

THE WORD

January 28, 26
Issue 17 | 25-26

The days are finally beginning to stretch back out as the sun returns to our evening skies. Even the snow is making a comeback this week—warm as it may be, it's still great to see the slopes getting a much-needed refresh.

As the sky grows a little brighter (and the mountains a little whiter), it feels like the perfect time to pause and appreciate the good things tucked into this season. Our school simply wouldn't run without the incredible staff we have here, so this issue is all about YOU!

Inside, you'll find an upcoming event announcement, a well-deserved certification celebration, and a few tips and reminders for checking in on your mental health as we hit the heart of the season. It's been a funky start, but February is just around the corner—so make sure you're getting those turns in, and don't forget to take a lap with your friends while we're all here together.

BAGELS!

THIS SEASONS FIRST EMPLOYEE APPRECIATION EVENT
BECAUSE WE COULDNT DO IT WITH YOU!

Saturday January 31st join us for a cozy Bagel Bar to kick off the morning right—complete with gluten-free options so everyone can join in. Swing by, grab a bite, and a fun participation game with your teammates. It's a perfect chance to laugh, connect, and enjoy a little mid-season pick-me-up.

MENTAL HEALTH CHECK IN

Mid-season can be a whirlwind—long days, changing conditions, and the constant rhythm of working with guests and each other. It's a busy, exciting time, but it can also be a stretch where stress sneaks up quietly. That's why checking in on your own well-being and looking out for your coworkers matters more than ever.

We are often our community's best support system. You're the people who see each other every day, who notice the small shifts—a quieter mood, a change in energy, someone seeming a bit more overwhelmed than usual. Those little observations can make a big difference. A simple "Hey, how are you doing today?" or offering a listening ear can be exactly what someone needs.

Remember:

You're not in this season alone.

We're stronger, safer, and happier when we show up for one another.

VAIL HAS RESOURCES FOR YOU

Bottom line: Mines and Associates can help. Contact Mines and Associates at (800) 873-7138 or visit [Mines and Associates website](#) to register and complete a [Digital Intake](#). Use our company code, "vaileap".

Please feel free to stop by the admin office for more guidance on how to find employee assistance information. I am always happy to help navigate through our many kba articles to help find what you are looking for :)

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CONGRATULATIONS ALICIA!



Big congratulations to Alicia O'Donnell! After a successful tryout, Alicia was one of 4 who was selected to join the PSIA-NW Education Staff—a well-earned milestone that speaks to her commitment to growth, teaching and technical excellence, and impact on others. Please give her a shout when you see her.

As a reminder, we are coming into exam and assessment season. Make sure to let us know your events; we look forward to supporting you through the process.

