

The summit is what drives us,



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

NEBO SCHOOL DISTRICT'S SPECIAL POINTS OF INTEREST:

- Nebo District has approximately 36,000 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.

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# Nebo News



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## Superintendent – Rick Nielsen Kindness on the Climb



A short and simple stanza is etched in my earliest memories. For many years I have hummed and sung to myself:

I want to be kind to everyone, for that is right, you see.  
So I say to myself, 'Remember this: kindness begins with me.'<sup>1</sup>

Of course, humming and singing about kindness is always easier than demonstrating kindness.

Jason Hewlett said, "Kindness stems from attentiveness. How often do we take advantage of our chance to be kind, to serve others, when we notice the opportunity? Kindness fills the soul, establishes purpose, and make the day of another."

This concept is thoughtfully expressed by these lines from the poet Margaret Elizabeth Sangster:

### The Sin of Omission

It isn't the thing you do, dear,  
It's the thing you leave undone  
That gives you a bit of a heartache  
At setting of the sun.

The tender work forgotten,  
The letter you did not write,  
The flowers you did not send, dear,  
Are your haunting ghosts at night.

The stone you might have lifted  
Out of a brother's way;  
The bit of heartsome counsel  
You were hurried too much to say;  
The loving touch of the hand, dear,  
The gentle, winning tone  
Which you had no time nor thought for  
With troubles enough of your own.

Those little acts of kindness  
So easily out of mind,  
Those chances to be angels  
Which we poor mortals find -  
They come in night and silence,  
Each sad, reproachful wraith,  
When hope is faint and flagging,  
And a chill has fallen on faith.

For life is all too short, dear,  
And sorrow is all too great,  
To suffer our slow compassion  
That carries until too late:  
And it isn't the thing you do, dear,  
It's the thing you leave undone  
Which gives you a bit of heartache  
At the setting of the sun.

In addition to being kind to others, it is vitally important that we are also kind to ourselves.

"When you look in the mirror, are you mean to the incredible, amazing, beautiful, and magnificent person staring back at you? Maybe you're like me and you have a hard time even looking in the mirror and liking anything about yourself. [But] then I resolve to Promise to be kind. Be kind to myself. Not beat myself up for where I'm lacking, not kick myself for my failed efforts or stupid mistakes, and not judge myself."<sup>2</sup>



Knowing that "*the climb itself is what matters*" even though "the summit is what drives us," I invite each of us to be more attentive and more committed to showing kindness to ourselves and to others in our daily climb.

<sup>1</sup>"I want to be Kind to Everyone."

<sup>2</sup>The Promise to the One, Jason Hewlett, p. 103-115.

# Nebo's 2022-23 School Sterling Scholars

## Dates to Celebrate:

- Feb. 1-28**  
American Heart Month  
CTE Month  
Black History Month
- Feb. 2**  
Groundhog Day
- Feb. 4**  
Rosa Parks Day  
*Honoring an important person in the civil rights movement*
- Feb. 5**  
Take Your Child to the Library Day
- Feb. 6-10**  
National School Counseling Week
- Feb. 12**  
Abraham Lincoln's birthday
- Feb. 13-17**  
National FCCLA Week  
National FBLA Week
- Feb. 14**  
Valentine's Day
- Feb. 15**  
School Resource Officer Appreciation Day
- Feb. 17**  
Random Acts of Kindness Day  
National PTA Founder's Day
- Feb. 18-25**  
National FFA Week
- Feb. 21**  
Presidents' Day
- Feb. 22**  
George Washington's birthday  
School Bus Driver Appreciation Day
- Feb. 27 — Mar. 3**  
Public Schools Week

### Springville High

Business & Marketing: Brooke Constantine  
 Computer Technology: Evan Lewis  
 Dance: Aurelia Olson  
 English: Anna Sneddon  
 Family & Consumer Science: Alexa Child  
 Instrumental Music: Miles LeSeuer  
 Mathematics: Ethan Stewart  
 Science: James Fowler  
 Skilled & Technical Science:

Zachary Ruffner

Social Science: Brightin Davis  
 Speech/Theater Arts/Forensics:  
 Megan Gwilliam

Visual Arts: Sylvia Orme  
 Vocal Performance: Ella Broughton  
 World Languages: Abigail Folkman

### Spanish Fork High

Business & Marketing: Isaac Chahua  
 Computer Technology: Brett Higbee  
 Dance: Brighten Bills  
 English: Sophie Beehler  
 Family & Consumer Science:  
 Avery Whitney

Instrumental Music: Jenna Williams  
 Mathematics: Ethan Benson  
 Science: Sarah Seeley

Skilled & Technical Science:  
 Amberly Thomsen

Social Science: Logan Haacke  
 Speech/Theater Arts/Forensics:  
 Lex Smith

Visual Arts: Lucy Maurin  
 Vocal Performance: Nyah Dinehart  
 World Languages: Emma Woodbury



### Salem Hills High

Business & Marketing: Kallie Christensen  
 Computer Technology: Branson Egbert  
 Dance: Hailey Adamson  
 English: Adaline Hansen  
 Family & Consumer Science: Bailey Black  
 Instrumental Music: Avery Allred  
 Mathematics: Isaac Elmer

Science: Collin Hawkins  
 Skilled & Technical Science: No Candidate  
 Social Science: Myla Millet  
 Speech/Theater Arts/Forensics:  
 Sahaja Rutledge

Visual Arts: Eliza Linford  
 Vocal Performance: Sophia Wilkins  
 World Languages: Baylin Grover

### Maple Mountain High

Business & Marketing: Gavin Murray  
 Computer Technology: Dallin Tueller  
 Dance: Oaklee Tingey  
 English: Gwen Dyer  
 Family & Consumer Science:  
 Elaine Bleazard

Instrumental Music: Katelyn Gause  
 Mathematics: Samuel Moss  
 Science: Nathan Christiansen

Skilled & Technical Science: Hallie Rich  
 Social Science: Nathan Birch  
 Speech/Theater/Forensics:  
 Joseph Nelson

Visual Arts: Jocelyn Brown  
 Vocal Performance: Nicole Cragun  
 World Languages: Carter Hill

### Payson High

Business & Marketing: Joshua Laker  
 Computer Technology: Michael Yi  
 Dance: Lyndsee Slade  
 English: Kelsey Argyle  
 Family & Consumer Science:  
 Alexis Mellen

Instrumental Music: Rebekah Hartman  
 Mathematics: Daxton Robbins  
 Science: Naomi Rawlinson

Skilled & Technical Science:  
 Alison Urban

Social Science: Breanne Jardine  
 Speech/Theater Arts/Forensics:  
 Brinley Bettis

Visual Arts: Sadie Barben  
 Vocal Performance: Emma Mathews  
 World Languages: Braelyn Newbury

## Classified Employee Nominations

**Due by:  
 February 10,  
 3:00 p.m.**

## Nebo Employee Form W-2 for 2022

Your Nebo School District employee Form W-2, which is an IRS tax form used to report wages paid to employees and the taxes withheld from them, was mailed to you through the US Postal Service during the last week of January. A copy of the Form W-2 can also be found in the Employee Service Portal (ESP).

To view or print the Form W-2, log in to the ESP system at <https://finweb.nebo.edu/ESP/>, click on the "Payroll" tab near the top of the screen, and then click the "W-2s" link near the top right of the screen. If you need assistance accessing the ESP, please visit this link: <https://www.nebo.edu/employees/finweb>. If you have questions about the information contained in the Form W-2, please contact Paula Quay, Payroll Manager, at 801-354-7430.



# Medical Insurance Renewals 2023-24

Letter of Intent

Due by:  
February 15

It is time to start working on our medical insurance renewals for the 2023-2024 school year. As you are aware, SelectHealth has offered us a guaranteed renewal of 2.5% pending policy holders reaching certain benchmarks around the wellness program.

As SelectHealth has started looking at our Wellness participation numbers to start working up our renewal, we are not at the 70 percent compliance benchmark. By not achieving each of the wellness metrics by 70 percent, we will not get our 2.5 percent renewal. It will be a higher premium based on the wellness participation.

Please log into your SelectHealth dashboard and make sure that you have all tasks marked off as complete.

We know this has been one of the hardest years ever for teachers, and we also know this is asking you to do one more thing. But if you could make sure you are compliant with all wellness requirements, it will help us all keep extra dollars in our paycheck and not losing the money to insurance premiums.



# January 2023 PEAK Awards



To read the nomination submissions, go to January 2023 PEAK Awards <https://www.nebo.edu/news/4173>

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: Amber Park  
PEAK Award: Terri Jensen, Counselor, Art City & Brockbank  
Board President Lisa Rowley, Superintendent Rick Nielsen



Nominated by: Sydney Sharp  
PEAK Award: Maggie Fechner, Secretary, Apple Valley  
Board President Lisa Rowley, Superintendent Rick Nielsen



Nominated by: Susan E. Anderson  
PEAK Award: Charlotte Whiteside, Teacher, Spanish Fork Jr.  
Board President Lisa Rowley, Superintendent Rick Nielsen



Nominated by: Amy Darrington & Starr Davis  
PEAK Award: Chelsie Bergera, Teacher, Cherry Creek  
Board President Lisa Rowley, Superintendent Rick Nielsen



Nominated by: Katie Shumway, Michelle Gast, Cheryl Nielson  
PEAK Award: Timothy Bell, IT Technology, Brockbank, East Meadows, & Cherry Creek  
Board President Lisa Rowley, Superintendent Rick Nielsen



Nominated by: Keith Richards  
PEAK Award: Mike Adams, Assistant Principal, Salem Jr.  
Board President Lisa Rowley, Superintendent Rick Nielsen

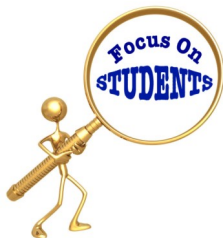
# Nebo

SCHOOL DISTRICT

**Nebo School District**  
**Phone: 801-354-7400**  
**Fax: 801-798-4010**  
**Email: lana.hiskey@nebo.edu**  
**www.nebo.edu**



*If your successes are not listed, please get awards to [lana.hiskey@nebo.edu](mailto:lana.hiskey@nebo.edu) with Award Nebo News in the subject line.*



## BE A Nebo Hero

**Kathy Treanor**, Volleyball Coach, SHHS, "Kathy is so good with the girls on the team. She not only coaches them on the sport but teaches them to be good people, to have good sportsmanship, to serve others, and supports each of them individually. She has made a huge difference, and we are so grateful for her example." Recognized by many parents and players.

**Matt Larsen**, IT, District Wide, "Matt does a great job of supporting our faculty and staff with IT needs and concerns. He is very responsive to concerns and is always positive and a pleasure to work with. He goes above and beyond in supporting us at SFJHS." Recognized by Chris Loveless, Jessica Lindley, & Preston Parrish.

**Anne Cook**, Secretary, Salem Jr., "When my son was registering for school, she helped so much and was flexible. She even paid for his lunch out of her own pocket because I didn't bring any money with me that day." Recognized by Angie Berrio.

**Alex Minson**, Teacher, SFHS, "I'm blessed co-teach inclusion English 11 & 12 with Alex. He is a phenomenal teacher. Each day he takes time to connect with his students, asking them about their work, their athletics, fun things they may be doing, etc." Recognized by Nathan Melton.

**Tiffany Litchfield**, Teacher, Westside, "Tiffany puts her whole heart into her teaching. She is dedicated to providing the best education for students. She is always mindful of every student and their needs. She goes above and beyond to make sure every child in her class succeeds." Recognized by Jane Price.

**Sherri Peterson**, Facilitator, Spanish Oaks, "Sherri is a rock for our interns and new teachers. provides them a safe place to share the fears and anxiety that comes with being a new teacher. Sherri is instrumental in creating a wonderful reading intervention program at the school. She helped identify the students that need additional reading help. Sherri is also a huge supporter and believes every student can be successful." Recognized by Ryan Murray.

## Nebo Celebrations

### Principal Celebrations

**Lindsey Hughes**, Park, Elementary Principal of the Year Award.

**Ilen Richins**, Santaquin, Community Leader of the Year Award.

**Julie Peery**, Canyon, Innovator of the Year Award.

**Billi Robbins**, Taylor, Instructional Leader of the Year Award.

**Mike Duncan**, Elem. Supervisor, Principal Mentor of the Year Award.

### Principal Celebrations Cont.

**Bethany Clark**, Larsen, Rookie Principal of the Year Award.

**Nate Holt**, Brockbank, Rural Principal of the Year Award.

**Amy Darrington**, Cherry Creek, Student Advocate Principal of the Year Award.

**Tiffanie Miley**, Junior High Principal of the Year Award.

**Jason Beardall**, High School Assistant Principal of the Year Award.

*If you have noticed any wonderful people or experiences that need to be recognized, please email them to [lana.hiskey@nebo.edu](mailto:lana.hiskey@nebo.edu).*