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Spotlight on...Chantelle Hoffman

Our November spotlight falls on Chantelle Rae Hoffman. Chantelle graduated in May with a Bachelor's degree in Special Education MMH K-12 from Wayne State College, where she is currently pursuing her Master's degree in Special Education. This is her first year teaching at Tower School. She also worked for four years at Wakefield Community Schools as a Paraeducator in the Resource classroom.

Chantelle has a daughter named Caedan, who is three years old. she also has three brothers, one sister, a nephew, Nolan, who is also 3, and a niece or nephew on the way. She enjoys

decorating for the different seasons, golfing, spending time with family and friends, and reading – especially John Grisham. She is also the captain of a bowling team this year.

When asked to relate one of the most memorable moments in her life, “Other than the birth of my daughter, I would have to say my most memorable moment was while I was in college. I wrote a book review for my American Military History class four hours before it was due. A week later I was called into the professor's office because he thought the paper was plagiarized. He asked where I got my information and I showed him my book and where I found the information. He then apologized for doubting me and told me I had written (in four hours) the best book review he'd ever read. He told me it was written so well it could be published. Unfortunately, there is not a demand for book reviews on the War of 1812. I was very proud and felt honored to be such highly regarded by that professor – he was known around campus to fail many students and to be cruel.

Asked to share something that her co-worker's might not know about her, Chantelle said, “I am

three credit hours short of a degree in political science with a minor in pre-law. Prior to obtaining my teaching endorsement, my dream was to attend law school and specialize in human rights/civil liberties.”

Chantelle said, “I am enjoying my position at Tower School very much. I have found the staff to be very friendly, helpful and welcoming. I am proud to be a part of such an exceptional ESU!”



Chantelle and her daughter Caedan



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November Happenings

happy birthday

Mike Scheuring 3rd
 Barb Schroeder 4th
 Rhonda Jindra 5th
 Stevie Jensen 11th
 Haley Schmidt 12th
 Dawn Litt 16th
 Heather Barron-Galvan 19th
 Melissa Munsen 20th
 Ron Lorenzen 21st
 Leah Moritz 21st
 Kaye Hilsinger 24th
 Carol Olson-Conrad 28th
 Dee Boeckenhauer 30th



november

Holidays and Observances

American Diabetes Month
 American Indian Heritage Month

1st-7th: World Communication Week
 9th-16th: World Kindness Week
 15th-21st: American Education Week

1st: All Saint's Day
 3rd: Sandwich Day
 11th: Veterans Day
 13th: World Kindness Day
 19th: Great American Smoke Out
 26th: Thanksgiving Day
 27th: Black Friday
 27th: National Day of Listening

ESU #1 Calendar of Events

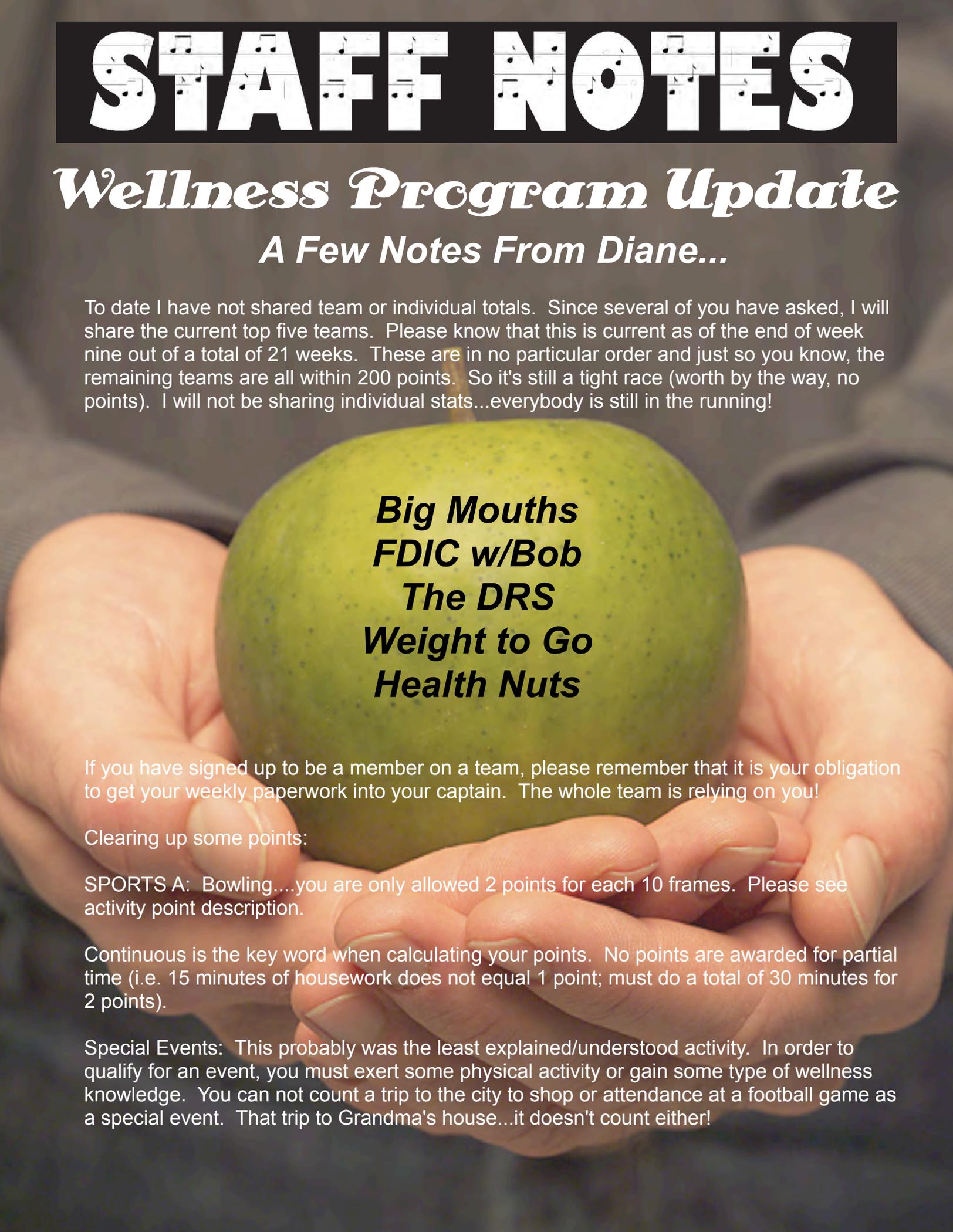
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 DL 4-8	3	4 Clicker Adv 9-2:30 Level I Bus 6-10	5	6 Team Leader Mtgs 8-4 Infants/Toddlers 8-4	7 Level I Bus 8-3
9	10 NNNC 1-4 ANGEL 9-4 Write Tools 9-3	11 Office Staff 9-10 Early Childhood 9-2:30 Level II Bus 6-9 Active Reading 9-3	12 Descriptive Writing 9-3	13	14
16 SD 8-4	17 ELG: Health (Lyons) 4:30-7:30	18	19	20 Infants/Toddlers 8-4	21
23 Psych Mtg 12-3 SD 8-4	24 ELG: Health (Lyons) 4:30-7:30	25	26  Thanksgiving Break Office Closed	27 Office Closed	28
30 Book Club (Sarah) 3:30	1	2 MAPs 8-4	3 MAPs 8-4	4	5

STAFF NOTES

Wellness Program Update

A Few Notes From Diane...

To date I have not shared team or individual totals. Since several of you have asked, I will share the current top five teams. Please know that this is current as of the end of week nine out of a total of 21 weeks. These are in no particular order and just so you know, the remaining teams are all within 200 points. So it's still a tight race (worth by the way, no points). I will not be sharing individual stats...everybody is still in the running!

A pair of hands is shown holding a large, green apple. The apple is the central focus, and the hands are positioned on either side, supporting it. The background is a soft, out-of-focus grey.

***Big Mouths
FDIC w/Bob
The DRS
Weight to Go
Health Nuts***

If you have signed up to be a member on a team, please remember that it is your obligation to get your weekly paperwork into your captain. The whole team is relying on you!

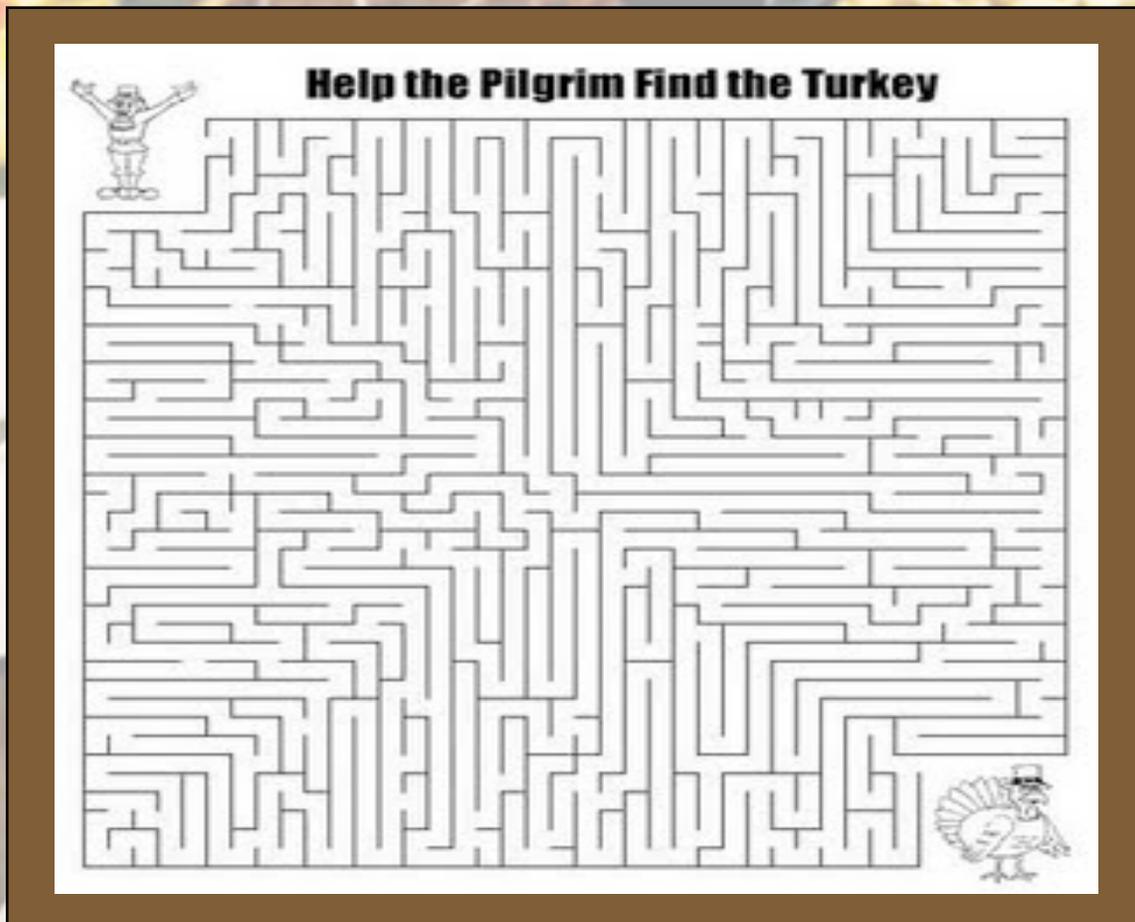
Clearing up some points:

SPORTS A: Bowling....you are only allowed 2 points for each 10 frames. Please see activity point description.

Continuous is the key word when calculating your points. No points are awarded for partial time (i.e. 15 minutes of housework does not equal 1 point; must do a total of 30 minutes for 2 points).

Special Events: This probably was the least explained/understood activity. In order to qualify for an event, you must exert some physical activity or gain some type of wellness knowledge. You can not count a trip to the city to shop or attendance at a football game as a special event. That trip to Grandma's house...it doesn't count either!

Just for Fun



Fun Turkey Facts

- ❖ According to the U.S. Department of Agriculture, more than 45 million turkeys are cooked and eaten in the U.S. at Thanksgiving—that's one sixth of all turkeys sold in the U.S. each year.
- ❖ Last year, 2.7 billion pounds of turkey was processed in the United States.
- ❖ Age is a determining factor in taste. Old, large males are preferable to young toms (males) as tom meat is stringy. The opposite is true for females: old hens are tougher birds.
- ❖ A turkey under sixteen weeks of age is called a fryer, while a young roaster is five to seven months old.
- ❖ Turkeys are the only breed of poultry native to the Western Hemisphere.
- ❖ Turkeys have great hearing, but no external ears. They can also see in color, and have excellent visual acuity and a wide field of vision (about 270 degrees), which makes sneaking up on them difficult. However, turkeys have a poor sense of smell, but an excellent sense of taste.
- ❖ Domesticated turkeys cannot fly. Wild turkeys, however, can fly for short distances at speeds up to 55 miles per hour. They can also reach speeds of 25 miles per hour on the ground.
- ❖ Turkeys sometimes spend the night in trees.
- ❖ Turkeys can have heart attacks: turkeys in fields near the Air Force test areas over which the sound barrier was broken were known to drop dead from the shock of passing jets.

Your Best You

Don't Let One Failure Turn You Into A Failure

If Donald Trump can repeatedly file for bankruptcy and not be considered a failure, no one should claim defeat. Though everyone faces setbacks in life, few of us should really call ourselves “losers.” Part of success is dealing with, and ultimately overcoming, our failures. Keep your confidence and follow this advice:

- **Change your perspective.** Don't think of every unsuccessful attempt as a failure. Few people succeed at everything the first time; most of us attain our goals only through repeated effort. Take the negativity out of failure by viewing it as a learning experience. And do your best to learn everything you can about what happened and why.
- **Try new approaches.** Persistence is important, but repeating the same actions over and over again, hoping that this time you'll succeed, probably won't get you any closer to your objective. Look at your previous unsuccessful efforts and decide what to change. Keep making adjustments, using your experience as a guide.
- **Define the problem better.** Analyze the situation—what you want to achieve, what your strategy is, why it didn't work, and so on. Ask yourself if you're really viewing the problem correctly. If you need money, for example, one option is to increase revenue—but you could also try cutting expenses. Think about what you're really trying to do.
- **Don't be a perfectionist.** You may have an idealized vision of what success will look and feel like. Though that can be motivational, it may not be realistic. Succeeding at one goal won't eliminate all your problems. Be clear on what will satisfy your objectives, and don't obsess about superficial details.
- **Don't label yourself.** You may have failed, but you're not a failure until you stop trying. Think of yourself as someone still striving toward a goal, and you'll be better able to maintain your patience and perseverance for the long haul.



Get Ready To Exercise

What you do before you exercise is almost as important as the workout itself. Stretching your muscles before jumping into your exercise routine gets your blood flowing and prevents damage to your muscle tissue.

Here are some simple warmups to practice:

Wall push. Standing next to a wall (about 12 to 18 inches away), lean forward. Keep your heels flat on the floor as you push against the wall for a count of 10 to 20 seconds. Rest, then repeat once or twice.

Toe touch. Rest one leg on a chair. Bend your other leg, then lean forward and try to touch your toes. Hold the position, without bouncing, for 10 to 20 seconds. Repeat with your other hand. Then switch legs and do it again. Perform the entire routine once or twice.

Lower back stretch. Lie down on your back. Lift your knees up to your chest and hold them in place with your arms, feeling the stretch at the bottom of your back. Then relax your legs and take a few deep breaths, and repeat.

Side stretch. Stand with your left arm at your side and the other above your head. Without leaning forward or back, bend to the left and feel the stretch in your right side. Hold for a few moments, then repeat to the other side.