



Nebo News

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NEBO SCHOOL DISTRICT'S SPECIAL POINTS OF INTEREST:

- Nebo District has approximately 32,000 students 2014-2015.
- Nebo District has over 3,600 employees.
- Nebo District is the 6th largest district in Utah.
- Nebo District is the 5th largest employer in Utah County.

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“BE THE MAGIC” EVERYONE HAS A CUSTOMER

While walking through one of our district schools earlier this year, I noticed their theme focused on being “Bucket Fillers.” This theme is founded on concepts in the book, “How Full is Your Bucket,” by Tom Rath and Donald O. Clifton.

Their “Theory of the Dipper and the Bucket” is this:

- ◆ “Each of us has in invisible bucket. It is constantly emptied or filled, depending on what others say or do to us. When our bucket is full, we feel great. When it’s empty, we feel awful.
- ◆ “Each of us also has an invisible dipper. When we use that dipper to fill other people’s buckets – by saying or doing things to increase their positive emotions – we also fill our own bucket. But when we use that dipper to dip from other’s buckets – by saying or doing things that decrease their positive emotions – we diminish ourselves.
- ◆ “Like the cup that runneth over, a full bucket gives us a positive outlook and renewed energy. Every drop in that bucket makes us stronger and more optimistic.
- ◆ “But an empty bucket poisons our outlook, saps our energy, and undermines our will. That’s why every time someone dips from our bucket, it hurts us.
- ◆ “So we face a choice every moment of every day: We can fill one another’s buckets, or we can dip from them. It’s an important choice – one that profoundly influences our relationships, productivity, health, and happiness.”

Dennis Snow teaches similar concepts in his chapter titled “Everyone Has a Customer.” He says:

- ◆ “It’s important for every employee in the company to treat each other the way they’re expected to treat customers.”
- ◆ “I can always tell when an organization’s employees genuinely care for each other. There’s a feeling of warmth, energy, and fun.”

One of the greatest blessings of working in education is the opportunity to associate with so many good people who are “bucket fillers.” I feel it in your offices, your kitchens, your classrooms, and hallways. It is my hope that we can all “BE THE MAGIC” for our coworkers by focusing on filling their buckets.

(Quotes from “How Full is Your Bucket,” and “Lessons From the Mouse: Everyone Has a Customer.”)



Administrative Appointments

Dates to Celebrate:

- March 1-31
Music in Our Schools Month
National Nutrition Month
Youth Art Month
- March 1
Peace Corps Anniversary
- March 2
Read Across America Day
Dr. Seuss's Birthday
- March 2-6
National School Breakfast Wk.
Newspaper in Education Week
School Social Work Week
- March 3
Adoption of U.S. National Anthem in 1931.
- March 9
Daylight Savings Time begins
- March 11
Johnny Appleseed Day
- March 16-20
Poison Prevention Week
National Wildlife Week
- March 17
St. Patrick's Day
- March 18
National Agriculture Day
- March 20
First Day of Spring



Sara Matis
Principal New Maple Ridge Elementary



Spencer Sainsbury
Principal Westside Elementary



Frank Daybell
Principal Spring Lake Elementary



Billi Robbins
Principal Taylor Elementary



Five Strategies on Filling Buckets

1. Prevent Bucket Dipping:

- Simply ask if you are adding or dipping, then try to catch yourself in the act of bucket dipping – then stop it.

2. Shine a Light on What is Right:

- Begin to draw attention to things others do well and what you like about them.

3. Make Best Friends:

- Become the person known for noticing when others do a great job. You might start to notice that more and more people want to be around you.

4. Give Unexpectedly:

- The vast majority of people prefer gifts that are unexpected...and the gift doesn't have to be anything big or even tangible.

5. Reverse the Golden Rule:

- Do unto others as *they would have you do unto them*.

Literally Saving Lives...

Nebo Employee's True Testimonials:

Testimony 1: "One Nebo employee was very upset and even angry that she had to have the health screening or have money deducted from her paycheck. She waited until the very last day to go to the doctor without being penalized. While there, she was sent for a biopsy of two areas of concern. The results were a malignant growth. Medical personnel are extremely positive and optimistic that the growth was caught barely early enough to avoid chemo and radiation if the entire malignant tumor can be removed surgically. Surgery is currently scheduled. The outcome would be much different had she not gone to the doctor. Waiting any longer would be disastrous."

Testimony 2: "I felt great; but when I went in to the doctor, she asked if I had anything else bothering me. I said, 'My skin is weird...' Luckily we caught skin cancer before it was very bad."

Testimony 3: "In the past, I have been a reluctant participant in Nebo School Districts' required health screening. This past August, I attended the Benefits Fair and did the health screening there. A friend of mine who works in the health professions was there and looked at my numbers, asked me a few questions about my family history, and became very concerned. His concern coupled with my own family's concerns led me to get the medical health check up with my doctor. During that check up, he decided to do an EKG on me. The readings were such that he referred me for a stress test immediately. The stress test showed problems. I was encouraged to have surgery the next day. A few days later, my health was addressed by surgically installing a heart stent which opened up three blockages. Had I not had the health screening, there is a high likelihood of my having a major heart attack which I would not have survived."

Testimony 4: "It was a perfect afternoon as my wife and I headed south on I-15 for a long anticipated Presidents' Day break enjoying warm weather and the red rocks. Just after Nephi, I received a call that was routed to my car speakers. (I was quite proud of the fact that I had set up the blue tooth connection myself!) The gastroenterologist called to inform me that one of the polyps he had removed during my routine colonoscopy was cancerous. I had colon cancer. After expressing his sympathy and giving me instructions concerning the treatment of my cancer, he wished me good luck and he hung up. (Now which button was I supposed to push to end the call?)
"We were at first stunned. Then I went into denial, then a touch of sadness, anger, and then, both my wife and I felt gratitude. The cancer was diagnosed in its early stages. The prognosis is good. Up until now, I had been ambivalent at the requirements of the Wellness Program (especially the colonoscopy that my Dr. recommended!) Now, I know that it was one of the most important steps I have ever taken. Thank you!"

February PEAK Awards

To submit a PEAK Award nomination, go to employee page and scroll down, or go to: www.nebo.edu/PEAK



Nominated by: Lindsay Duke
PEAK Award: Joann Kirk, Teacher, Park View
Superintendent Rick Nielsen & Board President Kristen Betts



Nominated by: Michael-Ann McAfee
PEAK Award: Tina Wilkinson, Teacher, Hobbie Creek
Superintendent Rick Nielsen & Board President Kristen Betts



Nominated by: Kaye Isakson & Billi Robbins
PEAK Award: Tammie Banks, Bus Driver, Transportation
Superintendent Rick Nielsen & Board President Kristen Betts



Nominated by: Jessie Simonsen & Maggie Mecham
PEAK Award: Jennifer Baldwin, Teacher, Cherry Creek
Superintendent Rick Nielsen & Board President Kristen Betts



Nominated by: Scott Carson
PEAK Award: Mark Van Wagoner, Teacher, Landmark
Superintendent Rick Nielsen & Board President Kristen Betts



Nominated by: Abbie Finlison
PEAK Award: Cindy Manning, Lunch Secretary, Wilson
Superintendent Rick Nielsen & Board President Kristen Betts



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Nebo District's Celebrations

Student Celebrations

Sierra Bonita student council members visited the Utah State Capitol after they wrote an essay stating reasons why it would be beneficial for lawmakers to spend time in schools before making laws.

MMHS Science Olympiad took First in 20 events, First Overall, and Sportsmanship Award at Snow College competition.

PHS 3A State Wrestling Champions.

Payson High School selected as Cool School by Fox 13.

Evan Jack, Salem Jr., honored as Daily Herald Student of the Week.

SHHS Drill Team honored as 4A Sportsmanship of the Year Award.

MMHS Drill placed Second at State.

MMHS Wrestling placed Second at State.

Employee/Program Celebrations

Sarah Wright, Salem Hills High, honored as Daily Herald Educator of the Week.

Stacy Nance, SHS, honored Citizen of the Year by the Chamber of Commerce.

Suzette Hartvigsen, Salem Junior, Inducted in the Athletic Nebo Hall of Fame for Coaching SHS Volleyball, Basketball, & Softball.

Nebo Title VII program asked to sing for Utah Senators in February.

Utah PTA Region 10 Award Winners
Golden Apple Outstanding Educator:

Sherry Sandberg at Mapleton Elementary.

Golden apple Outstanding Volunteer:

Kristine Walton at Art City Elementary.

Joseph Alan Worthen Inducted into Nebo Athletic Hall of Fame.

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

Sterling Scholar Finalists

SHHS:

Kenny Van Ausdal, Art
Bethany Wride, English
Nicole Flinders, Vocal Performance

SHS:

Alexandra Allen, English
Andalyn Hall, Skilled & Technical Sciences
Hayden Died, Business & Marketing
Sky Kawai, Speech/Drama/Theater Arts/Forensics

SFHS:

Morgan Harrison, Dance
Nathan Nelson, Mathematics
Kaitlin Hallam, Skilled & Technical Sciences

MMHS:

Robert Nay, Computer Technology
Anthony Scoma, English



Nebo's Mission:

We engage, empower, and collaborate to ensure student success.

Student Success:

We focus on preparing all students to succeed in school and life.

Engage:

We prepare students for active participation in school and the global community.

Empower:

We empower students to acquire and develop knowledge, skills, and talents.

Collaborate:

We work together to promote safety, involvement, and student achievement.