



## SPECIAL POINTS OF INTEREST

- WELCOME TO THE PULSE
- MARCH EMPLOYEE OF THE MONTH
- NUTRITION MONTH
- CLASSIFIEDS

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## Welcome to the MSDE Pulse



One of my goals as State Superintendent is to rebuild teamwork and community here at the Maryland State Department of Education. This digital newsletter is part of an effort to keep staff connected. A connection that results in shared culture, values, customers and mission. You've seen some of this through our Human Resource Department's "Employee of the Month" initiative, the successful holiday party, and other activities taking place throughout all MSDE facilities.

The MSDE Pulse is our latest effort to bring us together and spread the news about great accomplishments that are only possible through the efforts of all staff. I am proud of our achievements over the past six months, and highlighted them to the State Board of Education during the February Board meeting. Take a moment and review the many accomplishments posted in this document on our website, [Click Here](#).

Another publication – *We Are MSDE* – speaks to the promise that drives us at MSDE, [Click Here](#). An associated video, produced by John Rosson, is also on our website, [Click Here](#).

I am proud to lead the team at MSDE that is constantly evolving to best serve our students, schools and districts across Maryland. Each month, our Communications office will provide information about our employees and their great work. We'll also introduce you to new employees and much more. Let us know what you think. We'd love to hear your thoughts and ideas. Please send them to Samantha Foley ([Samantha.Foley1@maryland.gov](mailto:Samantha.Foley1@maryland.gov))

Thank you for everything you do every day for our students and the citizens of Maryland.

*Dr. Karen Salmon  
State Superintendent of Schools*

## Employee of The Month!

On behalf of Dr. Karen Salmon, the MSDE Standing Committee on Employee Appreciation, Recognition and Rewards is proud to announce our March 2017 Employee of the Month:

### Diana Hegmann

Diana Hegmann, Education Program Specialist with DCCR, is an *outstanding* member of the MSDE team and provides exemplary customer service to our school systems and community partners! Some of her MANY accomplishments include:

- *Providing support to teachers delivering Career and Technology (CTE) programs and courses in subjects such as: Accounting and Finance, Business Management and Marketing.*



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Diana Hegmann  
March 2017

## “Put Your Best FORK Forward”

### National Nutrition Month 2017

March is National Nutrition Month and this year’s theme is “Put Your Best Fork Forward” for a solid reminder that every forkful matters! The Academy of Nutrition and Dietetics sponsor this campaign every year to raise awareness on the importance of healthy food choices. This month coincides with the start of MSDE’s partnership in the 5<sup>th</sup> Annual Every Kid Healthy Week which will take place April 24 -28<sup>th</sup>, 2017. In the spirit of nutrition, MSDE would like to offer some healthy eating tips and tricks for our employees and their families!



Every Kid Healthy

Week is

April 24-28th, 2017

use

#EveryKidHealthy

to help raise

awareness!

- **Eat Breakfast:** Breakfast is the most important meal of the day but with busy family schedules it’s often over looked. Opt for quick and healthy options like whole grain toast with peanut butter, instant oatmeal with fruit (no sugar added) and unsweetened cereal with low-fat milk or soy milk. Eat these on the go or pack them up and take them with you!
- **Make Half of Your Plate Fruits and Vegetables:** Fruits and veggies add color and flavor plus vitamins, minerals and fiber. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types including fresh, frozen, canned and dried.
- **Watch Portion Sizes and Get to Know Food Labels:** Get out measuring cups and see how close your portions are to the recommended serving size, reading the Nutrition Facts Panel can help you shop and eat or drink smarter.

### Easy HEALTHY Week-Night Recipe

#### Chicken, Sweet Potato and Carrot Packets

Makes: 4 Servings

Serving Size: 1/2 chicken breast and 1 cup vegetables

#### Ingredients:

2 boneless chicken breasts, each cut in half to make 4 pieces.

2 sweet potatoes, washed, peeled, and cut in thick slices

4 carrots, washed, peeled, and cut in thick slices.

1 teaspoon Italian seasoning

Cooking Oil Spray and Aluminum Foil

#### Directions:

1.) Preheat oven to 350 degrees.

2.) Spray 4 large pieces of foil with cooking oil spray.

3.) In bowl, combine vegetables. Scoop 1 cup on each foil piece, and top with one piece of chicken.

4.) Sprinkle seasoning on each piece of chicken.

5.) Fold foil to make a packet. Place on baking sheet, and bake in oven for 30-45 minutes until chicken is cooked through.



To learn more about  
National Nutrition  
Month visit  
[www.eatright.org](http://www.eatright.org)

# MSDE Classifieds

## Say Hello...

MSDE would like to keep you informed of employees who are new to our agency. Be sure to check back each month for an updated list.

**Mary Betch:** Office Secretary III- (Juvenile Service Education)

**Rebecca Boyd:** Teacher APC- (Juvenile Services Education)

**Brianna Creed:** Education Program Specialist I- (Division of Curriculum, Research, Assessment and Accountability)

**Audrey Gaines:** Child Care Licensing Specialist Trainee- (Division of Early Childhood Development)

**Nikya Green:** Child Care Licensing Specialist Trainee- (Division of Early Childhood Development)

**Brian Hentz:** Teacher APC- (Juvenile Services Education)

**Angela Holocker:** Assistant State Superintendent- (Division of Curriculum, Research, Assessment and Accountability)

**Channel Sumpter:** Director- (Office of Audit)

**Kausar Syed:** Accountant Manager II- (Division of Business Services)

**Cory Talbott:** Staff Specialist III- (Office of School, Community and Nutrition Programs)

**Katherine Taylor:** Child Care Licensing Specialist Trainee- (Division of Early Childhood Development)

**Tara Williams:** Child Care Licensing Specialist Trainee- (Division of Early Childhood Development)

## Employee of the Month CNT'D

- Developed a statewide Blackboard site with resources and tools for teachers. Diana also successfully supports this Professional Learning Community (PLC) through continuous updates, webinars and networking sessions.
- Supports two CTE Student Organizations, Future Business Leaders of America (FBLA) and DECA, and expands school-business partnership opportunities.

Through Diana's efforts and leadership, MSDE has increased capacity to serve school systems offering business-related programs of study. Her hard work allows more teachers to access resources as they work to enhance curriculum, engage students and expand internships.

She is always quick to volunteer for MSDE events and committees and gives it her all! Diana is a role model for high expectations and team work. She is committed to serving schools and her colleagues as we work together to support students!

**Thank You and Congratulations, Diana Hegmann!**

## Nominations Wanted!

We are always looking for nominations for the Employee of the Month (EOM) Program! The EOM Program was launched this year as a way to recognize employees who have demonstrated exemplary achievements in one or more of the following areas:

- Extraordinary service- excellent performance going above and beyond expectations.
- Distinguished deed- makes a difference to MSDE, its customers and/or to members of the community.
- Excels as a team player, Innovative problem solving.
- Role model for advancing the goals and mission of MSDE.

### Each Employee of the Month Recipient will receive:

- An invitation to an Executive Team meeting to receive recognition.
- A certificate signed by the State Superintendent and Director of Human Resources.
- A photograph which will be displayed for one month in the lobby alongside the Governor, Lieutenant Governor and State Superintendent and displayed on the MSDE website.
- One day (eight hours) of paid administrative leave.

MSDE regular employees who have been employed with MSDE for at least 6 months are eligible for nomination. **Self nominations and anonymous submissions will not be permitted.** All nominations will be reviewed in advance by OHR to ensure that the most recent PEP has at least one overall rating of **satisfactory**, and to verify that the employee has **no disciplinary actions** within the preceding twelve months.

### **The deadline for nominations is the 15<sup>th</sup> of each month**

Nomination forms can be found in the Office of Human Resources or Downloaded from the OHR Google Site.

**All nominations should be submitted to:**

**Michelle Pair**

**Office of Human Resources**

**E-mail: [michelle.pair1@maryland.gov](mailto:michelle.pair1@maryland.gov)**

**Phone: 410-767-0153**