

THE KEYSTONE

Special Edition

From the Director's Desk.....

April is Autism Awareness Month. That makes this month a good time to take a closer look at this debilitating disability. We are making progress towards producing better outcomes for all children on the autism spectrum but there is much still to be done. Here are some statistics that you may not be familiar with:

About 1 percent of the world population has autism spectrum disorder. ([CDC, 2014](#)) Prevalence in the United States is estimated at 1 in 68 births. ([CDC, 2014](#))

More than 3.5 million Americans live with an autism spectrum disorder. ([Buescher et al., 2014](#))

Prevalence of autism in U.S. children increased by 119.4 percent from 2000 (1 in 150) to 2010 (1 in 68). ([CDC, 2014](#)) Autism is the fastest-growing developmental disability. ([CDC, 2008](#))

Prevalence has increased by 6-15 percent each year from 2002 to 2010. (Based on biennial numbers from the [CDC](#))

It costs more than \$8,600 extra per year to educate a student with autism. ([Lavelle et al., 2014](#)) (The average cost of educating a student is about \$12,000 – [NCES, 2014](#))

Keystone is proud to support the TASN Autism and Tertiary Behavior Supports Team. You can access the TASN ATBS resources and sign up for their newsletter here:

<http://bit.ly/1RZ62Nb>

Here are some excellent resources in case you want to explore further:

<http://bit.ly/265QOMF>

<http://bit.ly/1DntxKp>

<http://bit.ly/1jUiBKL>

Thanks for all you do to support the Keystone children and families who live with autism!

ISSUE 10, APRIL, 2016

Keystone Learning Services

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Ozawie, KS 66070

785-876-2214

www.keystonelearning.org

GET CONNECTED!

Find us on Facebook
(Keystone Learning Services)
and



Twitter
@KeystoneLeading

And for JDLA's Twitter:
@JDLA_KLS

Keystone Learning Services
OFFICE HOURS

8:00 a.m. - 4:30 p.m.
Monday - Friday



Check out "Direct from the Director," A Blog by Andy Ewing:
<http://www.keystonelearning.org/DirectorBlog.html>

KANSAS ASSOCIATION OF SCHOOL BOARDS



Weekend Warriors



Weekends may be hazardous to your health if...

1. You log onto your computer more than your bike.
2. Your athletic shoes still have white laces.
3. You compete heavily with sports and work.
4. Strange pains appear for no reason.
5. Your stomach looks like a Buddha belly.
6. Your gym membership expired eons ago.
7. The aspirin bottle is always empty.
8. Home exercise equipment fails the white glove test.
9. A tennis ball balances on your love handles.
10. Mondays hurt more than Fridays.

Ten Steps to Recovery...

1. Stretch at least every other day.
2. Take the stairs rather than the elevator.
3. Go for a brisk 20-minute walk at lunch.
4. Work on one part of your game at least one other time per week.
5. Wear good supportive footwear.
6. Make sure your sports gear is in great shape.
7. Keep the ice cream in the freezer.
8. Sign up for a yoga or fitness class.
9. Do simple resistive band exercises during your office breaks.
10. Resolve aches and pains and visit your local physical therapist.

FOOD! GLORIOUS FOOD!

JDLA's Breakfast and Lunch Menu for April
can be found on JDLA's homepage at
<http://jdlakeystonelearning.org>

*"April hath put
a spirit of youth
in everything."*

- William Shakespeare

Important Upcoming Events

4/18: PDC Meeting 4-5	5/3: Autism/AT Mtg: 2-4; PDC Meeting 4-5
4/19: School Psychs/Social Workers Mtg 8:30-11:30; Mentor Trng 12:30-3:30	5/6: Parents as Teachers 9-4
4/20: Board of Directors Mtg 7:00 p.m.	5/10: Tiny k Playgroup 9-11; Superintendent Council 12:30
4/21: WebKIDSS Annual Meeting (Topeka) 1-3	5/11: Gifted Open House 6-8 p.m.
4/22: Keystone Teacher Advisory Team Mtg 12:30-4:30	
4/25: SLP/Related Services Mtg 1-3	
4/26: CPI Initial Training 8-4:30	
4/27: CPI Recertification 8-12	
4/28: Tiny k Playgroup 10-12	
5/2: Keystone Office Staff Meeting 8:00	



JDLA GARAGE SALE – May 6th & 7th

JDLA is accepting donations for the JDLA garage sale from now until May. The JDLA garage sale will be held in the Keystone gymnasium during the city-wide Ozawkie garage sales May 6th & 7th. For more information or to schedule a pick-up, contact JDLA at 785-876-2357.

EMPLOYMENT OPPORTUNITIES

The following positions are open for the 2016-2017 school year: School Psychologist and TASN ATBS Team Member

Check out our website for these and other employment opportunities and for more information.

<http://www.keystonelearning.org/Jobs.html>

Keystone Human Resources: Lushena Newman lnewman@keystonelearning.org, 785-876-2214



Parents as Teachers Program Monthly Meeting

At the Parents as Teachers monthly meeting, Carrie Sowers, Program Director for Atchison Child Care Association, spoke to the program's parent educators on Conscious Discipline in fun and engaging ways!



All of our districts have met the
State Department Requirements!

Great News!!!



The Kansas State Department of Education verifies that this district has attained the highest level of achievement in providing services to children and youth with disabilities.



Neuroscience Corner

Are you like a Zebra? Do you only expose your body and mind to stress when in a life or death situation or do you find yourself constantly stressing throughout the day for several days? Robert Sapolsky's book "Why Zebras Don't Get Ulcers" discusses the toll on our bodies and minds when the brain takes over during stress responses. The nuts and bolts of his book remind us that prolonged stress is detrimental to the health of our bodies and minds. Now apply the information in his book about stress to our students with special needs. Are students exposed to stressful situations throughout the school day or for prolonged periods? Think about the nonverbal student who is unable to communicate with his peers, the student with Autism who's trying to fit into a social world she doesn't understand, or the student who missed dinner and breakfast. As educators, we are often aware of our own professional stress, but are we mindful of our student's stress? I encourage you to take the time to read Mr. Sapolsky's book and ask yourself: "Am I causing my students additional stress or helping them cope with an already stressful school day?"

Meet the Employees of Keystone Learning Services!



Hi my name is Lesa (pronounced Lisa) Brose. It was a real bummer as a kid because I always wanted one of those metal nameplates for my bike, but could never find one with my spelling! I'm good with it now and I have even found other *Lesas* out there!

In 1997 I started working for NEKESC as a para educator. My plan was to return to college and in 2003 I did just that! I graduated from Kansas State University in 2006, worked for the State until 2012, and then returned to my former employer now known as Keystone. My title is School Psychologist Assistant, but I also handle Medicaid forms and Count Your Kid In scheduling. What I like most about my job is keeping everyone organized and communicating with people.

My husband, Michael Brose, and I live southwest of Valley Falls on a farm established by his family in 1893. In addition to our two daughters and their husbands, we have six grandkids, with the two youngest, who are 18 months old, being twins! I am very fortunate that my family lives nearby, it makes for a happy mom and grandma.

Although I've lived in Kansas most of my life, I was born in Chincoteague, Virginia; the setting for Marguerite Henry's children's book, *Misty of Chincoteague*. I have since visited the area twice to see the wild ponies that still live on the island. I have been involved in historical re-enacting for several years. One of my most exciting experiences was being a part of a PBS documentary / drama about Quantrill's 1863 raid on Lawrence called, *Bloody Dawn*. Riding horseback along a section of the Oregon Trail for a couple of days, with a group headed to Oregon, was also an experience I won't forget!

Laff with G-Raf



Education Cartoons for Teachers

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"There aren't any icons to click. It's a chalk board."



KEYSTONE AUTISM INTERDISCIPLINARY TEAM

Resources are available in the [Keystone Media Center!](#)**“Why Data?”****Trisha Self, PhD, CCC-SLP**

Data provides professionals with

1. the opportunity to focus on the student and his or her responses within instruction
2. a clear picture of what the student is doing while completing specific tasks in various settings; that is, an accurate record of progress overtime
3. instructional effectiveness
4. evidence for performance trends, thus, support for instructional decisions (Bowen, 2010).

For more information about why data collection is important view **Trisha Self's** full article in the **TASN-ATBS April 2015 Newsletter**

<http://bit.ly/SelfApril15>

**Taming the Data Monster,
Collecting and Analyzing
Classroom Data to Improve
Student Progress -**

Christine Reeve, PhD, BCBA-D
&
Susan Kabot, EdD, CCC-SLP

This quick read is newly released and has information to help you decide what, when and how to take data.

Available for Checkout!

**Show Me The Data, Data-
Based Instructional
Decisions Made Simple and
Easy -**

RinaMarie Leon-Guerrero,
Chris Matsumoto, and Jamie
Martin

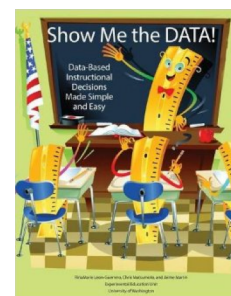
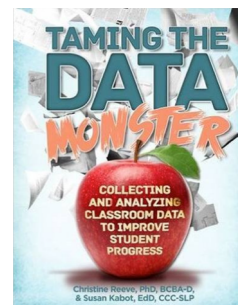
This quick read provides data collection ideas. You can also copy data sheets from their pre-made section. Data Sheets ideas include: Adaptive, Behavior, Check-Off Cards, Cognitive, Communication, General, Motor, Routines and Directions, and Social.

Available for Checkout!

**TASN-ATBS Data Collection
Videos –**

<http://bit.ly/TakeData>

Check out these videos about Data Collection for your students. Created by the TASN-Autism and Tertiary Behavior Supports Network



Contact Beth or a member of the Autism Team for more information about data collection for your student.

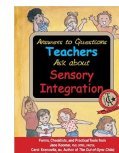
Beth Zillinger, MS, CCC-SLP
Keystone Learning Services
Autism Consultant
bzillinger@keystonelearning.org
(785) 876-2214 ext. 224

Keystone Autism Interdisciplinary Team Members include: Amy Conklin, Stacy Diehl, Hana Dreiling, Michaela Driscoll, Cindy Malone, Kara Mitchell, Marie Moore, Amy Pound, Elizabeth Schmelzle, Becky Stewart, Janet Tust, Tyson VanDyke, Kim Wheeler, Kathy Young

AT TEAM

Ideas to help students with Sensory Concerns. Remember to consult your local Occupational Therapist or Certified Occupational Therapy Assistance if you have any concerns about your student's sensory needs.

Sensory Processing Disorder Foundation http://www.spdfoundation.net/ Great website - with information about SPD, treatment ideas, upcoming workshops and related research.	Website
Answers to Questions Teachers Ask About Sensory Integration By Jane Koomar, PhD, OTR/L, FAOTA, Carol Kranowitz, MA, & Stacey Sklut, MS, OTR/L; and others http://amzn.to/1qEuKZ3 Great resource that is easy to read, with awesome Forms, Checklists and Practical Tools for children Birth to Adolescents.	Book Resource available in Keystone Media Center
OT's with Apps http://bit.ly/1S5P3rs The OT eToolKit Resource – review of apps and other technologies for OT's working with children and adults.	Website



Check out these spotlight resources on the Infinitec Website to help students **Transition from School to Adult Life**.

CALENDAR – LIVE WEBINAR	What Students/Professionals Need to Know Before Transitioning To Employment Date: April 20, 2016 Duration: 3:30 PM - 4:30 PM Presented by Laura Owens, President of TransCen and Richard Brown, Vice President, UCP-Seguin***** One of the toughest challenges for teams today is taking transition planning from a paper process to an action plan leading to integrated employment. The presenters of this workshop will provide strategies for preparing you and your students to develop the skills and relationships necessary for the outcome of employment. Registration: Please click here to register.: http://bit.ly/20w8nBo
RESOURCES – TRANSITION	iTransition http://www.itransitionks.org/ Web-based application designed to quiz students about their transition ideas - education, work and independent living. Best used with adult assistance. Results can be printed and included as part of the student's transition plan. Uses Kansas Terminology Government benefits are the base of financial assistance, health care coverage and funding for programs and services throughout a person's lifetime. This video defines disability, and differentiates between entitlement programs, needs based programs, cash benefits and healthcare benefits. She discusses income requirements, assets, state and federal programs.
ONLINE CLASSROOM – TRANSITION	Government Benefit Programs for Adults with Disabilities <i>Presented by Teri Bodeman, Director Family Advocacy Services, Protected Tomorrows</i> Government benefits are the base of financial assistance, healthcare coverage and funding for programs and services throughout a person's lifetime. This video defines disability, and differentiates between entitlement programs, needs based programs, cash benefits and healthcare benefits. She discusses income requirements, assets, state and federal programs.

Count Your Kid In!

Call today to schedule a free appointment for your child at one of these locations:

May 13, 2016-Lecompton

June 10, 2016-Oskaloosa

FREE INFANT and PRESCHOOL SCREENING CLINICS

Keystone Learning Services and the Jefferson County Health Department offer Count Your Kid In clinics throughout the school year for infants and preschool children, free of charge. If you have concerns about your child's development, this free screening will provide help for children 0-5 years of age. Children are screened in areas of speech/language development, motor development, concept development, social skills, vision and hearing. Trained professionals in these areas will screen your child. Screenings take place in local community settings and last approximately 1½ hours. Contact Lesa Brose at Keystone Learning Services at 785-876-2214 ext. 201 to schedule an appointment.

May Screening Information

WHEN: May 13, 2016

WHERE: Lecompton Methodist Church, 353 Elmore, Lecompton, KS

Coming Up Next Issue: School's Out for Summer!



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