

January 2021

ESU 8 Newsletter

Happy New Year!



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Put Your Mental Health First this Year

2020 has been a year for the record books, that's for sure. It has been a tough year for many of us, both physically, mentally, and emotionally. While we don't yet know what 2021 has in store for us, I think we're all pretty hopeful. Here are some ideas as to how to prioritize your mental health this year.

1. Identify your stressors. What's really a priority? Number your stressors on a 1-to-10 scale of importance, and then tackle the most important. Not only will this help you get a sense of the biggest concerns in your life, it'll help you understand where you should be placing your focus.
2. Set boundaries. Once you've made your list of mental health priorities, set boundaries. Whether you're worried about your friend who constantly ditches you or your own negative self-talk, stop quietly tolerating it. Boundaries are healthy and prevent unwanted behavior from coming at you. Setting these goals doesn't only apply to your friends, but to how you treat yourself as well.
3. Prioritize exercise. Going to the gym shouldn't be solely about your physical health and appearance—it plays a major role in the state of your mental health as well.
4. Take mental breaks. No matter how many goals you set or lists you make, things will still get stressful and busy. But there are things you can do on even the most jam-packed days to make things a little easier and more manageable. Try to incorporate mindfulness into your daily activities. You can integrate mindfulness into your day today by bringing more awareness and compassion to the things that you are already doing such as during your commute or while eating a meal.

By Shawn Schultz, LIMHP, LCSW
A Member of Your ESU 8 Mental Health Team

MTSS Strengthen the Core – Day 2

Tuesday, January 26

ESU 8

Thursday, January 28

110 W 3rd in Neligh

9:00am – 3:30pm

This workshop is being held twice to accommodate social distancing. You have a choice of attending the session on Tuesday or Thursday.

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.

Principal Administrative Assembly & SIMPL

Wednesday, January 27

ESU 8

9:00am – 1:30pm

110 W 3rd in Neligh

Molly Aschoff is the organizer of this event. If you have questions, you may contact her at maschoff@esu8.org

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](#).

From the ESU 8 Nursing Department

By Beth Ramold, R.N., Nursing Coordinator



Our ESU 8 Nursing Department consists of 11 registered nurses serving 22 schools and our two Learning Centers. We perform annual student health screenings which include height/weight, vision, hearing, and dental. We ensure that our schools are compliant with student immunization and health documentation requirements as mandated by the Nebraska Department of Health and Human Services. Staff trainings, classroom health presentations, and coordinating the care for students with specific health needs are among the services we provide.

This year has been unique because of the Covid-19 pandemic. We find ourselves keeping up with the ever-changing health directives and acting as resources to assist in keeping students and staff safe and healthy. Collaborating with administrators and communicating with parents has never been more important. The teamwork within our Nursing Department during this pandemic has brought forth new and creative ways to serve our schools.



Please register your teams for the Quiz Bowl(s) by January 15th.

If you have questions, contact Marlin Seevers at mseevers@esu8.org.

2021 Quiz Bowl for Grades 9-12

Tuesday, March 2
9:00am - 12:00pm

ESU 8
110 W 3rd in Neligh

2021 Quiz Bowl for Grades 6-8

Wednesday, March 3
9:00am - 12:00pm

ESU 8
110 W 3rd in Neligh

Competition for both Quiz Bowls (9-12 and 6-8) will be limited to sixteen (16) teams, selected according to the registration date and time. Competition will begin with pool play. Four teams will be assigned to each of four rooms. The four teams in each room will be matched against each other, guaranteeing every team three matches.

At the conclusion of pool play, the top two teams will be selected from each pool. That eight-team list will seed a single-elimination bracket. The teams not advancing will return to their school.

Trophies and individual medals will be awarded to the Champion and Runner-up teams. Completion is expected to be before noon.

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.

New Robot Kits at the ESU 8 Media Center

The JIMU Robot Maker Kit offers a fun and flexible solution for your classroom. It is designed to inspire student-led creativity. Students will have endless opportunities to build, code, and play while exploring robotics and engineering. It includes these five exciting JIMU Robot kits:

- AstroBot Series: Cosmos Kit
- BuilderBots Series: Overdrive Kit
- Competitive Series: ChampBot Kit
- Mythical Series: UnicornBot Kit
- Mythical Series: FireBot Kit



For more information, contact the ESU 8 Media Center and/or visit:

<https://ubtecheducation.com/jimu-robot-maker-kit/>

