

**Concord Public Schools and Concord-Carlisle Regional School District**

# Community Connections

**Human Resources Office**

**September 2009 Employee Newsletter**

## CELEBRATION !

Please join in a celebration to recognize educators that have achieved professional teacher status.

Tuesday, October 13th

5:30pm - 6:30pm Ripley

CONGRATULATIONS

Karen Baker	Nora Mendoza
Rachele Brown	Tom O'Connor
Joyce Carter	Kristin Powderly
Kate Fitzgerald	Kate Reidy
Jessica Glenn	Doug Shattuck
Elizabeth Harkins	Dan Simone
Margaret Harrington	Sharon Taft
Diane Kablik	Robert Wilder

## WORLDY WELCOME!

- Daniel Mark, Born: March 4th. Proud Mom: **Nora Mendoza** - CCHS
- Sebastian Alexander, Born: May 26th Proud Mom: **Michele Morgan** - CCHS
- Kailyn Elizabeth, Born: April 27th. Proud Mom: **Carroll Willa** - Alcott
- Marcy, Born: June 4th. Proud Mom: **Tara Venuti** - Thoreau
- Amir adopted June 12th. Proud Dad: **Johnny Woodnal** - CCHS
- Lila, Born: July 16th. Proud Mom: **Liz Welburn** - CMS
- Cypress Henry, Born: July 17th. Proud Mom: **Mary Lance** - Alcott
- Rhys Michael, Born: August 1st Proud Dad: **Gavin Sykes-McLaughlin** - CMS
- Desmond, Born: April 10th. Proud Mom: **Rachele Brown** - CCHS
- Elise Claire, Born: August 14th. Proud Mom: **Gail Steingisser** - Alcott
- Max, Born August 28th. Proud Dad: **Ben Kendall** - CCHS
- Christian adopted September 1st. Proud Mom: **Shelley Hull** - CCHS

## HR Goes Mobile

**Do you have questions about lane changes, benefits, MLP, or Massachusetts educator licensing?**

The Human Resources Office staff will be visiting your school this school year to speak with employees and answer questions. The goal of the visits is to provide staff with a convenient opportunity to inquire about health benefits, lane changes, my learning plan and/ or other HR topics.

Please see the schedule below to know when HR will be in your building. If the time listed is not workable for you, please call 978.318.1542 or email [bduddy@colonial.net](mailto:bduddy@colonial.net).

Benefits Information is available on:

### Alcott:

October 20, 2:00 - 3:30

### Thoreau:

October 27, 11:30 - 1:30

### Willard:

October 22, 11:45 - 12:45

## Wellness at Work

The Wellness at Work program is designed to bring you information and experiences to enhance your health and well-being.

The 2009-2010 workshops offer a range of topics including an amazing session with Jon Kabat-Zinn (more information on back page of this issue), a

### CMS:

Sanborn: October 28, 10:45 - 12:45

Peabody: October 29, 10:45 - 12:45

### CCHS:

October 21, 10:40 - 12:00

### Transportation:

October 13, 10:00 - 11:00



**HR GOES MOBILE!**

Tiffany will be conducting on-site trainings for My Learning Plan. Below are a list of topics to be discussed. To express an interest in attending please call 978.318.1542 or email [tleger@colonial.net](mailto:tleger@colonial.net).

- Signing up for courses through the district catalog
- Using Salary Tracker/Lane change
- How to receive tuition reimbursement
- Marking courses and activities complete (when and how)
- Forms
- How to register for EDCO activities
- Activity/course approval process

**WATCH FOR THE HR NEWS COMING SOON!**

website.

Please call 978.318.1542 or email [k12personnel@colonial.net](mailto:k12personnel@colonial.net) if you have any questions or would like to register for an event.

A brochure detailing these offerings is available on the HR



**Please welcome the following new staff members:**

**Alcott**

Rebecca Bryant-Gates  
Susan Carey  
Jill Connelly  
Cynthia Guarracino  
Cynthia Murphy  
Amy Jones  
Emily O'Hara  
Lauren Oliver  
Judith Olson  
Tong Stevens

**Thoreau**

Kellie Byrne  
Karen Donahue  
Sabrina Haber  
Debra Murray  
Susan Wylie

**Willard**

Dawn Cashman  
Erica Chicco  
Carolyn Gill  
MaryAnne Levine  
Sherry Loiselle  
Jennifer Rosa  
Chester Spinney  
Kathryn Squire  
Jacquelyn Turner  
Julee Vitello

**CMS**

Kiyomi Edwards  
Sandra Hilly  
Kari Kibler  
James Lin  
Lisa Spollen  
Sharon Kabelitz  
Jason Montrose  
Maria McDermott  
Susan Smith Boudha  
Larissa Vincent

**CCHS**

**WELCOME ABOARD!**

Gina Berube  
Carly Dwyer  
Mark Cloherty  
Dana Graham  
Jasmine Graham  
Zandra Kambysellis  
Jessica Lutz  
Vivian Tam  
Tami Toomey  
Linda Vice-Hisey  
Stacey Watford  
Stephen Wells

**The Learning Experience—Child Care Discount for Employees**

The Learning Experience (T.L.E.) is pleased to offer Concord School Department employees an opportunity to receive 10% off regular tuition rates, which include phonics, enrichment, and hot lunch\* and waived early morning and late PM fees.



eastern United States.

The Discount will be honored via the following guidelines:

Upon the Enrollment of the 5<sup>th</sup> child from a company referral, all of the families of the

Upon the Enrollment of the 10<sup>th</sup> child from a company referral, all of the families of the referred children will receive a 10% off of tuition

Upon the Enrollment of the 15<sup>th</sup> child from a company referral, all of the families of the referred children will receive a 10% off of tuition in addition to waived Early Morning & Late PM fees.

T.L.E. is the fastest growing child-care center operator in the North-

referred children will receive a 5% discount off of tuition.

**THE POWER OF MINDFULNESS IN EDUCATION**

**Jon Kabat-Zinn returns to Concord!**

**Thursday, October 22nd, 3:45pm—5:34pm**

Join Jon Kabat-Zinn for an experiential afternoon of dialogue, inquiry, and mindfulness practice. Movements to bring mindfulness into K-12 education are growing by leaps and bounds across the country. See the Mindfulness & Education Retreat at [www.eomega.org](http://www.eomega.org); [www.educatingworldcitizens.org](http://www.educatingworldcitizens.org); and [www.mindfuled.org](http://www.mindfuled.org).

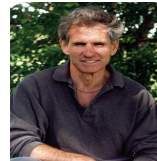
Jon's work reminds us of ways that we can take care of ourselves in the midst of change and uncertainty. This offering is an invitation to utilize tested and highly researched mindfulness-based practices both individually and in school-based groups and/or classrooms.

This is an opportunity to learn ways to help ourselves maintain balance and resilience in our lives as family members and in our schools as educators. Practical approaches that allow some measure of control, balance, and efficacy for day-to-

day living will be discussed. Jon will discuss cutting edge mindfulness-based stress reduction strategies for cultivating emotional balance and optimal learning in K-12 education today. Follow-up opportunities may be available for deepening these approaches within the school. Copies of his Guided Mindfulness CDs and books will be available for purchase.

**To register call HR at 978.318.1542 or email [k12personnel@colonial.net](mailto:k12personnel@colonial.net)**

Jon is Professor of Medicine emeritus and founding director of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society at the Univ.Mass. Medical School. He is the founder of mindfulness-based stress reduction, a method that combines mindfulness medita-



tion and hatha yoga that has been widely studied and applied with groups ranging from chronic medical patients suffering from stress, pain, and illness, to business people, prison inmates and staff, school children, and professional athletes. He is the author of Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness and Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life. Jon and his wife Myla Kabat-Zinn, co-authored Everyday Blessings: The Inner Work of Mindful Parenting. His work was featured on the PBS Special, Healing and the Mind. His book, Coming to Our Senses: Healing Ourselves and the World Through Mindfulness (2005) is about the transformative effects of mindfulness on the body and on the body politic. His latest books are Arriving At Your Own Door, and Letting Everything Become Your Teacher.