

A MESSAGE FROM DR. BELL



After spending about 50 hours meditating in the family truckster while going hither and yon for the holiday season, I find that my research and development side kicked in and organizational plans for the next six months have emerged on paper with the use of my favorite hotel pen garnered from the last national conference I attended. Jason Everett, Ron Cone, John Stritt, Matt Blomstedt, and a myriad of others have me pointed toward management by Google docs, but the feel of that pen scratching out details on a legal pad is such a soothing feeling for me. I'll transcribe these thoughts to the modern world later.

There are still so many questions and answers about ESU 10 topics, but I'm going to wait a month before delving into that abyss again. This month's thoughts turn to management thoughts as the fiscal year begins to wind down and assessment centers on achievements for the year and direction for the future.

The ESU 10 staff will once again meet on February 11th to take the next step down the path of Continuous Improvement Process. The four Priority Area Committees continue to look to provide professional, knowledgeable, responsible staff; to strengthen and develop customized products and services; to bridge gaps of time and distance through maximum utilization of resources; and, to assist our customers in identifying and achieving future goals.

This process has been as slow and arduous for us as it is for all of you. Great care is taken to target all available resources to meet your needs as we "partner with our customers to meet changing needs through professional expertise, training, and support." Our resources have been worn thin by the many school district needs so we must work our process to become even smarter at what we do. Your constant feedback is appreciated to help us get where we need to go. It is my hope you will see a new, streamlined program evaluation tool in the spring.

It's easy to have new opportunities for all of you – but unless those opportunities meet your needs they are like snowflakes blowing across the plains of central Nebraska. They seldom stick, but every once in a while they get slowed down and form drifts. If you have lived in Nebraska long enough you will know that drifts can be good or bad depending on how you view them. They can either bog you down when you get stuck in them or provide you resources for fun and adventure. I'm hoping the flakes around here provide you with the latter as we work together to provide great educational opportunities for students, teachers, and administrators.

We look forward to an exciting 2013. Let the journey begin.

January Workshops

- 16 [Patient Protection and Affordable Care Act](#)
- 18 [1:1 Schools Meeting](#)
- 21 [Comprehensive Planning for ASD](#)
- 23 [Secondary TIER II/III Reading Interventions](#)
- 24 [Science Teachers Network Day](#)
- 25 [iPad Basics: Getting to Know Your iPad](#)
- 29 [Using Social Media in Education](#)
- 30 [PowerSchool - Power Scheduler](#)
- 31 [Livescribe Smartpen Training](#)

February

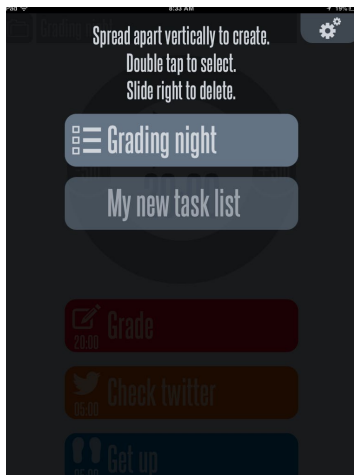
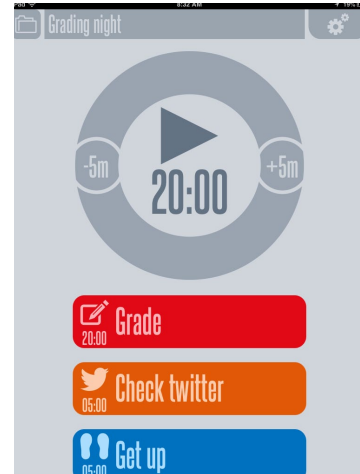
- 01 [School Librarians](#)
- 01 [Technology Integration Specialist Meeting](#)
- 04 [LAN Manager Meeting](#)
- 07 [CTE Teachers Network Day](#)
- 19 [Teaching with an iPad](#)



Happy New Year! I'm sure many of you have New Year's resolutions to accomplish this year. I bet some of your resolutions are centered on the idea of getting things done. To help you keep your resolutions I have an app for you: [30/30](#).

As an example I have a grading task list. I have a set time to grade homework then I have a set time to check in on social media sites like Twitter or Facebook and then I give myself a few minutes to get up and move around.

30/30 is a simple and useful task manager. You create a list of things that you want done, decide on how much time you want to give to each task and you are on your way to a productive day. The powerful part is that if you have set of tasks you need to do on a regular bases, 30/30 allows you to keep your list and use it any time.

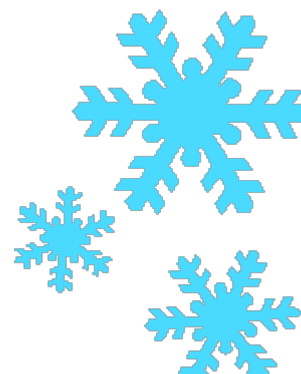


Another cool aspect of the app is the option to loop your task list. Most nights I have to loop my grading task list at least twice.

2

The controls are simple and gesture based. If you need to rearrange your list you simply swipe left to move a task to the bottom or swipe right to delete a task. There are a number of personalization options for your tasks like color, icon choices and the alert sounds.

I find that I use this timer in all kinds of different situations. Over the holiday break my son had basketball practice and I set up 30/30 for a shooting drill in a matter of seconds. This is the app to help you focus on what you need to accomplish. It will help you keep some of those New Year's resolutions.



“ZONES” ARE HELPING STUDENTS ACROSS ESU 10 STAY REGULATED

by Bethany Hyatt, School Psychologist

In November 2011, Leah Kypers first presented her “Zones of Regulation” at ESU 10. In September 2012 former ESU 10 employee Jamie Lewis returned to present a basic training followed by an advanced training by Mrs. Kypers in October. Through these opportunities approximately 150 professionals in the ESU 10 area have received training in the Zones of Regulation. These trained individuals are putting their knowledge to use by teaching the “Zones” to individual students, groups, and whole classes throughout the ESU 10 service area.

The Zones of Regulation is a curriculum that helps students with self-regulation and emotional control. Self-regulation is defined as the best state of alertness of both the body and emotions for the specific situation. The lessons help students to identify the Zone they are in, determine if it is the expected zone for the situation, and then develop and use tools to change or maintain their zone. The curriculum also helps students to increase their ability to talk about emotions, understand the emotions of others, and how their behaviors

impact others. They learn to identify their triggers, tools for calming and alerting, and problem solving strategies.

There are four Zones of regulation in the program that are identified by colors and associated with traffic signs. The blue zone is associated with a rest area sign and includes emotions such as being sad or tired. The Green zone is associated with a green light and includes being calm and ready to learn. The yellow zone is associated with a caution sign and includes frustration and anxiety. The Red Zone is the out of control zone and is associated with a stop sign. One of the major premises of this curriculum is that there are no bad zones and that all of the zones are expected at different times. Students really enjoy this approach to talking about their feelings and are able to learn it quickly. Teachers and parents can easily learn the vocabulary to support the student’s generalization of the knowledge. Therefore, professionals feel that this training has been an asset to their work with a variety of students.



3

MEET MARK HELLMAN, NEW WEB DEVELOPER AT ESU 10



I grew up in Kearney and lived in Lexington for two years, while in High School, before finally moving to Wheat Ridge, Colorado. 15 years later I moved my wife and four kids back to Kearney so they could grow up in this amazing community, like I did! Riding bikes to school and running around all summer long with good friends and family were some of my best memories. After living in Kearney a few years we added a foster daughter to our family.

My family now includes daughters Chelsea, married with one child and one on the way; Lacey, attending UNK; Ashlee, back on track and enjoying life in Colorado; and sons Austin, a senior at Kearney High School; and Dalton, a sophomore at Kearney High School.

My children and I all enjoy spending time at the cabin on Johnson’s Lake during the summer. Dalton and I race Motocross and Dalton is also on the KHS Wrestling team. I’ve been designing electronic gadgets, programming computers and building web sites since long before there was even a www! (Did I just really admit that?)

I’m looking forward to applying my experience and expertise here at ESU10 for the foreseeable future. If you find yourself in the building please stop by and say hello, I love meeting new smiles. Looks to me like there are very good things happening here at ESU 10, home of *The Good Life!*

UPCOMING WORKSHOPS

School Librarians and Integration Specialists

February 1, 2013

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

ESU 10

School Librarians and Integration Specialists will meet together in the morning and then break after lunch into individual groups. We hope that you can attend as we collaborate, share and learn new skills.

To register click [here](#) and register for your particular workshop.

Crisis Team Training Level III

Facilitator: Dr. John Dudley

Site Facilitator: Deb Paulman

ESU 16 North Platte, NE

February 5, 2013

9:00 a.m.-3:30 p.m.

Level III: This training focuses on communicating and talking with students and staff during times of school tragedies.

Cost: \$100 for each participant. Cost includes registration fee, materials and snack. Lunch will not be provided.

To Register click [here](#)

Teaching With the iPad

February 19, 2013

9:00 a.m. - 3:30 p.m.

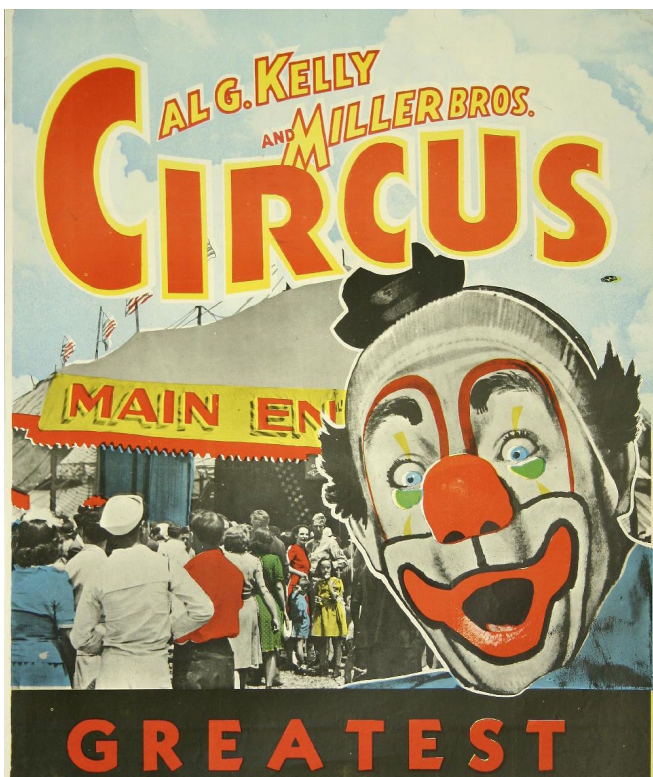
ESU 10

You've got the iPad basics down and you're feeling fairly comfortable using an iPad personally. Now you'd like to teach with it. In this one-day workshop you'll learn how to use an iPad as a presentation tool as well as explore educational apps, course management uses, and file storage.

To Register click [here](#)

4

SEE CAMP 2013



Come one, come all, to the greatest show on earth! Plan to join us for SEE Camp 2013 where CIRCUS will be the theme.

Please note that the SEE Camp schedule is changing from previous years. SEE Camp 2013 will be held Tuesday, May 28 through Friday, June 7, 2013.

SEE Camp brochures will be available, and applications will be accepted on a first-come, first-served basis from February 18 through April 1. Register early to ensure your enrollment in SEE Camp 2013.

For SEE camp questions contact [Trina Shaw](#) at or 308-237-5927. The digital brochure will be available on-line February 18.

Make your plans to join us “under the big top” at Cirque du SEE 2013.

2013

Poster and PSA Contest Guidelines

2013

Sponsored by the
**Nebraska Attorney General
and Educational Service Units of Nebraska**

The ESUs of Nebraska in partnership with the Nebraska Attorney General's Office are sponsoring an Internet Safety and Digital Citizenship Poster and Public Service Announcement (PSA) Contest for students in K-12 Schools in Nebraska.

1. Eligibility

Any public or private school/district within an ESU may participate.

2. Categories

Each school or district may submit one entry in each category from each grade grouping: K-4, 5-8, 9-12, i.e. three entries per school for each of the five categories.

3. Entry Formats

Poster	High quality computer generated (pdf, tiff, jpg, or png)
Poster	Hand drawn
Audio PSA	Submit on labeled CD (mp3, aiff, or wav format)
Video PSA	Submit on labeled VHS, DVD, or CD (QT, WMV, or RM format)
Open	A submission which does not fit a poster or PSA category above—could be a brochure, video documentary, etc.

4. Rules

- No real names used on posters or in audio or video PSAs
- Copyright laws must be followed, i.e. images, sound, etc.
- 29 second target time on PSAs (audio and video)
- Label CDs and DVDs with ESU Internet Safety Entry Form info. (See next page.)
- Put ESU Contest Entry Form on back of posters
- Poster Size: minimum – 8.5" X 11", maximum – 16" X 22" (recommended delivery in protected mailer, such as tube or flat box. Do not bend.)

5. Deadline

Entries must be submitted to ESU 10 by **February 1, 2013**.

Send entries via media route or mail to:

Graci Gillming
Educational Service Unit 10
PO Box 850, 76 Plaza Blvd
Kearney, NE 68848

6. Award

One entry in each grade grouping from each ESU will be selected and given state ESU recognition. Winning posters and PSAs, audio and video, will then be eligible for awards and/or use by the ESUs and the Nebraska Attorney General's Office. A winning entry in each category will be selected and sent on to the Attorney General's office for special recognition.

Entry form on following page

2013 ESU Internet Safety Contest Entry Form

Complete this form and place on the back side of each poster entry and submit along with each audio and video entry. Please label CDs and DVDs.

Student(s) Name(s): _____

Student(s) Age(s): _____

Grade(s): _____ Circle Category: Poster (HD or CG), PSA (Audio or Video), Open

School Name: _____

School Address: _____

School City, State, Zip: _____ School Phone: _____

Teacher Name: _____

Teacher email address: _____ ESU: _____

All images and music are original, are royalty free, or copyright permissions have been granted for broadcast and display.

I hereby grant permission to use this entry for positive recognition, display, publication, or broadcast by the Nebraska Educational Service Units and/or the Attorney General's Office of Nebraska.

Student Signature Date

Student Signature Date

Student Signature Date

Student Signature Date

Teacher Signature Date