September 2024

LCSC Communicator

Regional News, Views, and Information

LAKES COUNTRY Service Cooperative
Together we achieve

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EDUCATION
Electronic Edition
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Louisa Glenetske stands out as a remarkable leader in Lakes Country Service Cooperative's service area, where only five out of 39 superintendents are women. As she embarks on her third year as the Superintendent of Brandon-Evansville Public Schools, Glenetske brings a wealth of passion and dedication to her role. Growing up in the small rural community of Osakis, Minnesota, she has always been deeply connected to her roots.

Her commitment to enhancing the lives of children and her affection for her hometown is immediately evident upon meeting her. Glenetske's journey from a high school graduate in Osakis to a superintendent in Brandon-Evansville is evidence of her dedication to education and personal development.

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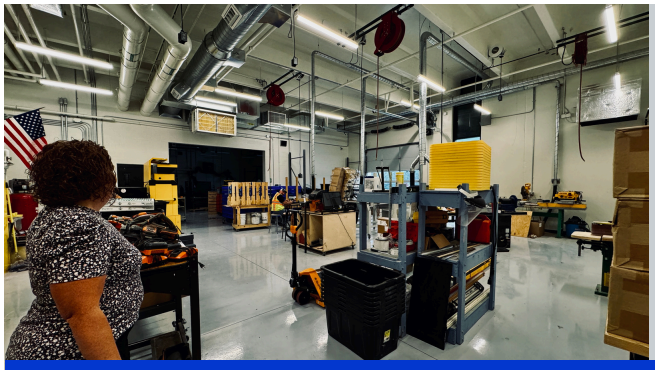
Source: Louisa Glenetske, Brandon-Evansville Public School Superintendent
Author: Mary Phillipe, LCSC Communications Generalist



New gymnasium at Evansville Elementary Campus.

Glenetske's journey in education began at Minnesota State University Moorhead, where she earned her bachelor's degree in Math Education. Her teaching career kicked off at Belgrade-Brooten-Elrosa Public School, where she taught for four years. Subsequently, she transitioned to Brandon Public School, and the following year, her commitment expanded as she took on teaching roles in both Brandon and Evansville. By 2009, Glenetske became these districts' sole Math teacher for grades 9-12, long before the two schools consolidated.

Shortly after joining Brandon-Evansville Public Schools, Glenetske began her Master of Education program at Saint Mary's University. Upon completing her master's degree, she received strong encouragement from program mentors to pursue an administration degree.



New Industrial Tech Facility

However, Glenetske firmly declined, stating, "My response was, nope! Never! I love being in the classroom, and I love where I am at in my career. I don't want to be a principal, and it's not for me."

Continued on next page

The improvement and expansion projects in Brandon-Evansville Public Schools progressed throughout the summer.







Glenetske went on to receive 18 graduate credits to teach college-level classes in high school. "I enjoyed teaching students in the classroom, but I wanted something more," Glenetske said. She gradually assumed leadership responsibilities within the district by collaborating with staff, participating in committees, and engaging with teams. After contemplating transitioning to an administrative role for a year, she sought advice from superintendents and principals regarding their experiences, preferences, and job satisfaction.

Soon after conversing with administrators, Saint Mary's University initiated a cohort in her community; Glenetske felt this was a sign to transition into an administrative career. Preferring the in-person experience over online, she joined in 2020, and attended one class in person before transitioning to Zoom classes due to the pandemic. Sadly, during this period, she faced the devastating loss of her three-year-old daughter, Clare. Despite this challenging time, she persevered through the second class of her administration degree, contemplating whether to continue or step back due to falling behind.

Glenetske reflected, "It was a difficult journey, but I chose to continue. When deciding to pursue my administrator degree and when considering the position of superintendent, that was a family decision. We had to make sure we were all on board as a family; otherwise, we would not have been able to make it happen," shared Glenetske.
She expressed gratitude for finishing the program and successfully completing it in 2022. She knew she wanted to continue to receive her superintendent licensure, which she received in the summer of 2022. She waited to do her superintendent internship as she was actively pursuing a position as a principal. There were no openings in Brandon-Evansville Public Schools, so she thought she would start her internship wherever she received a principal job.

Following the resignation of former Brandon-Evansville Superintendent Donny Peschel, an opportunity opened up to pursue the superintendent position. Before Peschel's departure, Glenetske completed a rigorous 320-hour internship with him in three months. She described the experience as challenging but ultimately rewarding. "It was a lot of hard work but worth it. It was great to do it in this district, be offered the position, and step into the role."

During Peschel's tenure as Superintendent, he successfully obtained a referendum for the expansion and improvement of Brandon-Evansville Schools. This provided an excellent opportunity for Glenetske to collaborate with Peschel and gain insight into the decision-making process behind the new school design for improvements.

Glenetske approaches her role as Superintendent with a clear understanding of the challenges she faces in a typically male-dominated field. She emphasized the importance of being well-prepared and actively engaging in conversations to build relationships and establish her presence. She recognizes that societal expectations often picture a superintendent as a mature man, and she leverages her preparation and relationship-building skills to challenge and change that perception.

Glenetske's mentor, Alexandria Superintendent Rick Sansted, shared a crucial piece of advice that has significantly aided her in managing the complex and challenging issues she has faced since assuming the role of superintendent. He emphasized the importance of embracing the responsibility to address and resolve the problems that arise, highlighting that complaining and walking away is not an option. Glenetske internalized this perspective, understanding that her job necessitates finding solutions and tackling issues head-on. "I don't get to complain and walk away from problems. This is what I was hired to do," she remarked.

The Brandon-Evansville staff is now preparing for the Fall session. Glenetske highlighted that a significant focus for staff is ensuring they are ready to roll out the curriculum supporting the Read Act. The Read Act, which went into effect on July 1, 2023, aims to have every Minnesota child reading at or above grade level every year, beginning in kindergarten. It also supports multilingual learners and students receiving special education services in achieving their individualized reading goals to meet grade-level proficiency. Glenetske shared that certain teachers must have professional development in the Science of Reading. "We have invested in that program, not just to check a box but to enhance literacy in our schools, which is a priority for our K-5 program to ensure we are on the same page," said Glenetske.

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Brandon-Evansville is a Q Comp School, and they have set site goals based on reading. This last year was the first year all four sites met their goal. Each teacher sets an individualized goal for themselves based on standardized testing, reflecting a commitment to continuous improvement and student success. Brandon-Evansville has professional learning communities (PLCs) surrounded by Q Comp components. “As a Q Comp school, we are really invested in the evaluation process,” said Glenetske. Brandon-Evansville's tenured teachers can be trained to become a Trained Observer and complete an observation and a self-reflection three times a year on how the lessons for students were received. Also, the Trained Observer learns as much as the observed person.

One of the approved trainings for Science of Reading proficiency is LETRS training. Brandon-Evansville had invested much time and energy into getting as many K-5 teachers certified in LETRS training before the Read Act took effect. “This has really provided us with a leg up on preparation for this new legislation,” said Glenetske.

L LANGUAGE
E ESSENTIALS for
T TEACHERS of
R READING &
S SPELLING

When asked to share some of her ah-ha moments along the way. Glenetske said,

> **“You can be in a school district for many years and think you understand and know what all school staff members do daily to help the school operate. I feel lucky to understand how valuable our staff is here at Brandon-Evansville.”**

She also serves as the principal for grades 2-5. About a month after taking on this role, she had a staff meeting with her teachers. She shared with her staff that she realized as a high school teacher that she could have chosen to teach with blinders on instead of engaging with her students. Her role could have always been, “I’m here only to teach you math.” It took her a few years to realize that not only was she there to teach math but also here to help these students become better people. “There are so many other things that are more important than knowing the quadratic formula,” said Glenetske.

She knows that when students leave school, you want them to be able to contribute to society. Also, serving as the elementary principal, she has learned that young children communicate differently than her high school students and do not have filters. “If you start a conversation with elementary students, you will quickly learn what is happening in their home lives,” said Glenetske.

Brandon-Evansville Public School is making significant progress with the planned additions and renovations to its facilities. During our visit, the halls were still buzzing with construction activity, and dust filled the air. When questioned about the school's readiness for the upcoming fall term, Glenetske flashed a confident smile and reassured, "Absolutely, we'll be ready!"

Want to learn more about the Brandon-Evansville Public Schools? Contact Superintendent Louisa Glenetske at lglenetske@b-e.k12.mn.us.

FROM THE

Executive Director

"Learning, Leading, and Innovating to Achieve Vibrant, Inclusive Communities."



Jeremy Kovash
Executive Director



As we embark on a new school year, it's important to reflect on the experiences and opportunities that broaden our horizons. This summer, I had the privilege of traveling to Connecticut, where I visited the Mark Twain Museum. Among the many insights I gained, one quote resonated with me: "Travel is the enemy of prejudice." These words from Mark Twain remind us of the power of exploration and education.

Travel and exploration, whether through physical journeys or through literature, culture, and history, serve as powerful tools for learning. They challenge our thinking, foster empathy, and inspire us to seek new perspectives. By studying cultures, reading diverse narratives, and engaging with the world, we can break down barriers and build bridges of understanding.

As we dive into this school year, let us encourage our students and staff to learn, explore, and empathize. Let us remind them that each page turned, and each conversation shared with someone from a different background is an opportunity to grow.

At Lakes Country Service Cooperative, we are committed to our vision—"Learning, Leading, and Innovating to Achieve Vibrant, Inclusive Communities"—which guides us in our efforts to create a nurturing environment where every student can gain experience and thrive.

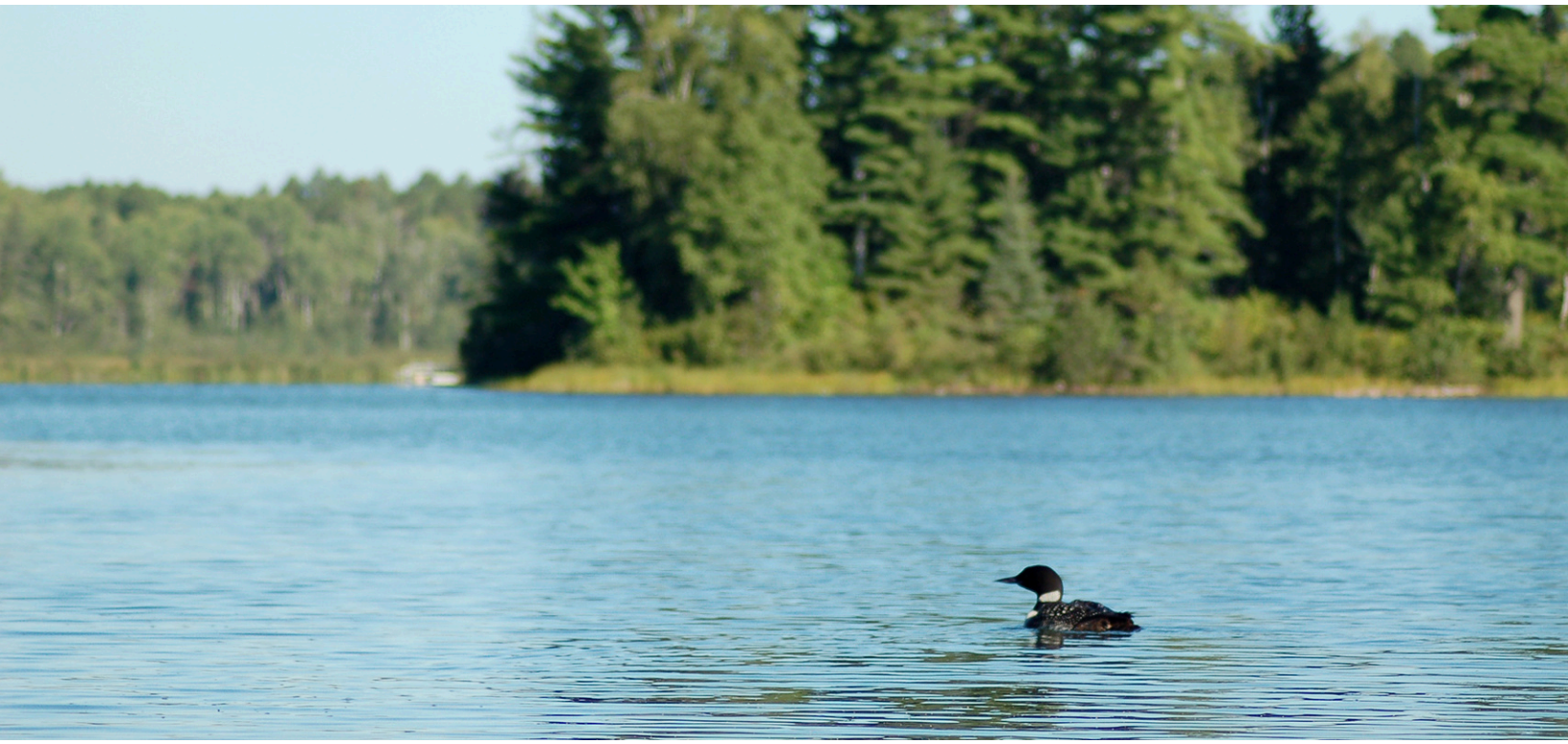
Together, let's make this school year a journey of discovery and connection, where education becomes a pathway to building vibrant, inclusive communities.

In the spirit of Mark Twain, let us embrace the adventures that lie ahead, fostering a culture of empathy and understanding in our schools and communities. Welcome back to school!

TEACHERS



Don't miss the opportunity to participate in Schools for the Planet



Apply Now

The Center for Climate Literacy at the University of Minnesota invites applications for Schools for the Planet, an asynchronous online institute on climate literacy education using children's literature, which will be conducted from September 30 - November 30, 2024.

This is a pilot version of an established **in-person institute.** In-service teachers from all content areas and all grade levels (preK-12) are encouraged to apply. This institute is free of charge.

By participating in the institute, teachers will:

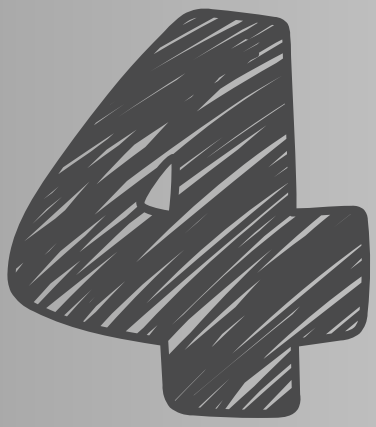
- Develop workshop and revised climate literacy curriculum for their specific classroom(s)
- Increase their understanding of climate literacy as a transdisciplinary capability; develop strategies for using children's and young adult literature in climate literacy education across all content areas
- Build a community of climate literacy educator-practitioners, as well as build relationships with the University of Minnesota's Center for Climate Literacy
- Earn 16 CEUs

Applications are due **September 15 at 11:59 pm.** Selected applicants will be notified by September 18. Participation will be limited to 20. To apply, please complete this **Google Form**.

To learn more, please see the **Institute's proposed syllabus**.

Please direct questions to Nick Kleese at klees023@umn.edu.





NEW CPC CONTRACTS!

CPC HAS AWARDED FOUR NEW CONTRACTS! TWO OF THE CONTRACTS ARE FOR SOUND AMPLIFICATION, ONE CONTRACT IS FOR EV CHARGING, AND ONE CONTRACT IS FOR FACILITIES AND GROUNDS.

Sound Amplification: Lightspeed and Marco

Lightspeed offers a variety of classroom sound amplification solutions. All of their systems are simple to use, integrate well with multimedia, and have a long, useful life. Their products include: classroom amplification systems, portable presentation systems, assistive listening devices, and other devices.

Marco offers bell/intercom/paging, and portable sound solutions for city, county, nonprofit, and school buildings. Discounts on products and services range from 2-50% off of list price and include planning and design services. Please note that Marco also holds a separate CPC contract for Security Solutions.

LEARN MORE ABOUT ALL OUR CONTRACTS AT PURCHASINGCONNECTION.ORG.

EV Charging: Blink Charging Co

Blink Charging Co offers electric vehicle (EV) charging equipment and networked EV charging services. Their principal line of products and services is the Blink EV charging network (the "Blink Network"), a proprietary cloud-based software that operates, maintains, and tracks all the Blink EV charging stations and the associated charging data; EV charging equipment; and EV related services.

Facilities Management: Facilities Management Express (FMX)

FMX offers a computerized maintenance management system - purpose-built solutions for facilities, maintenance, and operations. Use cases include Capital Forecasting, Facilities Management, Maintenance Management, Inventory Management, Event Scheduling, and Sensor Alerts.

LCSC Education Services Opportunities

Knowledge Bowl

MINNESOTA SERVICE COOPERATIVE
KNOWLEDGE BOWL

The Fall Knowledge Bowl Coaches Meeting is scheduled for **Friday, September 13th** at LCSC. Watch for a registration email from Academic Challenges Coordinator, Monica Thompson.

Perkins Fall Regional Networking Meetings

For more information and to register, click on the events below

- **Friday, September 20**
  Business & Marketing
- **Monday, September 23**
  Work-Based Learning
- **Tuesday, October 1**
  Family & Consumer Science
- **Thursday, October 3**
  Trade & Industry
- **Friday, October 4**
  Agriculture, Food, Natural Resources

PD4Me

Professional Development you need, when you need it.

Lakes Country Service Cooperative is pleased to continue offering PD4Me, which is an online professional development platform for members. The platform includes training opportunities from knowledgeable local, state-wide and national professionals.

As topics trend, we have a dedicated staff that will continue to build the library of trainings to give you fresh perspectives on various topics.

WHAT'S INCLUDED:

- Easy to use, online site
- Ability to host your customized content and training modules
- Easy reporting and tracking completed for you

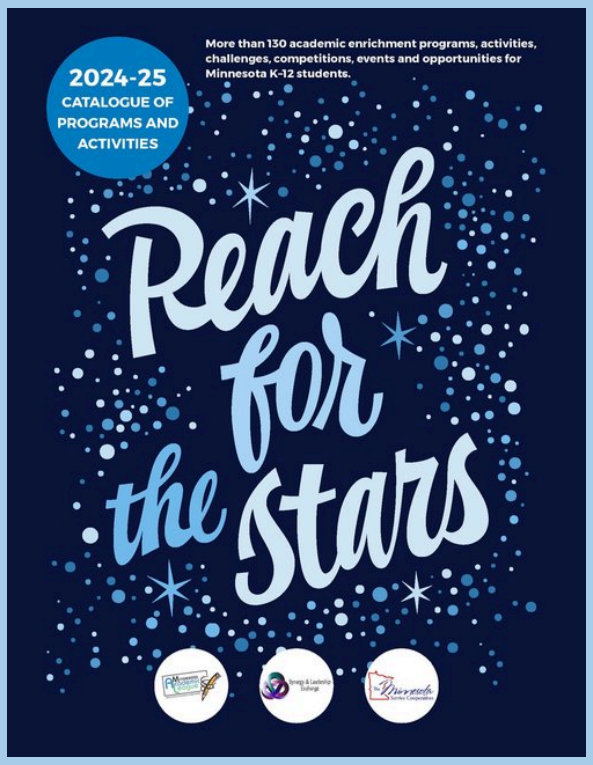
TOPICS:

- Legal Training
- Health & Safety
- Technology Integration
- License Renewal

If you have questions or need additional information, please visit the PD4Me website or contact Josh Nelson jnelson@lcsc.org or 218-737-6508.

AN EASY WAY TO ACCESS THE REQUIRED TRAINING YOU NEED.

ACADEMIC ENRICHMENT PROGRAMS



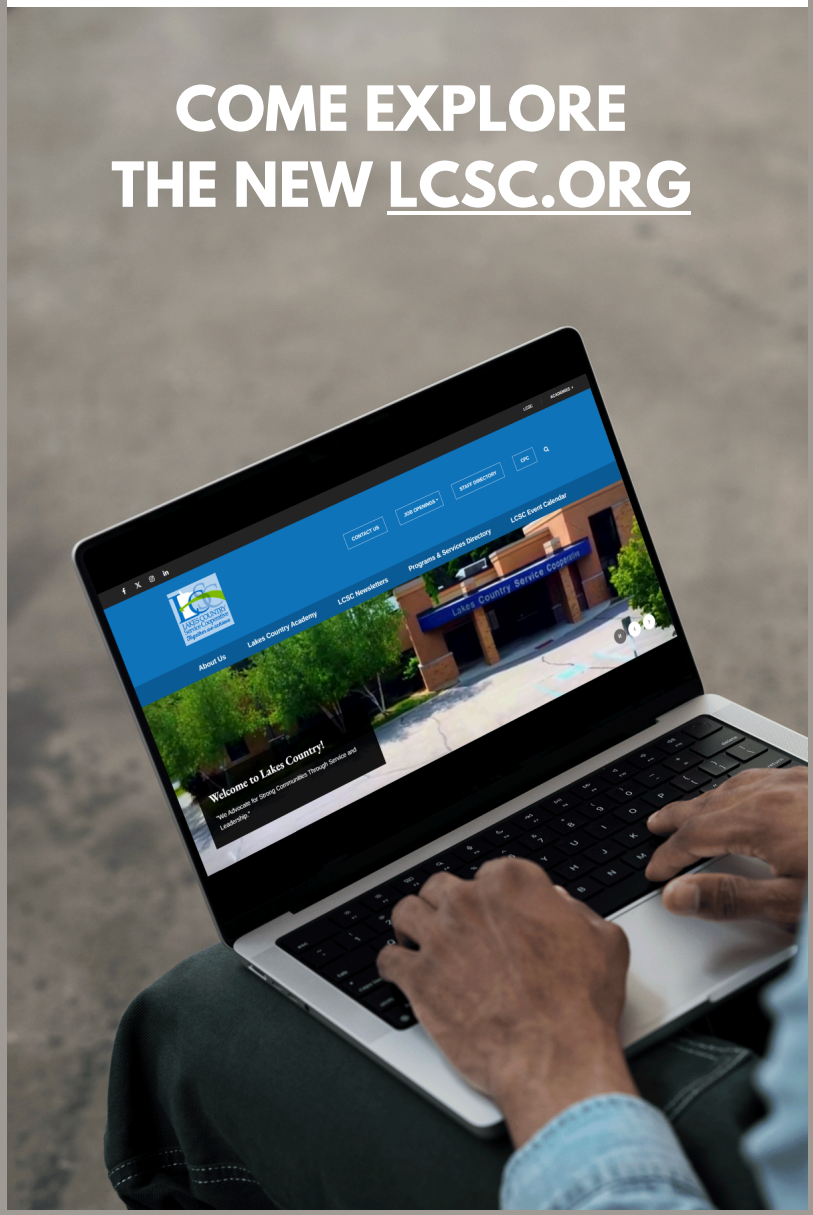
Looking for new ideas to nurture your students' passion for learning? Explore the 2024–2025 Reach for the Stars catalogue with more than 130 high-quality academic enrichment programs, competitions, events and activities for Minnesota K–12 students! Download a FREE full-color or text-only PDF at www.synergyexchange.org/reach-for-the-stars.

A NEW CLEANER LOOK

We've redesigned our website to make it even easier for you to register for events, and learn about our programs and membership.

EASIER NAVIGATION

COME EXPLORE THE NEW LCSC.ORG



Western Lakes Regional Center of Excellence Transitions to COMPASS



As of July 1, the Western Lakes Regional Center of Excellence has transitioned to COMPASS (Collaborative Minnesota Partnerships to Advance Student Success). This statewide system for continuous improvement was created through a collaboration between the Minnesota Department of Education (MDE) and the Minnesota Service Cooperatives. COMPASS aims to support equitable outcomes for all students by prioritizing access to high-quality tier 1 instruction.

COMPASS is designed to guide districts, charter organizations, and schools in examining and improving their systems through evidence-based support. Anchored within the Minnesota Multi-Tiered System of Supports (MnMTSS) framework, COMPASS provides cohesive resources to implement culturally and linguistically responsive, evidence-based practices. These efforts are driven by a commitment to the belief that every student can and will learn and thrive.

Professional Development and Support
Thanks to an annual $13.5 million investment by the Minnesota Legislature, COMPASS provides professional development opportunities at no cost to educational institutions. These opportunities include on-demand learning, cohort learning groups, and hybrid options combining resources and facilitated guidance. This flexibility allows schools to choose the learning formats that best meet their needs.

A Collaborative Effort
Commissioner Willie Jett of the Minnesota Department of Education highlights the significance of COMPASS:
"Minnesota has created COMPASS to support all districts, charter schools, and Tribal schools in continuous improvement with the ultimate goal of improving outcomes for students. We thank the Legislature for prioritizing this important work and appreciate the partnership with the Minnesota Service Cooperatives to make a difference for all students across the state."

Continued on next page

Source/Author: Staci Allmaras, LCSC Director of School and Youth Engagement

Anne Kilzer, Executive Director of The Minnesota Service Cooperatives, adds:
"The Minnesota Service Cooperatives are excited to align federal, state, and local resources and to co-design this enhanced and elevated system of support. By bringing the voice of those doing the work at the local level into the discussion, our perspective will ensure that implementation meets the needs of school leaders and learners across the state."

Regional Specialists and Support

Each of the nine Regional Service Cooperatives will host a team of specialists who will work closely with MDE to offer expertise in areas such as MnMTSS, literacy, math, school culture, and culturally responsive leadership. This support now extends to all districts, charter schools, and Tribal schools, building upon the assistance previously offered through the six Regional Centers of Excellence. The expansion ensures that even more schools receive the guidance needed for continuous improvement.

Commitment to Excellence

Originally launched in 2021 to address the needs of students and educators impacted by the COVID-19 pandemic, COMPASS has expanded to strengthen Minnesota's commitment to equitable education. This transition underscores a unified effort to ensure that every child in Minnesota has access to an excellent education, regardless of race or zip code.

COMPASS is more than just a program; it is a statewide commitment to student success and educational excellence. By engaging local educators, aligning resources, and offering comprehensive support, COMPASS sets the foundation for lasting positive change in Minnesota schools.

Lakes Country Service Cooperative member districts will have access to support in the following areas:
MNMTSS (Minnesota Multi-Tiered System of Supports) Lead: Courtney Henderson
Culturally Responsive School Leadership: Todd VanErp
Math Lead: Craig Bahr
Literacy Lead: Anna Gross
Equitable Access Support Multilingual: to be hired
Climate/Culture Lead: Naomi Miranowski
Literacy Coaches: Holly Inniger and Raina Askin
School Advocates: Erin Spies and one additional advocate to be hired.



Executive Director of the Minnesota Service Cooperatives
Anne Kilzer

Questions?

Contact Information
Staci Allmaras
Director of School and Youth Engagement
Lakes Country Service Cooperative
218.255.1650
sallmaras@lcsc.org

Meet the **COMPASS TEAM**



Staci Allmaras

Director of School and Youth Engagement

Staci will lead & coordinate the regional work of the COMPASS team to ensure that effective tailored support is provided with fidelity for schools.



Raina Askin

Regional Literacy Coach

Raina will work to strengthen educator capacity to deliver literacy practices in core instruction through the Regional Literacy Network (RLN) Coaching Model to move all students toward literacy grade level proficiency.



Craig Bahr

Regional Math Lead

Craig will work with state math leaders to lead regional professional learning to promote an understanding of math standards, content, and pedagogy necessary for the implementation of standards and effective teaching.



Anna Gross

Regional Literacy Lead

Anna will support local literacy plans with technical assistance, support Universal and Dyslexia screening administration and data interpretation and provide site-based literacy coaching support



Courtney Henderson

Regional MnMTSS Lead

Courtney will provide technical assistance to schools on the MN Multi-Tiered Systems of Support (MnMTSS) through multiple strategies including data analysis/needs assessment, training, coaching, and use of resources to improve outcomes for all including those underserved and marginalized.



Holly Inniger

Regional Literacy Coach

Holly will work to strengthen educator capacity to deliver literacy practices in core instruction through the Regional Literacy Network (RLN) Coaching Model to move all students toward literacy grade level proficiency.



Naomi Miranowski

Regional Climate and Culture Lead

Naomi will be addressing historical & persistent inequities and will engage educators in action planning to ensure high levels of learning for all students and staff without exception.



Erin Potter

Statewide Data & Assessment Literacy Lead

Erin will serve on the MnMTSS statewide team. She will ensure aligned support for Data and Assessment Literacy, between the MTSS Framework and the Minnesota Data & Assessment Literacy (MnDAL) modules.



Erin Spies

Regional Advocate

Erin will serve as a member of COMPASS Regional Team by collecting data to support improvement and provide coaching support to schools identified through the Minnesota State Accountability system.



Todd Van Erp

Regional Culturally Responsive Instructional Leadership Lead

Todd will develop school leaders in addressing historical, persistent inequities in educational opportunities and outcomes for students, especially students of color, students with disabilities, and students from low socioeconomic backgrounds, and understand MnMTSS as an equity-focused framework.

Two positions to be hired.

Regional Advocate

This third advocate position will serve as a member of the COMPASS Regional Team by collecting data to support improvement and provide coaching support to schools identified through the Minnesota State Accountability system.

Regional Equitable Access Specialist Specific to Multi-Lingual Learners

This position supports regional systems improvement to identify and remove barriers to high-quality instruction, layered support, establish a safe and welcoming school climate, and provide layered supports for specific historically and persistently marginalized student groups.



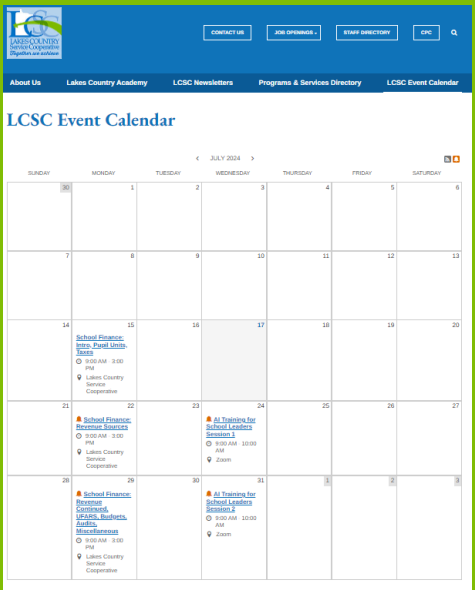
Please join us in expressing our sincere congratulations to Beth Achter on her retirement from Lakes Country Service Cooperative (LCSC).

Beth has dedicated 39 years of service as the Regional ECFE Coordinator in the Education Services Department at LCSC, and we are grateful for her exceptional contributions.

“Beth has been a stalwart advocate for Early Childhood Education at Lakes Country for many years. Her leadership has made tremendous progress for her profession and, most importantly, for our children. We are forever grateful for her contributions.”

- LCSC Executive Director, Jeremy Kovash

LCSC HAS A NEW EVENT REGISTRATION SYSTEM!



We've upgraded our event registration system for a better user experience.
Visit our website at www.lcsc.org and click the "LCSC Event Calendar" tab to explore upcoming events including networking groups, training sessions, and professional development opportunities.

We look forward to your participation in LCSC programs and events!

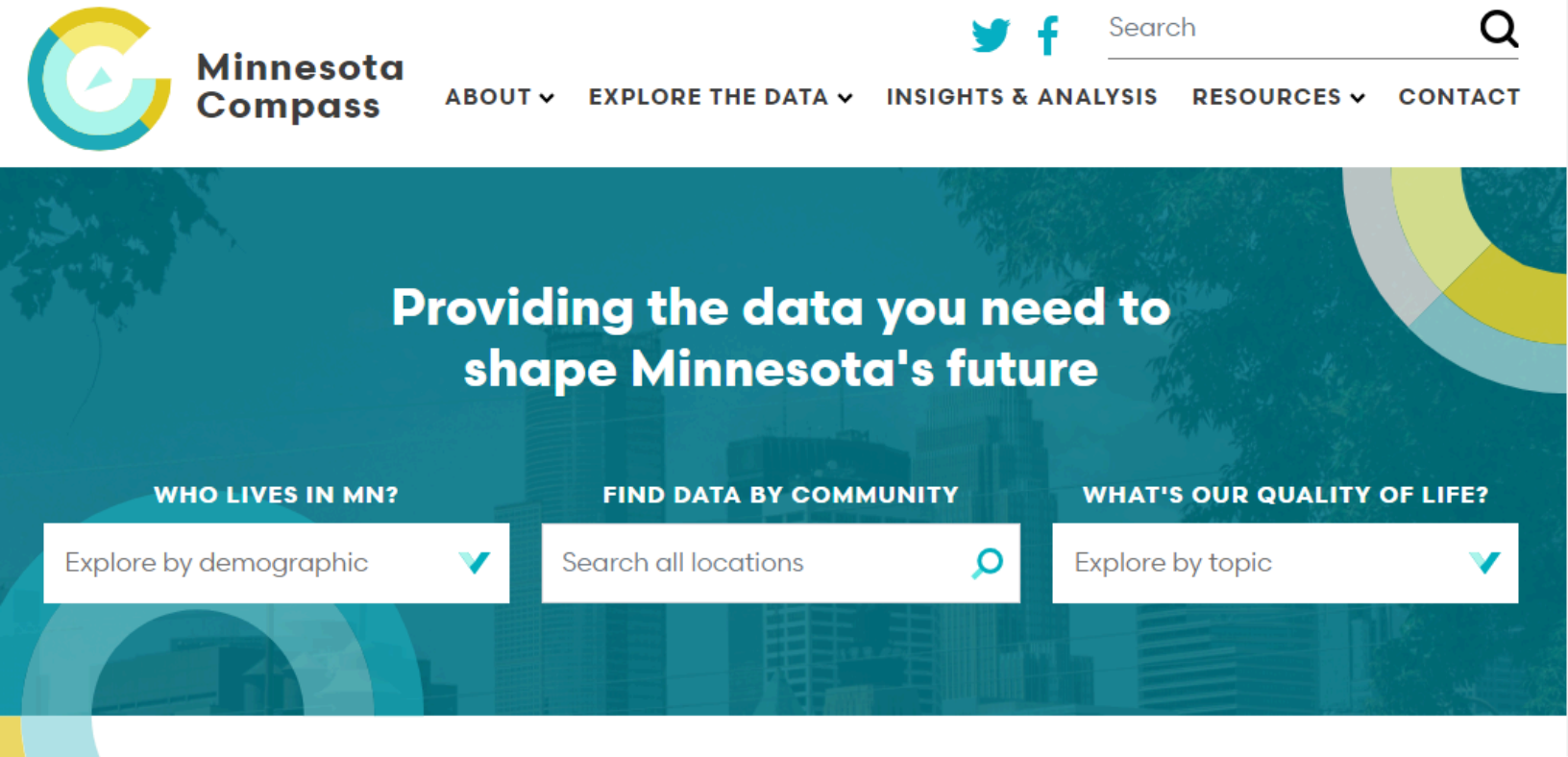


Becoming a member of LCSC is easy and provides you with quick access to a variety of services.
Membership is available to all government, educational, and nonprofit organizations.
As a member, you can select any services offered by LCSC. Several services, such as Cooperative Purchasing, are free with membership. Others are funded through a fee-for-service arrangement or through our many grant programs.

Building Strong Connections®

We don't simply build buildings, we build a real connection with our project partners.





Minnesota Compass

Do you want to learn more about the people and places that make up Minnesota? Do you want to access reliable and easy-to-use data on topics that affect your quality of life? Do you want to find resources and tools to help you make informed decisions and take action in your community? If you answered yes to any of these questions, then mncompass.org is the website for you!

Mncompass.org is a project of Minnesota Compass, a social indicators initiative that tracks and analyzes trends in areas such as education, economy, health, housing, public safety, and more. Mncompass.org provides data and information for the state as a whole, as well as for regions, counties, cities, and neighborhoods. You can also find data by race and ethnicity, by immigrant group, and by cultural community.

Mncompass.org is more than just a data source. It is also a platform for sharing stories, insights, and best practices from people and organizations working to improve our communities. You can explore data stories, data insights, featured data, and other resources that highlight the issues and opportunities facing Minnesota. You can also create your own custom data profiles using our "Build Your Own" mapping tool.

Mncompass.org is a trusted and valuable resource for policymakers, business and community leaders, nonprofit organizations, media outlets, educators, researchers, and anyone who lives and works in Minnesota. By providing a common foundation of data and information, mncompass.org helps us shape our future together. Visit mncompass.org today and discover how data can make a difference!

Minnesota Compass
A Project of Wilder Research

LCSC LAUNCHES INITIAL LICENSURE PROGRAM

for MN Teachers in Career and Technical Education

Lakes Country Service Cooperative (LCSC) is pleased to announce the launch of its Teacher Education program in Initial Licensure, specializing in Career and Technical Education (CTE). This innovative program is designed to address the growing demand for skilled CTE educators and to equip them with the necessary credentials and expertise to inspire the next generation of professionals. The program—recently approved by the Minnesota Professional Educator Licensing and Standards Board (PESLB)—is currently enrolling qualified educators to advance them toward Tier 3 licensure and permanency in Minnesota.

PROGRAMS INCLUDE:

- Business and Marketing (B&M): Communication Technology Careers (300000) and Hospitality Service Careers (300600). Note: does not include the broad-based Business (140050) license.
- Family and Consumer Science (FCS)/Human Services: Creative Design (300400), Early Childhood Careers (300500), and Hospitality Service Careers (300600). CTE Core Skills plus industry recognized certification using the portfolio process for Cosmetology (092602) and Law Enforcement (092603). Note: does not include the broad-based Family and Consumer Science (090100) license.
- Health Science Education (HSE): Medical Careers (300300).
- Trade and Industry (T&I): Construction Careers (300100), Manufacturing Careers (300200), Transportation Careers (300700), and Communication Technology Careers (300000).
- CTE Licensure Endorsement: Work-Based Learning (160000).

Dr. Zane Sheehan
Associate Director of Teacher Licensure



"One of the goals of the program is to provide flexible opportunities for people to invest in their home communities while educating the next generation," says Dr. Zane Sheehan, Associate Director of Teacher Licensure. "Teachers joining the profession with a Tier 1 or Tier 2 license often have years of industry experience, industry-recognized certifications and credentials, and training that provides significant relevance to the classroom. We value that experience. Our teacher's industry expertise develops students' interest and skills in industries that are vital to all communities." The grant funded program accepts Tier 1 teachers with qualifying exemptions and relevant industry experience.

PROGRAM GOALS

LCSC aims to enhance the quality of CTE across Minnesota by:

- Expanding Teacher Qualifications: Providing a clear pathway for industry experts and CTE teachers to achieve licensure, ensuring they meet state standards for educational excellence.
- Filling Workforce Gaps: Addressing the critical need for qualified CTE teachers in high-demand fields, thereby supporting local economies and workforce development.
- Advocating for Strong Communities: Many CTE teachers are local to their school districts, with strong ties to local business and industry that will empower the next generation of citizens.
- Navigating Tiered Licensure: Assisting teachers,administrators, and schools to ensure that excellent educators can stay in the classroom.



Troy Haugen
Director of Career and College Readiness

"This is an opportunity to serve at the intersection of industry expertise and education for teachers," says Troy Haugen, Director of Career & College Readiness at LCSC. "By empowering teachers with the right tools and credentials, we can create a more dynamic and effective learning environment for our students. I am extremely proud of the team for its work to develop this program."

PROGRAM BENEFITS

- Competency and standards-based instruction—no mandatory assignments, grades, or homework.
- Content is both online and available in person to best suit the teacher's unique needs—there are no rigid schedules or required classes.
- Recognition of prior experience, training, and certifications—there is no need to complete extra work for standards in which they are already experts.
- Student teaching is at their own school in their own classroom.
- Flexible timeline—teachers can complete as fast or as slow as needed.

For more information, please visit mncte.org

omada

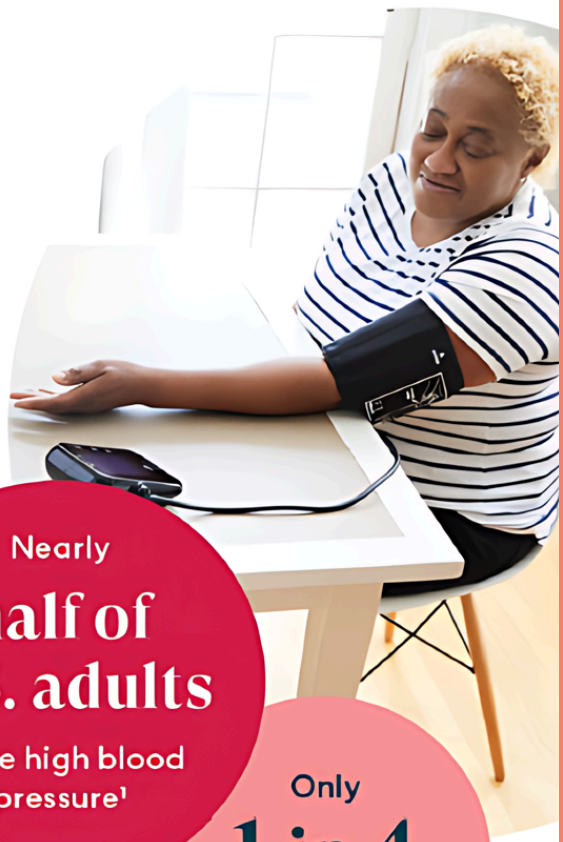
Minnesota Healthcare Consortium

Medica.

Love your heart

Join Omada for a Eating Better for a Health Heart webinar on September 11 at 11:30 CT.

There's no question about it—choosing healthy foods really pays off, from lowering your blood sugar and cholesterol to reducing your risk of heart disease and stroke. Join a webinar with Omada to build your knowledge about heart health.



Nearly **half of U.S. adults** have high blood pressure[1]

Only **1 in 4** have it under control.[2]

Try these 3 things to improve your blood pressure:

1. **Check your numbers.**
   Try to check your numbers at least once a week. A normal blood pressure is less than 120/80 mm Hg.
2. **Get moving.**
   If you sit for hours a day, take a 10-minute break each hour to stand and stretch.
3. **Make a better plate.**
   Add more fiber (beans, berries), potassium (bananas, spinach) and healthy fats (nuts, salmon).

MHC is offering Omada, a no-cost-to-you virtual health program that helps members lower blood pressure and lose weight to achieve long- lasting health changes.



Omada members get:

- A dedicated care team with a health coach.
- Personalized care plan tailored to each member's lifestyle.
- Smart scale and app to easily track your progress 24/7.

→ Click here to register

1 "Facts about High Blood Pressure." American Heart Association. Updated May 5, 2023. https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure

2 "Facts about Hypertension." Centers for Disease Control and Prevention. Updated July 6, 2023. https://www.cdc.gov/bloodpressure/facts.htm

*Certain features and smart devices are only available if you meet program and clinical eligibility requirements.

Images used are not real members. Testimonials are based on members' real experiences and individual results. We do not claim that these are typical results that members will achieve. Results may vary.

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CONTACT US

Phone: (218) 739-3273
(800)739-3273 (toll free)
Fax: (218) 739-2459
Email: communicator@lcsc.org
Executive Director: Jeremy Kovash

COMMUNICATOR STAFF

Editors: Jane Eastes: jeastes@lcsc.org
Mary Phillipe: mphillipe@lcsc.org
Address:
Lakes Country Service Cooperative
1001 E. Mount Faith
Fergus Falls, MN 56537
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