

# THE SPECIAL EDITION



## THIS MONTH



### One Quarter In - Celebrating Collaboration

It's hard to believe we're already a quarter of the way through the school year! As progress reports go out, let's celebrate the growth our students have made in just a few short months. This progress reflects the incredible teamwork between our special education staff and district general education staff. Together, Keystone and district staff create inclusive classrooms, where every student can learn, grow, and thrive. We appreciate your dedication to teamwork and collaboration in the efforts to support every student. Keep up the great work!

### Keystone Administration



## SPOTLIGHT



### ACCES Wiseman Paras

Jennifer Wiseman wants to give a shout out to her paras Brandi, Wendy, Morgan and Julie. They have done an amazing job this year! The team have been thrown some curveballs which means long days and lots of flexibility and all 4 of these wonderful ladies have stepped up and helped wherever they are needed. Morgan does a fantastic job of asking questions and observing others. She is always wanting to learn more and do better. Julie will go WHEREVER Jennifer needs her..from kindergarten all the way up to Jr. High. She has been great at jumping in and helping, no matter the age, grade level or disability. Wendy has been a trustworthy and dependable backup in kindergarten. Her experience and knowledge has been invaluable. She has strategies that she is always willing to share with others and helps all students equally. Brandi is juggling full-time school and full-time para but she has a wonderful attitude, cares deeply about the students and her job. She wants the student to be the best they can be and it shows in the way she works and talks with them. Jennifer would not be able to do her job this year without these ladies. They all take pride in their work and she sees it everyday.



# Wellness & Self-Care Ideas for Fall



## 1. Mindful Moments

- Take 5 minutes during your prep period or lunch to practice deep breathing or a short guided meditation (use apps like Headspace or Calm for quick mindfulness exercises).

## 2. Movement & Stretching

- Take a walk between classes or during planning periods to get fresh air.
- Stretch at your desk. Simple neck, shoulder, and back stretches to relieve tension.

## 3. Healthy Eating & Hydration

- Pack a fall-inspired snack: apple slices with peanut butter, pumpkin seeds, or trail mix.
- Keep a water bottle at your desk to stay hydrated throughout the day.
- Avoid skipping meals, even 10–15 minutes of mindful eating can help energy levels.

## 4. Mental Recharge

- Schedule a “quiet moment” after school: 10 minutes in your classroom before leaving to breathe, reflect, or plan calmly.
- Listen to uplifting music or a short podcast on your way to work or home.
- Journal a few thoughts or accomplishments from your day, celebrating small wins boosts morale.

## 5. Social & Emotional Connection

- Take a few minutes each week to connect with a colleague - a coffee break, hallway chat, or lunch catch-up.
- Recognize and celebrate student achievements noticing positive moments can increase teacher well-being.

## 6. Seasonal Enjoyment

- Bring a little bit of fall into your classroom: seasonal decor, scents, or a small cozy corner for reading.
- Spend time outdoors during daylight - sunlight helps with mood and energy.

## 7. Professional Boundaries

- Remember it's okay to say no to extra commitments when your plate is full.
- Set a realistic end-of-day shutdown routine to avoid taking work home mentally.

As the school year picks up pace, it's important to remember that self-care fuels your energy and focus. Even small actions, a short walk, a few deep breaths, or a healthy snack, can make a big difference.

**TAKE TIME FOR YOURSELF THIS FALL; YOUR WELL-BEING MATTERS!**



You can access **Keystone's Employee Assistance Plan (EAP)** by visiting: [EAP.LUCETHEALTH.COM](https://EAP.LUCETHEALTH.COM) / (800) 624-5544 / Company Code = Keystone



# welcome

## New Keystone Staff

Jenna Amack

Jenifer Wishaar

Emily Bolinger

Cassie Altic

Ashley Edmiston

Faith Owens



**JOIN--  
OUR--  
TEAM--**



### CERTIFIED

#### Special Education Teacher

- #339 - Jefferson County North (Elementary)
- #340 - Jeff West (Middle & High)
- #341 - Oskaloosa (High)
- #377 - Atchison County Community - (Jr. / Sr. High)

#### Social Worker

- #449 - Easton

### CLASSIFIED

#### Paraeducator

- #338 - Valley Falls
- #340 - Jeff West
- #341 - Oskaloosa (Speech)
- #377 - Atchison County Community
- #449 - Easton

**Refer a friend and receive \$100.00**

[www.keystonelearning.org](http://www.keystonelearning.org)

# ♥ GRATEFUL TOGETHER ♥

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♥ As we head into the season of gratitude, we want to take a moment to celebrate the incredible teachers and paras who make a difference every single day. Your hard work, compassion, and dedication truly shape the lives of students and brighten our schools!

♥ We'd love to hear from you!

♥ **Share one thing you're thankful for at work this year...** maybe it's a supportive teammate, a favorite student moment, or something small that made your day brighter.

♥ Everyone who shares will be entered into a **drawing for a gift card.**

♥ Submit your responses to [hr@keystonelearning.org](mailto:hr@keystonelearning.org) by:  
**November 14, 2025**

♥ A few of your "thankful thoughts" may be featured in our next newsletter.

*Let's celebrate the positives and recognize the good that surrounds us every day.*

We look forward to reading your submissions!



# RESOURCE

## Kansans Can Competency Framework

The Kansans Can Competency Framework is a free curricula to teach self-regulation, self-efficacy, assertiveness, and conflict management (K-12). The curriculum focuses on helping students develop skills like setting goals, managing emotions, and making responsible decisions to improve their overall success in school and life.

To access the free curriculum, fill out this google form:

[Kansans Can Competency Self-Regulation Lessons](#)



November 4<sup>th</sup> - Mentor Training at Keystone  
November 11<sup>th</sup> - Superintendent meeting at Keystone  
November 18<sup>th</sup> - School Psychologists meeting at Keystone  
November 19<sup>th</sup> - New Para Training at Keystone  
November 19<sup>th</sup> - Keystone Board Meeting at JDLA  
November 27<sup>th</sup> - Thanksgiving

## ASSISTIVE TECHNOLOGY

**Myth** 

**AT is expensive**



 **Fact**

**AT can be little to no-cost, or expensive**

