

January 2017

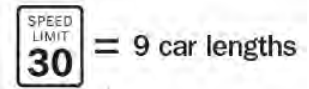
Publisher:
ESU #1
Designer:
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How to Drive in Snow

Facts and Tips from Ameriprise Financial Inc.

Combining snow, sleet, ice and cold makes for dangerous driving conditions. Listed below are some great tips and tricks on driving safely in the snow.

- 70% of US roads see over 5 inches of snow per year!
- Bridges, overpasses and vacant roads freeze first. If conditions are wet, icy conditions can form even before temperatures drop below freezing.
- When you come upon a snowplow, DO NOT pass them. Their drivers have limited visibility and the road in front of them may be worse than the road behind them.
- When using your brakes:
 - brake gently and not suddenly
 - pump standard brakes gently
 - apply steady pressure to anti-lock brakes
- Be sure to put enough space between you and the vehicle in front of you. For every 10 mph you're traveling, allow 3 car lengths.
- To prevent an icy slide, use the following:
 - If your rear tires slide...
 - * Take foot off accelerator
 - * Steer in the direction you want the front wheels to go
 - * If your rear wheels slide the other direction, ease the steering wheel the same direction as the wheels. Repeat until the vehicle is under control.
 - If your front tires slide...
 - * Take your foot off the gas
 - * Shift to neutral
 - * As traction returns, steer in the direction you want the car to move.
- So you're stuck...now what?
 - Turn your wheels from side to side to push the snow away from the tires
 - Clear the snow away from the wheels and the underside of the car
 - Put your floor mats to work. Place the mats behind your tire and use them for traction
 - Ease your car out with gentle acceleration and try to avoid spinning your tires.
- Guard against deadly carbon monoxide gas by clearing away any blockage to the tailpipes.



Check out the Build an Emergency car kit photo to the right and see how your own car kit measures up. Above all, use caution during the winter season for a safe trip wherever you need to go.

<https://www.youtube.com/watch?v=m5LkTkW3TDY>

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January Happenings

Happy Birthday!!

Logan McPhillips	14th
Staci Fethkenher	19th
Caitlin Roussan	19th
Karla Drotzmann	20th
Jim Gunsolley	20th
Bob Uhing	20th
Angelina Fregoso	28th

ESU #1 Central Office will be closed Thursday, December 22nd at 2pm and reopen on Tuesday, January 3rd at 7:30 am. Happy Holidays from the Central Office!

ESU #1 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Christmas Break	3	4 COM 9-10 Central PSP 2-3:30	5	6 Agency Imp 11-12 MTSS 1-4 Team Leader 1:30-2:30	7
9 Canvas 9-3	10 Board Mtg 5-8	11 COOP 9-2 Central PSP 2-3:30	12 MTP @ LLLC 8:30-2:30 MTSS 9-3	13 Canvas Beyond the Basics 9-3	14 Getting Down to Business @ LLLC
16 PST 8:15-3	17 ELG Math @ LLLC	18 Intervention Session 1 MTSS 9-3 COM 9-10 Central PSP 2-3:30	19 APL 8:30-3:30	20	21 NAP SACC @ SSC Library
23	24 Principals' Mtg 9-2:30 ELG Math @ LLLC	25 Superintendents' Mtg - All Day Central PSP 2-3:30	26	27 Blendit3 @ LLLC	28
30	31 BYOC 9-2:30				

STAFF NOTES



HELP!!!

Our Fish Bowl needs some photos. If you have any fun, fantastic, and fabulous family pictures to add, please email them to me.

I would also like to see some work photos depicting the four Fish philosophies:

- “Be There” for each other and stay focused on what we’re all here to do.
- “Make Their Day” by doing the little and big things that make each other feel good.
- “Choose Your Attitude”...It’s up to you how you handle the good and bad things that happen in life.
- Let’s “Play”! Learning is way more fun when you throw yourself into it.

Thanks for your help getting our Fish Bowl up-to-date!

Mileage

The IRS has decreased the mileage rate from the current 54¢ per mile to 53.5¢ per mile effective January 1, 2017. The ESU #1 Board approved the same decrease for calculating both Commuter and Business miles.

A new mileage form and leave reimbursement form, will be available on the website January 3, 2017. To make sure that you are accessing the latest form, please follow the steps listed below. If you experience any difficulty with the form calculating or saving, contact Tracey for assistance.

Download latest Mileage Report or Reimbursement form:

- a. Make sure your form is opening in ADOBE ACROBAT and ***not*** Preview. If it opens in Preview, go to File, Save As, and change format to PDF.
- b. When preparing mileage report, always use the saved PDF file, making sure you are always going through Adobe and not Preview.

December Mileage Deadline

All mileage reports are to be submitted **after** the last day of work in 2016, and no later than December 27th. **Do not submit mileage for days not yet worked.** The forms will be processed for payment during the break due to the early January Board meeting and required year-end reports.



Health & Wellness

December Challenge: Defy Gravity

Currently, we have 87 employees signed up for December's challenge. That is a 72% sign up rate, which is awesome. Be sure to keep track of your standing breaks once every hour during your workday and 30 minutes of activity per day. The health benefits of standing up are well worth it.

February Challenge: Stretch to Health

The downward facing dog is more than just an adorable canine pose. It could be the secret to feeling better and living longer. Regular stretching and exercise may help prevent diabetes and heart disease, and when it becomes a habit, it can be a great way to relieve stress. A regular stretching and exercise program can also help to reduce arthritis pain, anxiety and depression. The three main types of exercise to commit to are:

- Endurance activities
- Strengthening exercises
- Stretching and balancing exercises

When you sign up by February 1st, you will receive a stretch strap. Complete a stretching or strengthening exercise each day and at least 30 minutes of activity each day for 20 days to be eligible to win a \$25 gift card.

PHA Reminder:

We currently have 61% of our employees who have completed the PHA. We'd definitely like to see that number climb just a little bit more. It only takes 15 minutes to complete the assessment and the benefits of doing so are many. Once you have your PHA completed, you can download the Doctor's form to be signed once they've reviewed your assessment and return it to the address listed on your EHA Wellness home page.

If you have any questions, please let one of our Wellness committee staff know. Diane, Chris, Arianne, Tracey and Diana