



# Pinal County ESA

Monthly Newsletter  
November 2023



## Did You Know?

Did you know that the ESA has many science resources available for check out? Well, they do. "What do they have", you may be asking. They have a series of renewable energy kits, they have drones, they even have an amazing FABLab. "So how do I check them out", you may be wondering. It is simple, either attend one of the workshops for the resource you want to use as they are offered or request a workshop and then you can check the materials out. It is that simple. If you would like more information, please contact Rachelle Adey at [radey@pinalesa.org](mailto:radey@pinalesa.org).

## PL Opportunity – Introduction to Drones

This session is designed to introduce educators to the basics of drone technology and explore how it can be integrated into teaching and learning across different subjects. Once teachers have completed this course they will have access to check out ESA drones.

**Location:** ESA Training Center, 1400 N. Eleven Mile Corner Road, Casa Grande, AZ 85194

**Date:** November 13, 2023

**Time:** 9:00 am - 3:00 pm

**Registration**



## Reasons to be Thankful!

Research shows that practicing gratitude can have many health benefits. Pinal County ESA is grateful for the educators that work hard every day to improve the learning experience for students in their classrooms and schools. We are also grateful that you trust us with your professional learning needs. So many great partnerships exist in Pinal County and we are grateful that you allow us to be part of your efforts.

UCLA Health suggests that practicing gratitude for 15 minutes a day, five days a week, for six weeks can have a profound effect on mental health. Some benefits include; reduced depression, lessened anxiety, improved heart health and improved sleep. Click below to read more about practicing gratitude.

[Learn More](#)