

THE

ESU EDUCATOR

#1
ESU

PROVIDING INNOVATION, LEADERSHIP AND SERVICE

August 2014

Publisher:

ESU #1

Designer:

Tracey Anderson



Don't forget!!!

2014 All-Staff Days
August 5, 6, 7 & 8
ESU #1 Central Office
211 Tenth Street
Wakefield, NE 68784

BORN TO BE WIRED

You should have already received a copy of the Agenda in the mail, along with other important information you may need to bring with you. If you have any questions, please contact the Central Office at (402) 287-2061.

A new school year is upon us and we will see you all shortly.

Inside This Issue

August Happenings.....	2
Wellness News.....	3



August Happenings

Happy Birthday!!!

Kim Bruns	4th
Megan McGlone	4th
Nicole Swain	4th
Juliana Paquette	7th
Michael Mettler	8th
Anita Muller	9th
Judi Murtaugh	11th
Kara Anderson	18th
Molly Stenger	18th

Central Office
business hours are now
7:30 am - 4:30 pm
Monday to Thursday
and 7:30 am - 4:00 pm
on Fridays

ESU #1 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Level I Bus 8-3	2
4 Admin Data Retreat 9-3	5 Team Leader 8-11:30 English Art Standard 10 New Classified Staff 11 Off to Pre-K 12:30 English Art Standard 7	6 New Certified Staff 8:15 Level II Bus 6-9	7 All Certified Staff 8am	8 All Classified Staff 8-3	9
11	12	13	14	15 Agency Improve 11-12 SPED Coord 12:30 Team Leader 1:30-3	16
18 PST 8-3	19	20	21 AIMS Web 8-4 Perkins 1-4	22 AIMS Web 8-4	23 Wakefield BOE Retreat 8am
25	26	27 Supt Mtg 9:30-2	28 Principal Mtg 8-3	29	30

Why do I need a **HEALTH SCREENING?**



Educators
Health
Alliance

You may have seen the phrase, "Know Your Numbers" before in regard to your health. And, while you understand that you should know what your blood pressure, cholesterol and other numbers are, taking the time to get the tests done may not be on your priority list. According to the Centers for Disease Control and Prevention, 80% of chronic diseases can be prevented and the first step to better health is learning more about your current health status.

WHAT'S INCLUDED?

All employees encouraged to participate

6 FOR LIFE HEALTH RISK ASSESSMENT

- Body Mass Index
- Waist Circumference
- Blood Pressure
- Cholesterol
- Glucose
- Triglycerides

Tests require an 8-hour fast

COST

**FREE EHA Plan
Members**

\$49 Non-members

For all employees and highly recommended for those over age 50

VASCULAR SCREENING ULTRASOUND TESTS

- Stroke
- Abdominal Aortic Aneurysm
- Peripheral Arterial Disease

Tests require a 4-hour fast

COST

**FREE EHA Plan
Members**

\$99 Non-members

\$140 Non-members
for both screenings

Life Line Screening is Coming to Your School:

Where: For ESU #1 held at
Evangelical Covenant Church

When: Tuesday - Sep 30



Schedule your screening today at
www.lifelinescreening.com/ehawellness