

FEBRUARY 2021

NEWSLETTER

Educational Service Unit 8

2021 ESU 8 Academic Quiz Bowls

Will be held at the ESU 8 in Neligh!



We are planning on holding the **2021 Quiz Bowl for Grades 9-12** on Tuesday, March 2nd and the **2021 Quiz Bowl for Grades 6-8** the following day, on Wednesday, March 3rd. Both will begin at 9:00am with an estimated completion time of 12:00pm. Watch your email for more details.

ESUCC Meeting

Wednesday, February 3 • 8:00am – 4:00pm

Conference Room A/B at ESU 8 in Neligh

This is an ESU Cooperative Purchasing Meeting. Please register by Tuesday, February 2nd. Lunch is being provided.

If you have questions regarding this event, please contact ESU 8 Administrator Corey Dahl at cdahl@esu8.org.

ESUCC Meeting

Thursday, February 4 • 8:00am – 4:00pm

Conference Room A/B at ESU 8 in Neligh

This is an ESU Cooperative Purchasing Meeting. Please register by Tuesday, February 2nd. Lunch is being provided.

If you have questions regarding this event, please contact ESU 8 Administrator Corey Dahl at cdahl@esu8.org.

Please attend one or the other of these meetings to ensure adequate social distancing.



MTSS Build Your Interventions - Day 2

Tuesday, February 16 • 9:00am – 3:00pm

Conference Room A/B at ESU 8 in Neligh

In this workshop, year 2 MTSS teams will learn how to make their decision rules for the types of decisions that need to be made to implement interventions. The team will develop a plan for progress monitoring and goal setting, collecting observation and fidelity data, receive guidance on setting goals and applying their decision rules, and procedures for intervention delivery.

Lunch will be provided and if you have questions regarding this event, you may contact Toni Arehart toni.arehart@esu8ne.org or Steph Lundgren stephanie.lundgren@esu8ne.org.

ESU 8 Social Studies Work Session

Tuesday, February 23 • 9:00am – 3:00pm

Conference Room A/B, Flex Learning Lab, and Board Room at ESU 8 in Neligh

This will be a collaboration of ESU 1 and 8 Social Studies teachers to look at the standards, the resources that have been created and to focus on implementation. Your presenters will be Molly Aschoff and Anna Fuchtmann.

Lunch is being provided and there will be a \$20 fee for each participant. Please register by Monday, February 18th. If you have questions regarding this event, contact Anna Fuchtmann at anna.fuchtmann@esu8ne.org.

LETRS Training – Day 3

Thursday, February 25 • 9:00am – 3:30pm

Conference Room A/B at ESU 8 in Neligh

LETRS in person training day #3 is for those already registered for LETRS training. Please bring your LETRS manual and a computer.

Lunch will be provided and if you have questions regarding this event, contact Cathy Fiala cfiala8@esu8.org.

The 2021 ESU 8 K-12 Art Show Will Be Held Virtually

Thursday, April 16 – Monday, April 20

This year, the Art Show will be a virtual show. Teachers will be sent a Google Slides Template to which artwork photos can be added. The template will be sent this month, February. The slides presentations will be available online for all to see in April. Unfortunately, the show will not be judged.

So, please start taking high-quality photos of your students' artwork now! If you have any questions, comments, or ideas of how the show can run smoothly, please let me know.

Please contact Steph Lundgren (stephanie.lundgren@esu8ne.org) or Bev Tillema (btillema@esu8.org) at 402.887.5041 if you have questions regarding this event.



<http://snap.esu8.org/>

This is a list, with brief descriptions, of each resource icon on the ESU 8 SNAP Homepage. Go to snap.esu8.org, login and check them out! If you have forgotten your login, simply email media8@esu8.org.

Annenberg Learner

Annenberg Learner has multimedia resources for K-12 classroom instruction and teacher professional development. The classroom resources include Arts, Language Arts, Mathematics, Science, Social Studies, STEM/STEAM, World Languages, and more!

CK-12

CK-12 provides customizable content and technology tools for students as well as teachers to experiment with different learning styles, resources, levels of competence, and circumstances. It offers a variety of free lessons in STEM subjects (Science, Technology, Engineering, and Math). The site breaks down traditional book chapters into smaller, bite-size ideas that may be easier for kids to digest.

DOCS Teach

DOCS Teach is an online tool for teaching with documents from the National Archives. Teachers can access primary source-based online learning activities and assign them to their students. You can even create a free DocsTeach account to build your own custom activities. There are recorded webinars to help you get started.

Echoes and Reflections

Echoes and Reflections is dedicated to reshaping the way that teachers and students understand, process, and navigate the world through the events of the Holocaust. It helps introduce students to the complex themes of the Holocaust and to understand its lasting effect on the world.

G (Project Gutenberg)

Project Gutenberg is an online library of FREE eBooks.

Khan Academy

Khan Academy offers practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace, in and

outside of the classroom. They have it all... math, science, computing, history, art history, economics, and more, including K-14 and test preparation (SAT, Praxis, LSAT) content.

Learn360

Learn360 allows you to search and stream multimedia educational resources for K-12 learners, teachers, and parents. Content includes high-quality videos, images, audio files, articles, worksheets, fact sheets, and teacher guides, which can all be seamlessly integrated with course management systems.

Library of Congress

The Library of Congress is the largest library in the world, with millions of books, recordings, photographs, newspapers, maps and manuscripts in its collections.

Pics4Learning.com

Pics4Learning is a safe, free image library for schools. Teachers and students can use the copyright-friendly photos and images for classroom projects, web sites, videos, portfolios, or any other projects in an educational setting.

Unite for Literacy

Unite for Literacy provides an abundance of books to cultivate a daily habit of reading as well as a lifelong love of reading for all! There are, for example, engaging digital picture books complete with audio narration options in a variety of languages.

World Book

In addition to being an online encyclopedia, World Book has nonfiction and mixed-genre children's book series, reference materials, and digital learning platforms, which provides an engaging, verified, and trustworthy digital resource for grades pre-K through high school.

Winter Self Care

Ever heard of the “winter blues”? After a while, the cold winter months can start to wear on us. Here are a few ideas to help boost your mood and get through these colder, darker days of the year.

1. Try aromatherapy. Aromatherapy can be very effective as it helps to stimulate the mind and body. It can help you to sleep better at night, have a healthy appetite, as well as lift your general mood. Some of the best essential oils for the winter blues are lavender, orange, bergamot, and ylang ylang essential oil.
2. Get moving. Exercise is a common natural remedy, and it is just as effective for “seasonal depression.” Moving around and getting the body working is a great way of naturally lifting your mood. It is best if you can exercise daily outside but if the weather is just too bad you can exercise indoors. Preferably in front of a window.
3. Journal. Journaling is one of those self-care activities that we should all be dipping our toes into! But it is especially effective for helping you to beat the winter blues as it allows you to contemplate your day. Journaling provides an outlet to help you release your negative feelings in a safe way while also allowing you to reflect on the positive.
4. Let the light in. The natural light of the sun can do wonders for helping you to cope with the winter blues. Try to take walks outside, have a snowball fight, walk instead of driving, and sit outside as much as you can. Even if it is cold you can bundle up and take a brisk walk outside for a few minutes to help improve your mood. You can also keep your windows uncovered to let the sunlight into your home as much as possible.
5. Stick to a schedule. When you are feeling down you might find yourself becoming unmotivated, lethargic, unproductive, and with a poor sleep schedule. Keeping a schedule not only helps you to be up and about which improves your mood, but it also allows you to get regular sunlight throughout the day. With any kind of depression, it is important to stay up and about. Keeping active during the day so that you can better rest at night.

By [Shawn Schultz](#) LICSW, LIMHP
A Member of Your ESU 8 Mental Health Team

ESU 8 Available Positions

Below is a list of the positions that are available within the ESU 8 organization.

- Custodian (Neligh)
- Deaf & Hard of Hearing Teacher
- Licensed Mental Health Professional
- Paraeducator (Norfolk location)
- Speech-Language Pathologist
- Substitute Paraeducator (\$11.00/hour)
- Substitute Teacher (\$110/day)
- Technology Technician

If you or someone you know is interested in applying for any of these positions, please visit <https://www.esu8.org/employment/>. You may also call us at 402.887.5041.

