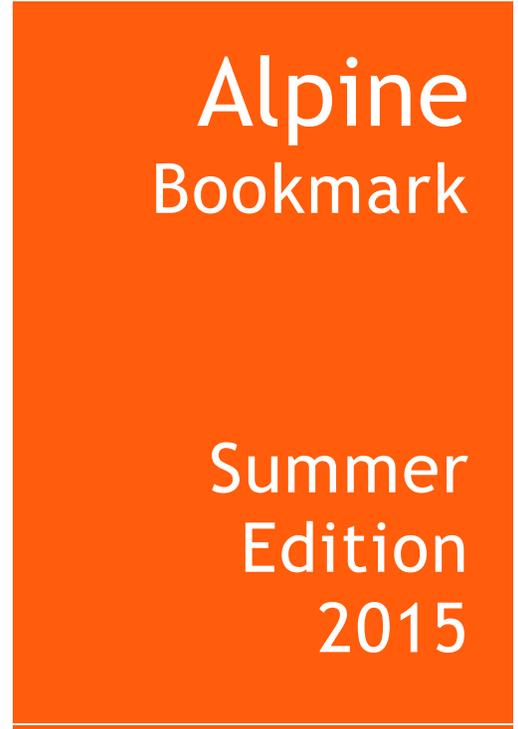




2015 – 2016 ALPINE UNISERV BOARD



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Mon. 27: Open Enrollment Begins

Mon. 27: Alpine UniServ Board Meeting

Wed. 29: Benefits Fair

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Mon. 28: Alpine UniServ Board Meeting



New Administrative Assistant
Alpine UniServ is pleased to announce the hire of their new Administrative Assistant, Teera Henscheid. Continued...

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2015 Retirement Dinner
Alpine Education Association held their annual Retirement Dinner for members on Friday, May 15th Continued...

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Utah Teacher Innovation Awards

by Annie Knox, The Salt Lake Tribune

The midmorning session at Shelley Elementary in the Alpine School District is one reason why teacher Brandon Engles has been selected as one of Utah's most forward-thinking instructors. Engles, noted for incorporating high-tech elements in his classroom, is one of five Utah public school teachers to win an [innovation award](#) from The Salt Lake Tribune and KUED. "Why make school different from real life?" Engles asked. "I don't think there's any job where they would have to memorize things and do worksheets."

So he allows students 20 minutes with a Chromebook to explore any topic they wish.

It's part of Engles' larger push to help students adapt in a fast-paced digital era, said Engles' colleague Charlotte McGee, one of three Shelley sixth-grade teachers. The pair has worked side by side for more than a decade.

"The world is changing so quickly, and information every day is multiplying. There's no way for us to teach a child everything they're going to need in their life," McGee said. "They have to be able to think for themselves and love learning because they're going to have to adapt and change all the time."

Engles is adept at finding new ways to spark students' curiosity and allow them to move at their own pace, say McGee and others. Other teachers have adapted their own lessons based on his model.



For example, before math lessons, Engles passes out paper cards with a code. Students answer logic problems by holding up the sheets, and Engles uses a digital tablet to take a scan of the room. The app Plickers indicates how many of the 11- and 12-year-olds are on track. Since Engles introduced the new "flipped classroom," a handful of other teachers in the district have started using the system.

While Engles inspires his colleagues to use digital devices in new and unusual ways in their classrooms, he's fighting hardware issues.

Compared to his counterparts at bigger public schools and at many charters with multiple digital resources, he is starting from scratch. Engles' class gets one hour in a computer lab each week.

Teachers for Shelley's third through sixth grades share a set of 20 Chromebooks. Last year, the school's sixth grade won a district grant to share 10 iPads among about 160 students.

To address the dearth, Engles has met with members of the Legislature, the Utah Education Association and the State Office of Education to

explain how his students use the devices in class and why additional screens would help.

"I'm grateful for what we do have," Engles said. "We've come a long way, but we could use a lot more."

Despite limited resources, his class benefits from free programs like Google Docs and Skype. They use the video-conferencing software to chat with the NASA scientists who built the Cassini orbiter now spinning around Saturn.

Engles' students also participated in a "mystery Skype session," a 20 Questions-style game that helped them decipher the location of their modern-day pen pals. A class from Atlanta threw off the American Fork pupils by greeting them with "Hola!" and other Spanish phrases, said 12-year-old Cheyanne Nichol.

KUED CHANNEL 7

Brandon Engles was featured by KUED on Channel 7. This is the link to view his news report.

HEADING 4



New Administrative Assistant Continued

... Teera Henscheid has worked for Bonneville UniServ in the past. We are happy to have her back in the office. Please call her if you have any questions. She will handle Membership, Dental Benefits, and much more.



Retirement Dinner Continued

... The food was delicious and the entertainment was fun! Pictured above is Superintendent Henshaw and Mrs. Henshaw joining the entertainment by banging on the drums. We had a great turn out and enjoy being able to recognize the amazing teachers of our school district.



Wendy Frazier-Snyder working with the students in her classroom.

Utah Teacher Innovation Awards

by Kristen Moulton

He trudged along a snow-closed road in the Uinta Mountains, climbed two miles up to a ridge, and then waited for the Milky Way to rise at 3:30 a.m. He had two cameras, both shooting still shots that he would later edit into a time-lapsed video — the one he's now showing Frazier-Snyder.

"Wow," says Frazier-Snyder, a photography teacher at American Fork High. "Not everybody does this."

Maag has something similar to say about Frazier-Snyder.

"A lot of other teachers, they work en masse," Maag says. "She's willing to work with students one on one. That's the one thing students need."

Frazier-Snyder has been teaching digital media for 10 years at American Fork High, and English before that.

She teaches everything from how to make good images by controlling the camera's aperture to using software such as Photoshop and Illustrator. Her classes are part of the Careers and Technical Education curriculum, designed to give students skills they can immediately put to use in the marketplace.

Frazier-Snyder has no illusion that the 150 students she teaches each semester will go into photography or digital design, but knows such skills are useful in many industries now.

And she assumes that some, such as Maag, will make it a career.

"I need to give them the tools, but the creativity part is theirs," says Frazier-Snyder. "I want to give them a taste of what could be."

The cutting edge » Frazier-Snyder was raised in Los Angeles and started college at Brigham Young University-Hawaii. After her parents moved to Utah, she switched to the University of Utah and took a few photography classes, but earned a degree in English and education.

She taught two years at a junior high, which didn't go so well. Next she tried her hand as a photographer in Los Angeles, shooting for a four-wheeler magazine.

That was about the time that digital cameras replaced film in most of photojournalism.

Burned out on the pace — and the low pay — she returned after a couple of years to teaching, this time English at American Fork High.



6 Summer Steps for Healthy Living

1. Give Your Diet a Berry Boost

If you do one thing this summer to improve your diet, have a cup of mixed fresh berries -- blackberries, blueberries, or strawberries -- every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich.

A big bonus: Berries are also tops in fiber, which helps keep cholesterol low and may even help prevent some cancers.

2. Get Dirty -- and Stress Less

To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots -- indoors or out.

Just putting your hands in soil is "grounding." And when life feels like you're moving so fast your feet are barely touching the stuff, being mentally grounded can help relieve physical and mental stress.

3. Floss Daily

You know you need to, now it's time to start: floss every single day. Do it at the beach (in a secluded spot), while reading on your patio, or when watching TV -- and the task will breeze by.

Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has more resources to fight bacteria elsewhere. Floss daily and you're doing better than at least 85% of people.

4. Get Outside to Exercise

Pick one outdoor activity -- going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, roller blading, or swimming -- to shed that cooped-up feeling of gym workouts.

And remember, the family that plays together not only gets fit together -- it's also a great way to create bonding time.

5. Be Good to Your Eyes

To protect your vision at work and at play, wear protective eyewear. When outdoors,

wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes.

And when playing sports or doing tasks such as mowing the lawn, wear protective eyewear. Ask your eye doctor about the best type; some are sport-specific.

6. Sleep Well

Resist the urge to stay up later during long summer days. Instead pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule and not drinking alcohol within three hours of bedtime.

It's also a good idea to avoid naps during the day unless you take them every day at the same time, for the same amount of time.

There they are: six super simple ways to boost your health this summer. Try one or try them all. They're so easy you won't even know they're good for you.

Which Dental Plan is Right for You?

by Brent Singleton

Alpine UniServ has been committed to serving teachers for over 40 years. Providing access to the highest quality benefits available is just one of the many ways Alpine UniServ advances and services the welfare of its members. No matter what insurance options you choose, understanding your benefits is crucial in determining which insurance options are best for you and your family.

Alpine UniServ provides a comprehensive selection of dental plan options offered through Utah's premier dental carriers, Total Dental Administrators (TDA) and EMI Health. Insurance companies are able to reduce premiums while still providing excellent benefits by limiting the number of dentists that participate on specific plans. Dental plans with smaller provider networks will typically have richer benefits, lower cost of care and lower premiums than other plan options.

This edition of the Alpine UniServ Bookmark will focus on one of the dental insurance options available to you known as a Dental Health Maintenance Organization (DHMO) plan. DHMO and similar type plans typically provide the greatest benefit for the dollar and do not have the common exclusions and limitations that other dental plans have. These type of plans often provide preventive services free of charge, have set copayments for additional services, no deductibles, no annual maximums and no waiting periods. Allowing you access to quality and affordable care when you need it.

Alpine UniServ also offers plan options that provide a greater choice of dentists by utilizing larger provider networks and out of network benefits. These options will have higher premiums but may give you access to a specialist or family dentist who may not participate on other plan options.



The Alpine School District open enrollment period will take place from July 27 through August 13. Benefit fairs will take place at the Alpine District office on July 29th & 30th from 9:00 am to 4:00 pm. During the benefit fairs insurance carriers will be on site to assist in selecting the benefit choices that best fulfil you and your family's unique needs.

Look for additional informative articles in future editions of the Alpine UniServ Bookmark.

Huntsman Education Award Winner Pam Engles

After years of dedicated service, 11 outstanding educators received Huntsman Awards for Excellence in Education.

Benefactor Karen Huntsman, the wife of Utah businessman and philanthropist Jon Huntsman Sr., informed recipients of their success this week, traveling to each teacher's classroom to surprise them with the news.

"We have fabulous teachers in this state," Huntsman said. "Really, we do."

The awards were developed 23 years ago to recognize Utah's most influential educators. Jon Huntsman Sr. comes from a long line of education professionals, his wife said, which drove his desire "to do something special for teachers."

Each year, the Huntsmans seek nominations from the students, classroom parents, colleagues and supervisors of the state's most talented teachers. Jon and Karen Huntsman sit on the initial application reading committee, which passes the most qualified nominees onto a panel of judges for final selection.

Judges then select two teachers and one administrator from each of three divisions — elementary, middle and high

school professionals — along with a dedicated volunteer and a special education teacher, who will receive the Mark H. Huntsman Award for Special Education in honor of the Huntsmans' son who has disabilities.

Honorees are invited to an awards dinner for current and past winners, where they will each receive a crystal obelisk and a check for \$10,000. The Huntsmans' only stipulation is that teachers spend the money on themselves, not reinvesting in their schools and students.

Pam Engles, sixth-grade teacher, Forbes Elementary: "Pam Engles works at a school where almost 50 percent of the students are on free or reduced lunch. Many come from difficult home situations and are at-risk unless teachers take a special interest in ensuring they have bright futures. Mrs. Engles stands out as a teacher who has dedicated her life to not only teaching, but also inspiring these children. She has given her all for 36 years to bless the lives of over 1,000 students. Although that is a large number, she never loses sight of serving the 'one.'" — Kim Jones, Principal



Alpine
Bookmark

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öSo many teachers deserve this. They give their hearts and souls. Seeing good teachers recognized bodes well for all of us, knowing that somebody recognizes their hard work.ö

—Catherine Peterson, former teacher