

Stay in touch with ESU 17 as the weather cools off and we head into a new school year!



## Everybody Talks... But do they Communicate?

As educators, we communicate every day with colleagues, parents, and students without giving much thought to whether or not we are communicating clearly and how our communication is being perceived. Our communication usually reflects our mood, sometimes intentionally and sometimes without much conscious effort on our part. So, why should we care how our communication is perceived by others? Parents don't really have a choice in who their child's teacher is, so if teachers are not communicating regularly and respectfully with parents and children there could be an eventual consequence. Interestingly enough, this may be a topic that educators should spend a little more time considering. Sooner or later everyone makes a mistake or has a bad day and the relationships that have been built with people through regular effective communication may be more important than we think. According to a 1997 study of physicians and their patients in which half of the doctors had never been sued and the other half had been sued at least twice, researchers found that the doctors who had never been sued spent longer amounts of time talking to their patients than the doctors who had been sued twice. According to author Malcolm Gladwell in his book, *Blink*, "What comes up again and again in malpractice cases is that patients say they were rushed or ignored or treated poorly."

As educators, we work every day with students and parents who can't just pick another teacher, classroom or school if they are unhappy with the person who is teaching their child. The time it takes to communicate regularly and positively with parents, students, and colleagues is far less than the time it takes to defend yourself to someone with whom you have no relationship. It is easy to believe that as educators we have more expertise in the area of education than parents and that the way we are teaching is the most effective. However, listening to parents, students, and colleagues may give new ideas or new information that may make teachers more effective.



## Upcoming Events

Oct. 3rd - NWEA Fall Meeting  
Oct. 4,5,6 - APL Instructional Skills  
Oct. 20th - Annual Title IX Meeting  
Oct. 21st - Fall Break  
Nov. 15th - Advisory Council  
Nov. 24th-25th - Thanksgiving Break  
Nov. 29th - Student Discipline  
Nov. 29th - SPED Law

[Get more info >](#)

## EHA Challenge Winners

Winners of the EHA Wellness Challenge, "Brighten Your Smile" included:

Geraldine Erickson, ESU 17  
Caren Fernau, Ainsworth Schools  
Tom Becker, Rock County Schools  
Peggy Medema, Valentine Schools



## ESU 17 Chosen for ELEVATE

We are excited that ESU 17 has been chosen to participate in the next phase of the EHA Wellness Program! ELEVATE is the new incentive program providing financial rewards for participating in the program.

The requirements include completing three of the ten challenges offered during the year, taking the Personal Health Assessment and visiting with a health professional about your PHA results and your overall health. Completion of the program requirements by Sept. 15, 2017, entitles you to earn \$150 as an incentive! Over 50% group participation in the incentive program allows ESU 17/ESUCC to earn \$5,000 plus 10% of the total individual incentives earned. The group incentive money will be used to promote staff health. Along the way, we hope you ELEVATE your health and well-being.

## Coding and Drones: Learning and Reinforcing Skills While Having Fun

On Thursday, September 29th, students at Keya Paha County Schools were able to learn valuable math, science, teamwork, and creativity skills in a brand new way...through flying drones! ESU #17 technology staff members took 7 drones out to the school to use with students in 3rd-8th grades. During the morning hours, the students had to complete a series of indoor drone challenges set up as a four-part obstacle course. Divided into teams, the students had to work together to maneuver their drone through hula hoop tunnels, foam noodle goal posts, and tricky



Photo Credit: <https://pixabay.com/en/drone-rc-blade-180-qx-hd-674237/>

turns. However, there was a catch...the students did not have regular drone remote controls. Instead, they had to control their drone using a block coding iPad app.

Introducing computer coding and programming to students of all ages has become a major focus of the ESU #17 Core Services team this year. Studies have shown that coding can help children improve in math, science, and language! Similarly, these drone days are also aimed at working on each student's soft skills, such as teamwork, problem-solving, and creativity.

Our first Drone Day was a great success! Students seemed to be engaged and really enjoyed learning in a physical, hands-on way. ESU #17 staff members look forward to bringing Drone Day to all 5 of the districts in our service delivery area!



### OLD MEDIA ITEMS WANTED:

Old school mimeograph machine, filmstrip projector and the old classroom-type cassette recorder for display at Valentine's Centennial Hall Museum located in the oldest standing high school building in Nebraska. Contact Al Brock at 402-376-1164 or [tuffyrider40@yahoo.com](mailto:tuffyrider40@yahoo.com)

### The Science of Kindness

"It's become quite clear that modern education ought to encompass more than just academics, and that matters of the heart must be taken seriously and nurtured as a matter of priority." - Lisa Currie (Why Teaching Kindness in Schools is Essential to Reduce Bullying) It can be a bit of a social taboo to ask why you should be kind. Thankfully, you don't even have to ask – because Lisa Currie already has the answer. In her article, she talks about why teaching kindness is vital in overcoming the problem of bullying... but also why kindness is beneficial overall.

Short on time?

Let us give you the highlights According to Lisa, teaching kindness improves a child's  
Happiness  
Health  
Self-esteem  
Concentration  
Grades  
Sense of belonging  
Acceptance of their peers  
Appreciation of their circumstance

Not only that, it also reduces  
their Depression  
Stress  
Likelihood to bully peers.

The evidence is growing every day. We all know being kind is worthwhile. But, as it turns out, it's even more worthwhile than any of us realized – because we now know that dedicating just a few minutes each week to kindness has a hugely beneficial impact on your well-being and success. Frankly, we're surprised doctors aren't prescribing kindness to their



patients!

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## Real Food Winners

Winners of the August EHA Challenge, "Real Food" include:

Kay Hookstra, Ainsworth Schools  
Dedra Stoner, Ainsworth Schools  
Misty Wroblewski, Ainsworth Schools  
Gina Breuklander, Valentine Schools  
Kathy Hammond, Valentine Schools  
Lila O'Keefe, Valentine Schools



## Transition News

The Western Region Transition team wrote a grant and will be offering "Quest to Be My Best" for high school students. The closest one to ESU 17 schools will be in Gordon on January 31st. More information will be out as we get closer to the date. This will be offered to all ESU 17 high schools as we are offering it across regions.

WINAHEAD will be coming this way before the end of the year. Patty Pier will let everyone know when a date has been set. She will also be starting Caps/Cops/Copes testing soon. Valentine and Bassett have already set days for this testing. Testing will occur on Fridays. Please let her know when you would like her to come to your school!

You can contact Patty Pier by emailing her at [pbopp@esu17.org](mailto:pbopp@esu17.org)

[Email Patty](#)



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