

THE ESU EDUCATOR #1 ESU

PROVIDING INNOVATION, LEADERSHIP AND SERVICE

February 2015

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It's Our Time To Innovate, Lead and Serve!



Greetings ESU #1 Staff! All Staff Day is quickly approaching and will be held on Feb. 13, 2015. During All Staff Day, the PR Committee will have order forms available if you are interested in ordering some ESU #1 apparel. Items that are available for order include: Short Sleeve Shirts, Long Sleeve Shirt (Button down), Jackets (Sport Style and Fleece). If interested, please visit the PR Committee table to take a look at some sample items and pick up an order form.



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February Happenings

Happy Birthday!

Holly Pedersen	1st
Lynn Sullivan	5th
Monica Warner	7th
Jenna McAfee	8th
Kellen Conroy	10th
Laurn Braun	12th
Pam Barnes	13th
Laura Heise	15th
LaVonne Carson	18th
Joleen Gustafson	19th

REMINDER

Coop Deadline:
04/01/15

Purchase Order Deadline:
04/15/15

CONGRATS!

ESU #1 Winners of the EHA Unplug and Rewire Challenge were Chris Good and Laura Heise. Both completed at least 20 days of the challenge and received a \$25 gift card. Be sure to ask them for any tips on how to unplug and rewire.

ESU #1 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Mutual Concerns 4:30	3	4 APL - All Day	5 APL - All Day	6 Powerschool Scheduler 9-3 Team Leader 11-12	7
9 PST 8-3	10	11 Winnebago Planning 8:30-3:30 Google Workshop 9-3	12 COM 9:30 Perkins 1-4	13 ALL STAFF DAY at WSC	14
16	17 Winnebago Data Session 8:30-3:30	18 Ponca SIP 8:30 - 1:30 Lewis & Clark Mtg 4:30	1 Social Studies Workshop 9-3	20	21
23	24	25 BYOC 9-3 Level I Bus 6-	26 LanMan Fall Mtg 9-3	2 NETA Mobile Learning 9-3	28 Level I Bus 8-3

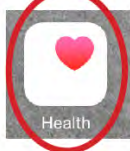
STAFF NOTES

iPhone Phl-APPS

From the Desk of Scott McIntosh

Having a passcode set up on your iPhone is a great way to protect the contents of your cellphone. Unfortunately, it locks out the first responders who may need to see your contacts in an emergency. With the iOS 8 updates, there's a way around this.

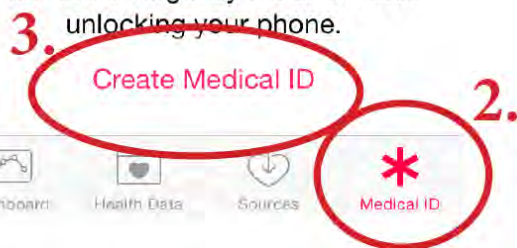
1. Start by clicking on the Health App.



Medical ID

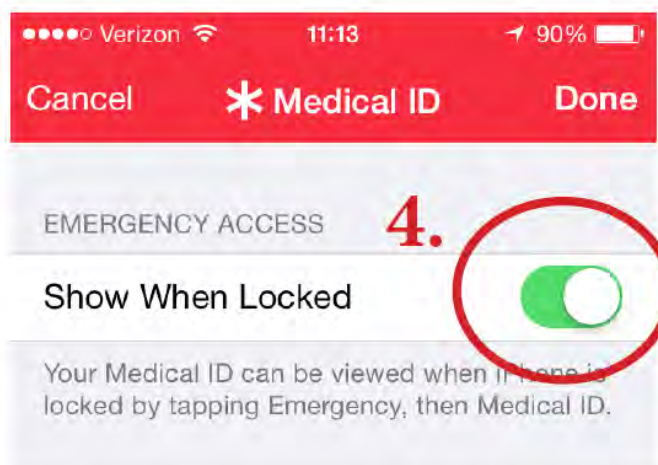
A Medical ID provides medical information about you that may be important in an emergency, like allergies and medical conditions.

The Medical ID can be accessed from the emergency dialer without unlocking your phone.



2. If it doesn't come up to the Medical ID screen, click the icon at the bottom of the screen.

3. Click **Create Medical ID**.



Scott McIntosh

edit

+ add birthdate

Medical Conditions

None listed

4. Be sure the **Show When Locked** is toggled on if you want this info accessible from the lock screen. You'll have the opportunity to add useful info like: ER contacts, medical conditions, notes, allergies, blood types and others.

We all hope there is never any need for this, but it's worth taking a few minutes to set up, just in case. Take care out there.



February 2015

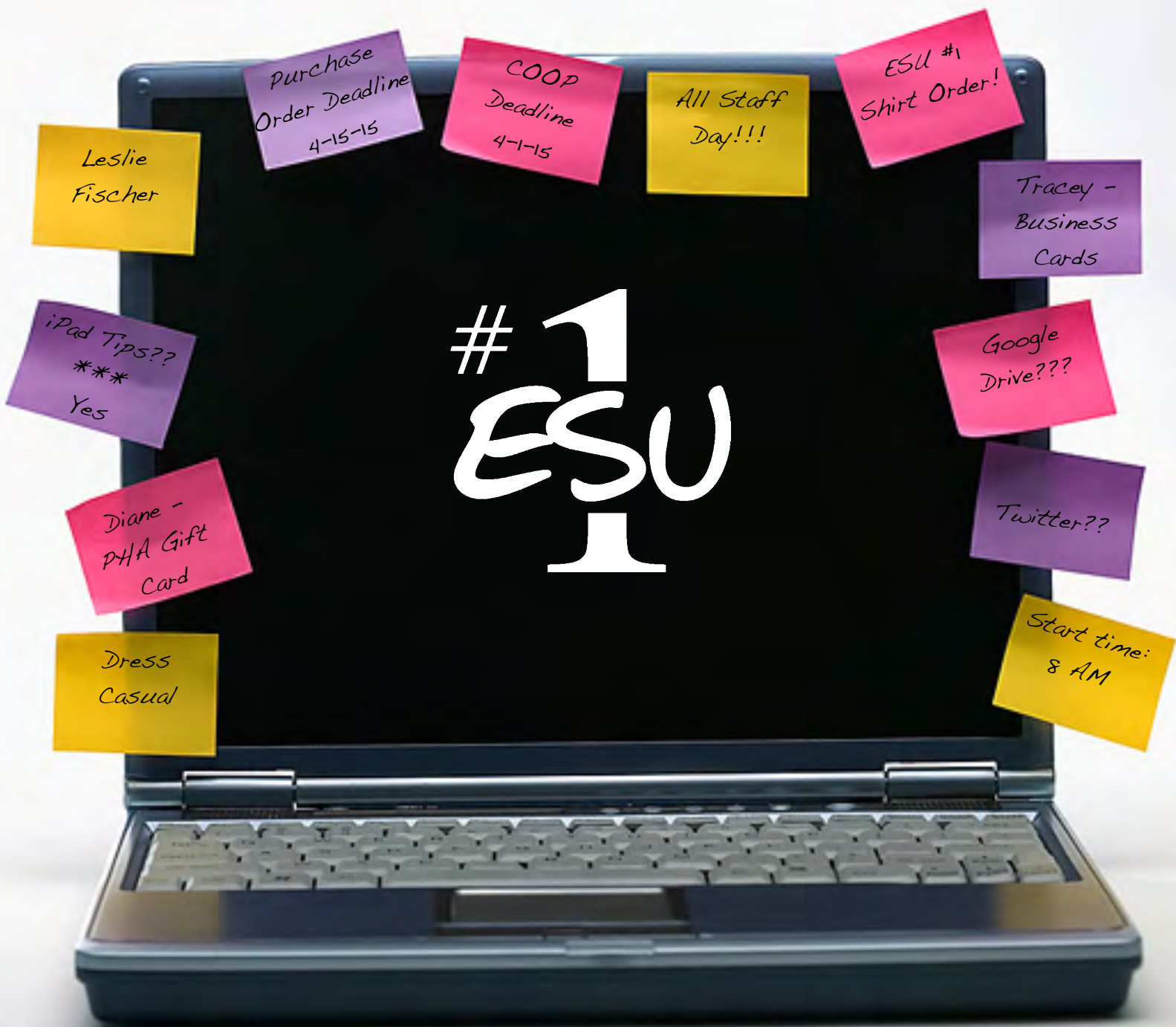
To some, stress is nothing more than an "edgy" employee that is difficult to work with. However, if left unchecked, stress can lead to lost productivity, low morale and a tremendous rise in healthcare costs. Stop Stress This Minute outlines quick and easy methods to help you control and/or manage stress. This book is designed to teach you how to lower your stress right now. A fully illustrated resource of healthy coping techniques, Stop Stress This Minute is the perfect choice to help self-regulate, regain control and stop stressing. Register today and receive this excellent resource to read, use, and share. Participants will also receive The Stress Tester. This small card measures your stress level as either relaxed, calm, tense, or stressed. Under stress, your capillaries constrict and your hands feel cold. The sensor pad on the card detects temperature differences and changes color as a result.

Registration is open now...go to www.ehawellness.org
and enter your code to sign up.

Forgot your EHA Wellness Code? Go to
www.ehawellness.org/code.

REMINDER

ALL STAFF DAY IS FRIDAY, FEBRUARY 13, 2015
MARK YOUR CALENDARS
ACTIVITIES START AT 8:00 AM



#1
ESU

Leslie
Fischer

Purchase
Order Deadline
4-15-15

COOP
Deadline
4-1-15

All Staff
Day!!!

ESU #1
Shirt Order!

Tracey -
Business
Cards

iPad Tips??

Yes

Google
Drive???

Diane -
PHA Gift
Card

Twitter??

Dress
Casual

Start time:
8 AM