

## EVES Staff Wellness Room

**By LeVon Cozart**

Guidance Counselor, East View Elementary School

We teach and preach mindfulness to our students these days ... but how often do we practice what we preach? I know



**LeVon Cozart**

I don't take a few minutes every day just to breathe ... stop focusing on everything that needs to be done and just breathe. In the midst of this busy world, I feel like people are realizing that our mental health is just as important as our physical health.

That was on my mind when I was on Facebook one day and saw "School Wellness Room for Staff." I saw zero gravity chairs, low lighting, and a TV with a calming scene.

I thought, "Wow! How awesome would this be to offer this to our staff? It would give them a quaint place to just relax, recoup and re-energize."

I mentioned this idea to my principal, Sonya Simpson. She was immediately on board with understanding what a benefit this would be for our staff and didn't hesitate to come up with possible ways we could do this.

By offering this wellness space for our EVES staff, it would aid in their own self-care. Without self-care, teachers are at risk of emotional exhaustion and/or professional burnout. Teachers are very busy people with numerous responsibilities inside and outside of the classroom. Finding time to practice self-care is an obstacle for all of us!

The EVES leadership staff and I also wanted our teachers and staff to know that we value them and their well-being! In return for this investment, we knew we would have even better teachers for our students. Here are some findings provided by the Kaiser Permanente Thriving Schools Program that back up that theory:

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EVES principal Sonya Simpson relaxes in a zero-gravity chair in the school's Staff Wellness Room. The room is furnished with comfortable chairs, soft lighting, an electric fireplace and a television that displays soothing images from nature.

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Send News and Information to

[grapevine@dcps.org](mailto:grapevine@dcps.org)

Deadline to submit news is Friday

before the week of publication.

# EVES Staff Wellness Room



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- Well-equipped staff and teacher lounges can contribute to lower stress levels
- Wellness Rooms can create environments that promote physical, mental and emotional well-being
- Having Wellness Rooms in schools demonstrates to hardworking school staff and teachers that they are valued and appreciated, which increases morale and job satisfaction.

An obstacle was funding. I reached out to several local businesses but they require submitted paperwork that goes through their corporate offices, which takes time. I really wanted to get this room started, so I presented this idea to the EVES leadership team and we worked together to make it happen through our own donations and time.

We unveiled our Wellness Room on Feb. 10 – the first time everyone got to see the room. They were impressed! You will find a small room painted soft blue, furnished with two zero-gravity chairs, a futon, a portable fireplace, low-lighting window decorations, a salt lamp, and the fragrance of peppermint coming from the diffuser. We also have a TV that shows calming scenes.

It's not finished yet but it's a great start. Several staff members have already reached out wanting to donate to the cause.

As part of this project, I am also providing tips on how to practice mindfulness and other ways to alleviate stress. Snacks, bottled water — and of course, chocolate! — will be offered daily.

This is just one way East View Elementary School has demonstrated appreciation for our staff. We want to take good care of the people who are dedicated to taking care of our kids!



# Jana Beth Francis: A Leader to Learn From

DCPS assistant superintendent for teaching and learning Jana Beth Francis has been selected as a 2020 “Leader to Learn From” by Education Week.

Jana Beth was selected from a pool of hundreds of nominees submitted by readers, staff reporters and other education writers, state school administrator groups and experts in the field of K-12 education.

“It’s a great honor to be recognized as a Leader to Learn From,” Jana Beth said. “My love of learning is why I’m an educator and I think we never stop teaching others. Reflection is such a key part of learning because you gain an awareness of your own thinking and that in turn makes you understand the ‘why’ to the ‘how’ of what you learned. The entire process with Education Week was reflective and I hope I will help others start to make sense of what they are working on in their districts.”

Her contributions to the Daviess County Public Schools district are profiled on the EdWeek website — <https://leaders.edweek.org/leaders/2020/> — and will be featured in the print edition of Education Week. EdWeek asked all honorees to provide three lessons to be shared as part of these profiles. “The one that I think it most relevant for all stakeholders is Learn Together,” Jana Beth said. “Take every opportunity to learn as a team. ‘Team’ could be your grade level, your family or your community. My role as a leader is to create the conditions for educators to learn together to solve problems. I try to model taking vast amounts of information and turning it into usable knowledge.”

Jana Beth will participate in a Leaders to Learn From online summit on April 23, sharing her strategies with



Photo by Pat McDonogh for Education Week

fellow honorees and other educators from across the country. “I’m looking forward to participating in the Leaders Summit,” she said. “The 2020 leaders bring such a wide range of expertise to the table – from Career Education to finance and nutrition. I think it will be a summit on making schools really support the whole child. The summit is a wonderful opportunity to learn together. I will be able to share the amazing opportunities we have for students in our district and I hope to gather some ideas from my colleagues.”

Jana Beth is currently in her 20th year with the DCPS district. “We are lucky to get to work in such a supportive environment,” she said. “I tell people all the time that I have never lived in a place where K-12 education is so respected and valued. Daviess County has three amazing school systems and that gives parents choices to make the best decision for their students. We are lucky to be a part of a region that prides itself on excellence in education. I really believe I am where I am today because of the opportunities being a part of the Daviess County Public Schools have provided.”



## Free Books Available

We still have a few books available from a generous donation of more than 400 books from 2nd and Charles. Click the link below to claim up to 10 titles no later than midnight Saturday, Feb. 29. First come, first served!

<http://bit.ly/DCPSbookgiveaway>

DCPS Schools will be in session on  
Friday, March 13 (make-up day for Feb. 6).

*Spring Break*

*March 30 - April 3*

Visit [www.dcps.org](http://www.dcps.org) for 2020 calendar and complete schedule of DCPS make-up days.



## Kids First Teacher of the Year Award

Nominations are now being accepted for the DCPS Kids First Teacher of the Year Award. DCPS believes great teachers are:

- Student-Centered
- Engagement Driven
- Passionate about Teaching and Learning
- Able to Develop and Maintain Positive Relationships
- Committed to a Growth Mindset
- Dedicated to Communication with All Groups
- Knowledgeable About Content
- A Team Player
- Prepared
- Coachable
- Invested

If you know a DCPS teacher who shows some of these characteristics, please complete the brief nomination form [HERE](#). All you have to provide is a one- or two-sentence example of how your nominee demonstrates two of the characteristics listed above. It will only take five minutes and it's a great way to honor our great teachers. The nomination deadline is Saturday, Feb. 29.

All nominees will be considered. From the list of nominated teachers, three finalists will be selected per level (elementary, middle and high). District winners will be announced at Opening Day in August and will represent DCPS for Kentucky Teacher of the Year honors.

For more information, contact Jana Beth Francis at [janabeth.francis@daviess.kyschools.us](mailto:janabeth.francis@daviess.kyschools.us) Please consider completing the nomination form at [https://docs.google.com/forms/d/e/1FAIpQLSetjZphf-BXdzKX\\_aS0R8f5q49xjZAYqpy48TJmcZs751z1iqg/vi ewform](https://docs.google.com/forms/d/e/1FAIpQLSetjZphf-BXdzKX_aS0R8f5q49xjZAYqpy48TJmcZs751z1iqg/vi ewform)



## Kids First Support Staff Awards

### DCPS Customer Service Award

The DCPS Kids First Customer Service Award will honor members of our support staff who go above and beyond in serving our students and families. These nominees exhibit a “Kids First” spirit in their interactions with kids and parents/guardians by demonstrating characteristics listed below. Award nominees should possess a trademark spirit of service, innovation, and commitment to the others in a way that positively impacts the lives of those in the school community. Characteristics include: Kindness, active listening, conflict resolution, dependability, friendliness, patience, effective communication, empathy, creativity, challenges students to do their best, supports families with “Kids First” in mind and makes families feel welcome and valued. Click [HERE](#) to nominate a DCPS support staff employee for the Kids First Customer Service Award! Nomination deadline is Friday, March 20.

### DCPS Support Professional Award

The Support Professional Award honors members of the DCPS support staff who are exceptional at their job and provide exceptional support to DCPS students and/or staff. These nominees demonstrate positive characteristics such as: Adaptable, creative, strong decision-making, dependable, energetic, knowledge of responsibilities, organized, patient, positive attitude, responsive, timely, takes initiative, willingness to help others and lifelong learner. Click [HERE](#) to nominate a DCPS support staff employee for the Kids First Support Professional Award! Nomination deadline is Friday, March 20.



## Key Dates for March

This list of key dates is provided at the beginning of each month to assist in planning for special activities and learning projects at your school. Note: This list may not include all special occasions.

### The month of March is:

Music in Our Schools Month  
Youth Art Month  
National Nutrition Month  
Social Work Month  
Women's History Month  
Middle Level Education Month  
American Red Cross Month  
Irish-American Heritage Month

### Special weeks:

March 2-6 – DCPS Family Resource/Youth Services  
Center coordinators and Social Workers Appreciation  
March 2-6 – National School Breakfast Week  
March 8-13 – Girl Scout Week  
March 16-20 – DCPS College and Career Readiness /  
Favorite University Week  
March 16-20 – National Poison Prevention Week

### Special days:

March 1 – Self-Injury Awareness Day  
March 2 – Read Across America Day/Dr. Seuss' Birthday  
March 8 – International Women's Day  
March 11 – Johnny Appleseed Day  
March 13 – DCPS Make-Up Day  
March 17 – St. Patrick's Day  
March 18 – Kick Butts Day  
March 19 – First Day of Spring  
March 19 – DCPS Close the Deal Day  
March 19 – Absolutely Incredible Kid Day  
March 21 – International Day for the Elimination of  
Racial Discrimination  
March 22 – World Water Day

Every Day in DCPS:  
**Kids First!**

## Healthy Lifestyle Tip of the Week

### START A CHAIR YOGA ROUTINE THIS MONDAY

If you need to stay at your desk, you can still get a good stretch! Do some simple chair yoga positions to get your blood flowing and reduce your stress in just minutes.

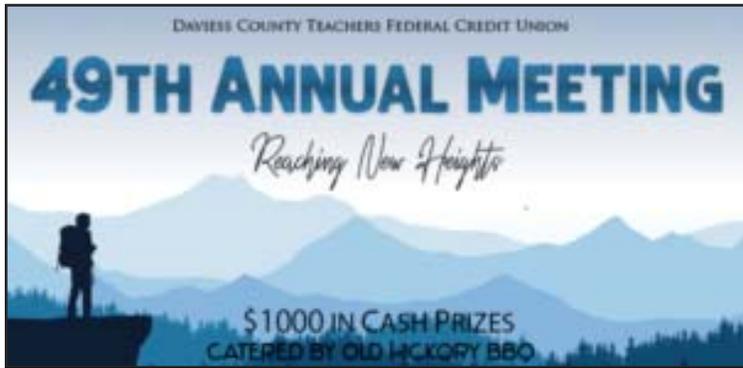


If you need to reduce stress at your desk, look no further than a good stretch! Throughout a typical day, it's normal for tension to build up in our shoulders, neck and back. Doing a few simple yoga moves can help relieve that tension – and you can do it while seated in a chair! This week, spend a few moments stretching your muscles and letting stress go!

We all know exercise is beneficial for stress relief, but it's understandable if you can't always get up and take a walk during a stressful day. Fortunately, you can still engage in some light physical activity without having to leave your work station or desk. Any movement is good for your body as well as your mind; it will get your blood flowing and direct more oxygen to your brain.

Chair yoga is a great practice for anyone with limited mobility, but it can also help people who are active. The chair serves as support for modified versions of traditional yoga poses that target the shoulders, back, neck, and other muscle groups. Accompanied by some deep, cleansing breaths, these chair yoga poses can help calm the body and mind while easing muscle tension. Click [HERE](#) for a video with an easy-to-follow routine with instructions and demonstrations of simple and effective chair yoga moves!

These weekly fitness reminders are brought to you by the DCPS Food Services Department. We care about you! Learn more at [www.moveitmonday.org](http://www.moveitmonday.org)



**Save the Date: Annual Meeting – 6 p.m. March 24**  
Mark your calendars for the 49th Annual Meeting at 6 p.m. Tuesday, March 24, in the Daviess County High School cafeteria. We will be giving away \$1,000 in cash prizes and a free giveaway to every member who attends! Come enjoy a delicious meal catered by Old Hickory and meet with the Board and staff of DCTFCU! You will also have the opportunity to vote for your Board of Directors so take advantage of your Credit Union membership! Tickets are on sale now!

**Save up to \$15 on TurboTax!**  
Here at DCTFCU, we have teamed up with TurboTax to save you up to \$15 on TurboTax federal products. TurboTax translates taxes into simple questions about your life, so you don't need tax knowledge – or an appointment – to get your taxes done right.

**Don't Let Time Slip Away!**  
Open an IRA before the April 15 deadline! Tax season is here! Sign up for a DCTFCU IRA today and reap the tax benefits. Tax deadline is Wednesday, April 15, so open your Traditional or Roth IRA or a Coverdell ESA for a child today! For more information on IRA investments, please contact a Credit Union representative.



**Scholarship Applications Available NOW!**  
Each year Daviess County Teachers Federal Credit Union gives away two \$500 scholarships to members interested in furthering their education. The William E. Morris Continuing Education Scholarship is for students age 21 and older and the Richard E. Skaggs Scholarship for those 21 and younger. Scholarship applications may be picked up at the Credit Union or are available to download and print from our website at [www.dctfcu.com/scholarships](http://www.dctfcu.com/scholarships). The deadline for submission is March 9. Scholarships will be awarded at the 49th DCTFCU Annual Meeting. Call the Credit Union at 270-684-8954 for more information.



**Referral Rewards Program!**  
We are giving you a chance to collect \$25 for EACH new member you refer! And to help you seal the deal, we are offering those new members \$25 as well if they sign up for a payroll deduction or payroll deposit! Your referral MUST follow through with opening an account before you receive the \$25. We will be sure to ask each new member as they begin their account opening process if they were referred so be sure to have your friend mention you when they open an account!

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**Spring Break Plans? Let us know!**

If you will be going out of town for Spring Break, please update your Member contact information with the Credit Union. Our VISA fraud detection services monitor suspicious activity on debit and credit card accounts – including out of town purchases. If the fraud detection is triggered by suspicious activity, VISA will attempt to confirm activity using your contact information. If they cannot get in touch with you, they will freeze your account. Don't get stuck in Florida without the use of your MasterCard debit and VISA credit cards! Update your contact information with the Credit Union and let us know you will be out of town.

Want to go somewhere warm for Spring Break, but you're short on cash after the Christmas season? We have the solution for you. Call our Loan Department!

- Lines of Credit
  - Vacation Loans
- For a safe and enjoyable Spring Break, don't leave home without DCTFCU. Call the Credit Union for more information at 270-684-8954 or 800-215-5574.

**Don't forget the Courier!**

Are you too busy to stop by the Credit Union? Send your deposit through the DCPS Courier. The Courier drops off and picks up mail at the Credit Union on Monday, Wednesday and Friday. Be sure to include your account number with any information you send. Contact DCTFCU or log on to your online account after 4 p.m. to verify receipt of your deposit or loan payment.



**Don't miss out on a great rate with great rewards**  
Take a break from high interest credit cards and transfer your balances to your DCTFCU Visa. DCTFCU offers our members a fixed, low-rate Platinum Visa that can be used for all your Spring Break expenses!



Enjoy a fixed rate as low as 7.9% annual percentage rate and bonus points rewards for on all purchases! There's no annual fee, plus enjoy these additional benefits:

- No cash advance or balance transfer fees
- No overlimit fees
- 25-day grace period on purchases
- Free travel accident insurance with Visa purchase of common carrier tickets, including a lost luggage reimbursement and an auto rental collision damage waiver

Stop by the Credit Union to fill out an application and receive your Visa credit card in time for Spring Break!

**Direct Deposit and Payroll Deduction save you time and money!**



Now is the perfect time to save! Sign up for DCPS Direct Deposit and Payroll Deduction today! Open as many special savings accounts as you need and name them yourself! Have your pay automatically deposited and

distributed each pay period. You'll save time and money! Call DCTFCU for details!

**Switch to DCTFCU Checking**

Open your account today! Now is the time to take advantage of DCTFCU's convenient checking account. If you've been paying high rates and fees at another financial institution, switch to a DCTFCU checking account today and enjoy these benefits:

- No Minimum Balance
- No Monthly Service Fee
- No Per-Check Fee
- ATM Access Nationwide
- Online Banking
- Mobile Banking
- Bill Pay
- First Box of Checks Free
- Direct Deposit Available
- MasterCard Debit Cards
- Duplicate Checks
- Courtesy Protection



**Daviess County Teachers  
Federal Credit Union**

1900 Southeastern Parkway  
270-684-8954 [www.dctfcu.com](http://www.dctfcu.com)

**Drive-Through Hours**

Monday-Thursday — 8:30 a.m. to 5 p.m.

Friday — 8:30 a.m. to 6 p.m.

**Lobby Hours**

Monday-Thursday — 9 a.m. to 4:30 p.m.

Friday — 9 a.m. to 5 p.m.

**Credit Union Corner  
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# Love and Logic®

## How to Raise Respectful, Responsible Kids Yes, It Really Is Possible!

Dr. Charles Fay, one of the creators of the Love and Logic Parenting Program, is coming to Daviess County from the

Love and Logic Institute in Denver. He is an expert in the field of parenting and travels the country helping overwhelmed parents gain control and confidence. You will gain valuable insights into children from toddlers to teens. Join us for amazing parenting advice and some laughs along the way.

Dr. Fay's presentation on "How to Raise Respectful, Responsible Kids" is from 6 to 8 p.m.

**Dr. Charles Fay**

Tuesday, March 3, at Owensboro Christian Church, 2818 New Hartford Road. Note: This is a new location – based on tremendous response from our community!

This FREE presentation is sponsored by the Daviess County Public Schools district and Owensboro Health Regional Hospital.

Sign up [HERE](#) or by visiting <https://www.signupgeenius.com/go/20f054cadad2aa1f49-howtoraise>

The Love and Logic Institute is dedicated to making parenting and teaching fun and rewarding, instead of stressful and chaotic. This program will empower you with practical tools and techniques designed to help adults achieve respectful, healthy relationships with their children and students. Love and Logic uses humor, hope and empathy to build up the adult/child relationship. This strategy emphasizes respect and dignity for both children and adults, and provides real limits in a loving way while also teaching consequences and healthy decision-making.

Childcare is not available for this event. For more information, contact DCPS district social worker Christina Dalton at [christina.dalton@daviess.kyschools.us](mailto:christina.dalton@daviess.kyschools.us)

### Free Banzai financial curriculum!

Don't miss your chance to take advantage of this amazing FREE financial curriculum that is in

# Banzai!

alignment with Kentucky's state financial education standards. The free financial curriculum we currently offer to all Owensboro/Daviess County area schools has been upgraded to a model using more technologically current banking practices. The Banzai curriculum offers a real-world approach to learning to manage money and can help students prepare for the responsibilities that come with adulthood. We are passionate about the value and impact this curriculum brings and are so proud of the educational value it offers our community. Check out [www.dctfcu.teachbanzai.com](http://www.dctfcu.teachbanzai.com) to see how this curriculum is impacting our community already and how to get started offering it to your students today! For FREE! If you have any further questions, feel free to contact Tina Payne at 270-684-8954.

**Need some extra tips and information to help master your finances?** The NEW Banzai Library and Banzai Coach are here for YOU!

Both now available at our [www.dctfcu.learnbanzai.com](http://www.dctfcu.learnbanzai.com) website! This library includes specific in-depth lessons focused on helping you understand insurance, retirement, how to do your taxes, how to start a business, buying a house and more. Also, now available is a new Banzai Coach course. The virtual financial adviser – the Banzai Coach – is totally unique to the financial literacy industry. Through this course, you will be guided through understanding your debt and figuring out the best ways to create a budget and manage your money to help you get your finances back on track. And today, the coach now includes three brand-new modules to keep up with the growing demand for financial advice that is topical, personal, and actionable: "Am I Ready to Retire?" "Setting up your Business" and "Filling out the FAFSA." The retirement module helps users set a retirement goal, evaluate their current savings, and see whether they are on track with their goals. The business module helps users learn the differences between sole proprietorship, LLC and incorporation; decide which model is best for their business; and prepare to register in their state. The FAFSA module helps would-be-funded students who have never had to scour their families' financial documents figure out cost of attendance, how to fill out and submit the FAFSA, and gain perspective on how much they will save. We are SO excited about these courses as they are designed to help you navigate your current finances. DCTFCU is committed to helping you feel good about your finances so get started today at [www.dctfcu.learnbanzai.com](http://www.dctfcu.learnbanzai.com)