Welcome All NDACTSNE Members and Fellow Educators!

What a busy and exciting fall we have had! The weather has been feeling more like winter than fall in the area, but I am still hoping for more sunny days to enjoy the change in season before the very chilly mornings of winter that will greet us all soon.

The 2018-19 academic year kicked off to a great start at the annual CTE Professional Development Conference in August at the Ramkota Hotel in Bismarck. During the conference, the NDACTSNE group of Special Populations educators met to network and share our many successes and how we overcome challenges; what a great way it is to learn about curriculum and classroom management strategies used around the state. Awards were also given during the CTE PDC conference. Congratulations to all of our passionate colleagues and thank you for all you do for the students of North Dakota. You are all very deserving of these meaningful awards; we are proud of you and all you do.

Please consider nominating your colleagues, administrators, or anyone else working with special needs students to be recognized at the PDC conference. Awards information can be found at: https://www.nd.gov/cte/services/special-pops/special-needs/awards.html. I would like to encourage you all to attend the PDC each August as it is a wonderful gathering of educators with shared goals and talents in education.

The next gathering will be the Spring Training for NDACTSNE which will be held in West Fargo, ND on March 27-28, 2019. There are a wide range of exciting topics planned, and I encourage all to attend.

I feel privileged to be a member of this great organization and to have been entrusted to serve as President of this extraordinary group of very dedicated educators. I value your friendship, support, encouragement, and I always look forward to our meetings to share ideas, successes, challenges and each other’s company.

Regards,
Traci Eklund, 2018-2019 Co-President
Outstanding Direct Support

This award recognizes administrative or non-classroom persons who have made a major contribution to the development and/or growth of Career & Technical Special Needs Education.

KEN KOMPELIEN,
Dean - Arts, Science and Business Division
NDSCS Wahpeton Campus

Outstanding Indirect Support

This award honors friends of career and technical special needs education who have made a major contribution to the development and/or growth of career/technical special needs.

LINDA KUNTZ
ND Department of CTE Staff – Educational Equity, Private Career Schools, & Special Populations Administrative Assistant
Past President

MARIA KADUC

NDSCS Wahpeton Campus

Outstanding Teacher of the Year

AUDREY KASPROWICZ

Grand Forks Central HS CTRE Program
2018-2019

NDACTSNE Executive Board

Amy Campbell, President
Traci Eklund, Co-President
Maria Kaduc, Past President & Public Relations Chair
Doreen Malling, Secretary
Kara Gruenberg, Treasurer & Finance Chair
Barb Quintus, Awards Chairperson
Audrey Kasprowicz, Newsletter & Conference Graduate Credit

Kristen Buchmeier, NDACTE Rep, Member-at-Large (1yr) & Public Relations
Julie Ketterling, Member-at-Large (2yrs)
Pat Johnson, Member-at-Large (3yrs), Awards Committee
Deb Huber, Member, Ex Officio, Administrator Educational Equity, Special Populations & Private Career Schools, Finance Committee
2018 PDC – NDACTSNE - Bismarck, ND
What does it mean to be mindful?

Everyone has the ability to bring their undivided attention to what they are doing in the present moment – this is a natural ability. **Being mindful is learning how to extend and maintain those moments of focus for increasing amounts of time.** The natural ability to focus is converted to a skill through gentle guidance and practice.

Students and teachers can use these skills at any time during the school day when extra attention or a calmer, kinder environment is beneficial. Students can also use these important skills in their lives away from school whenever they feel frustrated, angry or stressed, or when they simply want to accomplish a task or make progress towards a goal.

Our techniques train the brain self-regulation and impulse control to help with emotional regulation and focused attention. After repeated practice neural connections develop which help students access their internal power, and develop constructive habits of thinking and acting.
7 Things Mindful People Do Differently

1. Approach everyday things with curiosity—and savor them

2. Forgive their mistakes—big or small
3. Show gratitude for good moments—and grace for bad ones
4. Practice compassion and nurture connections
5. Make peace with imperfection—inside and out
6. Embrace vulnerability by trusting others—and themselves
7. Accept—and appreciate—that things come and go

List created by Elisha Goldstein, Ph.D., psychologist, author of The Now Effect
Watch for registration and more information in the next newsletter.
UPCOMING EVENTS!!!

- 2018 ACTE CareerTech Vision
  - Nov.28-Dec.1, San Antonio, TX.
  - https://www.acteonline.org/event/acte-careertech-vision/
- NDACTSNE Executive Committee Meeting
  - March 26, 2019, West Fargo, ND
- Spring Training
  - March 27-28, 2019, West Fargo, ND
- Region V CTE Conference
  - April 10-13, 2019
  - Best Western Plus Grantree; Bozeman, MT
# Membership Application

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Select from the following membership opportunities:

- **NDACTSNE**    $ 15.00 ____________
- **ACTE (Includes NDACTE)**    $115.00 ____________
- **Student Membership**    $  2.00 ____________

**Total Due ____________**

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<tr>
<td><strong>NDACTSNE</strong></td>
<td>Kara Gruenberg</td>
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<td>ND State College of Science</td>
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<td>800 6th Street North</td>
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BE THANKFUL FOR WHAT YOU HAVE.
BE FEARLESS FOR WHAT YOU WANT.

LET OUR LIVES BE FULL OF BOTH THANKS & GIVING

WHEN YOU LOVE WHAT YOU HAVE
YOU HAVE EVERYTHING YOU NEED
You are **AMAZING**.
You are **BRAVE**.
You are **STRONG**.