

# Connecting

MARCH 2022

NEWS FOR MANAGERS & MECHANICS

## What Do You Mean By Self-Care?

Practicing self-care does not mean you are choosing yourself over your loved one. It means that you are simply being mindful of your own needs, so you are **better able to support the people you care** about. When you take care of yourself and are not stressed, you are better able to meet the needs of others.

In these times of high stress, the faulty logic tells me:

1. Get it done
2. Figure it out
3. Tackle the problems
4. You can take time to move your body, rest your mind, and recharge when all is clear.

The problem with that logic is that it never works that way. You never seem to get to #4. Instead the cycle perpetuates endlessly because there's always more to do. Sound familiar?

So how do we catch ourselves and do a gut check? Sometimes we need to pull ourselves out of a similar pattern and force ourselves to employ more loving and helpful logic. This logic says:

- Look around and assess how you're impacting your family, your employees, your company, and your health.
- Take care of yourself
- Reassess and take action in life from a more grounded, calm, and present state.
- Repeat

What becomes even more meaningful is how you will literally see the impact this will have on your spouse, your kids, and your company. It's a direct, inarguably positive impact on all those around you. When you start to prioritize your wellness it becomes nothing short of a miracle.

Someone once shared, "I can't believe how not OK I was, and I didn't even know it. It was as if I had been trying to run on gasoline, and I actually had a diesel engine" They started to pay attention to their own wellness as a priority and literally turned their life around.

Mike Hennek may ask each of you, "What are you doing to take care of yourself?" This is permission for your own self-care. Let's examine the three truths and begin your quest to taking better care of yourself.

**Your intentions count less than your actions**—Check in with your list of intended and desired actions. Maybe it includes going to the gym, taking a weekend break to relax, or dropping an old habit that doesn't fit anymore. It's pretty remarkable that most of us already know exactly what we need to do to be healthy and feel better.

**Your stress leaks out**—You might be able to live with the amount of stress you're carrying, but take some time to see how it impacts those around you. You can go so far as to ask them their opinion. "Can you tell when I'm stressed or worn out? How does it impact you when I am?"



**You deserve to feel good**—This one is deep and sometimes takes some time to sink in. Here's a question to ask yourself, "Is there anyone in your life that you think doesn't deserve to be healthy and feel good?" The answer is usually "Of course not." So now ask yourself "Why would you be the only single person you know that doesn't deserve this?"

This is an important topic that goes deeper than just feeling good and improving your life. It has everything to do with how you are impacting others around you. Taking care of yourself can be a radical act of service to others and could literally change the world for the better.

**Go take care of yourselves!**

Excerpts from "Man 2.0: Normalizing Self-Care for Men" by Dan Doty

Almost everything will  
work again if you unplug  
it for a few minutes...  
Including you.

Anne Lamott



@donhornsby

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## 3 Reasons to Reduce School Bus Idling

When managing a school bus transportation network, there are a lot of factors to keep track of, and sometimes it's easy to let the little things slip by.

However, in the case of school bus idling, it's a little thing that adds up to big problems! Your drivers should be trained to avoid idling whenever possible and driving in such a way that minimizes the need for it. Obviously, with passengers continually embarking and disembarking, there will always be some amount of idling. However, that doesn't mean the larger issues should be ignored.

### 1. More Pollution

Every second a gasoline- or diesel-burning bus idles in traffic, it's pumping more pollutants into the atmosphere. That's bad in general, but it's worse in the case of school buses because they're effectively creating a cloud of pollutants which surround the children onboard.

### 2. Wasted Fuel

No matter what sort of fuel your buses run on, you're wasting it when they idle - and, of course, this is worst if you're still burning traditional fuels. According to the EPA, a gas or diesel bus will go through around half a gallon of gasoline for every hour of idling. That might not sound like much, but it definitely adds up over the course of a school year.

### 3. Increased Traffic Problems

An idling bus creates a big obstacle, which can increase -or even create- traffic problems. We don't want to suggest the idling causes other motorists to ignore stop arms or otherwise behave in unsafe ways, but a lack of idling buses definitely gives them few opportunities to endanger the student passengers.

### How to Reduce School Bus Idling

There's a genuinely simple trick to reducing idling, one which any district could implement easily with the right route-mapping: **Never turn left.**

Major shipping companies like UPS reworked their maps and routes to eliminate left-hand turns and the results were dramatic: they cut miles off their routes, reduced gas usage, and slashed carbon emissions as well. When large vehicles never wait around for opportunities to turn left, it creates real savings.

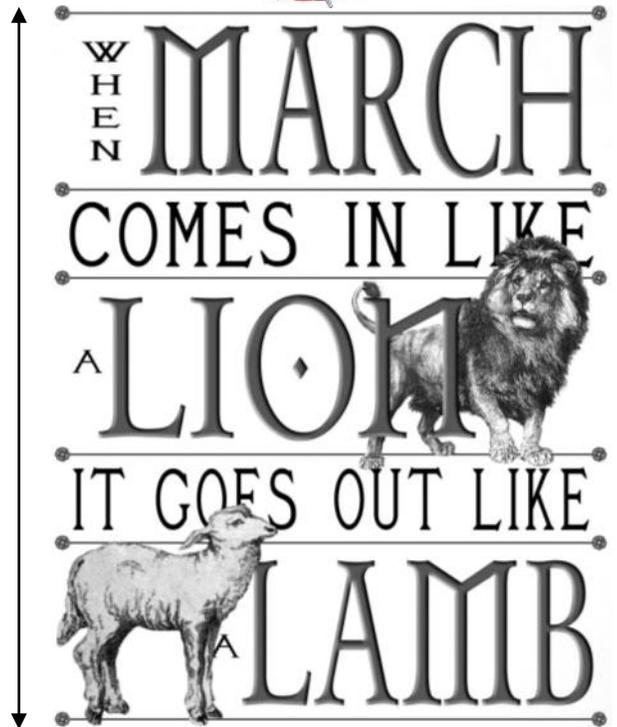
## BIRTHDAYS

### MARCH

9th – Russ Bode  
13th – Mike Hennek  
14th – Angela Sheridan  
24th – Terry Becker  
25th – Tina Tuebert  
29th – Don Geretschlaeger



**Spring Forward**  
**MARCH 13TH**



## East Central Drivers Are Given A Standing Ovation In Sandstone



The Mayor of Sandstone and the City Council Members gave the drivers a standing ovation for the work they do to safely transport students. The Mayor recognized the dedication for not only this year, but the dedication and service in the midst of the COVID pandemic.

The city council is happy to recognize February 23 as Bus Driver Appreciation Day. The local newspaper has been to the garage to take a photo of the drivers and will write an article to recognize the work these folks are doing at safely transporting students.

**What A Great Way To Be Appreciated!**

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## FYI: Here's How To Report Stop-Arm Violations For The State Patrol

Scroll down to the bottom of the page to Other Forms/Links

Here's the link you're looking for...

Here is where you will document ANY stop-arm violation that occurs with your busses. Even if you only a small amount of information. State Patrol Wants To Know!

## Stop-Arm Camera Grant

Any local law enforcement contacts need to be sent to Aaron for a letter of support. This is important for the application process, the more letters we have the better.

### DATES TO KNOW

- MARCH 13TH—DAYLIGHT SAVINGS—TIME TO SPRING FORWARD
- APRIL 30TH—1ST PERIOD RANDOM TESTS DUE
- AUG 4-5, 2022 —4.0 SUMMER WORKSHOP—MANADATORY FOR ALL FULL TIME EMPLOYEES

Let's keep them safe!



## Raising Awareness to Issues

Awareness raising means making people more conscious about a problem or issue. The goal is to influencing their attitudes, behaviors and beliefs towards a certain issue. Helping drivers understand the importance of a certain issue and find support it address it.

- **Goal or problem to be addressed** – The long-term outcome you wish to achieve and/or the problem you wish to address;
  - No Children Left Behind
  - Safety is a standard, not a goal
- **Messages** – The key and consistent messages you wish to convey to raise awareness;
  - The safety of our students is a top priority, you are never in too big of a hurry
  - Surpassing our Greatest Expectations
- **Delivery**—Consider the most effective methods or tools to deliver your messages;
  - Radio: Thought for the day before afternoon line-up.
  - Pick a theme for the week and post daily reminders
- **Monitoring plan** – This plan should assess whether progress is being made and, if not, what adjustments need to be made to ensure success.

**“Awareness is empowering”** -Rita Wilson, actress

# MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>MN State High School League Tournament Dates</b> Mar 3-5 Wrestling Mar 3-5 Swimming & Diving Mar 9-12 Hockey, Boys Mar 16-19 Basketball, Girls Mar 22-26 Basketball, Boys		1	2	3 PAYROLL	4 PO LISTS DUE	5
6	7	8	9	10	11	12
13  DAYLIGHT SAVING TIME BEGINS	14 SCHOOL DIST. BILLING	15	16	17 PAYROLL	18 PO LISTS DUE	19
20	21	22	23	24	25	26
27	28	29	30	31	 WATCH OUT FOR FALLING ICE	