

October 2014

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ESU #1

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Techno Talk

Need to organize a presentation?

Prezi and Animoto are two great web-based tools that can be used for presentations in the classroom and in the business meeting. Both Prezi and Animoto are free to sign up/register for and options of purchasing more tools to use are provided!

What is Prezi exactly? Prezi is an online resource to create and produce dynamic presentations. Think of Prezi as an online version of PowerPoint with more animations and tools. Also, if you want to include video clips into your presentation, YouTube videos can be automatically placed into the presentation without using embedding codes. Another great thing about Prezi is that once a presentation has been created it can be shared, downloaded to your computer, and privacy levels can be set to allow the viewing of the presentation for others. To find out more information, visit www.prezi.com.

Animoto is a resource that can be used to make introductory or opening videos for a presentation and/or meeting. Like Prezi, Animoto is also free for users and with the free account; users can make 30 second videos with the provided templates. Animoto offers account upgrades as well that allows users access to more templates and longer durations of videos. Visit www.animoto.com for more details and information.

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Thanks!
Kellen



October Happenings

Happy Birthday!!!

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

Thank you!

ESU #1 Staff,
 Thank you for the beautiful dried floral arrangement with a cross. Thanks for thinking of me & my family during this life changing event. It means a lot to have the support of fellow co-workers.

The Family of Gale Anderson
 Anita Muller

ESU #1 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Level 1 Bus 6-10 Visual Thesaurus Webinar 3:45 to 4:30	2 LAN Managers 9-3 MAP Users Fall Mtg @ LLLC	3 Agency Improve 11-12 SPED Coord 12:30 Team Leader 1:30-3	4 Level 1 Bus 8-3
6 Native American Symposium @ WSC	7 Job Alike 9-3 World Book Webinar 3:45 to 4:30	8 Ponca SIP 8:30-1:30 PRT 2:30-5 Level 2 Bus 6-9	9 Job Alike 9-3	10	11
13 PST - 8-3 ABC's of CMT 2 Sessions 2:30 - 3:30 3:45 - 4:45	14 NSSRS Student Reporting Work Day 9-3	15 Healthy Schools 9-2 Supt Mtg @ LLLC	16 Power School 9-3	17 Language Arts Standards 9-3	18
20 Perkins 1-4	21	22 Effective Integration of Technology into the Curriculum 9-3	23	24	25
27 Job Alike 9-3	28	29 Primary Math & Science 9-3 Perkins Coord 9-2	30 Elementary Science 9-3	31	

Safe Lifting at ESU #1

X



Don't bend over forward to pick up items!

1

Think before you lift:

- Is there any way to lighten the load?
- Is help available?
- Can a mechanical aid be used?

2



1. Get close.
2. Bend at the knees.
3. Get a good grip on the object.
4. Back straight, chest forward, and head up.
5. Use your legs to power the lift.

3

Other tips:

- Don't twist the back.
- Keep the load close to your body.
- Take frequent breaks from repetitive lifting.

For additional information, please contact any of our Safety Committee members: Bob Uhing, Stuart Clark, Cheri Matthews, Myrna Wacker-Tuttle, Arianne Conley, or Joleen Gustafson.



**Educators
Health
Alliance**



Soup of the Day - October 2014 Challenge

Soup makes a hot, filling snack or meal that offers a variety of health benefits. The ingredients and possible combinations are virtually limitless. The healthiest soups are homemade and include fresh, low-fat ingredients such as vegetables and beans and a minimum amount of salt. In a single bowl of soup you can get all of the nutrition your body needs – protein, carbohydrates, vitamins and minerals – while avoiding excess fat and calories. Soup also has a high water content, which can help you feel full. In one study, published in the journal *Physiology & Behavior*, people consumed the fewest calories on days when they ate soup rather than the same ingredients in solid form. In another study, published in *Appetite*, people who started lunch with vegetable soup ended up eating 20 percent less than those who skipped the soup.



Register today and receive your Sistema Soup Mug To Go! Perfect for soups, noodles, and hot drinks on the go. Healthy food options don't come in anything hotter than this! Mug is stackable, freezer safe, microwave safe, and dishwasher safe.

Upcoming Wellness 2014 Challenges

November - Personal Health Assessment (PHA)

Every ESU employee is eligible to complete a Personal Health Assessment (PHA) annually in November/December. The PHA will be held November 3-21 and once completed, will provide you with a detailed report on your current health status, along with recommendations for making improvements in your health. The survey is confidential and includes a \$25 Visa gift card for completion.

December - Unplug & Rewire

Learning how to balance time spent online with all of life's other activities is one of the great challenges of the digital age. Time spent on screens is becoming very common. Just a generation ago, parents were concerned primarily with how much television kids watched. Today there are screens everywhere, including the classroom. Replace at least 30 minutes of unproductive screen time with at least 30 minutes of exercise and rewire and reconnect to good habits. All participants that complete 20 days within the program guidelines will be entered into a drawing for one of 300 \$25 gift cards.

EHA Tidbits -

- 53 ESU #1 employees or 46% signed up for the Soup of the Day challenge in October.
- There are currently 238 EHA Groups in the State of Nebraska with 41,000+ participants.

The



Tales

Most likely you've heard of Verizon Wireless, the nation's second largest wireless phone provider. Their Southfield, Michigan call center employs 273 customer service representatives who handle an average of 5,800 calls per day. You can about imagine the amount of upset and angry customers with various billing and service problems that are included in those calls. As a result of this negative environment, Verizon has experienced ongoing problems with employee turnover, morale and frustration, which filters into frequently lost customers and revenue.

Their plan to turn things around? Adopt the FISH! Philosophy! Their objectives for using the FISH! Philosophy include:

1. Create a fun, pleasant, exciting work environment to effectively serve customers while building accountability.
2. Reduce employee turnover by successfully attracting and retaining the best.
3. Become more aware, intuitive and flexible when dealing with customer concerns.
4. Help employees become more alive and engaged in their work as they become comfortable with the FISH! Philosophy practices.

Verizon's approach to implementing the philosophy includes: visible reminders throughout the call center area, a variety of success initiatives that have been created, such as special "celebration" days, unique "victory" procedures when an upset customer is saved rather than lost, monthly employee parties, prizes, and flexible scheduling. Telephone representatives are also encouraged to be **playfully** creative in addressing customer problems. Put together, these initiatives all serve to engage, involve and encourage telephone representatives to become more involved in their work and personally identify with their jobs at Verizon.

As a result of the FISH! Philosophy, Southfield's call center has experienced significant improvements in employee morale, turnover and frustration, as well as the quality of customer service offered by telephone representatives. The positive changes have led other divisions to implement the FISH! Philosophy to improve job satisfaction throughout the company.

The goal for both ESU #1 and Verizon Wireless are similar in that, we both want to provide the best possible work environment for our employees. Remember, the FISH! Philosophy includes:

- Choose Your Attitude
- Play
- Be There
- Make Their Day.

Be sure to remember one or all of these techniques when you are meeting with your next student, parent, teacher, to help in creating the best environment for effectively serving our students.

Happy FISHling....