

## March Classified Kudos

Employee Group Being Recognized: **Educational/Media/  
Vocational Assistants**

Employee Representing Group: **Heather Cozine**

Time of Service to CMCSS: **11 years**

Primary Job Responsibility: **Assist teachers by working  
with the special education team and providing  
strategies, modifications, and accommodations.**

*"I support the mission of CMCSS by making sure that each student gets the education that they deserve, no matter how they learn."*

*"The best part of my job is knowing that I have the support of my Northwest family. I work with the most amazing staff ever. I love that each day in the classroom holds something new."*



# CMCSS Newsletter

March 6, 2017

## In This Newsletter

Alive & Well Events

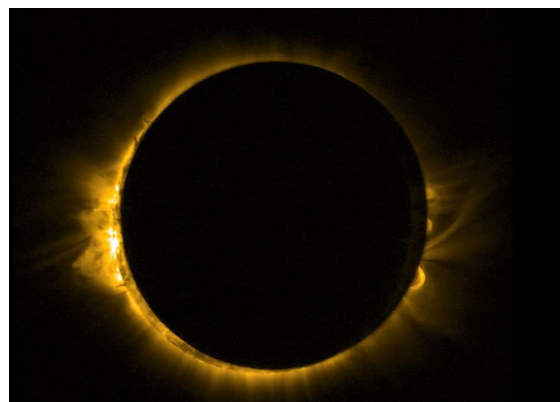
Benefits Update

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## Getting Ready for the Great American Solar Eclipse

On August 21, the Clarksville-Montgomery County area will experience a total solar eclipse. Because this is such a large scale and rare event for a community, the Board voted to change Aug. 21 from a regular school day to a staff development day and the Sept. 22 staff development day will become a regular school day.



*Story continued on next page.*

***Classified Kudos** is a monthly employee newsletter feature, which was initiated by a Continuous Improvement Team charged with employee recognition. The month's featured group will mirror the Classified Staff Appreciation calendar. The spotlight will focus on one employee representing the group or groups being recognized.*

Story from previous page.

The hours for staff development on Aug. 21 will be modified to not interfere with travel across the county. The totality of the eclipse in Clarksville is set for 1:25 p.m. and will last for two minutes and 18 seconds, but darkening would begin 90 minutes to two hours prior to the eclipse, and lighting would be about the same after the eclipse has occurred.

Professional development already has been offered for teachers and administrators on the solar eclipse, and more is planned this spring and summer. To learn more about this historic scientific event, check out these links:

<http://www.space.com/30343-great-american-total-solar-eclipse-2017.html>

<http://www.space.com/33797-total-solar-eclipse-2017-guide.html>



Thanks to all who participated and volunteered at the 2nd Annual Indoor Triathlon and Two-Mile Walk at the YMCA! Click here for the full list of triathlon results: <https://newsletters.cmcss.net/Documents/102>

Click here for a photo gallery from the event: <http://aliveandwell.cmcss.net/triathlon2017/>

Here are the teams and individuals who placed 1st, 2nd and 3rd:

### Team Winners

**1st Place:** The Abusement Park, 51:37:00 (Bill Blessing, Chad Wilkerson, Rachel Wheaton)  
**2nd Place:** #Vikingstrong, 53:36:00 (Cody Anyway, James Lewis, Megan Clegg)  
**3rd Place:** Mustang Nation, 54:24:00 (Richard Mylowe, Dianne Edlin, Margaret Johnson)

### Individual

#### Run

<b>1st Place:</b>	Richard Mylowe	21:10:00
<b>2nd Place:</b>	Cody Anway	22:01:00
<b>3rd Place:</b>	Dusty Brady	22:08:00

#### Bike

<b>1st Place:</b>	Chad Wilkerson	20:32:00
<b>2nd Place:</b>	Jason Pierschbacher	20:49:00
<b>3rd Place:</b>	Jethro Soll	20:51:00

#### Swim

<b>1st Place:</b>	Jessica Cutler	6:44:00
<b>2nd Place:</b>	Rachel Wheaton	7:53:00
<b>3rd Place:</b>	Margaret Johnson	8:15:00

# Alive & Well March Nutrition Events

## Nutrition for the Whole Family

March 7, 5 p.m., Central Office - Lecture Hall

Join us for a fun class learning about how to involve the whole family in building healthier meals, while meeting age-appropriate nutrition needs for children, teens, adults, and older adults. Recipes are included! Register at the following link:

<https://goo.gl/forms/PEsV1T5If8WvqS0p2>

*Be Alive Program: 10 points*



## “Put Your Best Fork Forward” Nutrition Fair

March 16, 5-7 p.m., Civic Hall in Veteran’s Plaza

Start “putting your best fork forward” by learning about healthy snacking, meal planning, nutrition for fitness, intuitive eating, and more! No need to stay the whole time, just stop by between 5-7 p.m. and visit each station. Games, recipes, handouts, SNACKS and PRIZES included! RSVP at the following link:

<https://goo.gl/forms/rtxdDgJRIIEeXiIG2>

*Be Alive Program: 5 points*



## Favorite Healthy Recipe Submission

Submit your favorite healthy recipe at the following link to receive two points and a chance to win a Healthy Slow Cooker Cookbook! Link to submit your recipe:

<https://goo.gl/forms/2V13ik4mqi7c2hst2>



## Liberty Park Walk/Run

March 23, 5 p.m. – 6 p.m., Liberty Park

Link to sign-up: <https://goo.gl/forms/brqmf87HZ9O4MtC3>



# Benefits Update

## MedFSA

**REMINDER** to all participants in the MedFSA plan, you have until March 15, 2017 to incur expenses for your 2016 balances. You will then have until March 31, 2017 to submit your claims to Benefits Connection. Any claim received after March 31, 2017 will not be eligible for reimbursement. Remember that you can shop at <https://fsastore.com/> to spend any remaining 2016 funds.

## BlueCross BlueShield Preferred Specialty Drug Network

Beginning April 1, our Medical Plan will have the BCBSTN Preferred Specialty Drug Network implemented for members who take Specialty Medications. Specialty medications are those used to treat serious chronic or genetic conditions such as multiple sclerosis, rheumatoid arthritis, Hepatitis C, cancer and hemophilia.

To help you get the full benefits from these Specialty Medications, BlueCross BlueShield of Tennessee works with several different preferred specialty pharmacies (you can view the list at <http://www.bcbst.com/docs/pharmacy/Specialty-Pharmacy%20List-2017.pdf>). Each pharmacy has specially trained clinical pharmacists and nurses who provide medications and education for you and your doctor. Specialty medications are expensive so it is important to use one of the Preferred Specialty pharmacies so you will pay less for these medications. *Note that if you use a specialty pharmacy outside this network, these medications will not be covered by your plan so you will be responsible for 100% of the cost.*

## Tennessee Consolidated Retirement System

The TCRS Member Self Service allows you to access your TCRS annual statement, account history, beneficiary information, and much more. If you have not registered to use TCRS self-service, please use the following link for instructions on how to register. Please click here for instructions: <https://newsletters.cmcss.net/Documents/98>

## Need to Update Personal Info?

If you're moving, changing your name, or making any changes that affect your personal information, let Human Resources know as soon as possible. If you're adding a spouse or new baby, or making any changes to your insurance, contact the Benefits Office. Remember that changes to your insurance coverage due to a status change must be made within 30 days of the event.

If you need to update your beneficiary information, please contact the Benefits Office.

Benefits Office is open Monday through Friday 7:30 a.m. to 4:30 p.m.

Donna McIntosh – [donna.mcintosh@cmcss.net](mailto:donna.mcintosh@cmcss.net)

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## Transfers Deadline Set

**REMINDER to Certified Employees:** Transfer requests for the upcoming school year may now be submitted using the electronic system. To access the transfer system, visit the [www.cmcss.net](http://www.cmcss.net) website, select the faculty/staff tab, and choose transfer requests. You have the option to select any positions or locations of interest, even if a vacancy is not posted. The deadline for submissions is May 1, 2017. For more information regarding transfers, please visit:

<http://www.cmcss.net/iso/masterdocs/HUM-P021.PDF>.

## CMCSS Employee Discounts

Ever wonder what's in it for you? Check out the CMCSS Employee Discounts page and you will see a number of discounts available to CMCSS employees. From services and shopping to restaurants. <https://www.cmcss.net/faculty/discounts.aspx>

## Community

### Upward Bound Seeks Summer Teachers

Upward Bound (UB) is in need of teachers for the 2017 summer program and invites teachers from Clarksville Montgomery County high schools to apply. UB, which is grant funded by the Department of Education, grant requires summer teachers be certified and possess a bachelor's degree in the subject area with one year experience.

The Upward Bound program provides pre-college prep for low-income/first generation college students at Stewart, Cheatham Central and Houston County High Schools. Part of the program is a six-week college simulation/residential program on the campus of APSU from June to mid-July. Students stay on campus and take non-credit classes in five TN rigorous curriculum subject areas to provide academic assistance and content enhancement. Click here for more information:

<https://newsletters.cmcss.net/Documents/99>

### Household Hazardous Waste Day

Saturday, March 18, 2017

Click here for details: <https://newsletters.cmcss.net/Documents/95>

**Toxic.Free.Home.**



## UNITED WAY CAMPAIGN

The CMCSS annual United Way campaign is happening now and we need your help to make it the best one yet! Through March 13, you have the opportunity to join in a community-wide effort to help ensure that our kids and their families have every opportunity to lead successful lives. When you give to United Way, you are investing in our community and 28 local agency programs that fight for the health, education and financial stability of every person.

Please talk to your building United Way representative if you have not received your employee contribution form or if you have any questions about the campaign.



Find out how United Way dollars help people like Mark and Cecily find the best support for their child's behavioral issues and taught them how to use positive alternative disciplinary actions. Helping our families at home helps our students in the classroom.

<http://liveunitedclarksville.org/mark-and-cecilys-story-2/>