



The Buzz

Moving Office Files to Google Drive

TECH TIDBIT



There have been a few questions about the format changing when moving Office files to Google Drive....

Did you know that if you open your files from inside your Drive webpage (instead of from your file manager), they will open with Google Docs, Sheets or Slides but still in an Office format without changing your original formatting? This allows you to still use your current Office created documents with the added bonus of being able to share them like a Google Doc and see all changes live!

You can find out more about how Office files work in Google Drive [HERE](#)



Staff Recognitions



I'd like to give a shout out to the Amazing Tammy Miller. She is a super strong team member who is always brightening the days of others. She does an Outstanding job with the Sunshine Committee. She definitely helps to create a strong community within Freshwater. Thanks for all you do, Tammy!

-Nick Lorensen

With the number of high school students we now have, Kaitlin Spar has had to be very flexible with her time and her space, and she was so helpful getting her room set up for the students when she didn't have to be! She really helped me out a lot!

-Kylene Lehmann

When meeting this morning with our HS 7-12 SPED team, one thing became crystal clear. Stacey Schwendeman is a rock-star! We appreciate her dedication to our Menahga students and her support to our staff! We don't say it enough....we are so thankful for Stacey every day!

-Michelle Rinke Koch

Maria Theisen's commitment to going above and beyond has not gone unnoticed, and I am thrilled to recognize her exceptional contributions to the Frazee High School team. Her willingness to always offer help, conduct thorough research, and continuously seek ways to improve and strengthen the team at Frazee is commendable. Her positive attitude and tireless efforts have created a supportive and collaborative environment that has made the year a good experience.

-Jason Smith and the High School Team



-From our Together Improving Care Team-

Vision: A compassionate community that builds relationships and empowers individuals

DID YOU KNOW?

listen more talk less.

As a person's stress and anxiety increase we need to decrease our verbal interactions, meaning STOP TALKING!

There are 3 parts to the brain: The Hindbrain, Midbrain, and the Forebrain. The *Hindbrain* controls your basic bodily functions, such as heartbeat, respiration, swallowing, and digestion. The *Midbrain* controls motor movement, body temperature, processing sensations, and memory. The *Forebrain* is where language, impulse control, problem solving, and abstract thought occur.

When you are feeling stress and anxiety, your heartbeat and respiration increases and you begin to sweat, signaling that you are in your *Hindbrain*. The more your body is working in the hindbrain, the less likely you will be to reason and consider what is being said to you.

Think of it as repeatedly hitting buttons on your computer when it is frozen. More talking only gives the person in crisis more information to try and "weed through" before being able to understand what is truly happening. To really help someone in crisis, learn to embrace the silence and just support that person by sitting QUIETLY with them.

Information summarized from 2020 Ukera

Employees on the health insurance plan
can earn up to **\$250!**

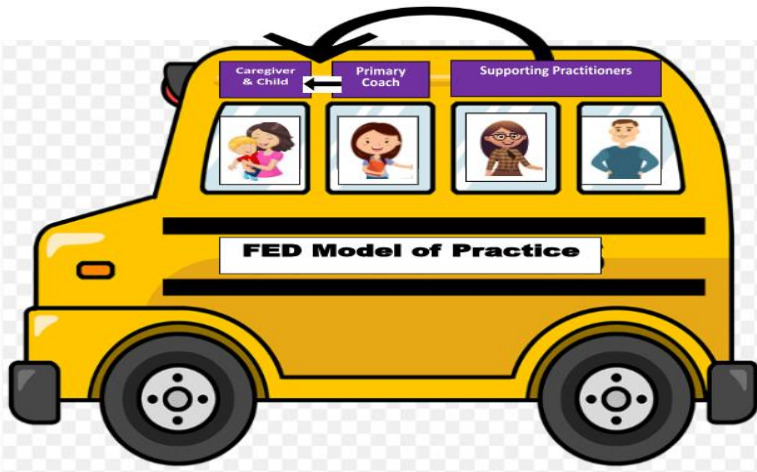
1 Point = \$1

JANUARY 2 – DECEMBER 15, 2024

If you have HealthPartners insurance through Freshwater, now is the perfect time to start earning \$\$\$ by participating in the Wellright App. If you haven't already logged in and completed some of the challenges or completed the AgeGage, go to <https://sourcewell.wellright.com/act/auth/login> and create an account with the password: Sourcewell.

If you have any problems setting up your account or other questions regarding Wellright, please reach out to Marlo – mbenning@fed.k12.mn.us

UPDATE: Evidence-Based Quality Intervention Practices



Freshwater ECSE Birth-2 Early Intervention is in its fourth year of being a part of the EQIP (Evidence-Based Quality Intervention Practices) Innovation through the MN Centers of Excellence.

All of our B-2 providers have been trained and participate in practice-based coaching sessions to support and build their practice. Our goal is to have all early intervention providers reach fidelity in the practices of coaching caregivers to utilize daily routines as opportunities to embed learning.

APRIL BIRTHDAYS

Josh Hendrickx – 4/7

Angela Eckhoff – 4/18

Melanie Walberg – 4/7

Heidi Heino – 4/21

Ty Wothe – 4/7

Kim Thoennes – 4/22

Kayla Januszewski – 4/11

Kelsey Brakke – 4/24

Melody Rasmussen – 4/11

Lori Murdock – 4/24

Roxie Ness – 4/12

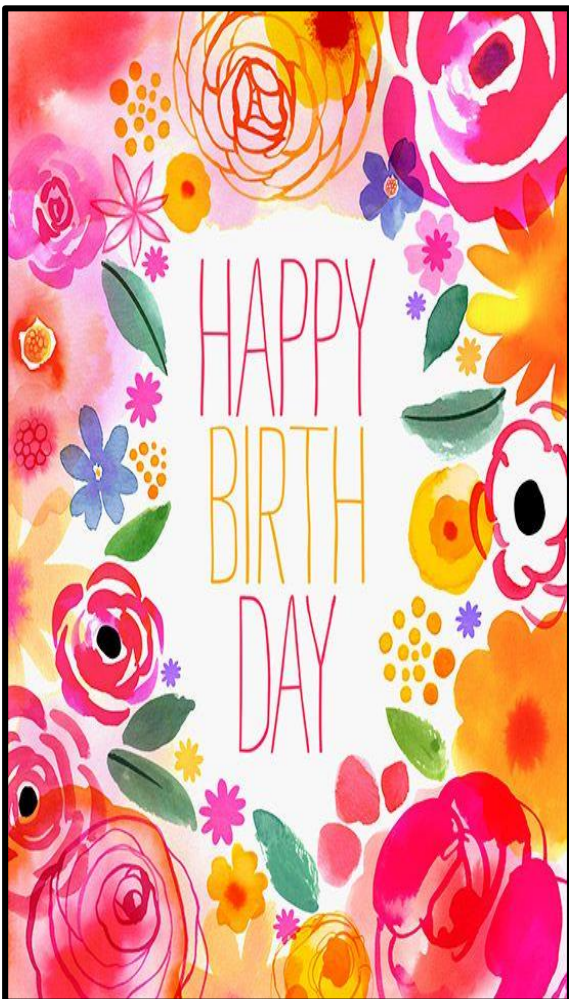
Amy Zamzo – 4/24

Amy Babler – 4/14

Millicent Leone – 4/28

Jana Timm – 4/16

Alicia Truax – 4/28



The Sunshine Team is here for YOU !

The Sunshine Team is here to celebrate with you and your families during the good times and support and encourage you through the tough times. When you have news that you'd like to share, please reach out to one of our members. (We will always check if it is okay to share your news via email to all of the Freshwater staff.)

Depending on the situation, a gift of money, flowers, or a gift card may also be given out. The guidelines for these are listed below.

Our members currently include: Missy Ludovissie, Nick Lorensen, Lori Murdock, Tammy Miller, and Marlo Benning.



Freshwater Sunshine Team Guidelines

A. Retirement

1. The Sunshine Team will purchase a \$40 gift card.
2. Freshwater will hold an annual retirement reception on the first Wednesday of May for all retirees. Administration will organize this event with the assistance of the Sunshine Committee if needed.

B. Hospitalization:

1. A floral gift (approximately \$30*) will be sent to staff members who are hospitalized. (Examples: Overnight hospitalization, in-patient surgery) Staff who have a birth will receive a \$30 gift card in lieu of flowers.

C. Deaths:

1. A \$50 memorial and a floral arrangement (approximately \$40) will be sent upon the death of a staff member.
2. A floral arrangement (approximately \$40*) will be sent upon the death of an employee's child, spouse, sibling, parent, mother-in-law, or father-in-law.
3. In the event of a death of a school staff person or administration within the Freshwater schools, a card will be sent.

D. Long-term Illness:

1. A floral gift (approximately \$30*) will be sent to staff members who miss work for more than two months due to an illness.

*(*Floral arrangement costs are approximate and may depend on the minimum from the individual floral shops)*

Annual fee: Contribution will be \$10 per staff member to cover expenses listed in the guidelines. Please make checks payable to: Marlo Benning or Tamara Miller

April Challenge

GET “FRUITY”!

IN APRIL

Challenge Yourself to Eat Fruit !

*** Eat at least 14 servings of fruit per week.**

*** At the end of the month, Marlo Benning will e-mail you to see how many weeks you met this goal.**

*****PRIZES*****

**3 winners will be drawn to win
\$50 Gift Cards to a local
business.**

(Note: Prizes are income taxable, so winners will be taxed on the value of the prize that they win)

What is 1 Serving of Fruit?

*1 cup of fruit

*½ cup of dried fruit

*1 cup of 100% fruit juice

Why is it Important to eat Fruit?

- They are lower in calories per cup, instead of other higher calorie foods, which may help lower overall calorie intake.
- Eating them may reduce the risk for heart disease, including heart attack and stroke.
- A diet rich in them may protect against certain types of cancers.
- Adding them to your diet can increase the amount of fiber and potassium we eat. These are important nutrients that many people do not get enough of.

How much of each food group should we eat?
Get your personalized food plan at MyPlate

Control/Click on the link below and click on Start to get your personalized food plan based on your age, sex, weight, height and physical activity level.

<https://www.myplate.gov/myplate-plan>



“Why I Chose to Work in Education”

At the All-Staff Meeting, Special Education Director Jamie Wothe asked staff to share their reasons or “Why” for working in education. Below are some of the responses:

I wanted to be “that person” for the kids that didn’t have anyone that saw their true potential, who loved them despite their challenges, and helped them see school as a good place to be. 😊

Every kid, regardless of background or past experiences, deserves to have opportunities opened to them that are available to everyone else.

To make a difference and help those that struggle to see their strengths.

I love working with children/families.

To provide students with opportunities for independence.

To help children succeed...I worked in a group home for adults with special needs which drew me into special education.

I was always going to be a missionary since 7th grade, but by the time I was as sophomore, I decided my mission was teaching kiddos with disabilities. I never got to “see” the kids with disabilities. I wanted them to be seen.

My why is to be an advocate and a voice for the students that need an extra push or maybe can’t do it all on their own. To value inclusion and make sure every student has the opportunity to be treated fairly no matter their abilities.

Being the calm in the storm.

What started out as just a job, turned into a career.

To help children and families feel empowered and to help families learn to enjoy/appreciate their uniqueness.

I went into education because of my sister, Nancy. I have stayed because I like the challenges.

New challenges, new experiences, and to make a difference.

To help students and teachers learn to use technology efficiently in the classroom.

To be a life giver, encourager and to impart the gifts of healing in the lives of students.

To support our young children and listen to them when some close to them don’t.

I enjoy kids and the atmosphere of a school.

The challenge of working with students and learning myself.

I don’t like to see people fail.

I wanted to be the teacher for students that I never had in high school. I wanted to hear my student’s ideas, plans and success in everyday life.

To give back and to help the youth of today in the way my favorite teachers helped me.

I helped a classmate in 2nd grade who had special needs. My 2nd grade teacher sat me next to her.

My Why is to make a difference with the people I collaborate with in my role as an OT. It can be helping them laugh, smile or brainstorm information.

To help struggling kids.

I had great role models. I wanted to be a doctor, but realized that wasn’t going to happen after my first year of college. I went to the next choice.

To make a difference in the lives of educators, students and families AND to promote equitable access to free and appropriate public education.

To go to work and enjoy what I’m doing. To follow in my mother-in-law’s footsteps. To be with the littles. To make a difference.