



# The Buzz



## Staff Recognitions



I want to spotlight Cari Grenier. Cari is a creative thinker. She is flexible and a wonderful colleague. She offers support through direct assessment scoring and reporting. She has a keen eye for editing and polishing report writing. She prioritizes deadlines and offers timely reminders. She truly supports Freshwater's mission to increase and improve educational opportunities for all learners.

Thank you for giving me a space to share my gratitude and appreciation of the amazing co-workers from Freshwater Education District.

~Kristina Harstad

A huge shout out to Erin Potter!

Her wisdom, leadership, innovative thinking, willingness to go above and beyond and her positive attitude are a breath of fresh air in our ever-turbulent educational world! I appreciate walking alongside her more than I could ever express!

~Sheri McKeever



**– Special Ed Staff –**

**End of Year Meeting**

**Tuesday, May 28 ~ 8 – 12**

**New York Mills Ballroom**

*\*Paraprofessionals are not required to attend*

**Mark Your Calendar for the All Staff Meeting**

**\*\*Monday, August 26\*\***



# -Together Improving Care-

Vision: A compassionate community that builds relationships and empowers individuals

DID YOU KNOW?

THERE IS A RISK OF  
TRAUMA IN THE  
INDIVIDUALS

Who  
SERVE

Have you ever left a stressful situation and felt emotionally drained? Stress has been proven to release Cortisol into the brain. This is the same chemical released into the brain during traumatic events and it can have long term health effects, such as heart disease. Working with someone who is in crisis or experiencing heightened emotions can be difficult for everyone. When these interactions happen repeatedly over time, the person who is *helping* experiences the same changes to their body as the person in crisis. Repeated, “low level” trauma, such as this, can have lasting effects. For someone working with people who have experienced trauma, it is important to care for yourself to help prevent trauma that can come from helping others.

Try to be hyper aware of how YOU are feeling going into situations with others.

- How are you feeling emotionally and physically?
- Try to understand how you respond to anger. Do you become angry and defensive or can you keep a clear head?
- Try to understand your instinctual response to being yelled at or intimidated.

If any of these things feel off for you, try and “tap out” with other staff.

After situations, make sure you debrief with others so you have time to work through your own stress and find ways to care for you!

# **“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:***



Because of an ASD student in my class who needed everyone's help, I was able to see the Special Ed world. Today, it's Sophie – learning all I can to support her.

I struggled in school as well, so I always felt the need to help those like me.

Interest in diverse learning and living. A desire to increase my own understanding and share with others. Independent and collaborate opportunities.

Because most of my adolescence, I was a taker. But, I don't live that way anymore. I want to give back.

To create a safe space for students who may not have a safe space at home.

Working at STEP put a special place in my heart to help people.

So that doing what I love will never feel like work and to make a difference.

Because I love kids!

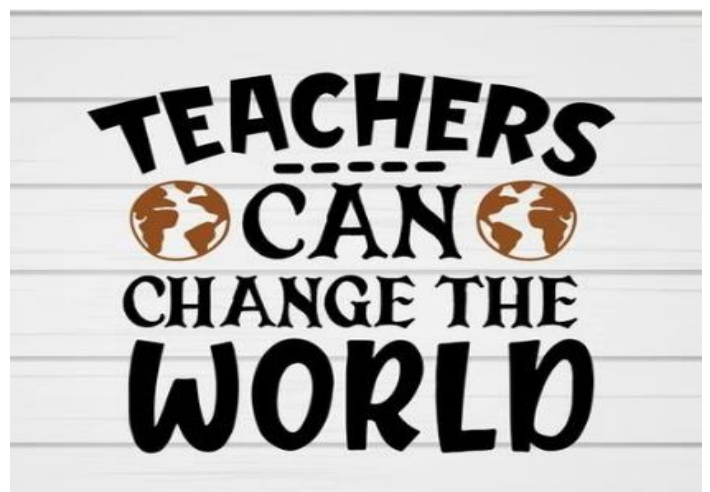
I didn't know I would end up in Special Ed. I just knew I wanted to work in a school. I love my job and love my co-workers.

Either nursing or education – I wanted to help others.

Make a difference in the lives of young children by helping them find their “voice”.

To make a difference in children's lives and to be a positive/friendly/supportive face at school.

My why is to bring the joys of learning to groups of people.





## MAY

May 2<sup>nd</sup> – Toni Burton  
 May 3<sup>rd</sup> – Amy Lillquist  
 May 4<sup>th</sup> – Kevin Johnson  
 May 4<sup>th</sup> – Ruth Kinnunen  
 May 5<sup>th</sup> – Coralie DeWald  
 May 5<sup>th</sup> – Jeffrey Foss  
 May 5<sup>th</sup> – Robin Rothstein  
 May 10<sup>th</sup> – Julie Benning  
 May 11<sup>th</sup> – Julie Hock  
 May 12<sup>th</sup> – Holly Lillis  
 May 14<sup>th</sup> – Tammy Miller  
 May 16<sup>th</sup> – Lee Truax  
 May 17<sup>th</sup> – Mike Kaluza  
 May 18<sup>th</sup> – Betsy Larson  
 May 19<sup>th</sup> – Karlee Chenoweth  
 May 19<sup>th</sup> – Carissa Goff  
 May 23<sup>rd</sup> – Suzanna Holper  
 May 24<sup>th</sup> – Shawn McAllister  
 May 25<sup>th</sup> – Audreana Berg  
 May 26<sup>th</sup> – Ashtyn Wollenburg  
 May 26<sup>th</sup> – Ann Hutchison  
 May 30<sup>th</sup> – Kelsi Schalow  
 May 31<sup>st</sup> – Dawn Wegscheid

## JUNE

June 1<sup>st</sup> – Kim Marstein  
 June 3<sup>rd</sup> – Tiffany Sweeney  
 June 5<sup>th</sup> – Deb Baune  
 June 5<sup>th</sup> – Jody Kuyava  
 June 6<sup>th</sup> – Alecia Wahlin  
 June 7<sup>th</sup> – Nettie Janson  
 June 11<sup>th</sup> – Brenda Pogreba  
 June 11<sup>th</sup> – Anna Potvin  
 June 11<sup>th</sup> – Charlotte Roe  
 June 13<sup>th</sup> – Joni Schwartz  
 June 18<sup>th</sup> – Eric Weber  
 June 21<sup>st</sup> – Marah May  
 June 24<sup>th</sup> – Valerie Schmitz  
 June 25<sup>th</sup> – Tara Dravis  
 June 28<sup>th</sup> – Michelle Wolhowe

## JULY

July 3<sup>rd</sup> – Kelsey Hemberger  
 July 3<sup>rd</sup> – Jill Line  
 July 7<sup>th</sup> – Laura Bertram  
 July 8<sup>th</sup> – Izzabelle Nesland  
 July 9<sup>th</sup> – Sally Christenson  
 July 12<sup>th</sup> – Taylor Mueller  
 July 12<sup>th</sup> – Sharon Thiel  
 July 15<sup>th</sup> – Steph Eckhoff  
 July 15<sup>th</sup> – Roxann Nyhus

## JULY

July 15<sup>th</sup> – Jena Osberg  
 July 16<sup>th</sup> – Jerry Miller  
 July 18<sup>th</sup> – Vanessa Waldahl  
 July 20<sup>th</sup> – Katherine Ervasti  
 July 21<sup>st</sup> – Kim Becker  
 July 21<sup>st</sup> – Macy Murch  
 July 28<sup>th</sup> – Myriah Becker

## AUGUST

August 2<sup>nd</sup> – Kathy Danielson  
 August 2<sup>nd</sup> – Jeremy Rach  
 August 2<sup>nd</sup> – Jamie Wothe  
 August 3<sup>rd</sup> – Heather Jasmer  
 August 4<sup>th</sup> – Maureen Baymler  
 August 4<sup>th</sup> – Erin Potter  
 August 5<sup>th</sup> – Johnie Goodpasture  
 August 7<sup>th</sup> – Lacey Baumgart  
 August 7<sup>th</sup> – Heidi Haase  
 August 11<sup>th</sup> – Stacey Schwendeman  
 August 12<sup>th</sup> – Katie Smith  
 August 19<sup>th</sup> – Barb Piecek  
 August 20<sup>th</sup> – Bryan Tollefson  
 August 25<sup>th</sup> – Sara Grabe  
 August 25<sup>th</sup> – Alyssa McQuiston  
 August 27<sup>th</sup> – Missy Ludovissie  
 August 28<sup>th</sup> – Leah Bloemendaal