

Northwest Service Cooperative

Winter Newsletter 2023-24



Your resource and learning partner!

NWSCOOP WINTER 2023-24 NEWSLETTER



A MESSAGE FROM THE EXECUTIVE DIRECTOR...



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Greetings Everyone!

Happy New Year...and welcome to 2024! I hope 2024 brings great joy, prosperity and good health to you and your family.

In mid-January, there will be some changes to the administrative structure here at the Northwest Service Cooperative (NWSC). After 12½ years as the Executive Director, I will be changing roles at the NWSC. I am not retiring....but I will be more part time and will be giving up some of the duties that I have had as the Director. I will continue working in the "education side" of the NWSC facilitating Adm. Forums, finance workshops, School Leader zoom meetings, etc. I will also keep working with the Regional Centers of Excellence and Ed. Services staff. In a nutshell, if it deals with E-12 education, I will still be involved. My new title will be..."Director of School Administrative Services". I plan on being in this role for a couple of years and then possibly look at full retirement.

Rob Blankenfeld will become the new Executive Director. Many of you might know Rob as he has been involved with the "insurance side" of the NWSC for several years. Rob will provide a smooth transition to the new administrative structure. As a member of the NWSC, hopefully you will see the transition go with minimal disruption.

It has been a great honor and privilege being your director for the past 12½ years and I look forward to continuing to work with you in my new role.

As always.....thank you for your continued membership and support of the NWSC!!!

Sincerely,

Bruce Jensen

MLK DAY

Staff Development Day

JANUARY 15, 2024
DISCOVER. GAIN. IMPLEMENT.

The Northwest Service Cooperative would like to invite the NWSC members to our annual 2024 Regional Staff Development Day/MLK Day on January 15, 2024. A variety of sessions will be offered virtually in many areas designed to support teachers. We hope you will join us! Each district will be billed, per participant after the event.

Session recordings will be available to all those registered, until January 31st at midnight.



MSC CONFERENCE 2024

Hosted by... Northwest Service Cooperative!

In July 2024, the Northwest Service Cooperative will have the opportunity to host the 2024 MSC Conference in Duluth, MN.

The annual MSC Conference is a chance for all nine service cooperatives to get together with many of their board members to discuss new legislative changes, present yearly awards, and share ideas with one another.

During this conference there will be speakers, an open discussion panel, an awards banquet, and a Vista Fleet Harbor Cruise!



Adult Basic Education

Spotlight on NWSA Adult Education



The Northwest Service Cooperative Adult Education program map was recently updated (in green) to reflect additional school districts which have joined the consortium over the past three years. Classroom sites are located throughout the service area as indicated (with blue squares) and the following information provides a quick snapshot of the consortium by its numbers:



30 member
school districts

11 counties

14,166 sq miles

11 classroom
locations


1 program
coordinator

3 data
specialists

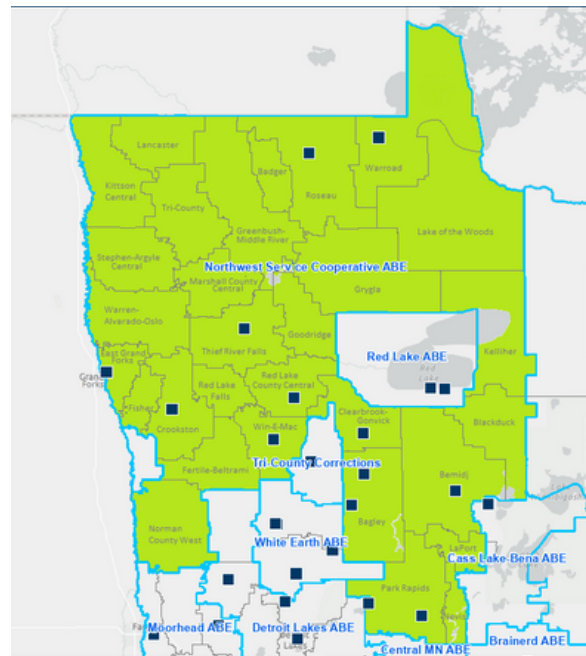
11 teachers

118.6 miles between westernmost
& easternmost classrooms

167 miles between the northernmost
& southernmost classrooms




*It's never too
late to learn!*



Adult Basic Education

NWSC Mobile GED Test Center Established



For those who didn't complete high school in the traditional manner, obtaining the General Educational Development (GED®) diploma has long been a valuable credential for adult learners in northwest Minnesota to pursue additional educational and career opportunities. The GED Testing Service is the provider of the GED® test, a joint venture between the American Council on Education, which started the GED program in 1942, and Pearson Vue, a leading education company which rolled out the current computer-based test in 2014. Students prepare for the GED test, either online, independently, or with the help of their local Adult Basic Education program, then schedule a GED test at a local test center or by using a virtual proctoring service called On Vue. Since the rollout of computer-based testing ten years ago, the number of GED testing center locations in northwest Minnesota has continued to dwindle.

Within the geographic boundaries of the NWSC Adult Basic Education consortium covering more than 16,400 square miles (about twice the area of New Jersey), there remained only one in-person test center which was located at Northwest Technical College in Bemidji, and in the fall of 2023, it was closed due to staffing issues, leaving no in-person testing options available to adult learners in the region.

[continue story...](#)

Adult Basic Education

NWSC Mobile GED Test Center Established

Last November, the Minnesota Department of Education approved the Northwest Service Cooperative Adult Basic Education consortium to establish a new GED Test Center in the region, and the GED Testing Service approved the consortium to make it a mobile GED testing center so that it could move between communities across the consortium to provide opportunities for on-site testing. In December, the Northwest Service Cooperative Board of Directors approved the purchase of a lab of ten laptop computers along with the ancillary equipment needed for testing. Staff members from Northwest Service Cooperative have undergone training to become certified GED examiners, and the lab will begin to schedule GED testing dates in ABE classroom communities throughout the region in the coming weeks, starting with a GED Boot Camp to be held in Bemidji on February 15th & 16th, 2024.

Students find benefit by being able to test in a center because they are able to test in a quiet and secure testing environment using handheld calculators (versus on-screen calculators) and scratch paper to work out problems as they take the test. On site testing also allows up to ten students to test at one time, instead of one person at a time using the On Vue proctoring service and assures that the testing devices they are using are adequate for delivering the online tests. In addition, students will save extensive time and travel costs by being able to participate in testing locally!

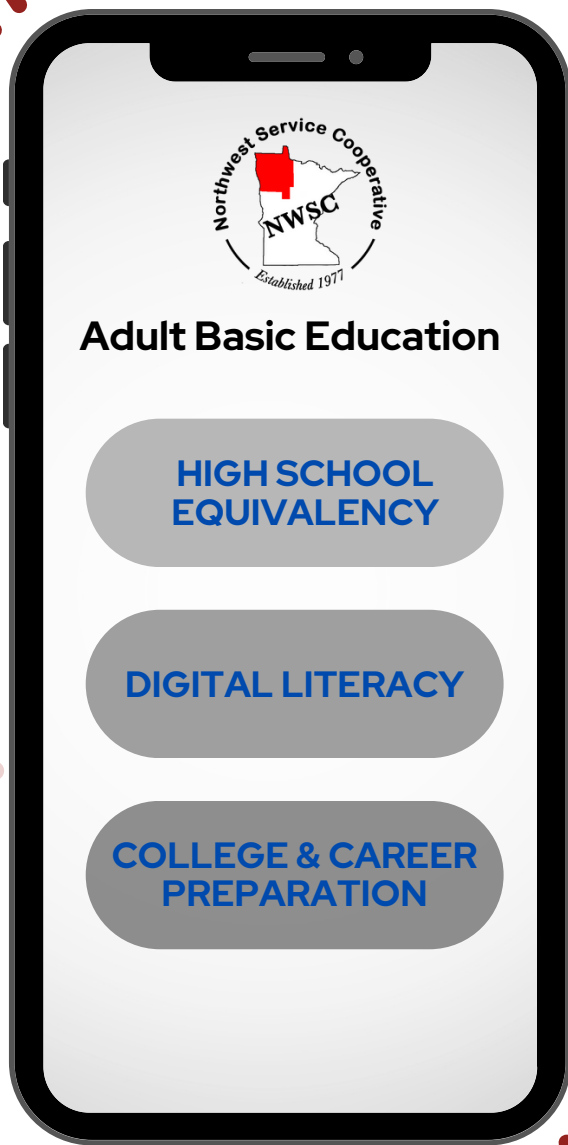
To see the schedule and location of upcoming testing dates, visit the NWSC Adult Basic Education website at www.northwestabe.org. For more information, or to request the mobile lab for a community near you, contact the ABE Coordinator, Kirsten Fuglseth at 218-681-0900 x 9 or by email at kfuglseth@nwservice.org.

Adult Basic Education

New Website Launched!

With the help of website designer, Mercedes Coan, the Northwest Service Cooperative Adult Basic Education consortium has launched a brand-new website! This site is filled with easy access to information for all, including:

- General Information about ABE Services including a link to the most current Course Catalog
- Programs and classes offered
- Introduction to the ABE Staff
- ABE Classroom locations/contact information
- Upcoming Events
- Celebrations and stories of learner successes
- Links to partner organizations
- And so much more!



SCAN ME

www.northwestabe.org

[ABE Course Catalog](#)



ROCC Courses | Spring 2024

Developing a Future Pathway

Registration Deadline: January 30th, 2024

Course introduces students to the Minnesota Career information System. Students will learn to use the occupations data-base, take and interpret at least three career assessment tools, use those results to research specific careers, set a career goal, and make plans for achieving that goal. Students will also learn the steps of a professional resume and develop a resume.

Class meets online over Zoom | Tuesdays & Thursdays from 5-7pm
Beginning February 6th, 2024 | runs for 6 weeks (12 sessions)



English Vocabulary for MN Driver's Manual

Registration Deadline: January 16th, 2024

This 10 week course focuses on the basic vocabulary and knowledge that is needed to help English language learners begin studying for the Minnesota Driver's license written exam. This is our level one course in preparing for the MN Drivers Written Exam. After completing this course, students are ready to take the level 2 course, Knowledge & Content for Written Driver's Exam.

Class meets online over Google Meets | Tuesdays & Thursdays 12:30-2pm
Beginning January 23rd, 2024 | runs for 10 weeks (20 sessions)

Knowledge & Content for Written Driver's Exam

Registration Deadline: January 16th, 2024

This level 2 course focuses on the knowledge and requirements needed to pass the MN driver's license written exam. The content is based on the MN Driver's Manual and includes road knowledge, traffic laws, vehicle operation and signage. This is our level 2 course in preparing for the MN driver's written exam. Students who have taken the level one course, English Vocabulary for MN Driver's Manual, should take this next in preparation for the permit test.

Class meets online over Zoom | Mondays & Thursdays from 6:30-8pm
Beginning January 22nd, 2024 | runs for 5 weeks (10 sessions)





ROCC Courses | Spring 2024

Fast Paced Knowledge & Content for Written Driver's Exam

Registration Deadline: February 20th, 2024

A shorter and faster version of the course that focuses on the knowledge and requirements needed to pass the MN driver's license written exam. For students who only need a little boost to pass the written exam and whose English is at a high level. This is our level 3 course in preparing for the MN driver's written test.

Class meets online over Google Meets | Mondays & Thursdays from 6:30-8pm
Beginning February 26th, 2024 | runs for 3 weeks (6 sessions)

English for CDL Exam Prep

Registration Deadline: January 15th, 2024

In this class, you will study the vocabulary and terms you will need to know in your CDL training school. You will learn the parts of a truck and the basic verbs used in driving. You will practice asking questions when making deliveries, reporting emergencies, and talking to police officers. You will practice reading maps and listening to directions. You will prepare for the language skills you will need to be successful in your CDL training school.

Class meets online over Google Meets | Tuesdays & Wednesdays 5:30-7:30pm
Beginning January 23rd, 2024 | runs for 5 weeks (10 sessions)

English for Healthcare Pathways

Registration deadline: January 15th, 2024

This course is designed to introduce students to the basic vocabulary and foundational concepts around healthcare careers, HIPAA, and body systems.

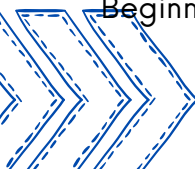
Class Meets Online Over Google Meet | Mondays & Wednesdays 12-2pm
Beginning January 22nd, 2024 | runs for 10 weeks (20 sessions)

TEAS Exam Prep

Registration Deadline: January 10, 2023

Ready to start that healthcare career? The Test of Essential Academic Skills (TEAS) exam is an aptitude test given to nursing school applicants (RN & LPN) prior to admittance into a nursing program.

Class meets online over Google Meets.
Tuesdays & Thursdays from 6-8pm
Beginning January 17, 2023 | runs for 7 weeks (14 sessions)





ROCC Courses | Spring 2024

English for Hospitality Careers

Registration Deadline: February 5th, 2024

This course is designed to help non-naïve English speakers become more proficient in English skills on the job in the hospitality career field. It is a bridge course preparing students to successfully pass certification exams.

Class meets online over Zoom | Mondays & Thursdays from 6-8pm
Beginning February 12th, 2024 | runs for 11 weeks (21 sessions)

Launch Into a Trades Career

Registration Deadline: January 29th, 2024

Develop math skills that are useful specifically to the trades, including decimals, fractions, imperial and metric measuring, ratios & percents and basic geometry. We will also investigate different trade unions and college programs to find what may fit best for each individual's needs.

Class meets online over Google Meets | Tuesdays & Thursdays 1-3pm
Beginning February 6th, 2024 | runs for 4 weeks (8 sessions)

ServSafe 1 Day Review & Test

Registration deadline: April 15th, 2024

Interested in a career in food service? Get your Food Manager Certification. Study beforehand with your ABE/Adult Education Teacher. Then take the ServSafe six hour review and test on the same day. The course begins at 8 am with the exam administered around 3:30pm. Course meets all state requirements for Minnesota and Wisconsin and assists with the MDH application form.

Class Meets Online Over Google Meet | Mondays & Wednesdays 12-2pm
Beginning January 22nd, 2024 | runs for 10 weeks (20 sessions)

TEAS Exam Prep

Registration Deadline: January 30th, 2024

Course is designed to help individuals who are going into the nursing field. The Test of Essential Academic Skills (TEAS) exam is an aptitude test given to nursing school applicants (RN and LPN) prior to admittance into a nursing program. Class will offer help in science, math, language arts and reading skills in preparation to take the TEAS Exam. Free TEAS Practice Test (\$65 value) for those who complete 40 or more hours of the course.

Class meets online over Google Meets | Tuesdays & Thursdays from 6-8pm
Beginning February 6th, 2024 | runs for 7 weeks (14 sessions)



Education Services

Support for New Educator Licensure Renewal Requirement

A new requirement has been implemented by the state of MN for teachers renewing their licenses. This new relicensure area specifically focuses on the cultural heritage and contemporary contributions of American Indians, with particular emphasis on Minnesota Tribal Nations. In support of our educators, NWSC's Education Services offers two options for achieving this. Both are online, self-paced, and free!

Native American Literature is created and presented by Dr. Caitlin Johnson, an Indigenous educator and Assistant Professor at Minnesota State University Moorhead. Rich descriptions of specific book titles for every age group are shared, along with suggestions for classroom use (English Language Arts as well as non-ELA subjects). Additionally, guidelines are explored for how to evaluate and discern other titles for classroom use.

The intention of this course is to learn about a variety of Native American Literature books, how they might best be used in the classroom in a variety of ways, and deepen understanding about Native American history and culture together with our students.

This course has been created in partnership between the Northern Lights Library Network and the Northwest Service Cooperative, and offers 1.5 clock hours of continuing education.

American Indian Education, Key Concepts and Terms comes from the Office of American Indian Education at MDE.

This course is developed with the Tribal Sovereignty Institute at the University of Minnesota Duluth. Its goal is to better equip K-12 educators, staff and administrators to serve Native learners and families. One continuing education unit (CEU) credit is offered upon successful completion.

Both options are available at nwsc-learning.teachable.com.

For further information, contact Gina Drellack at gdrellack@nwservice.org.



Education Services

School Library Media Center Support

Minnesota now has legislative language around school library media centers. In order to further provide assistance to our regional schools, the NWSC's Education Services has created a variety of support to meet districts' individual needs.

The Library Guidance Group is a year-long program led by a licensed school library media specialist through NWSC's Education Services. It is designed to assist districts that utilize library paraprofessionals in successfully meeting the new legislation, as well as broaden the current positive impact that their school libraries are.

An onsite workshop at the start and end of the school year is partnered with regularly scheduled virtual meetings throughout. This guidance program intentionally addresses each of the specified legislative components. Additionally, a sharing network is cultivated in which participants contribute their ideas around library students and materials, as well as actively engage with new ones. Participants also receive a variety of school library resources, support, and further learning throughout the year.

If a year-long group class is not a school or district's jam, not to worry! Another option available is to contract individually with Education Services in this library media guidance. Customized as needed, we design as much or as little library support that is desired.

For further information, contact Gina Drellack at gdrellack@nwservice.org.



Education Services

Read Act + Customized Professional Learning

READ ACT SUPPORTS:

As the READ Act requirements and interpretation continue towards implementation, the Education Services Department at the Northwest Service Cooperative is here to help with resources and recommendations at every step in the process. From screening training to professional training and curriculum recommendations, we are here to support your implementation of the READ Act and meeting the requirements.

Contact Jake Seuntjens if you have questions or would like more information. jseuntjens@nwservice.org 218-689-4879

CUSTOMIZED PROFESSIONAL LEARNING:

As always, Jake Seuntjens and Gina Drellack, your Education Services Consultants are able to customize professional learning for your staff. From curriculum mapping, content area trainings, to team building, we are able to create and deliver professional learning for your staff in a variety of formats including in-person and on-site, virtual live, virtual recorded or flipped PD. Contact either Jake or Gina to learn more about how we can help you implement initiatives in your school.

Jake Seuntjens jseuntjens@nwservice.org 218-689-4879

Gina Drellack gdrellack@nwservice.org 218-358-1211

Let Cooperative Purchasing Connection Help with Winter Preparedness

Cooperative Purchasing Connection's contracts meet the competitive solicitation requirements so you can purchase without needing to go out to bid. We look forward to helping you prepare for another Minnesota winter!

Winter is coming, this means making sure all of your buildings and grounds are readied inside and out. If a winter storm damages your property or equipment, emergency maintenance may be necessary and CPC members are top priority! Know how to reach the professionals through CPC or keep necessary components handy so you can make a repair yourself.

Inspect internal equipment to ensure everything is in working order, this will improve efficiencies while reducing energy expenses. Your HVAC system is highly important during the winter, freezing conditions can create an unsafe environment for your employees and community members utilizing your facilities. Setting the standard for performance, energy efficiency and sustainability, Carrier offers solutions in air conditioning, heating, and building controls. Carrier service offers new equipment start up, preventive maintenance, and comprehensive service and repairs. Cleaning and replacing filters is another great way to ensure maximum heating efficiency, Tri-Dim Filter Corporation offers the finest air filter design and installation which controls the dirt and dust in buildings at discounts up to 45%. Having repair parts on hand is vital, Best Plumbing's catalog includes thousands of items including general repair parts, fittings, drain cleaning equipment, chemicals, tools and more! Burst pipes are the leading cause of property damage from winter weather, ServiceMaster Recovery Management is the leading provider of Disaster Restoration Services whether you have damage in a single room of your facility or an entire complex of buildings, SRM will respond quickly to get you back on course.

Provide a safe environment outside. Repair and protect concrete walkways and parking lots. Cracked concrete and potholes are caused by the freeze-thaw effect, Precision Concrete Cutting is the national leader in trip hazard management, their unique saw cutting method delivers a cleaner, safer, more professional looking repair at a fraction of the cost of replacement. Snow and ice make it dangerous for people to access your buildings, with walkways becoming slippery and dangerous. Hillyard can help you find the best de-icer while Bobcat can provide snow removal equipment and attachments at discounts up to 20% through your local dealer! Finally, check for snow and ice on your roof, excessive snow on your roof can add a dangerous load to the supporting structure. Tremco delivers unique facility asset management solutions designed to reduce your roofing and building envelope life-cycle costs while extending overall performance.

Beyond facilities and grounds, CPC has nearly 120 vendors who can help with security, technology, office supplies, fleet vehicles and more! Please reach out to Julia Dangerfield at 218-282-5289 or julia@purchasingconnection.org for more information – we are happy to help!

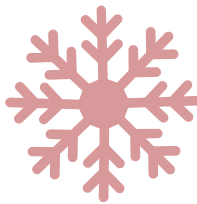
Cooperative Purchasing

Place an Order

To get the CPC discount, participating agencies must make sure they tell the sales representative they are a member of a service cooperative or have a participation agreement and want the CPC discount. Some local and regional vendors also require:

- Reference Code
- Including specific words. For example: CPC Membership

For your convenience, we provide a number of ways to place your orders.
Phone (888-739-3289) | Email (info@purchasingconnection.org)
All order details are found on the individual vendor profile pages.



The Cooperative Purchasing Connection has contracts through the Association of Educational Purchasing Agencies (AEPA). These vendors may require you to include AEPA specific reference codes.

All reference codes are clearly stated on the vendor profile pages.

Express online marketplace:

The Cooperative Purchasing Connection created the Express online marketplace because our members needed an efficient online public procurement solution.

After a simple registration process, you will have access to all vendors on Express. You will have one username, one password and, if requested, an approval process for your agency or organization.

On Express you can:

- See your discounted pricing
- Price compare between multiple CPC vendors
- Create Shopping Lists for future use
- Have flexible finance options including credit card/P-card or purchase order
- Express integrates with SMART Finance and Skyward – [click here to find out more.](#)



Cooperative Purchasing

Vendors

All State Communications
AmTab Manufacturing
AstroTurf

Barnes & Noble
Best Plumbing Specialties
Bimbo Bakeries
Bio Corporation
Blick Art Materials
Bluum
Bobcat
Bulb Digital Portfolios
Bucsh Systems

Capital Electronics
Carrier Corporation
CDW-G
Centegix
Complete Book and Media
Continental Clay Company

EAPC
EqualLevel
E-Rate Elite Services, Inc.

Facility Solutions Group (FSG)
Fastenal
FieldTurf
Fisher Tracks, Inc.
FlagHouse
FLR Sanders

Gaggle

H&B Athletic Equipment
Hellas Construction Inc.
Hellas Construction | Sports Lighting
Hiller Commercial Floors
Hillyard
Hubert
Husqvarna

Idea Translations
Innovative Office Solutions

Kajeet
Kaplan Early Learning Co.
Konica Minolta
Kyocera

Lakeshore Learning
LED Supply Co.
Lightspeed

Mackin
Marco
Medicaleshop
Mid-State Auto Auction
Midwest Playscapes
Midwest Technology Products

Nasco
National Business Furniture
NDR Cables & Networks
Nelson Auto Center
Newsela

Cooperative Purchasing

Vendors

Olympus Locker & Storage Products, Inc.

Partac Peat Corporation

Perma-Bound Books

Pitsco Education

Precision Concrete Cutting

Prener F+E

Rapids Wholesale Equipment Co.

Really Good Stuff

Reinhart Food Service

Romtec

SAAFE, LLC

SafetyFurst Playground Maintenance

School Health

Schutt Sports

SDS Depot

ServiceMaster

Shaw Sports Turf

Solix, Inc.

Sprinturf

Staging Concepts

StopIt Solutions

SwedeBro

The Retrofit Companies | Environmental

The Retrofit Companies | Lighting and Design

TinyEYE Therapy Services

Total Technology Results

Trafera (Trinity3)

Tremco

Tri-Dim Filter Corporation

United Language Group

USA Security

Vanco

Thank you to
all of our
amazing
vendors!

COOPERATIVE
Purchasing
CONNECTION

Student Programs 2023-24

Creativity Festival

More than 400 students came from across our region to enjoy this year's Creativity Festival at Bemidji State University on November 22nd, 2023. The day started out with registration, then each student was able to attend 3 different sessions throughout the day and enjoy their lunch.

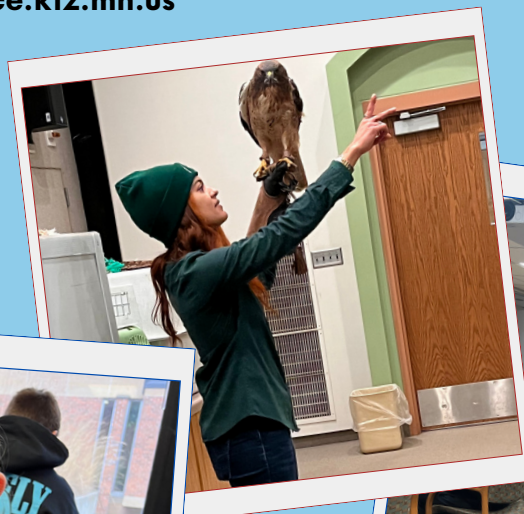
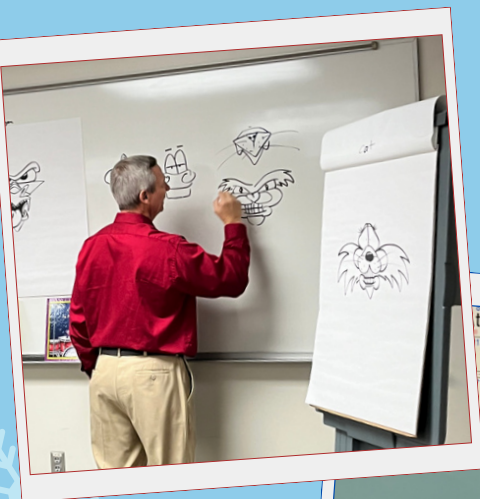
With a total of 15 presenters, students had a wide variety of sessions to attend! Sessions ranged from sciences, drawing, crafts, painting, theater, dancing and animals. This event is great for students to gain knowledge, both tangible and intangible, break out their creative side whether it be drawing, acting, dancing, or even facing their fears and holding a snake!

Geared for students in grades 5-8, this one-day event is designed to celebrate the arts, nature, science, creativity, and problem-solving. The Creativity Festival inspires young students by encouraging self-expression, critical thinking, and creativity.

Contact for more information:

Sadie Miller | Student Programs

218-681-0900 ext 8 or smiller@nw-service.k12.mn.us



Student Programs 2023-24

Knowledge Bowl

With the start of the year brings Knowledge Bowl! January 9th will be the first meet of the season for Senior High Knowledge Bowl. This year we have 73 teams that will compete in weekly competitions, working their way to the Regional meet in hopes to move on to the State Knowledge Bowl competition at Cragun's in Brainerd.

Knowledge Bowl is a series of interdisciplinary academic competitions designed for students in grades 7-12. During the competition, teams of students compete in written and oral rounds by answering questions related to all areas of learning typical of secondary educational programs. Questions test students' recall, problem solving and critical thinking skills.

Senior High Knowledge Bowl consists of students from grades 9-12. They compete in teams of 5 members and work cooperatively developing teamwork and joint decision making as students acquire knowledge and critical thinking skills in many areas.

Junior High Knowledge Bowl consists of students from grades 7-9. They compete in teams of 5 members, introducing them to the challenge of interdisciplinary academic competitions. This year we have 37 teams for JH KB. These meets take place at individual schools who volunteer to host the meets.

- * **2024 Sub Regional Competitions:** February 27th, 2024 in Thief River Falls, MN and February 28th, 2024 in Crookston, MN.
- * **2024 Regional Competition:** March 12th, 2024 in Thief River Falls
- * **2024 State Competition:** April 11th & 12th, 2024 at Cragun's in Brainerd

- Greenbush Middle River team placed 2nd overall in the single A division at State Knowledge Bowl in 2023.

Contact for more information:

Sadie Miller | Student Programs

218-681-0900 ext 8 or smiller@nw-service.k12.mn.us



Student Programs 2023-24

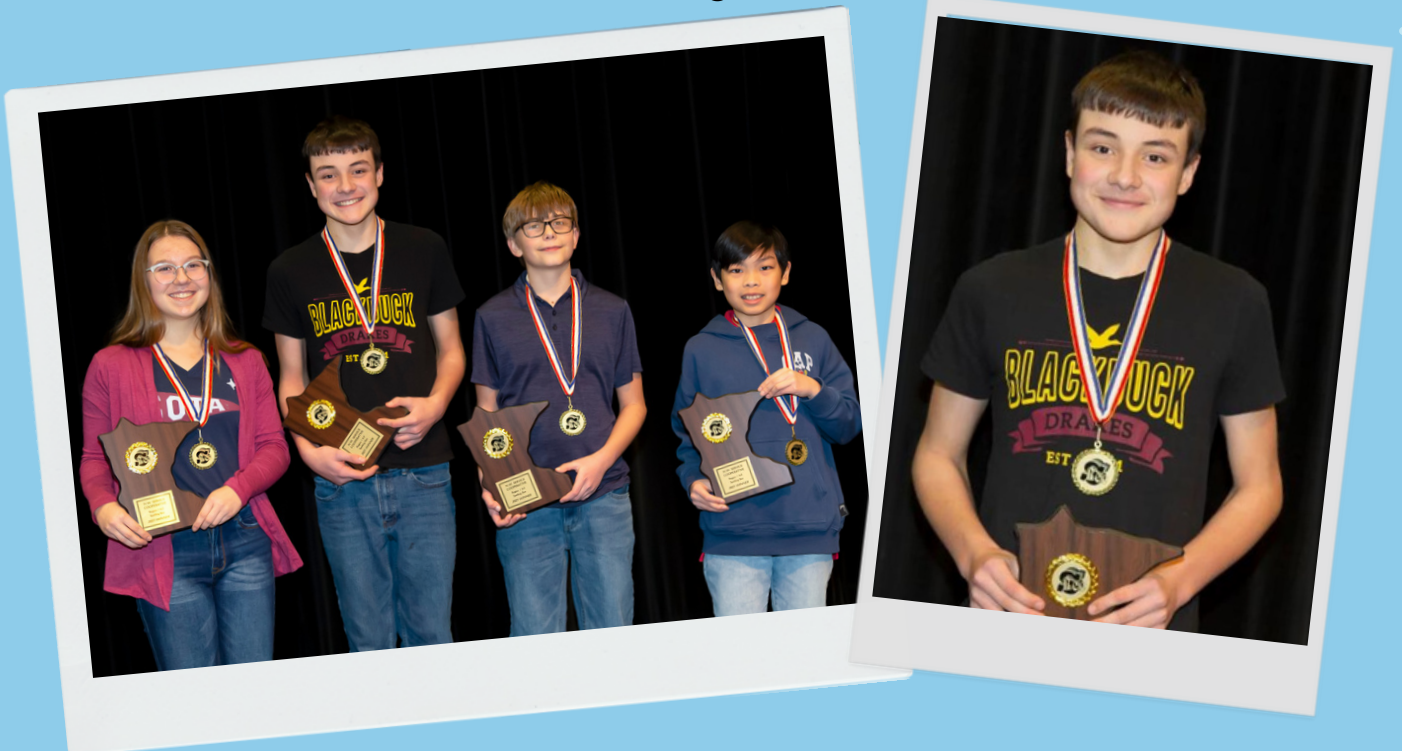
Spelling Bee

The Spelling Bee is a series of competitions beginning at the local school level, advancing to the Regional competition, and then an opportunity to win a trip to the National Spelling Bee in Washington D.C. The event focuses on spelling and vocabulary knowledge with students in grades 5-8 eligible to compete.

2024 Regional Spelling Bee: February 7th, 2024 at Northland Community and Technical College in Thief River Falls.

2024 National Spelling Bee: runs from May 31 – June 2, 2024 at Gaylord National Resort a Convention Center in Washington D.C.

Contact for more information:
Mercedes Coan | Student Programs
218-689-6355 or mcoan@nwservice.org



Student Programs 2023-24

Young Authors Conference

As the winter moves along, we get ready for our annual Young Authors Conference which is set for March 6th, 2024 at Northland Community and Technical College in Thief River Falls.

This year we have 12 presenters lined up for this fun event! The Young Authors Conference is designed to encourage and inspire young writers in grades 5-8, promoting student enthusiasm and competence in written communication.

Through interaction with established authors, poets, playwrights, storytellers, illustrators, journalists and teachers of writing, students discover and explore their writing talents and potential. This year students will be able to attend 3 different sessions throughout the day, participate in a book fair and an autograph session with authors and illustrators.

Contact for more information:

Mercedes Coan | Student Programs
mcoan@nwservice.org or 218-689-6355



Health Insurance

My Health Rewards Program by Medica

Medica & MHC provide tools to help members with both their mental and physical health journeys. With the new year, comes some updated benefits with My Health Rewards! Let Medica help you to reach your 2024 fitness goals.

- Increased yearly incentives – up to \$345/year
- Bi-monthly wellness challenges
- Journeys are daily, self-guided courses to help you build healthy habits. Take that first step by starting a Journey today.

The My Health Rewards program has many different facets to explore! Go to Medica.com/MHC to create your account online.

NW - Life Time Digital Fitness

The Life Time Digital Fitness app provides access to hundreds of on-demand and live fitness classes, meditations, plus nutrition and lifestyle articles to support your well-being goals. This program is available to MHC insurance pool members. The easiest way to get set up is to go to your Medica account, click on the “Wellness” tab, then Programs & Tools. Medica.com/MHC

Contact for more information:

Chris Wavra | Health & Wellness

cwavra@nwservice.org or 218-681-0900 x 3

Health Insurance

Omada

Whatever 'healthy' means to you, Omada helps you get there. All at no cost to you.

What you get with Omada:

- ✓A plan built around you
- ✓Dedicated health coach & care team
- ✓All the smart health devices you need



Do what works for you - We'll help you figure out the healthy habits and routines that work for you - motivation included.

24/7 Access to Support - From weekly lessons to online community, all the tools you need, to face any challenge head-on. You decide what healthy means to you. Try new things you actually enjoy, rather than avoiding food you "can't eat" or things you "shouldn't do".

The best part? It's covered! If you or your adult family members are at risk for type 2 diabetes or heart disease or are living with diabetes, and enrolled in our Medica health plan, Minnesota Healthcare Consortium will cover the entire cost of the program.

Learn more at OmadaHealth.com/MHC

Contact for more information:
Chris Wavra | Health & Wellness
cwavra@nwservice.org or 218-681-0900 x 3

Staff Development

Workshops + Trainings

From May 2023 till now, January 2024, we have been busy hosting and creating many events for our schools, counties, cities, and other governmental agencies to attend as well as outside attendees. These workshops and trainings are to help those attending receive credit, keep up-to-date with their licenses, and gain knowledge in their field of work. Take a look at what has been hosted through the Northwest Service Cooperative!

ServSafe Food Manager Courses: Since May, with the help of our Adult Basic Education teachers, we have hosted 5 ServSafe Food Manager Courses for those who need the full test as well as recertification.

Entry Level Drivers Training: Brian Byklum has hosted 5 entry level drivers training courses to help those looking to obtain a Class A or Class B CDL for the first time; upgrade an existing Class B CDL to a Class A CDL; or obtain a school bus (S), passenger (P), or hazardous materials (H) endorsement for the first time.

Technology Meetings: School technology members have been attending monthly technology meetings to discuss new advancements, problems arising, and to share ideas with one another. Each technology meeting also has a different vendor present to the group as well.

Cradle-To-Career Workshop: This workshop was hosted by the Minnesota Department of Education to connect with other local data users while learning about ECLDS, SLEDS, the Minnesota Student Survey (MSS), and the Minnesota Report Card!



Staff Development

Workshops + Trainings

Regional Para Professional Workshop: This year's theme was Supporting Foundations, and session topics that support transitions throughout the day, disability awareness (SpEd 101), and sensory/movement breaks throughout the day. This annual virtual event comprised three live, 50-minute sessions over Zoom.

School Nutrition Program: This summer NWSC had their annual School Nutrition Program Summer Training on two different dates. These were all-day trainings with hands on experience for food service directors, cooks, and staff within the cafeterias of the school districts.

Boiler Training: This training was offered on 2 different dates and was hosted by Ben Weekley who has operated boilers for over twenty-five years and holds a current Chief C Boiler Operators license. Ben has taught boiler operation classes to hundreds in our area in preparation for taking their Minnesota Boiler Examinations. A minimum of two hours spent in the boiler room at Lincoln High School with hands-on applications was also included in this training.

Becoming a More Effective Teacher Workshop: Hosted by Gene Stukel, new teachers will have a chance to learn strategies for developing their teaching practices to become a more effective classroom instructor. This was a two day workshop! By identifying what highly effective teachers do and using research based instructional strategies, teachers can improve student learning and achievement.

Contact for more information:

Mercedes Coan | Staff Development
mcoan@nwservice.org or 218-689-6355

School District Updates

Goodridge Public School

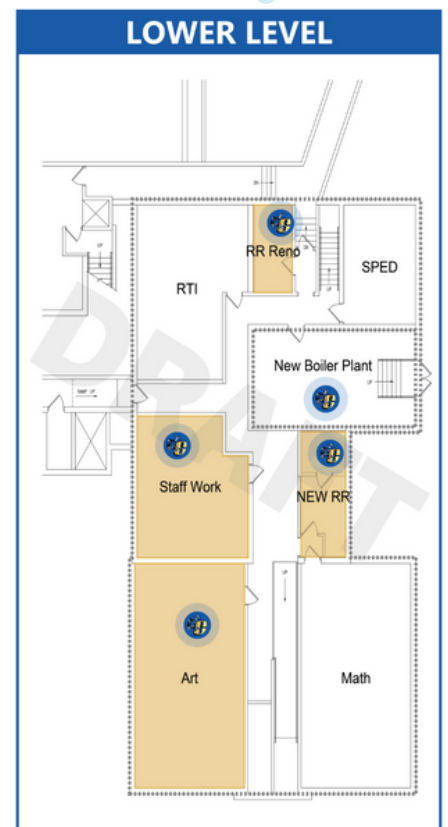
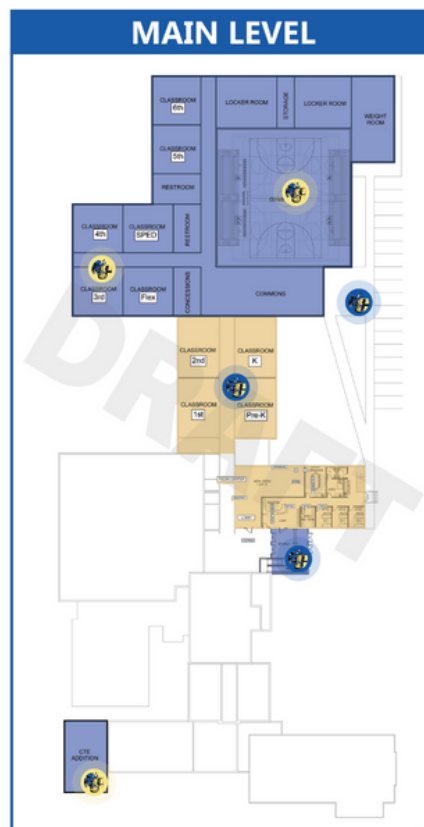
"At Goodridge Public School, we are committed to our students and their successful futures. Those futures rely on a quality education — something our district is proud to provide. Providing a quality education not only depends on what's being taught but the environment where it's taught.

On Tuesday, November 7, residents of Goodridge Public School approved a single-ballot question to invest \$21.35 million into making critical improvements to address our facility and educational needs.

Goodridge Public School worked very hard with our students, staff, and community to develop and bring forward this plan that prioritizes key facility and educational needs. Together, we're dedicated to moving Goodridge forward to positively impact our students, staff, and community for decades to come."

- Goodridge Forward Team

**CLICK HERE TO ACCESS THE
GOODRIDGE
FORWARD WEBSITE:
GOODRIDGEFORWARD.ORG**



School District Updates

Lincoln High School

FFA

The FFA horse team competed at the national FFA convention on Nov. 1 - 4th in Indianapolis, IN. Our horse team of Abigail Zaviska, Sam Zoller, Aveah Hanson, and Destiney Krueger placed 18th at the national competition ranking silver. We had 12 members from our chapter attend the National Convention. These students could take in sessions, tour the career expo, attend a rodeo, and do several tours throughout the trip.

On November 17th Lincoln had their leadership development contests held at NCTC. Ash Haider placed 3rd in the prepared public speaking contest. Liam Martell competed in the extemporaneous speaking contest.

UMC held its annual ANRAD competition on December 1st. Lincoln's FFA chapter had 19 students compete. The trip's highlight was the small animals team of Sophia Stavos, Gavin Omdahl, Mickeala Renwick, Ayden Zinter, Sam Zoller, and Gavin Zinter placing 2nd. Sophia led her team by placing 1st and receiving a \$750 scholarship.

Their next set of contests are Jan 10th and Jan 24th.



School District Updates

Lincoln High School

2023 TTZD CONFERENCE

In November, Key Club members for the Pennington County Teens Toward Zero Deaths (TTZD) traveled to Rochester, Minnesota, to present at the annual state Toward Zero Deaths Conference. In attendance were 1600+ engineering, enforcement, education, emergency medical, and trauma service members and members of the elected government offices from across the state and neighboring states. The students attended concurrent sessions and luncheons and then presented to interested shareholders from four states. During their session, they presented about the TTZD program in NW MN and the new FMS TTZD program. This is the third time they have presented at the conference.

The trip wasn't all business, as the students met celebrities on their way to the conference.

BLOOD DRIVE

LHS held their first two blood drives this school year on December 6th, 2023. They filled all the slots within two days of sending the information to their student body. Vitalant was so excited and asked if LHS could fill another ten spots. They did, thanks to their students, staff, and community members who supported our blood drive. They had thirty-five of their people able to donate, and a total of thirty-eight blood products were collected. Sixteen volunteered for the first time!



Vitalant sent this to us, "please extend our thanks to those who have had a hand in the efforts; we are grateful for your support. Because of all of you, many patients will have more time with their loved ones this holiday season!"

New Hires within NWSC



If you were to ask Amy Mulry what she does for a living, she would enthusiastically say "I'm a teacher!". After 19 years of teaching in Minneapolis Public Schools, Amy is at heart and will always be a teacher. While teaching in Minneapolis, Amy was lucky enough to join a select group of exemplary teachers to receive extensive training in classroom management. This led her to eventually leave the classroom to share her experiences with other teachers. Amy joined a private consulting firm and spent the next three years training thousands of teachers in all aspects of successful classroom management.

Amy eventually moved from the Twin Cities to Northern Minnesota and started her own firm, Trident Educational Consultants. Trident provides schools throughout Northern Minnesota with proven strategies for creating healthy and productive classrooms, unlocking the potential for teachers and administrators to connect with students in new and meaningful ways, both in person, and virtually.

In August of 2023, Amy added the role of Adult Basic Education instructor to her resume, joining the NWSC ABE consortium as the ABE instructor for the WinEMac school district in Erskine, MN. Amy meets with adult learners from Erskine and surrounding communities two nights a week, on Monday and Wednesday evenings from 4:30PM - 6:30PM in the school library. In her first months on the job, Amy has had the pleasure of working with a variety of adult learners who are working to increase their English language skills, prepare for the GED test, and complete their Adult High School Diploma.

Amy graduated from Concordia College in St. Paul and received her MEd from The University of Minnesota. She lives with her family in the picturesque small town of Fosston.

New Hires within NWSC



Casey Hatlevoll has been an ABE/HSE instructor at Moorhead ABE in Moorhead, MN for the past three years, teaching in person and online Pre-GED and GED classes.

In February, Casey will begin teaching for the NWSC ABE consortium as the online Fast Track GED Math instructor. Students will join Casey for math classes from the comfort of home using their computer or tablet. GED Fast Track classes meet twice a week for two hours, over the course of eight weeks, to prepare learners to successfully pass the math test of the GED.

Casey has extensive training and previous teaching experience teaching middle school and high school math as well as English as a Foreign Language. Casey says one of her favorite things about her job is making complex GED math concepts more “friendly” than they were before and making connections to math concepts we already know!

One Person Can Make a Difference

2023 Nominations

September

Scott Brekke | Thief River Falls School District
Macy Cosley | Lancaster School
Laura Lyczewski | Crookston School District
Allie Carl | Warren/Alvarado/Oslo School District
Twyla Race | Franklin Middle School - TRF

October

Kami Spears | Challenger Elementary School - TRF
Josh Tharaldson | Clearbrook-Gonvick School
Anne Dalbey | Lancaster School
Molly Spindler | Lancaster School
Jodi Bendickson | Northwest Regional Interdistrict Council
Tabby LeClaire | Marshall County Central School

November

Denise Johnson | Lancaster School
Becky Rud | Bemidji Middle School
Melora Bergee | Thief River Falls School District
Melissa Buck | Mahnomen County
Kerry White | Menahga Public Schools

December

Melissa Weems | Clearbrook-Gonvick School
Tyler Norland | Franklin Middle School - TRF
Tony Klaers | Headwaters Regional Development Commission
Carla Boen | Marshall County Central School
Andrew Danielson | Lancaster School
Mary Fran Twistol | Thief River Falls School District
Jeremy Sollund | Northwest Regional Interdistrict Council - NWRIC

*Congratulations
to all
of those
nominated in
2023!*



Your resource and learning partner!

"The Mission of the Northwest Service Cooperative is to be a regional leadership partner with schools, cities, counties and other governmental agencies and to plan and provide innovative programs and quality services that maximize resources."

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