



# KEYSTONE

## Special Edition

### *From the Director's Desk.....*

In last month's newsletter, I focused on the state funding made available for special education services in Kansas. The other two primary revenue sources for special education services include federal dollars and the contributions from local districts. Obviously, as revenue from the state diminishes and federal aid remains flat, the local districts are faced with difficult choices and have to become creative as they work to find ways within their budget to shift dollars to cover the cost of special education.

As those decisions are being made, it is always the goal to make sure that efficiencies or cost saving measures don't impact students or classrooms and this is true in special education as well as regular education. In the months ahead we will be working together with member districts to find efficiencies that will enable us to continue to provide excellent services to students with disabilities even as we travel through challenging fiscal times. Ideas are always welcome, so please take time to share any inspiration that comes to you. Thanks for all you do. Andy



### ISSUE 8, FEBRUARY, 2016

#### Keystone Learning Services

500 E. Sunflower Blvd.  
Ozawie, KS 66070

785-876-2214

[www.keystonelearning.org](http://www.keystonelearning.org)

#### GET CONNECTED!

Find us on Facebook  
(Keystone Learning Services)  
and



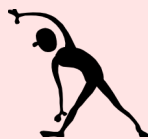
Twitter  
@KeystoneLeading

And for JDLA's Twitter:  
@JDLA\_KLS

Keystone Learning Services  
OFFICE HOURS

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

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



## KANSAS ASSOCIATION OF SCHOOL BOARDS

Regular physical activity is an important part of effective weight loss and weight maintenance. It also can help prevent several diseases and improve your overall health. It does not matter what type of physical activity you perform — sports, planned exercise, household chores, yard work or work-related tasks — all are beneficial. Studies show that even the most inactive people can gain significant health benefits if they accumulate 30 minutes or more of physical activity per day. Research consistently shows that regular physical activity, combined with healthy eating habits, is the most efficient and healthful way to control your weight. Whether you are trying to lose weight or maintain it, you should understand the important role of physical activity and include it in your lifestyle. Research shows that regular physical activity, in addition to helping to control your weight, can reduce your risk of several diseases and conditions and improve your overall quality of life. Regular physical activity can help protect you from the following health problems:

- **Heart Disease and Stroke:** Daily physical activity can help prevent heart disease and stroke by strengthening your heart muscle, lowering your blood pressure, raising your high-density lipoprotein (HDL) levels (good cholesterol) and lowering low-density lipoprotein (LDL) levels (bad cholesterol), improving blood flow, and increasing your heart's working capacity.
- **High Blood Pressure:** Regular physical activity can reduce blood pressure in those with high blood pressure levels. Physical activity also reduces body fatness, which is associated with high blood pressure.
- **Non-Insulin Dependent (Type 2) Diabetes:** By reducing body fatness, physical activity can help to prevent and control this type of diabetes, which is the most common type.
- **Obesity:** Physical activity helps to reduce body fat by burning extra calories, building or preserving muscle mass and improving the body's ability to use calories. When physical activity is combined with proper nutrition, it can help control weight and prevent obesity, a major risk factor for many diseases.
- **Back Pain:** By increasing muscle strength and endurance and improving flexibility and posture, regular exercise helps to prevent back pain.

Studies on the psychological effects of exercise have found that regular physical activity can improve your mood and the way you feel about yourself. Researchers also have found that exercise is likely to reduce depression and anxiety and help you to better manage stress.

Keep these health benefits in mind when deciding whether or not to exercise. And remember, any amount of physical activity you do is better than none at all!

## FOOD! GLORIOUS FOOD!

**JDLA's Breakfast and Lunch Menu for February can be found on JDLA's homepage at <http://jdla.keystonelearning.org>**

## COOKS CORNER

Looking for healthier baking options?

Click the link below for information and tips on baking with whole-wheat flour!

<http://keystonelearning.org/downloads/FoodService/FebKitchenTip.pdf>

## Important Upcoming Events

- |  |  |
|--|--|
| <b>2/16:</b> School Psychs/Social Workers Meeting 8:30-11:30 and Mentor Teacher Training 3:30-4:30 | <b>3/1:</b> Superintendent Advisory Council Meeting 12:00 and PDC Meeting 4-5:00 |
| <b>2/17:</b> Keystone Board of Directors Meeting 7:00 p.m.   | <b>3/2:</b> Autism Meeting 2-4:00  |
| <b>2/23:</b> Neuroscience Meeting 8-11:30  | <b>3/4:</b> Parents as Teachers Meeting 9-4                                      |
| <b>2/25:</b> LETRS Training 8:30-3:30  | <b>3/7:</b> Keystone Office Staff Meeting 8:00                                   |
| <b>2/26:</b> CPI Recertification 8-12:00 and Early Childhood Staff Meeting 2-4:00                  | <b>3/8:</b> Neuroscience Meeting 8-11:30   |
| <b>2/27:</b> Gifted Science Fair   | <b>3/9:</b> Keystone Board of Directors Meeting 7:00 p.m                         |
| <b>2/29:</b> SLP/Related Services Meeting 1:00-3:00  |  |

### Coming up:

SPRING BREAK WEEK will be March 14-18 for USD's 338, 339, 340, 341, 342, 343, 449 & JDLA.

For USD 377, Spring Break will be March 15-18 with Teacher Inservice on 3/14.

### WINTER WEATHER REMINDER:

IF USD 341  
OSKALOOSA  
DISTRICT IS  
CLOSED DUE  
TO  
INCLEMENT  
WEATHER,  
THE  
KEYSTONE  
OFFICE WILL  
ALSO BE  
CLOSED



## EMPLOYMENT OPPORTUNITIES

Job Title: Kansas MTSS State Trainer (Early Childhood). Taking applications until filled.

Job Title: Technology Support Assistant. Taking applications until March 1<sup>st</sup>.

For more employment opportunities, information and job descriptions:  
<http://www.keystonelearning.org/Jobs.html>

Or contact Lushena Newman [lnewman@keystonelearning.org](mailto:lnewman@keystonelearning.org), 785-876-2214



Keystone professional staff participated in an all day INspired Leadership Training series January 18<sup>th</sup> at Keystone Learning Services in Ozawkie.

## STAFF DEVELOPMENT



### Catabolic Culture

reactive, fear, dissatisfied, worry, problem oriented, blame others, condescending, unkind, crisis mode, our way or the highway, judgmental, short sided, lack of passion, inaction

VS

### Anabolic Culture

belief in others, open to many viewpoints, trustworthy, solution focused, cooperative, confident, calm inspiring, responsive, respectful, positive attitude, teamwork, kind, productive

**IN THE MIDST OF MOVEMENT AND CHAOS, KEEP STILLNESS INSIDE OF YOU.**

-DEEPAK CHOPRA



## Meet the Employees of Keystone Learning Services!



Hello, My name is Tonya Heiden. I am a para at JWES. I have lived in the Meriden community for the last 20 years. My husband of 21+ years, Jeff, and I have 5 children. One attends The University of Kansas and the rest are enrolled at Jeff West. We have a senior, a sophomore, a 7th grader and a 5th grader. I enjoy watching my kids play sports, shopping, reading, and baking.

My name is Karen Willits. I have been teaching since 1986. In 1989, I began teaching for Atchison-Jefferson Educational Cooperative which changed to Northeast Kansas Educational Cooperative which morphed into Keystone!

I have 4 children and 2 bonus children. Free time for me is watching my children at sporting events and kids activities.

Teaching is still my passion after all these years. The highlight of teaching is seeing the "light bulb" come on for students. I also enjoy being a professional developer for KU's SIM Learning Strategies.



Hi! I'm Beth Meyers. I teach K-5 special ed in McLouth. I've taught there since 2003. I'm a Nebraska native (go Cornhuskers!). Some random facts about me... I love being on a pontoon boat parked in a cove. I have terrible anxiety on a moving boat as I fear that we will run over a skier or be run into by another boater who isn't paying attention. Yet I've been scuba diving and feel incredibly relaxed 40 feet below the ocean surface. I've never broken a bone and never had a cavity. I'm a hoarder of old school workbooks, hangers, and cardboard boxes. I'm married to McLouth native Eddie Meyers and we have two children (Marissa, age 3 and Vincent, age 1). They've already created such wonderful memories and several gray hairs. I truly enjoy my job. I also truly enjoy my summer vacation time!



## Seminars

Linda Aldridge leads colleagues in brain research at a neuroscience meeting on January 26<sup>th</sup> at Keystone Learning Services.



Kansas Technical Assistance Network Support: Autism and Tertiary Behavior Supports, Mary Woodworth was at Keystone on January 21<sup>st</sup> for a TTAP Informal Assessment workshop, training staff on Preparing Students for after High School.



## Meetings

Cammie Braden, Parents as Teacher Program Coordinator leads a discussion at the PAT monthly meeting on February 5<sup>th</sup>.



## Medicaid Info



### Notice to Medicaid Service Providers – Extra Funds Available!

Keystone is dedicated to maximizing our funding resources.

We can receive extra annual Medicaid funding based on services provided and logged (billed) between Feb. 23rd through March 8th.

**PERSONALLY** see as many of your Medicaid eligible students as possible during this time. Rearrange schedules with paras as needed.

**Enter WebKIDSS service logs daily, send in paper logs promptly.**

**Stay tuned!! You will be hearing more from administrators in the weeks ahead.**

Thanks!





## KEYSTONE AUTISM INTERDISCIPLINARY TEAM

## Social Thinking Tools Available in Keystone Media Center

### The Three-Part Process of Social Thinking, as Taught through the Social Thinking Methodology

Full Article Found at

<http://www.socialthinking.com/Our%20Mission>

1. Our social thinking is our meaning maker. We observe and listen in order to interpret the perspectives of others.

2. When seeking to engage or simply share space with others, we use our social thinking to adapt our social behaviors (social skills) effectively in order for us to meet our social goals.

3. Our social thinking and social skills directly impact how others feel about us. This impacts how we are treated, how we feel about others, and ultimately - how we feel about ourselves!

### Thinking About You Thinking About Me:

This is where to start to learn more about social interaction and social awareness. Understanding the perspectives of others is key to all interpersonal relationships.

### You Are A Social Detective!

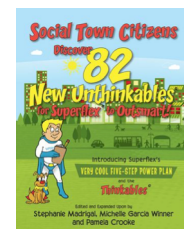
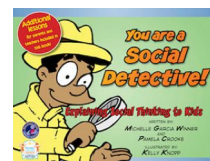
This entertaining comic book offers different ways that can be reviewed repeatedly with students to teach them how to develop their own social detective skills.

### SuperFlex A Superhero Social Thinking Curriculum:

The three part cognitive behavioral curriculum helps students to develop further awareness of their own thinking and social behaviors and learn strategies to help them develop better self-regulation across a range of these behaviors.

### Social Town Citizens Discover 82 New Unthinkables for Superflex to

**Outsmart!** Unthinkables and Thinkables are grouped by theme/category for easy reference by student or adult, and each entry includes the character's power, related information about its characteristics, and strategies to defeat the Unthinkable or bolster a Thinkable's help.



Learn more about Social Thinking at: <http://www.socialthinking.com/>

Beth Zillinger, MS, CCC-SLP Keystone Learning Services Autism

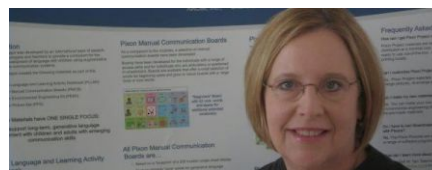
Consultant bzillinger@keystonelearning.org (785) 876-2214 ext. 224 Keystone Autism Interdisciplinary Team

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

Here are some resources to help you teach Core Vocabulary to build Communication Skills in students with complex communication needs.

<b>Gail Van Tatenhove</b> --Augmentative Alternative Communication Specialist <a href="http://www.vantatenhove.com/papers.shtml">http://www.vantatenhove.com/papers.shtml</a>  Gail has a collection of Core Vocabulary Lists, Vocabulary Checklists and more. Be sure to click on her Vocabulary Lists and Checklists to download a file of resources!	Website
<b>Sounding Board by AbleNet-iOS app</b> <a href="https://goo.gl/60Cirt">https://goo.gl/60Cirt</a>  SoundingBoard is a free communication app that provides quick custom boards for children. You can use AbleNet symbols or just words. This is a simple way to help provide communication until you are able to determine if your student needs a specific speech generating device or app.	iOS
<b>Picto4me</b> <a href="https://goo.gl/TRWVwF">https://goo.gl/TRWVwF</a>  Not only does this Chrome Extension create printable boards but you can also give natural voices to your communication boards. You can play the boards using switches, a mouse or keyboard.	Chrome App



Check out some of these spotlight resources on the Infinitesec Website!

<b>ONLINE CLASSROOM – AAC</b>	<b>Be More with Core - by Kelly Key</b>  This presentation provides an overview of core vocabulary, reviews a variety of ways to use core, and suggests implementation ideas and practical ways of embedding core vocabulary throughout the student's day.  Playing time: 8:55
<b>RESOURCES – AAC</b>	Under the Educational Enrichment Section & Vocabulary and Language Tab:  AAC Intervention is a website created by Caroline Musselwhite. She has AAC tip of the months dating back to 1999. Explore the tons of ideas along with her tips for Core Vocabulary.  <a href="http://www.aacintervention.com/">http://www.aacintervention.com/</a>
<b>CALENDAR</b>	<b>LIVE WEBINAR: How to Implement Core Vocabulary &amp; Visuals Throughout your Student's Day:</b> <a href="http://bit.ly/1O1RaHk">http://bit.ly/1O1RaHk</a>  PRESENTED BY KELLY KEY, ASSISTIVE TECHNOLOGY COORDINATOR, BARRINGTON SCHOOL DISTRICT 220  We speak, read, and write with core vocabulary. This session will start off with a brief overview of core vocabulary and the many ways to use core vocabulary with students. The rest of the session will be filled with examples on how to embed core vocabulary words and visual supports throughout your student's day. This implementation method has been proven to work to not only for our students with complex communication needs, but also for any student that struggles with language, literacy, organization, and more!



## Focus: Parents as Teachers



### 1990 Kansas Parent Education Statute K.S.A. 72-3603 et.seq.:

Passage authorized school districts and consortiums to operate a parent education program administered by the State Board of Education.

- Parents as Teachers, an evidence-based parenting education program, was adopted to provide parent education:
  - Available to all families with children prenatal through age 3 in participating school districts
- State General Funds (SGF) were allocated to the Kansas Department of Education (KSDE) to administer PAT:
  - Local PAT programs match \$0.65 for every state \$1.00
- 1990 – 2008:
  - Funding provided through the State General Fund (SGF)
- 2008:
  - Funding moved from SGF to the Children's Initiative Fund (CIF)
- 2008 – 2016:
  - CIF funds are transferred each year to KSDE to administer the funds in accordance with the State Board of Education:
    - Grant awards
    - Data reporting and compliance with state and national requirements
    - Evaluation reporting to the Children's Cabinet annually
- Current level of CIF is \$7,237,635

### Children's Initiative Funds overseen by the Kansas Children's Cabinet:

- The KEY Fund and CIF were created as a result of nationwide tobacco litigation in the late 1990s
- The settlement from that litigation provides \$1.6 billion to Kansas over a 25-year period
- Legislation passed in 1999 determined that the KEY Fund and CIF dollars would be used to support children's programs
- The Kansas Children's Cabinet is charged with overseeing the CIF and making recommendations for CIF spending
- Tobacco dollars received by the state go directly to the KEY Fund
- The KEY Fund serves as an endowment for the benefit of funding children's programs
- Each year, a transfer is made to the CIF to support children's programs

### Legislative Efforts:

Since 2011, proposals have been introduced regarding Parents as Teachers:

- Serve only low-income families free and
- Require parents over a threshold, pay for services as follows:
  - 2011 Session for the FY 2012 budget year
  - 2013 Session for the FY 2014 and FY 2015 budget years
  - 2015 Session for the FY 2016 and FY 2017 budget years

In each legislative session, no changes were made to the Parents as Teachers services.

### 2017 Governor's budget recommendation:

- Move all CIF funding to SGF under the administration of KSDE
- Funded all CIF programs with SGF, except for PAT
- Redesign in PAT:
  - \$7.2 M in Temporary Assistance for Needy Families (TANF) available to PAT to access for families under 200% of the federal poverty level
  - Charge families above 200% of poverty level approximately \$1000 per year per child

### Current Legislative Actions and Efforts:

- Last week the House Appropriations voted to:
  - Keep the \$42 M CIF funds in the Children's Cabinet
  - Move \$7.2 M of CIF funds to the SGF
  - Backfill the CIF with \$7.2 M from TANF
  - Give the Children's Cabinet administrative authority of the CIF programs
    - The Children's Cabinet would have increased power to:
      - Decide what program(s) would use TANF
      - Authority to determine how to distribute the CIF
      - Determination of program requirements
      - KSDE would no longer act as the fiscal agent for PAT

- This week, the House debated the budget:
  - Rep. Carpenter offered a proviso to allow the Governor final authority of funding for the CIF programs. This proviso passed.
  - Rep. Winn introduced an amendment to ensure that PAT was not a means-tested program
    - 9 legislators spoke in favor of the amendment
    - 8 legislators spoke against the amendment
    - The amendment failed (Yea: 52, Nay: 69)
- This week in the Senate Ways and Means Committee:
  - Sen. Denning offered an amendment for the CIF programs to remain under the administration of the Children's Cabinet with Governor's final authority. This amendment passed.
  - Sen. Laura Kelly offered an amendment to keep PAT funded at \$7.2 M with CIF and a program for all families (no TANF). This amendment passed with unanimous vote.
- This week the Senate debated the budget bill:
  - Sen. Masterson provided opening statements re: PAT
    - Ways and Means propose to fund PAT at \$7.2 M with CIF
  - Sen. Kelly introduced a technical amendment to clarify her amendment on PAT that had passed in the Ways and Means
    - The technical amendment passed with no debate and a unanimous vote

### **The House and the Senate Budget Bills passed this week:**

- House Budget Bill:
  - Transfers back the CIF programs to the Children's Cabinet
  - Grants the Governor authority over final funding of CIF
  - Funds PAT with use of TANF and charging parents over 200% of poverty level
- Senate Budget Bill:
  - Transfers back the CIF programs to the Children's Cabinet
  - Grants the Governor authority over final funding of CIF
  - Funds PAT with \$7.2 M from CIF with no means testing
- Conference Committee:
  - Next week, the Conference committee will meet to resolve the differences in the bill

### **PAT update from Keystone Parents as Teachers Coordinator, Cammie Braden:**

**On 2/11/2016, Senator Kelly** submitted an amendment to have **Parents as Teachers funded with CIF funds for \$7.2 million**. This is the next step to **keep Parents as Teachers for all families in Kansas!!** Senator Masterson and Senator Arpke supported the amendment with a statement. **The amendment passed unanimously!** The next step will be Conference Committee. **Thank you, everyone!** The calls are very helpful.

**For more Parents as Teachers information and updates:** [www.keystonelearning.org](http://www.keystonelearning.org)

## Count Your Kid In!



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

February 19, 2016-Effingham

March 4, 2016-Nortonville

April 15, 2016-Easton

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.

### March Screening Information:

**WHEN:** Friday, March 4<sup>th</sup>, 2016

**WHERE:** Nortonville Christian Church, 19861 Osage Road,  
Nortonville, KS 66060

*Coming Up Next Issue: SPRING FORWARD!*

**"LOVE LOOKS NOT  
WITH THE EYES, BUT  
WITH THE MIND."**

-William Shakespeare



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