano, PHS  
Abigail Hales, PHS  
Melissa McCauley, PHS  
Katherine Yost, PHS  
Bryanna Hofheins, SHHS  
Haley Spencer, SHHS  
Delaney Hicks, SFHS  
Miriam Pendleton, SFHS  
Bailey Pierce, SFHS  
Avery Frischknecht, SHS

## Girls' Volleyball

Staci Lomenick, SFHS  
Haydn McMillan, SFHS  
Meline Robarge, SFHS  
Ellie Valdez, SFHS  
Emery Cardoza, SHS

## Girls' Cross Country

Ashley Cluff, MMHS  
Brianna Ericksen, SHHS  
Savanna Young, SHHS  
Whitney Blaylock, SFHS  
Emma Fox, SFHS  
Alexis Gladding, SFHS  
Camryn Marshall, SFH-  
SPaige Ballard, SHS  
Laurissa Blakely,  
SHSTessa Conrad, SHS  
Ashley Edwards, SHS  
Sarah Gardner, SHS  
Lily Holladay, SHS

## Boys' Golf

Mike Bennett, MMHS

## Girls' Tennis

Ashley Wilson, MMHS  
Emily Morrill, PHS  
Ella Burningham, SHHS  
Annabelle Colton, SFHS  
Hailey Wilson, SFHS  
Maili Boyer, SHS  
Ashley Edwards, SHS  
Calianne Skinner, SHS  
Cheyenne Skinner, SHS  
Madysen Stokes, SHS



# November 2021 PEAK Awards

To read the nomination submissions, go to November 2021 PEAK Awards: <http://www.nebo.edu/news/3570>. To submit a PEAK Award nomination, go to employee page and scroll down, or go to: [www.nebo.edu/PEAK](http://www.nebo.edu/PEAK).



Nominated by: Kali Brown  
**PEAK Award: Paula Robinson, ESL Specialist, Barnett**  
Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Amy Cook & Misty Jones  
**PEAK Award: Angela Killian, Principal, Riverview**  
Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Jennelle Youngs & Youngs' Children  
**PEAK Award: Jeremy Luckau, Bus Driver, Transportation**  
Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Jamie Huston  
**PEAK Award: Melissa C. Roundy, Teacher, Art City**  
Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Kylee Spainhower & Koriane Maughan  
**PEAK Award: Kris Turner, Secretary, Valley View Middle**  
Board President Christine Riley, Superintendent Rick Nielsen



Nominated by: Saedra, Mary, Shandy, Katy, Kambrie, Debra, Jessica, Chelise, Christi  
**PEAK Award: Lori Catmull, Food Service Coord. District Wide**  
Board President Christine Riley, Superintendent Rick Nielsen

# Nebo

## SCHOOL DISTRICT

**Nebo School District**

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Cecily Yeager, Teacher: Adriana Ashton  
First Place: **Quincy Roberts**, 7th DFMS  
Lana Hiskey, Community Relations

*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.*



*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).*

# BE A Nebo Hero

**Eric Kern**, Instructional Coach, Park, "He is always so kind, cheerful, and supportive of the teachers and staff. He sincerely cares about each individual." Recognized by Tannis Graves.

**Liz Worthen**, Secretary, SHHS, "Liz makes EVERYONE that enters our building feel exceptional, loved, and accepted. If there is anyone that needs anything done, Liz is the first to jump and get it done." Recognized by KyLynn James, Ryan McGuire, Curtis Burton, Kendall Call, Cindie Simmons.

**Wade Tischner**, Supervisor, Transportation, "He took a frustrated parent call with professionalism. He gave us confidence that my daughter was safe while in his care. Thank you!" Recognized by Nick Sheffer.

**Becky Manning**, Facilitator, Maple Ridge, "She is so willing to help anyone and everyone. Whether it's digging in and teaching a lesson, running the school store, providing much needed support in every content area, or dressing up for those 'dress up days,' Becky can be relied on to do it all." Recognized by Vanessa Schmidt.

**Margot Gardiner**, Psychologist, East Meadows, "She is the epitome of a concerned educator and is willing to drop whatever she is doing and help deal with a student in crisis. She plans weekly group lessons that are exactly what the students need. She works long hours to complete her other work." Recognized by Nathan Melton.

**Patrice Nielsen**, Secretary, Rees, "She is amazing and gives more than 100% day in and day out! She has tremendous skills as a secretary and is willing to go above and beyond to ensure the office and school are running flawlessly. Patrice is a professional and hero." Recognized by Adam Gull.

**Lauren Frossard**, Teacher, Cherry Creek, "She is always helping her students and going above and beyond for them. She is kind is always making people laugh." Recognized by McKenzie Zambrano.

**Jenny Lee Rasmussen**, Teacher, Maple Ridge, "She has a sincere desire to build up everyone around her. She doesn't mask that there are difficulties in life, but she does help others find the silver lining. She has a contagious zest for life, and such a welcoming demeanor." Recognized by Rachel Marie Kimball.

**Erika Campbell**, ESL Specialist, Riverview, "She is happy to bridge the gap with language barriers when registering students, understanding what students need, and assisting parents with questions or concerns that they may have. She gives these families assistance to find the right resources to improve their home life. Her students and their parents know that she is a safe place and trust her completely. Mrs. Kimball is cheerful and helps to show love and support for her students and their families." Recognized by Lindsey Downey.

**Jesse Sorenson, David Rockwood, Holly Henderson, Kyle Francom & Travis Keel**, Admin., PHS, "We I appreciate their efforts in keeping students safe in all situations. I am grateful for their communicative efforts in keeping us informed and putting students safety first. Thanks PHS!" Recognized by Vanessa Schmidt.