

THE KEYSTONE

Special Edition

From the Director's Desk.....

On January 11, the Supreme Court heard arguments in the **Endrew F. v. Douglas County School District* case. The case will determine the level of educational benefit that schools must provide as part of a free, appropriate, public education (FAPE). The current standard was established by the Supreme Court in its ruling in the ***Rowley* case in 1982. That standard requires that schools provide "some" educational benefit. The petitioners in the Endrew F. case argue that a higher standard is called for in order for schools to provide a free appropriate public education. That higher standard might better be expressed as, "substantive" educational benefit. "Meaningful" might also be used in place of "substantive".

Justices raised concerns related to the Spending Clause and the potential number of lawsuits that would ensue were the standard to be changed. As I understand it, the Spending Clause refers to the agreement that states accept with the federal monies tied to special education. Those dollars being accepted under the belief that the standard for educating children with disabilities is met under the ruling in the *Rowley* case. Also, with some 8 million potential IEP's and potential cases, it could certainly be overwhelming.

The Petitioners also argued that by not providing a Functional Behavioral Assessment (FBA), the school did not provide FAPE. You'll find a transcript of the oral arguments here:

<http://bit.ly/2jEEQIM>.

We'll have to wait some months before the court provides a ruling in the case so stay tuned.

*Endrew F. v. Douglas County School District case: <http://bit.ly/2igAoIT>

**Rowley case: <http://bit.ly/2j2pv1P>

ISSUE 5, JANUARY, 2017

Keystone Learning Services

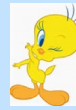
500 E. Sunflower Blvd.
Ozawkie, KS 66070

785-876-2214

www.keystonelearning.org

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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

*Education breeds confidence.
Confidence breeds hope.
Hope breeds peace.*

— Confucius

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Announcements and Upcoming Events



January 18: Keystone Board of Directors Meeting 7 p.m.

January 19: SLP/Related Services Meeting 8-11

January 20: Early Childhood Staff Meeting 2-4; *Count Your Kid In Screening
*(See below for more info)

January 24: Assistive Tech Meeting 2-4

February 1: Autism Team Meeting 2-4

February 6: Keystone Office Staff Meeting 8:15 a.m.

February 7: Superintendent Council at Noon; PDC Meeting at 4

February 15: Keystone Board of Directors Meeting 7 p.m.

Staff Shares

If you have anything newsworthy you would like to submit, please email Linda K. Chalker at lindak@keystonelearning.org. Please note there is a deadline for submission, so get your news in early!

The deadline for article/news submission will be by the 12th day of each month.

WINTER WEATHER REMINDER!

During the winter season, if USD 341 (the Oskaloosa school district) is closed due to inclement weather, the Keystone Learning Services offices in Ozawie and Oskaloosa will also be closed.

Please be aware of this and if in doubt, call ahead before making a trip to either office!



KANSAS ASSOCIATION OF SCHOOL BOARDS

January 2017

Proper Nutrition

Many people today are not sure if they should diet or how to maintain a healthy diet if they do. Weight loss of only 5-10 percent of body weight may improve many of the problems associated with being overweight, such as high blood pressure and diabetes. Even a smaller weight loss can make a difference. If you are trying to lose weight, do so slowly and steadily.

A generally safe rate is 1/2-1 pound a week until you reach your goal. Avoid crash weight-loss diets that severely restrict calories or the variety of foods. Extreme approaches to weight loss, such as self-induced vomiting or the use of laxatives, amphetamines, or diuretics, are not appropriate and can be dangerous to your health.

Try to maintain your body weight by balancing what you eat with physical activity. If you are sedentary, try to become more active. If you are already very active, try to continue the same level of activity as you age. More physical activity is better than less, and any activity is better than none.

Choose a diet rich in grain products, fruits and vegetables.

Grain products, vegetables, and fruits are key parts of a varied diet. They are emphasized in this guideline because they provide vitamins, minerals, complex carbohydrates (starch and dietary fiber), and other substances that are important for good health. They are also generally low in fat, depending on how they are prepared and what is added to them at the table.

Most of the calories in your diet should come from grain products, vegetables, and fruits. These include grain products high in complex carbohydrates -- breads, cereals, pasta, rice -- found at the base of the Food Guide Pyramid, as well as vegetables such as potatoes and corn. Dry beans (like pinto, navy, kidney, and black beans) are included in the meat and beans group of the Pyramid, but they can count as servings of vegetables instead of meat alternatives.

Plant foods provide fiber. Fiber is found only in plant foods like whole-grain breads and cereals, beans and peas, and other vegetables and fruits. Because there are different types of fiber in foods, choose a variety of foods daily. Eating a variety of fiber-containing plant foods is important for proper bowel function, can reduce symptoms of chronic constipation, diverticular disease, and hemorrhoids, and may lower the risk for heart disease and some cancers.

However, some of the health benefits associated with a high-fiber diet may come from other components present in these foods, not just from fiber itself. For this reason, fiber is best obtained from foods rather than supplements. Plant foods provide a variety of vitamins and minerals essential for health.

Most fruits and vegetables are naturally low in fat and provide many essential nutrients and other food components important for health. These foods are excellent sources of vitamin C, vitamin B6, carotenoids, including those which form vitamin A, and folate. The antioxidant nutrients found in plant foods (e.g., vitamin C, carotenoids, vitamin E, and certain minerals) are presently of great interest to scientists and the public because of their potentially beneficial role in reducing the risk for cancer and certain other chronic diseases.

Make sure you check with your doctor before beginning any exercise or diet program.



If at any time you need to schedule a meeting in the conference room at Keystone, please contact Linda K. Chalker at lindak@keystonelearning.org



January 16th, 2017 All Certified Staff Inservice

All Keystone Learning Services certified staff gathered together with staff from our 8 districts on January 16th for an all-district inservice day hosted by USD 341 in Oskaloosa.

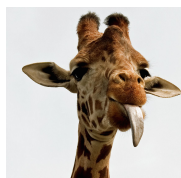
Dr. Monte Selby was the Keystone speaker for the morning session. Dr. Selby is known as "Education's Songwriter" and his mission is to, "fully engage participants in a highly motivating, deeply inspirational, yet practical learning experience..."

<https://www.monteselby.com/>

Afterward, job-alike sessions were facilitated primarily by USD 341 staff. Following lunch, Keystone staff met for breakout sessions before concluding the inservice day.



Laff with G-Raf



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phone: (216) 371-8600 / e-mail: ft@funnytimes.com

Count Your Kid In!

2016-2017 Screening Schedule



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

January 20-McLouth

February 24-Effingham

March 31-Nortonville

April 21-Easton

May 12-Lecompton



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.

January Screening Information

WHEN: Friday, January 20, 2017

WHERE: McLouth Church of the Nazarene, 901 East Lake St., McLouth



500 E. Sunflower Blvd.
Ozawie, KS 66070
Phone: 785-876-2214
Fax: 785-876-2383

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