

DECEMBER 2020

THE SPECIAL EDITION

REMINDERS

- Teachers who submit an early resignation from USD 320, effective the end of June, shall receive the following incentive:

**Resignation submitted between September 1 and January 31 shall receive \$500. **Resignation submitted between February 1 and March 31 shall receive \$100. This incentive program will be reviewed annually by the negotiation team.

- Reminder to our related service providers, your daily logs for November and December are due the first week of January.

- Child Find Screening on Friday, December 4th in Alma at the elementary school.

Winter Break:

- **USD 320:** All buildings/offices will be closed December 21st through January 3, 2021 (Please remember the COOP office follows USD 320 calendar days)
 - **USD 323:** All buildings/offices will be closed December 24th through January 3, 2021
 - **USD 329:** All buildings/offices will be closed December 21st through January 3, 2021
- Please remember to turn in your mileage sheets every month, promptly.

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DISABILITY



December 3rd is International Day of Disabled Persons established by the United Nations in 1992. The observance of this day is to "...promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. It also seeks to increase awareness of gains to be derived from the integration of persons with disabilities in every aspect of political, social, economic and cultural life.



"We salute our champion students as they overcome challenges as we collectively support them in finding their strengths and abilities to thrive today, tomorrow, and for many years to come.

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TAKE CARE OF YOURSELF!



Self-Care Tip of the Week: Schedule your self-care time, and guard that time with everything you have. It can be hard for us all to find extra time. But it's extremely important to plan regular self-care time. Moments alone can help you to ponder the best ways to move forward in your life and keep you grounded. And moments with friends can help you feel more connected and relaxed. Whether you decide you want to go for a long walk, take a hot bath, or enjoy a good movie with friends, taking self-care time is imperative. Look for small ways you can incorporate it into everyday life; for example, you might wake up 15 minutes earlier to sit with a cup of tea and practice deep breathing before the chaos of the day begins, or you might take a walk around the block on your lunch break. The more you can work self-care time into your schedule, the better you'll be able to grow, enjoy your life, and thrive.

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TAKE CARE OF YOURSELF!

CONNECT



Gratitude Body Scan

- There are many ways to practice gratitude, and research suggests there are connections between our wellbeing and our awareness of what we are grateful for.
- Sit comfortably. Notice your breath as it moves in your body.... Observe your breath coming and going, and recognize that your breath is keeping you alive all day, even when you aren't paying attention to it. Take a moment to appreciate and feel gratitude for your breath.
- Begin to shift your attention to your feet.... Notice any sensation you may be having. Are they tired or relaxed? Cold or warm? Shift your attention to one leg -from the calf muscle to top of your thigh.... Does your leg feel strong or tired? Notice your other leg. Do they feel the same or different? What are the ways that your legs and feet support you? Can you think of some reasons to be grateful for your legs and feet?
- Bring your attention to your belly. Is it tense or relaxed? Do you feel any sensations of hunger or fullness? Take a few breaths and notice your chest.... Does it move as you breathe in and out? How have your belly and chest supported your well being today?
- Now think about your arms and hands. Do they feel tired, tense, or relaxed? What are your hands touching? What role have your hands and arms played in your life today?
- Can you think of some reasons to be grateful for your belly, chest, arms, and hands?
- Bring your attention to your face. Does your face feel relaxed? Do you feel any sensations around your jaw or forehead? How about your head and the back of your neck? Your ears? Take a few breaths and consider all the ways your face, eyes, and ears have supported you today.
- It's easy to overlook how awesome, interconnected, and complicated our bodies are. What are some of the things that you're really thankful your body helps you achieve?

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SPOTLIGHT THIS MONTH...

District: USD 320, 323, & 329

Position: Gifted Teacher

Andrew Mosby



*I am a native Kansan; I have lived in the same location in Paxico for my entire life. I worked in my family's former automotive business for four years after high school and then briefly as a groundskeeper and wedding attendant before going to college in 2012 while working as a handyman. I earned my bachelor's degree in English from American Public University in 2016, a graduate certificate in teaching and learning from Kansas State University in 2019, and am currently in a master's program at Fort Hays State University.

*I picked up collecting graphic novels in 2013. So far I have amassed around 3,000 print copies in my home library but have probably only read a couple hundred of them. I have various other hobbies, as well: building furniture, junk art, singing (may or may not be a pro at car karaoke,) gardening, cooking, writing, and gaming.

*100% a dog person; I have two: Kiba, a german shepherd/labrador mix, and Kouga, a german shepherd/wolf mix.

*Though not a fan of competitive sports, Andrew watches hockey, MMA and boxing every now and then.

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SPOTLIGHT THIS MONTH...

Justin Smith

District: USD 323

Position: Special Education teacher at Rock Creek Middle School



*Graduated from Jackson Heights in 2003, Played basketball at Washburn and Ottawa in college

*5th generation teacher

*My wife Heidi is orthopedic surgeon on OSMC in Manhattan, two sons Tate 10, Channing 3

*Since we have been married we have lived in Kansas, Missouri, Oregon, New Mexico as my wife went through medical school/residency

*I have been a teacher and coach for 11 years, have taught PE, Weights, health, Science, Math, and Special Education. I have been a head mens varsity basketball coach for 10 years and have also coached football, baseball, golf, and track

*I enjoy hunting, fishing, sports, and spending time with my family

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IT'S YOUR BIRTHDAY!

Deb Nauerth 1
Amanda Hendricks 3
Sabine Ginavan 7
Lee Flanary 9
Tori Sieben 11
Kim Marquardt 12
Caitline Christenson 14
Tara Roberts 14
Mary Poe 15
Melissa Poulin 15
Teran Frick 16
Barb Tebbutt 24
Christy Roscovious 25
Christine Roberts 29

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GET INSPIRED AND INSPIRE!

Remember
you're the one
who can fill
the world with
sunshine.

Believe
you can,
then you
will!

It's the most
wonderful time of
the year!

Now, think of
the happiest
things. It's the
same as having
wings.

Don't just
fly, SOAR!

In every job
that must be
done, there is
an element of
fun.

If you can dream
it, you can do it.

Happiness is the
richest thing you will
ever own.