

FOR IMMEDIATE RELEASE

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White Bear Lake Area Educational Foundation

**The White Bear Lake Area Educational Foundation
Awards 2022 Glasrud Fellowships**

WHITE BEAR LAKE, Minnesota (February 16, 2022) In 2004, Ted Glasrud, a 1933 graduate of White Bear High School, and his family made a generous contribution to the Foundation by establishing the Ted Glasrud Family Endowment. Mr. Glasrud was instrumental in helping to organize and create School District 624 and acted as the first School District 624 School Board Attorney. Ted Glasrud and his wife, Lorraine Glasrud, along with their children Sharon Glasrud, Theodore G. Glasrud, and Debra Lentsch, asked that the Glasrud Family Gift be used to create annual Glasrud Family "Fellowships" for teachers within School District 624. Grants are awarded to teachers for personal professional growth with the hope that these awards will allow teachers to pursue professional development which would otherwise not be possible.

This year's recipients are listed here below with a total of \$14,274.95 awarded.

Carrie Carlson and Kristin Erickson, Otter Lake Elementary, will be participating in Cognitive Coaching Training, to become aware of their own cognition as educators, so they can coach students to understand the thinking behind their learning.

Tamara Dobbins, Central Middle School, will attend a MTSS/BARR conference, providing a framework for supporting students in academics and social-emotional well-being, and success in being solution focused.

Katherine Matuzak, Hugo, Oneka, and Otter Lake Elementary Schools, will attend Breathe For Change, which is a Wellness, Social-Emotional Learning (SEL) and Yoga Teacher training program for certification in teaching SEL lessons, leading professional development workshops, and teaching inclusive and trauma-informed yoga.

Christine Balgord, Lakeaires Elementary, will be training at the Conscious Discipline Institute, incorporating trauma-informed social and emotional learning into her teaching practices.

Traci Bowermaster and Beth Samuelson, Insight Recovery School/ White Bear Lake Area Learning Center, will attend the Evolving Recovery: Expanding the Spectrum of Care Conference, in order to learn about the latest research involving the study of recovery schools, furthering their level of awareness of ways to support the families of students.

Megan Perry, Sunrise Park Middle School, will be visiting historical sites to learn more about our nation's history, specifically the periods when Europeans came to America, the Revolutionary War, and the Civil War, with focus on Indigenous people, and African Americans.

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