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LARAMIE COUNTY SCHOOL DISTRICT 1 EMPLOYEE NEWSLETTER

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CHEYENNE, WYOMING

DECEMBER 2016 / JANUARY 2017

Head nurse to retire at the end of the school year

The daughter of a World War II war bride from Vienna, Austria, Laramie County School District 1's head nurse Chris Bartholomew was born and raised in Buffalo, New York.

Bartholomew said she grew up in an age when the neighborhood kids were everybody's kids.

"I lived near a city park with a swimming pool. Everybody watched out for everybody else," Bartholomew said. "Our lives revolved around family and friends."

"My grandma used to make pies, sugar cookies and German Kuchen pastries every Saturday and we'd go there to visit," she said.

As a teenager, her father's physician suggested she consider training for the nursing profession. "Honestly back in those days, during the '60s, girls in my age group either became a nurse, a teacher or a secretary," Bartholomew said.

Bartholomew attended college from 1969 to 1973 at the State University of New York at Buffalo. She loves horses and while horseback riding one day, she met Terry Bartholomew, her future husband, who was also pursuing a medical career. She worked at Women & Children's Hospital in Buffalo for nine years, then at the

University of Rochester Medical Center.

"My son was born when I worked at a little community hospital in Rockport, New York, where I was the associate director of nursing," Bartholomew said.

In 1988, Bartholomew moved with her family to Cheyenne, where her husband had been transferred for his hospital job.

Bartholomew worked at DePaul Hospital in pediatrics, then at Wyoming Medicaid and at the Laramie County Health Department. In 1998, she began working for LCSD1.

Bartholomew's son Erik attended Hobbs Elementary, McCormick Junior High and graduated from East High. She said she still likes to ride her horses, but isn't as active with them as she used to be.

Her plan is to retire in the spring so she can spend more time with her husband who finished his career with Cheyenne Regional Medical Center in June. She also wants to spend more time painting and added that right now she's enjoying working with pastel colors.

"We like camping, too," Bartholomew said.

Bartholomew said she wouldn't mind working part-time or



volunteering. The idea of becoming a snowbird intrigues her, but she isn't sure where she'd spend the winters. Adventures exploring the California and Oregon coasts may also be in her future.

"In 2000 I got to visit Vienna, Austria, and I'd like to go back there with my husband," she said.

Bartholomew spoke fondly of her time with LCSD1 and said she'll miss her colleagues and the bustle of activity.

She added: "I've been a nurse for 43 years now. I've always loved kids and I've practiced pediatrics during my entire career."

Quick thinking custodian saves choking student

Recently, a custodian at Pioneer Park Elementary helped a choking student in the school cafeteria. Jerry Roybal didn't want to receive any special attention for his quick actions, but he does believe all school custodians should be trained in first aid so they can assist a student during a medical emergency.



"I just saw the student was in trouble and I helped him," Roybal said. "It would do it for anyone I saw that was having trouble. I've got a grandson who attends school and I would hope someone with training could help him if he needed it."

Teachers learn about civil rights movement through program



Seven Cheyenne teachers recently had an opportunity to travel to Birmingham, Alabama, with a consortium of Wyoming teachers. As part of the “We the People” program, the teachers learned more about the civil rights movement.

—Photo courtesy of Matt Strannigan

In early October, 30 teachers from across Wyoming, including seven from Cheyenne, traveled to Birmingham, Alabama, to study the civil rights movement.

Teachers who attended are involved in the “We the People: The Citizen and the Constitution” state network. During the training, they heard from a variety of scholars, soldiers in the civil rights movement and the former state attorney general who led the prosecution of those responsible for the bombing of the 16th Street Baptist Church.

The training was designed to help teachers learn how to best teach the civil rights movement through the “We the People” program.

Attending from Cheyenne were Mark Seively, East High; Sara Miller, Central High; Dr. Reagan Kaufman, South High; and fifth-grade teachers Mary Bravo, Vicky Russell, Jillian Fanning and Sarah Holle.

For more information about the Wyoming “We the People” program, contact Matt Strannigan, Wyoming’s state coordinator, at mstrannigan@hotmail.com.

Board of Trustees approve new district strategic plan

Over the summer, Laramie County School District 1’s Board of Trustees approved a new strategic plan which will help guide work through 2019.

Superintendent of Schools John Lyttle explained a variety of data was examined including behavioral, academic performance and graduation rates. Additionally, the previous plan was reviewed and areas needing revision or continued work were added into the new plan.

Key areas include student achievement, professional expectations and growth, instructional leadership, safe and orderly environment and effective and efficient use of resources. District and school action plans are being developed to move the plan forward.

In addition, Lyttle has developed three district goals for the 2016–2017 school year to help improve student achievement. The goals are connected to the strategic plan and are tied to specific measurements.

This year’s goals are:

1. Increase on-time graduation rate to 81 percent.

2. Increase the district’s average ACT composite score to 21.
3. Increase the percentage of 3rd–8th grade students who meet or exceed the next PAWS reading and math performance levels by 5% (below basic to basic, basic to proficient, proficient to advanced).

“Although these goals are primarily instructional, we’ve asked all of our departments to set goals that influence these and tie to the strategic plan,” Lyttle said.

More information about the district’s performance is available by viewing Lyttle’s State of the District (SOTD) presentation, which is available online, www.laramie1.org. In addition, all principals are giving State of the School presentations to their parents to update them on school progress. Finally, Lyttle will be presenting the SOTD presentation during various civic group meetings throughout the year.

“Staff and community input and participation will be critical as we continue on our journey to assist each of our students in their pursuit of a high quality education,” he said.

NEWS BRIEFS

WELLNESS

To register for upcoming classes, ask about minigrants to promote health at schools and work sites or to serve on the wellness committee, contact Lynn Fox at 771-2373, ext. 10249 or e-mail foxly@laramie1.org.

Register for classes online at <http://fs10.formsite.com/laramie1/form138/index.html>

Free Fitness Classes

Sept. 12–Dec. 21

❖ **Body Burn**—Mon. & Wed., 4:15–4:45 p.m., Triumph High gym

❖ **Zumba**—Tues. & Thurs., 4:30–5:30 p.m., Triumph High gym

Register for classes online at <http://fs10.formsite.com/laramie1/form138/index.html>

Health Programs

❖ **Eat Right or Die Young**
Dec. 6, Tuesday, 4:15–5 p.m., Boardroom

Food is medicine! Learn eating strategies to live a long and healthy life free from chronic disease. Presented by Dr. Heather Smith, DC CACCP and Dr. Marley Smith, DC.

❖ **No Butts and/or Dips - Tobacco Cessation Class**
Jan. 3–Feb. 14, Tuesdays 4:15–5 p.m., Boardroom

One-on-one coaching sessions are available in person and by phone.

❖ **2017: Healthy is the New Sexy**
Jan. 5, Thursday, 4:15–5 p.m., Boardroom

Did you make a New Year's Resolution to get healthier? Learn strategies to achieve those resolutions. Presented by Dr. Heather Smith, DC CACCP and Dr. Marley Smith, DC.

❖ **20 Days of Gratitude Challenge**
February 2017

Focus on gratitude for the month of February to become happier and healthier. Receive weekly email tips. Drawing for books and CD's will be given out during the challenge.

❖ **Inflammation Nation**
Feb. 9, Thursday, 4:15–5 p.m., Boardroom

Inflammation is linked to many chronic diseases such as heart disease and diabetes. Learn how to reduce inflammation through lifestyle choices. Presented by Dr. Heather Smith, DC CACCP and Dr. Marley Smith, DC.

❖ **LCSD1 Wellness Incentive**

Incentive Plan #2—Dec. 1, 2016–April 28, 2017
\$100 benefit paid on May 3, 2017, paycheck
Employees and spouses on district Blue Cross Blue Shield health insurance plan are eligible. Open to the first 800 participants.

ELIGIBILITY:

- Complete required components of exercise and non-tobacco use or completion of approved tobacco cessation class (worth 100-125 points)
- Choose additional activities (worth 25-50 points)
- *You must complete all steps by April 28, 2017*

For more info & to sign up, visit:
<http://tinyurl.com/3wfyngo>

❖ **2017 RECOGNITION RECEPTION**

The 2017 LCSD1 Employee Recognition Reception will be held on Wednesday, May 10, from 4–6 p.m. at the Radisson Hotel.

❖ **SAFE SCHOOLS**

Laramie County School District 1 is using SafeSchools™. com to provide training courses online. Follow these easy steps to complete your LCSD1 safety training requirements: On the Employee Online page, click the "Safe Schools" link under the "EO Home" section on the left side of the page. You will use your district user name and password to log on. REMINDER: when entering your user name, enter your last name and first initial only.

Employees champion Emergency, Weather Closure Guidelines

As employees at Laramie County School District 1, you may receive questions from parents and community members regarding the district's inclement weather procedures.

The district website, www.laramie1.org was recently revamped and contains a variety of useful information. If school is closed due to inclement weather, closure information will be located in the top, left-hand Twitter feed box on the homepage. Additional information on the homepage is available by clicking on the Weather Closure Guidelines box. Weather boundary maps can be found under District Resources, School Maps & Boundaries.

As a reminder, the district has been divided into two boundaries—urban and rural. Sometimes conditions in the rural area will not allow buses to operate. However, conditions in the urban area may allow for school to be in session and buses to run. In this case, an all-call will not be made and people are encouraged to tune into the local media or visit the district website. All calls are only made when there is a district-wide closure.

Other helpful tips, including wind chill guidelines and the process behind school closures are included on the website.

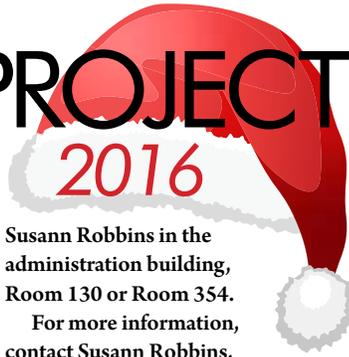
Thank you for your help in disseminating this important information to our community!

SANTA PROJECT

'Tis the season to be jolly, 'tis is the season to be merry and 'tis is the season to be giving.

Let's make Christmas a little brighter by providing monetary donations for a special event for the residents of the Cheyenne Health Care Center.

Please deliver monetary donations by Thursday, Dec. 15, to Darlene Davis or



Susann Robbins in the administration building, Room 130 or Room 354.

For more information, contact Susann Robbins, Community Relations, at robbinss@laramie1.org.



Thank You LCSD1!



We are making a difference in the lives of our students, their families and the great community that is Laramie County.



**2016
United Way
Goodie
Basket
Winners**



● Curtis Colbert
—Working with Habitat for Humanity

kudos

JOHN LYTTLE
Superintendent of Schools

DR. TRACEY KINNEY
Assistant Superintendent of Instruction

DR. MARC LAHIFF
Assistant Superintendent of Human Resources

DAVID BARTLETT
Assistant Superintendent of Support Operations

DR. STEPHEN NEWTON
Director of Instruction

J.P. DENNING
Director of Special Services

GORDON KNOPP
Director of Technology

MICHAEL WIGGAM
Director of Finance/Accounting

DR. JOYCE CHALSTROM
Assistant Director of Instruction—
School Improvement/Assessment

JOHN BALOW
Assistant Director of Special Services

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THE MISSION

OF LARAMIE COUNTY SCHOOL DISTRICT 1, in cooperation with students, parents, staff and the community, is to guarantee a high-quality education in a safe and orderly environment for all students, inspiring them to become lifelong learners and responsible, productive citizens.

REVISED 3.28.07