

The Buzz...

Monthly Employee
Newsletter –
April 2025



Welcome to April !

Spring is in full swing, and we are in the home stretch of another successful school year! As the flowers bloom and the days grow longer, it's a great time to reflect on the progress we've made and the exciting opportunities ahead. Thank you for your hard work and dedication to our students and their families. Let's finish the year strong!

Read Act Training ALMOST DONE !



Freshwater had 41 teachers participating in the Read Act training this year. This group will have its last day of training in April.

Congratulations to all!

These teachers have gained a deeper understanding of evidence-based literacy instruction aligned with the science of reading. They have learned how to teach foundational literacy skills, including phonemic awareness, phonics, fluency, vocabulary, and comprehension, using a structured and systematic approach. The training also covered assessment strategies to screen, monitor progress, and provide targeted interventions for struggling readers, including those with dyslexia. Teachers explored ways to create a literacy-rich classroom and use high-quality texts to engage students. By applying these strategies, our educators will be better equipped to support all learners and improve reading outcomes.

Need to Meet with Office Staff over the Summer?

Please email or call the staff member in advance to set up an appointment to ensure that they will be in the office.

****Keep in mind that the Freshwater Offices will be closed on Fridays in the summer. The front door will be locked for those that don't have a key fob.**



Staff Recognition

A shout out to Josh Peterson!

I was taking a class for a walk outside while he happened to be changing the flag at our building. I took the opportunity for an impromptu civics lesson - including him. He was such a great sport, showing the students how to fold the flag and letting us watch as he raised the new one. He answered all their questions and handled the situation with ease.

Josh is always so warm and encouraging with our students. Thank you, Josh!

- Kylen Lehmman

SAVE THE DATE

Freshwater's Celebration of Retirees will be on Wednesday, May 14th, from 3 – 5 pm in the JRN Conference Room at the Freshwater Office.

*****FED Offices closed on Good Friday – April 18*****

SUICIDE PREVENTION TRAINING

Are you looking for tangible strategies for suicide prevention and mental health/ well-being promotion for yourself and/or the people you serve? The goal of this training is to review ways to increase hope and protective factors in the work we do within schools, worksites, healthcare facilities, the community and more. All are welcome to attend.

A clock-hour certificate of attendance will be provided. This training is FREE and lunch will be provided.

Register by May 9 to account for lunch: <https://www.surveymonkey.com/r/May25Train>

NORTHERN MN SUICIDE PREVENTION TRAINING



Training sponsored by:
Minnesota Department of Health
Suicide Prevention Regional
Coordination Grant Funds

MOVING UPSTREAM

Are you looking for tangible strategies for suicide prevention and mental health/ well-being promotion for yourself and/or the people you serve? The goal of this training is to review ways to increase hope and protective factors in the work we do within schools, worksites, healthcare facilities, the community and more. All are welcome to attend and a clock-hour certificate of attendance will be provided.

TOPICS

The Power of Positive Childhood Experiences (PCEs)

One of the most exciting applications of the Science of the Positive is in the developing body of scientific research around positive experiences as a counterbalance to the harmful physical, mental, and behavioral effects of Adverse Childhood Experiences (ACEs) across the lifespan. This ongoing research is transforming how we address the prevention and mitigation of trauma and its harmful effects, and opening new avenues for increasing community and individual health and wellness. In this interactive workshop, you will learn about the latest data, implications for the people you serve, opportunities for application within your community and emerging research to cultivate PCEs for greater community well-being.
Provided by Carla Ritz, Managing Director at the Montana Institute

Advancing Digital Well-being Through Community Resilience and Collective Action

Join us for an engaging session where we delve into the intersection of digital well-being and health equity. Experience a LiveMore ScreenLess overview while we explore how digital media influences social and structural determinants of health. Participants will learn actionable strategies for leveraging community power and advocating for policies that support digital well-being.
Provided by Linnea Imhof, Public Health Educator at Koochiching Public Health and Human Services



REGISTER BY 5/9/25:

<https://www.surveymonkey.com/r/May25Train>



Thursday,
May 22, 2025



9:00 a.m. to 3:00 p.m.



SouthShore Hotel on Lake Bemidji
1019 Paul Bunyan Dr S, Bemidji, MN 56601



Questions?
meghann.levitt@carltoncountymn.gov




Training is FREE
Lunch will be provided

PSYCHOLOGICAL FIRST AID TRAINING

This training will be held on April 22 at the Morrison County Government Center—free of charge! This training equips participants with practical strategies to support individuals during crises, promote resilience, and strengthen our community's response to stress and trauma.

Space is limited, so we encourage early registration! **Register here:** [Psychological First Aid Registration Link](#)

Questions can be directed to Emily.Loomis@MorrisonCountyMN.gov



**Central Minnesota
MN Responds**

PSYCHOLOGICAL FIRST AID TRAINING

Psychological First Aid is an evidence-informed approach built on the concept of human resilience.

It is designed to help individuals cope with stress and recover after a traumatic event.

This training provides essential skills to assist both survivors and responders during crises.

April 22nd 2025

5:00 PM - 7:00 PM

**Morrison County
Government Center**

NO COST TO ATTEND!

Why take this training?

- Learn how to recognize and respond to emotional distress
- Gain practical strategies to promote safety, calm, and hope
- Support your community by building resilience and connectedness
- Improve your ability to assist in emergencies

Educators of Excellence

Celebrating positive impact and leadership

April 30 & May 7, 2025 | 7 p.m. Livestream

Join us and celebrate your fellow educators at the 2025 Educators of Excellence Celebration.

This celebration will once again be split into two separate evenings where educators and school staff across the region will be recognized.

You are invited to join us online via Facebook Live, as well as access a recording available the following day.

To view online:

- Go to facebook.com/sourcewellgov
- Look for the event posts for "Educators of Excellence"
- Select April 30 (Night 1) or May 7 (Night 2)
- Cheer on your colleagues

What is an Educator of Excellence?

Every spring, Sourcewell recognizes educators and school staff who demonstrate leadership and have had a positive impact on students and colleagues. Each school has the opportunity to select a teacher and staff member who has demonstrated a commitment to excellence.

Learn more about the Educators of Excellence program at mn.sourcewell.org/education/awards



Schedule of Events

Night 1 — April 30, 2025

Brainerd
Cass Lake-Bena
Crosby-Ironton
Crosslake Community
Long Prairie-Grey Eagle
Menahga
Northland Community
Pequot Lakes
Pine River-Backus
Sebeka
Staples-Motley
Walker-Hackensack-Akeley

Night 2 — May 7, 2025

Bertha-Hewitt
Freshwater Education District
Little Falls
Pierz
Pillager
Royalton
Swanville
Upsala
Verndale
Wadena-Deer Creek





Crystal Geisenhof	April 2
Josh Hendrickx	April 7
Mel Walberg	April 7
Kayla Januszewski	April 11
Melody Rasmussen	April 11
Roxie Ness	April 12
Amy Babler	April 14
Angela Eckhoff	April 18
Heidi Heino	April 21
Kim Thoennes	April 22
Kelsey Brakke	April 24
Lori Murdock	April 24
Amy Zamzo	April 24
Milly Leone	April 28

A Freshwater Spring

(AI Generated)

The April sun peeks through the gray,
Winter's whisper fades away.
Drifts of snow begin to shrink,
As rivers run and robins drink.

The earth awakens, soft and bright,
Blades of green push toward the light.
Raindrops dance on budding trees,
A gentle chorus in the breeze.

Through every change, through each new start,
You lead with wisdom, hands and heart.

Like roots that anchor, strong and true,
You help our students rise and bloom.

With patience deep and voices kind,
You shape their hearts, expand their minds.
Through every storm, through skies so blue,
Their hope, their dreams, all start with you.

So as the world turns fresh and new,
We send our gratitude to you.
For all you give, for all you bring,
You are the heart of Freshwater's spring.

Some corny jokes in recognition of National Humor Month

What's Forrest Gump's password? 1forrest 1

What has more lives than a cat? A frog, it croaks every day.

Why was Cinderella so bad at soccer? She kept running away from the ball.

RIP, bowling water. You will be mist.

Have you heard about the Disney virus? It makes everything on your computer go Goofy.

What did the triangle say to the circle? You're pointless.

What do you call a well-balance horse? Stable.

You know it's time to get off the internet when:

You see something funny and scream, "LOL, LOL".

You sign off and your screen says you were logged on for 3 days and 45 minutes.

Tech support calls YOU for help.

You're on the phone and say "BRB".

You say "he, he, he, he" or "heh, heh, heh" instead of laughing.

Your voicemail sounds a little like this... "BRB. Leave your S/N and I'll TTYL ASAP".