

THE

ESU EDUCATOR

#1
ESU

PROVIDING INNOVATION, LEADERSHIP AND SERVICE

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The Philosophy

What's The FISH! Philosophy about?

We're looking to **energize our team**, deliver **remarkable customer service** and **increase employee retention**. The FISH! Philosophy was inspired by a business that is world famous for its incredible energy and commitment to service—the Pike Place Fish Market. We studied the fishmongers and identified **four simple practices** that help anyone bring new energy and commitment to their work. Each month beginning in October, the ESU Educator will highlight one of the four simple practices for you to implement into your every day working environment.

The first of the simple philosophies is: BE THERE

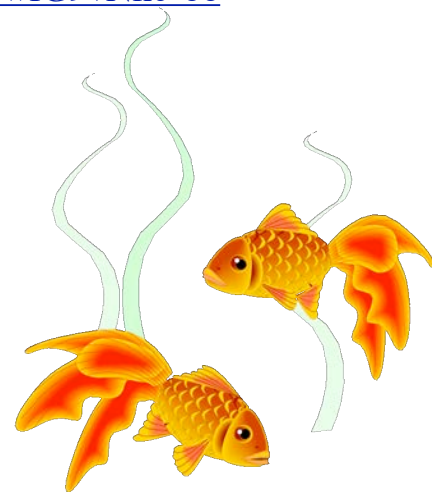
- BE THERE tip: Mistakes happen when we are not being present. Being distracted is at the root of most accidents and misunderstandings.
- BE THERE tip: It's important to remember that even the simplest of actions can make all the difference to someone.
- BE THERE tip: Most of the time, we are not aware that we are not present. This week, see how often you can catch yourself when you go on "autopilot" and then just bring your awareness back to where you want it to be.

Also, attached below are some video links that might inspire and encourage you to participate in the FISH! Philosophy.

<http://youtu.be/F2P04mfYSMQ> and <http://youtu.be/wfG9vNk0-oo>

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October Happenings

October Birthdays

Kim Halle	6th
Susan Strahm	9th
Chantelle Hoffman	11th
Alecia Heimes	14th
Brooke Mastalir	19th
Cheri Matthews	21st
Kristine Kleve	22nd
Diane Keim	27th
Maggie Gubbels	28th

October

Holidays and Observances

Emotional Wellness Month
 Nat'l Breast Cancer Awareness Month
 National Physical Therapy Month
 Positive Attitude Month

1st-7th: Universal Children's Week
 16th-22nd: Character Counts Week

2nd: Guardian Angels Day
 4th: Improve Your Office Day
 5th: World Teachers Day
 10th: Columbus Day
 15th: National Grouch Day
 17th: Boss Day
 22nd: Make a Difference Day
 31st: Halloween

ESU #1 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 iPad Workshop 9-3	2 Level I Bus 6-10	3	4 Agency Improve 11-12 Team Leader 1:30-3:30	5 Level I Bus 8-3
7	8 Writing Workshop 9-3	9 Ponca SIP 9:30-1:30 PRT 3-5	10 REWARDS 9-3	11	12
14 PST 8-3	15 Digital Media 9-3	16 Foreign Lang Workshop 9-3 Conference Band 2:30-4	17 NECC & SSC Schools 9-11 NA Perkins 9-3	18	19
21 iPad Training 9-3	22 APL All Day	23 APL All Day Level II Bus 6-9	24 APL All Day	25	26
28 Principal Leadership/ Marzano 9-3	29 Science Workshop 9-3	30 Para/Teacher Relations 9-3	31		

STAFF NOTES



Congratulations!

Jen and Beau Bensen are the proud parents of a baby boy, Chance Merlin, born on Wednesday, September 18th at 2:34 p.m. He weighed 8 lbs 4 oz and is 21 1/2" long. Chance is welcomed home by his parents and 3 older brothers, Cole, Hunter and Blake.

AdvancEDing with the Stars

Now that the year is underway and we are in the *swing* of things, let's check in on some more wonderful goals set by staff during All Staff Days in August.

- Improve record keeping for follow up visits.
- Develop trusting, positive relationships with staff.
- Make a difference in the classroom with my students.
- Staying organized.
- Making sure all parent needs and concerns are discussed at meetings.
- Improve relationships with teachers.

The Staff Development Team at ESU #1 thanks you for all of your work and efforts towards meeting your goals. We hope your year is off to a fantastic start and continues to be a successful one!

ESU #1 Leadership Retreat



Is it important to have norms for every group you facilitate? What if participants don't want to move to a different room location after break? How do you handle difficult participants? These and other questions were thoughtfully addressed during the ESU #1 Leadership Retreat on Friday, Sept. 20th. Tammy Heflebower, Vice President of Marzano Research Labs, presented the full-day training at ESU #1. Tammy shared many helpful strategies relevant for facilitating meetings and presenting during a training.

As Tammy promoted a variety of strategies throughout the day, she would also ask participants to reflect on the "process." She asked, "Why am I doing this right now? What have you noticed? How might you modify this strategy and make it work for you?" All attendees then had the opportunity

to identify several strategies pertinent to their department (Administration, Early Childhood, PT/OT, Psychology, Staff Development, etc.) and leadership responsibilities at ESU #1.

At the conclusion of the retreat, attendees noted comments such as "I wish I had this training when I began my career at ESU #1." and "Hands down! Best training I have ever had!" It was an amazing day!



Have you had a salad today? Choosing to eat a salad every day is one of the healthiest and one of the simplest eating habits a person can adopt. Eating salads is a convenient and enjoyable way to add the essential nutrients of vegetables and fruit to your diet. Salads are cool, crunchy, and fun to eat with lots of textures, colors, and flavors. Green salads are on the menus of almost every restaurant. Side salads are available for a dollar at many fast food chains. Most of these salads come with fat-free or reduced-calorie dressings. A variety of healthy salads can easily be made at home with prewashed salad greens and the vegetables and fruit that appeal to you the most.

All EHA participants will receive a Sistema KLIP IT Salad To Go Container. This innovative lunch container is designed for the salad lover. It comes with a detachable knife and fork and has separate compartments for cheese, nuts and salad dressing so your salad stays crisp and fresh. Compact size makes it easy to pack in lunch sacks. The lid is easy to open and close, yet keeps contents secure. A practical and reusable alternative to disposable lunch containers that is manufactured with 100% BPA free materials. It's also dishwasher and microwave safe. Register today and discover how adding a salad to your meal can pay off with plenty of health benefits!

EHA members that follow program guidelines for at least 20 days during October will be entered into a drawing for one of three hundred \$25 gift cards.

There were no winners of the **Color Your Plate** - August challenge from ESU #1.

