



The Buzz

AI Training

Training Portal Link:

- [Access the training portal here.](#)

Recording Links:

- [Session 2 Recording Link](#) (Teachers only)
- [Session 3 Recording Link](#) (Teachers only)
- [Session 4 Recording Link](#) (All staff)

If you're wondering about the location of each activity in modules 4 and 5, you can easily find them listed in the same order as they appear in the training portal right here:

- [Day 4 Activities](#) (All Staff)
- [Day 5 Activities](#) (more specific to Business Office Staff)

If you have any questions or need help, please don't hesitate to contact William Grube anytime.

- williamgrube53@gmail.com

Mass Notifications

We are still having some glitches with our Mass Notification system. Eric will be sending out some "test" messages until we get it figured out.

PLORD Hours

Teacher-Itinerant Staff - As a reminder, you need to work a total of 8 hours outside of your regular contract, to complete your PLORD hours. The activities/tasks that you want to do must be pre-approved by your supervisor.

Wanting to take Vacation or Personal Leave ?

Reminder: Vacation and personal leave needs to be pre-approved by your supervisor.



Licensed Staff

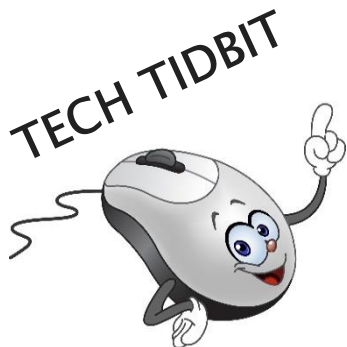
Now is a good time to look at your license to see when it expires. Our relicensing committee meets 4 times per year. You will need to get your CEUs to them if your license expires this summer. If you have any questions, contact Tiffany Sweeney.

Open Enrollment

Open enrollment for insurance started 11/27/23 and ends 12/15/23. Eligible staff should have received an email from EASE. This is the portal for you to make your 2024 insurance elections.

Save the Date

Freshwater Mid-Year Staff Meeting
January 12, Central Lakes College - Assembly Room, Staples.
***Paraprofessionals do not need to attend this meeting.



Did you know that Google has an entire training platform for educators?

You can learn anything from the basics of using Google workspace (Docs, Sheets, Slides) to more advanced training such as Tools for Diverse Learners, Digital Citizenship and Safety, and how to Support English Language Learners, to name a few.

It is definitely worth checking out!! Visit the site [HERE](#).

“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 someone that makes the children enjoy school and makes them want to learn.

My husband was laid off and I knew that I would be able to get a job. It is truly my passion. I just didn’t know it.

It always brings a smile to my face when you see a child have their “ah-ha” moment.

To inspire. Plant seeds of hope.

To positively influence the lives of children. To make a positive impact on future generations by extension.

To give young Special Ed learners the same opportunities to maximize their potential.



-From our Together Improving Care Team-

Vision: A compassionate community that builds relationships and empowers individuals

Trauma changes the brain...

Current behavior research and brain scans are finding that there are differences between the brain of someone who has experienced trauma and someone who has not.

- Brain scans conducted on people who have experienced trauma find enlarged ventricles and amygdala. These are the areas of the brain that control flashbacks and reactions to stressful situations. These areas being enlarged, means the person will be much more reactive.
- They are also finding that the area between the brain and the skull and the overall cerebral cortex have shrunk. The cerebral cortex is the area of the brain that is for problem solving.
- Study's being done with lab rats has discovered that trauma information can be passed through the neurons in the brain to future generations creating a new term called "transgenerational trauma"

All of this reminds us that comments like "they should know better" are not accurate! We are all just doing the best we can!

Information summarized from @2020 UKERU

DID YOU KNOW?

**TRAUMA
CHANGES THE
BRAIN**



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TIME TO CELEBRATE OUR DECEMBER BIRTHDAYS!

Michelle Olson	12/1
Tara Weaver	12/1
John Fox	12/4
Christa Peralá	12/4
Heather Calhoun	12/6
Stephanie Eckhoff	12/6
Kayla Keil	12/6

Deanna Hillukka	12/16
Amber Nelson	12/23
Cathy Salathe	12/24
Stacy DeMars	12/26
Jordan Anderson	12/28
Maria Theisen	12/29
Sondra Lee	12/31



This month's WELLNESS "WOW"

In June, ECSE Teacher Emily Warner, who is an avid runner, ran 23 miles for Rare Chromosome Awareness Day!

As you can see in the photo at left, she had someone special there that day who was aiding her with water and food during the duration of the run.



COLD WEATHER

