



ESU 8 Newsletter

2020 December

Merry Christmas from our “family” to yours!

Six Feelings You Feel in December (and what to do about them)

December is full of end-of-year reflections. We face constant messages about new year’s resolutions that ask us to evaluate our lives, identify shortcomings and disappointments, and create promises of change. We also reflect on how our lives might look different now than in the past, and that means remembering the people, families, and loved ones that may no longer be sitting at the table with us.

December is also difficult at work. We face stressful end-of-the-year deadlines, holiday parties and increased socializing with coworkers, and a looming vacation that can’t seem to come soon enough. All of this happens in the setting of darker days and colder weather that creates a feeling of heaviness.

“As humans we associate significant memories related to the holidays,” writes Houston therapist Jessica Eiseman in her article [Note to Self: the Holidays Can be Hard](#). This time of year, many of us feel amplified feelings of:

- Loneliness
- Grief
- Anger
- Financial Stress
- Disagreement with coworkers
- Shame and body-image

What can we do to make December feel better? Some recommend creating a new tradition, setting boundaries, remembering that you are a “gloriously human,” and/or talking with a professional.

Mental Health Match knows that if you are feeling down this month, you are definitely not alone. The December struggle is real for all of us. So, we wish you a December full of self-compassion, gratitude, and a reminder that you are wonderful just the way you are.

Article taken from Mental Health Match, Dec. 19, 2019. Read the full article at <https://mentalhealthmatch.com/articles/depression/december-feelings>

Your ESU 8 Mental Health Team

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Register for these workshops
at www.esu8.org by Tuesday,
November 24th!



ESU 8 Conference Room A/B

Cognitive Coaching

Day 7 of 8

Wednesday, December 2
8:30am – 3:00pm
ESU 8 Conference Room A/B
110 W 3rd in Neligh

Day 8 of 8

Thursday, December 3
8:30am – 3:00pm
ESU 8 Conference Room A/B
110 W 3rd in Neligh

Sue Presler will be presenting these last two days of Cognitive Coaching, which will provide participants the knowledge, skills, and practice to be an effective instructional coach by developing teacher autonomy and reflective practices. Please bring an electronic device.

[Heidi Rethmeier](#) is the event contact for both of the Cognitive Coaching workshops. Lunch is being provided both days and the registration deadline is Tuesday, November 24th.

LETRS Training - Day 2

Thursday, December 17
9:00am – 3:30pm
ESU 8 Conference Room A/B
110 W 3rd in Neligh

LETRS in person training day 2 is for those already registered for LETRS training. Please bring your LETRS manual and a computer.

[Cathy Fiala](#) is the presenter and the event contact for this LETRS Training. Lunch is being provided.



ESU 8 Christmas Break

The ESU 8 Offices and Learning Centers will be closed for Christmas Break from the afternoon of Tuesday, December 22nd through Monday, January 4th.

All ESU 8 Offices and Learning Centers will re-open on Tuesday, January 5th.

We wish everyone a happy and healthy Christmas and New Year!



January Events

MTSS Strengthen the Core - Day 2

Tuesday, January 26 **or** Thursday, January 28

9:00am – 3:30pm

ESU 8 Conference Room A/B

110 W 3rd in Neligh

Year 1 MTSS teams who have begun implementation (who have attended Year 1 Day 1 Strengthen the Core) will work to strengthen core supports and Tier 1 strategies to intensify their knowledge and practices. Teams should include a lower elementary teacher, upper elementary teacher, interventionist, and administrator.

The ESU 8 MTSS Team will be presenting and if you have questions regarding this event, please contact [Toni Arehart](#) or [Steph Lundgren](#). Lunch is being provided and there is a \$20 fee.

Please register for either day by Tuesday, January 19th.

Principal Administrative Assembly & SIMPL

Wednesday, January 27

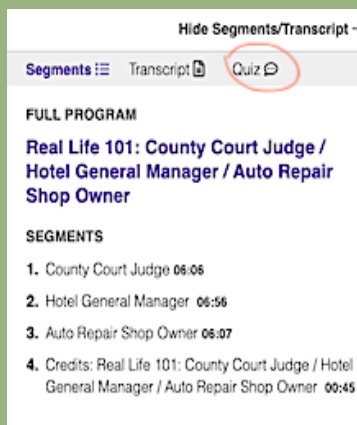
9:00am – 1:30pm

ESU 8 Conference Room A/B

110 W 3rd in Neligh

ESU 8 Principals will meet for a meeting and data dig. At this time, we are planning on meeting in-person but that might change.

The ESU 8 PD Team will be presenting. A boxed lunch is being provided if we are able to meet in-person. Please register by Friday, January 22nd. If you have questions regarding this event, please contact [Molly Aschoff](#).



New Video Quiz Feature

Learn360 has a new Quiz feature for videos! Teachers can insert questions at specific points in a video, then share that quiz with their students. A copy of the completed quiz will even be emailed to the teacher, when the student finishes the quiz (as long as the educator has that email setting checked).

This is an excellent tool for in-person or remote learning. Just look for the Quiz icon to the right of the video (example pictured to the left). Watch the tutorial here: <https://infobase-learn360.zendesk.com/hc/en-us/articles/360056551454-Quiz-Feature-Video-Tutorial>





Register for the ESU 8
Academic Quiz Bowl(s)
at www.esu8.org by
Friday, January 15!



2021 Quiz Bowl for Grades 9-12

Tuesday, March 2

9:00am – 2:30pm

ESU 8

110 W 3rd in Neligh

This academic quiz bowl for grades 9-12 will be double elimination again. Each school may register one team of up to six participants. Health considerations will be practiced according to the Directed Health Measures in place at the time. One expected change will be to minimize the number of people in the building by having no spectators.

There will be a lunch break about noon. Participants may bring their own lunch to eat on-site or choose a local restaurant. Please register your team(s) online at www.esu8.org by Friday, January 15. If you have questions regarding this event, please contact Marlin Seevers at mseevers@esu8.org.

2021 Quiz Bowl for Grades 6-8

Wednesday, March 3

9:00am – 2:30pm

ESU 8

110 W 3rd in Neligh

This academic quiz bowl for grades 6-8 will be double elimination again. Each school may register one team of up to six participants. Health considerations will be practiced according to the Directed Health Measures in place at the time. One expected change will be to minimize the number of people in the building by having no spectators.

There will be a lunch break about noon. Participants may bring their own lunch to eat on-site or choose a local restaurant. Please register your team(s) online at www.esu8.org by Friday, January 15. If you have questions regarding this event, please contact Marlin Seevers at mseevers@esu8.org.

