



Mindful ★ Appreciative
Gritty ★ Innovative ★ Caring

Nebo News



VOLUME X ISSUE I

SEPTEMBER 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.

INSIDE THIS ISSUE:

| | |
|-----------------------------|---|
| Dates to Celebrate | 2 |
| PEAK Awards 2019-2020 | 2 |
| Valley View Middle School | 2 |
| COVID-19: Staying Safe | 3 |
| COVID-19 Resources | 3 |
| Emotional Response | 3 |
| Celebrations | 4 |
| Employee Assistance Program | 4 |

Superintendent Welcoming Remarks

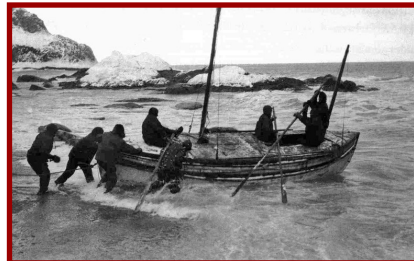
What a joy it has been for me to be in each of your schools this past week. The magic that happens when students and staff engage with each other is palpable and positive! Profound thanks to each of you for the “Shackleton-like” rescue efforts that are underway.

Thank you for the kind words you have sent regarding my opening remarks. I hope they were uplifting and inspiring. Many of you have asked to have access to the video and it is now uploaded to the Nebo Employee home page at <http://www.nebo.edu/employees>.

As you contemplate the meaning behind that message, I thought you might enjoy some “Endurance” photos and a



“We knew you’d come back.” – The men who waited for 4 months on Elephant Island.



The 23-foot *James Caird* that Shackleton sailed for 850 miles in open arctic seas to find a rescue ship.

quote to help paint a visual picture of Shackleton’s incredible feats and to encourage you along the way during the course of this coming school year.

“For scientific discovery give me [Antarctic Explorer] Scott; for speed and efficiency of travel give me [Arctic Explorer] Amundsen; but **when disaster strikes and all hope is gone, get down on your knees and pray for Shackleton.** Incomparable in adversity, he was the miracle worker who would save your life against all the odds and long after your number was up.”

~Sir Raymond Priestley

Travel Assistance & ID Fraud Protection

Nebo School District purchased the Travel Assistance and ID Fraud Expense Reimbursement policy from Travelers Casualty and Surety Company of America for 2020-21. These benefits can include:

- ◆ Lost wages
- ◆ Notary & certified mail charges
- ◆ Fees to re-apply for loans
- ◆ Long distance phone charges
- ◆ Attorney fees (prior consent)
- ◆ Costs for daycare & eldercare
- ◆ Travel & accommodations expenses
- ◆ Expense & fees for new government issued id
- ◆ Expense & fees for copies of health records

If you are a victim of ID Fraud, please call Travelers at 1.800.842.8496.

Dates to Celebrate:

Sept. 1-30

Library Card Sign-up Month
Good Manners Month
Backpack Safety Month

Sept. 4

National Wildlife Day

Sept. 7

Labor Day

Sept. 8

International Literacy Day

Sept. 11

Patriot Day
National Day of Service & Remembrance

Sept. 13

Kids Take Over the Kitchen Day
National Grandparents Day

Sept. 13-19

National Arts in Education Week

Sept. 15—Oct. 15

Hispanic Heritage Month

Sept. 17

Citizenship Day
Commemorating adoption of the U.S. Constitution in 1787

Sept. 21

International Day of Peace

Sept. 22

First Day of Autumn
National Voter Registration



Nebo PEAK Award Winners 2019-20

BJ Wright, Teacher, Sage Creek Elementary
Chelsie Young, Teacher, Landmark High
Gayle Openshaw, Bus Driver, Transportation
Hilary Miner, Custodian, Mapleton Junior
Janell Haskell, Secretary, East Meadows Elementary
Jennell Arce, Teacher, Westside Elementary
Karalee Beckstead, Facilitator, Larsen Elementary
Kellie Anderson, Secretary, Summit Center
Kim Larsen, Teacher, Art City Elementary
Kristin Northcutt, Facilitator, Mapleton Elementary
Randy Leetham, Bus Driver, Transportation
Shauna Hatch, Secretary, Park Elementary
Shelly S. Smith, Reading Tech., Hobble Creek Elem.
Tim Mendenhall, Teacher, Rees Elementary
Tonia Ivie, Secretary, Spanish Oaks Elementary*
Tylene Shelley, Nurse, Meadow Brook Elementary
Wendy Dimond, Teacher, Brockbank Elementary

Alex Minson, Teacher, Spanish Fork High
Alicia Carter, Teacher, Goshen Elementary
Courtney Corbin, Teacher, Taylor Elementary
Danny Lundell, Counselor, Spanish Fork High
Deon Bradford, Teacher, Mt. Loafer Elementary
Dixie Dalton, Technician, Orchard Hills Elementary
Kellie Roberts, Teacher, Salem Junior
Kenneth Shaw, Building Technician, Spring Lake Elem.
Loura Martin, Secretary, Wilson Elementary
Pamela Lyman, Teacher, Salem Hills High
Penny Wilson, Secretary, Payson Junior
Reilly Ryan, Teacher, Diamond Fork Junior
Rhet Rowley, Assistant Principal, Mt. Nebo Junior
Ronda Slater, Secretary, Foothills Elementary
Russ Sumens, Teacher, Mt. Nebo Junior*
Sandy Caceres, Counselor, Diamond Fork Junior
Stacey Holmes, Secretary, Apple Valley Elementary
Susan Hunter, Secretary, Santaquin Elementary
Von Dansie, Custodian, Payson High

***Winners of the Disney trip are usually drawn at our Nebo Opening Institute in August (canceled because of COVID-19). Winners are Russ Sumens & Tonia Ivie. CONGRATULATIONS! Please contact Lana Hiskey for the details @lana.hiskey@nebo.edu.**

Valley View Middle School Opens

Nebo welcomes students to the new Valley View Middle School under the direction of Principal David Knudsen, Assistant Principal Lori Cunningham, Dean of Students Saia Naulu, including amazing teachers and staff.

"This is a reminder for everyone that what we do in Nebo School District begins and ends with students," Superintendent Nielsen said. "The shell is constructed and now the soul--the students--will enter the shell and bring it to life."

The school is located at 1044 East 340 South, Salem, Utah. It sits on a 18-acre site with 143,500 square feet of floor space with 51 teaching stations, 2 computer labs, 1 full gymnasium, 1 lecture hall, and a cafetorium with a stage.

Rick Ainge, a Nebo School Board member representing Salem, Woodland Hills, and Elk Ridge communities, spoke to the crowd about this memorable event.

"We also want to thank our parents and patrons for passing a bond in 2018 that allowed us to build this middle school," Mr. Ainge said. He then directed the official ribbon cutting that included students and dignitaries from Nebo School District, Salem, Woodland Hills and Elk Ridge cities.



COVID-19 — Staying Safe at School Activities

Nebo School District is thrilled to have sporting events and extra-curricular activities after school.

Right now, Nebo wants to keep our schools and activities OPEN. We need to work together to slow the spread by following a few simple guidelines.

Giving children guidance on what they **can do** to prevent COVID-19 gives them a greater **sense of control** over disease spread and will help to reduce their anxiety.

To keep students safe and keep our activities open, Nebo is asking parents to visit with their students and follow the below recommendations to attend an event after school.

- ❖ It is important that all students treat each other with respect and not jump to conclusions about who may or may not have COVID-19.
- ❖ Nebo recommends that spectator students need to stay with parents at after-school events.
- ❖ Keep 6 feet apart even at outdoor events.
- ❖ Protect yourself and others. Wear a face covering where physical distancing is not possible.
- ❖ Avoid close contact with others.
- ❖ Avoid touching your eyes, nose, and mouth.
- ❖ Instead of a handshake use a flexed elbow.
- ❖ Wash hands often for at least 20 seconds and use hand sanitizer.
- ❖ Cover your nose and mouth when coughing or sneezing.
- ❖ Stay home when you are sick—sore throat, coughing, upset stomach, diarrhea, shortness of breath, lack of taste or smell, or fever greater than 100.5.



By being smart and creative, we will find ways to take care of each other. Stay kind and stay connected.

COVID-19 Resources

For Nebo's COVID-19 resources, please go to: <http://www.nebo.edu/coronavirus>.

Where can parents find additional resources about COVID-19?

- COVID-19 School Manual - coronavirus.utah.gov
- Information on Quarantine and Isolation - https://coronavirus-download.utah.gov/Health/Care_Booklet_English.pdf
- Coronavirus.utah.gov (See specifically "frequently asked questions")
- Health.utahcounty.gov (Information specific to Utah County)
- Utah County COVID-19 helpline: 801-851-4357
- Utah Department of Health (whole state) hotline: 1-800-456-7707
- Testing Information:
 - IHC COVID-19 Hotline: 1-844-442-5224
 - Testutah.com 801-683-0790
- Free IHC Emotional Support: 833-442-2211

Emotional Response Protocol

Secondary

LET'S BE **BRAVE TODAY**

- B Breathe**
 - FILL YOUR WHOLE BODY WITH AIR.
 - SLOWLY RELEASE THE AIR (TAME IT).
- R Relax**
 - RELAX
 - LET GO OF THE TENSION THROUGHOUT YOUR BODY.
- A Ask**
 - WHAT ARE THE FACTS?
 - WHAT AM I FEELING?
- V Validate**
 - CONFIRM YOUR EMOTIONS.
 - IDENTIFY YOUR EXPERIENCE.
- E Engage**
 - WHAT ARE MY NEXT STEPS?
 - WHO CAN SUPPORT ME?

Elementary

LET'S BE **BRAVE TODAY**

- A ASK**
 - HOW IS MY BODY FEELING?
 - WHAT AM I FEELING? (NAME IT)
- B REATHE**
 - FILL YOUR WHOLE BODY WITH AIR.
 - SLOWLY RELEASE THE AIR. (TAME IT)
- C ONNECT**
 - TALK TO A TRUSTED ADULT.
 - DO SOMETHING HEALTHY, HAPPY, AND HELPFUL.



Nebo School District
 Phone: 801-354-7400
 Fax: 801-798-4010
 Email: [lana.hiskey@nebo.edu](mailto: lana.hiskey@nebo.edu)
www.nebo.edu

Nebo District's Celebrations

Student Celebrations

- SHHS, five students earned the Academic All-Americans: Thomas Scharf, Jared Sly, Annaliese Eddington, Sydney Ward, & Josh Abbott— Coached by Douglas Welton.
- Schafter Mortensen, Riverview, was selected as the Daily Herald Student of the Week.
- SHS students Naomi Rollins & Peter Daines were selected to serve on the National Hope Squad Council.

Employee/Program Celebrations

- Angela Linford, Riverview, was selected as the Daily Herald Educator of the Week.
- Lee Gillie, SHHS, was recognized as a Certified Master Athletic Administrator by the NIAAA.

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.

Nebo Employee Assistance Program

Did you know that Nebo School District has an Employee Assistance Program (EAP) that is 100% **FREE** to benefit-eligible Nebo employees?

What is an EAP—An Employee Assistance Program (EAP) is a voluntary, work-based program that offers free and confidential assessments, short-term counseling, referrals, and follow-up services to employees who have personal and/or work-related problems. EAPs address a broad and complex body of issues affecting mental and emotional well-being, such as alcohol and other substance abuse, stress, grief, family problems, and psychological disorders.

Nebo believes that employees are at their best when their body, as well as their mind, is healthy, free from worry and stress. Blomquist Hale can help with the above. Richard Hatch, a licensed Clinical Worker with Blomquist will now be in the Nebo Health Clinic on the second Friday of each month.

We Can Help With

- Marital & Family counseling
- Stress, Anxiety or Depression
- Personal & Emotional Challenges
- Grief or Loss
- Financial or Legal Problems
- Substance Abuse or Addictions
- Senior Care Planning

Count On

- 24/7 Crisis services
- 100% Confidential
- Professional, Friendly Team
- Convenient Locations
- Extended Hours
- No Co-pay Required



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).



Salt Lake City: (801) 262-9619
 Ogden: (801) 392-6833
 Provo/Orem: (801) 225-9222
 Logan: (435) 752-3241

For emergencies, call us 24/7
1-800-926-9619