

THE

KEYSTONE

Special Edition

From the Director's Desk.....

It's that time of year again. Organizations across the state are reviewing their health insurance and voluntary benefits options and looking to see if they can access better policies for better prices. Here at Keystone, we are engaged in that effort as well as we look to bring better health insurance and better voluntary benefits at a better cost to all of our employees. Along with superintendents from member districts, board members, SETA representatives, and Keystone administrators we are in the midst of reviewing proposals from a variety of vendors to help our employees access better products at better prices through our voluntary benefits (cafeteria 125 plan).

Health insurance is also receiving a lot of scrutiny. My understanding is that this effort has been going on each year here at Keystone for the past several years. Our goal this year is the same as in years past: To access a better product for a better price. To accomplish this, we have applied to a wide variety of insurance providers and programs. As we look at health insurance this year we will look at various self-funded insurance models that may be available to Keystone and it's employees. Our commitment is to carefully evaluate each insurance product as we look for the best insurance at the best price. For staff members who participate in the Keystone Health Insurance plan you will be seeing a link in your email inbox that will take you to an online health profile to complete. We'll report on the options that become available in our April newsletter and we hope to have information about benefits enrollment available then too, so stay tuned.

Thanks for all you do.

Andy

ISSUE 9, MARCH, 2016

Keystone Learning Services

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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>

TAKING CARE OF YOUR BACK



By standing on their hind legs, human beings freed their hands for work and gained the dexterity to create civilizations. Since ancient days, however, people have paid the price of walking erect...with their backs.

In our modern industrial society back pain is the most common cause of loss of activity among adults under 45. It is estimated that 80% of all Americans suffer back pain at some point in their life. But there is good news too. Most bad backs respond well to rest and conservative treatment. And most injuries can be prevented.

Everyone is vulnerable to back injury. We can't avoid every stressful activity. The key to avoiding back injuries lies in minimizing the risk inherent in any activity by applying these simple principles.

- Work on your posture. Don't slouch. Maintain the natural "arch" in your lower back whether standing or sitting.
- Lift with your legs. Don't bend over the object. Bend your legs and keep your back straight. And most important, *don't twist as you lift*.
- Sit with care. Prolonged sitting in one position is a back hazard you might not suspect. Lumbar support and periodic breaks to move around are essential.
- Control your weight. Being overweight, especially if you have a "pot belly", puts added stress on your lower back. The important benefits of conditioning your abdominal muscles should also be considered.
- Sleep safely. We spend one-third of our lives in bed, so how you sleep is important to your back. Try to sleep on your side or on your back with a pillow under your knees. The key is to try to sleep in positions that keep your back straight.
- Hazard on the road. Driving is dangerous to your back. Select a driving position with your knees slightly bent and your back arched. Stop frequently and get out and walk.



KANSAS ASSOCIATION OF SCHOOL BOARDS

FOOD! GLORIOUS FOOD!

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

COOKS CORNER

Looking for healthier baking options?

Click the link below for information on healthy food substitutions while baking and cooking!

<http://www.keystonelearning.org/FoodService>

Important Upcoming Events

- 3/24: LETRS Training 8:30-3:30
- 3/25: Keystone Office-CLOSED
- 3/28: SLP/Related Services Meeting 1:00-4:00
- 4/1: Parents as Teachers Mtg. 9:00-4:00
- 4/4: Keystone Office Staff Meeting 8:00
- 4/5: Assistive Tech Meeting 2:00-4:00 and PDC 4:00-5:00
- 4/12: Superintendent Advisory Council Meeting
- 4/15: Early Childhood Meeting 1:30-3:30

Don't forget to 'SPRING FORWARD' on March 13th by setting your clocks one hour ahead!



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.

NOTE: The Keystone office will be closed on Friday, March 25.



EMPLOYMENT OPPORTUNITIES

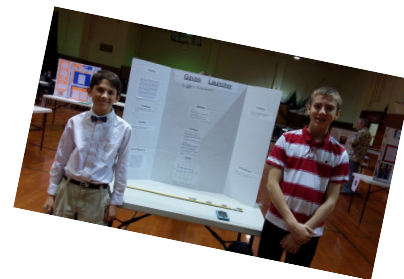
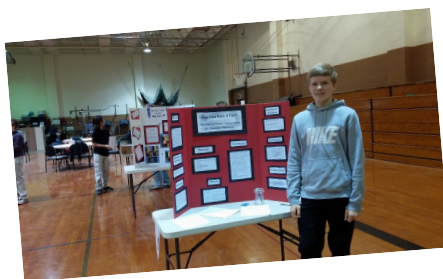
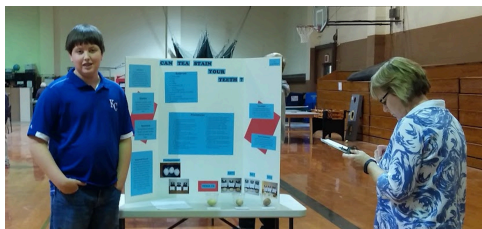
Job Title: Technology Coordinator. Taking applications until March 31st.

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

We are continuing seeking para applications. If you know of interested individuals, please contact Lushena Newman lnewman@keystonelearning.org, 785-876-2214



Gifted and Talented Program Activities



These photos and more can be found at

<https://goo.gl/photos/HKGN7T31U3vsiQ968>

Regional Science and Engineering Fair

On Saturday, February 27, Keystone Learning Services hosted the fourth annual Regional Science and Engineering Fair at Ozawie. Students from area schools displayed their projects hoping to earn an invitation to the State Science and Engineering Fair at Butler Community College in Eldorado, on April 1st and 2nd. Students from Jefferson County North, Jeff West, Atchison County and Washburn Rural High school presented their projects to three different judges who scored them in several categories. Student projects ranged from analyzing raising the minimum wage and it's affect on the price of goods to evaluating the effectiveness of mouthwashes. Students had to follow set guidelines in order to qualify for state. Each student had to be present with their projects and answered questions from judges, all part of the evaluation process. Students had to receive an average score above 100 in order to qualify for State. Many of the students qualified! Super Job!

Students from the Topeka area are welcome to join this event held in February. Students must attend the Regional Fair to qualify for entry into the State Science and Engineering Fair.

For more information contact Chris Twenhafel at twenhafel@keystonelearning.org or <http://sylmicro.com/kssef/>.

Creative Solutions

On Thursday, March 3, Keystone's Gifted and Talented Program took 22 students in grades 2 through 5 to a Creative Solutions workshop held in Horton, Kansas. Students attending the workshop came from Jefferson County North, Jeff West, Perry, Oskaloosa, McLouth, and Pleasant Ridge.

At this workshop, Gifted students throughout Northeast Kansas came together to experience several different problem solving and critical thinking activities. Over 100 students attended the workshop. Break out sessions included a Learn to Solve the Rubik's Cube station, make mosaic patterns using the Rubik's cube, chemistry used to make slime, astronomy in a Star Lab, physics with ramps and cars, forensics including finger print analysis, and making ice cream just to name a few. Everyone attending had a great time!

Creative Solutions workshop photos:

<https://goo.gl/photos/jF1YDxbrs9XFtq3e8>

Robotics Competition 2016 photos:

<https://goo.gl/photos/pPo7xh4RguPbshSo6>



Meet the Employees of Keystone Learning Services!



My name is Wanda Collins. I work with elementary children at Jeff West. I have lived in this area off and on since grade school. My hero is my mother. I have 2 children. One lives in Topeka and the other one lives in Iowa. My favorite things to do are to work puzzles, read and garden. Most of all I love the community I live in.

Hi my name is Amy Pound. I started my Early Childhood Special Education teaching career at Topeka 501 and taught there for 4 years. After my first son was born I decided that I needed to be closer to home, Nortonville. I heard about an opening at Northeast Kansas Education Service Center and put in my application in 2006. A neat thing happened, the teacher that was teaching for NEKESC was moving with her husband to Topeka for ministry and she applied for my job. Come to find out each employer liked the other employers candidate. She went to my position in Topeka 501 and I went to her position for NEKESC.

During my 16 years at NEKESC, now Keystone, I taught preschool in Effingham full time for 8 years. On my ninth year at Effingham I taught preschool in the morning and Co-taught interrelated K-1 in the afternoon. After 9 years at Effingham, Keystone did some rearranging of the preschool programs. We closed my Effingham program and I opened a new preschool for Keystone in the McLouth school district. My first year in McLouth I taught preschool all day. Little did I know this would change my second year with McLouth. Keystone picked up the Pleasant Ridge school district. I was split between McLouth and Pleasant Ridge to help get the Pleasant Ridge Special Education preschool up and running.

When I am not teaching I am with my family. My husband Josh is the Sports Information Director for Benedictine College. We follow Benedictine sports as a family and spend many nights and weekends there. I have two sons, Brady 12 and Cooper 10. They love all sports and are very competitive. Then we waited for a long time to get our princess, Caitlyn, she is three and runs the house.



My name is Janet Tust. I have been a school psychologist at Keystone Learning Services for 27 years. During this time, I've been fortunate to work with many children, families and teachers in many different settings! Early intervention continues to be an area of special interest. I work with the tiny-k program (0-3), our early childhood special education programs, as well as at Lecompton Elementary School.

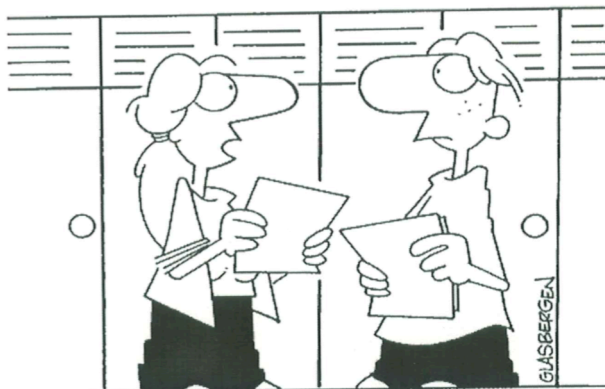
My husband, Bob, and I have been married for (almost!) 29 years. We have 2 children. Anna is 20 years old and a sophomore at Benedictine College. She is studying biology and plays Women's Lacrosse. Riley is 14 years old and is in the 8th grade at Perry Lecompton Middle School. We stay very busy watching them in their endeavors.

In my spare time, you'll likely see me running! After taking up the sport about 3 years ago, I've recently completed my 52nd race. A nice, relaxing Saturday morning to me is logging 13 or so miles before breakfast. Being a coach for Girls on the Run is a rewarding and fun activity for me after school!

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"I'm lousy at spelling because of my parents. They grew up listening to the Beatles, Monkees and Byrds!"



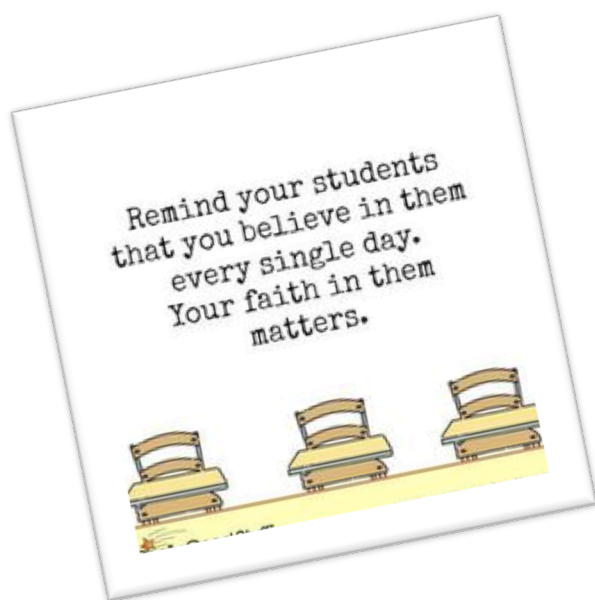
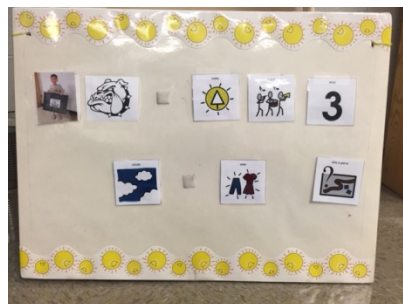
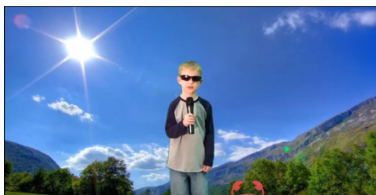
Neuroscience Corner

Spark: The Revolutionary New Science of Exercise and the Brain explores the unique connection between aerobic activity and peak brain performance. The author takes us through an exploration of the positive impact of exercise integrated into school settings resulting in higher test scores, a faster rate of learning and greater levels of physical fitness. The brain-body connection is discussed in the areas of learning, stress, anxiety, depression, addiction, attention deficit disorder, hormonal changes and aging. A regimen to build your brain is also included!

Ratey, John J. *Spark: The Revolutionary New Science of Exercise and the Brain*. N.p.: Little Brown, 2012. Print.

Early Childhood Students: Meteorologists in the Making

There are many different ways to incorporate visual supports throughout your Preschool day. In the McLouth Preschool, visual supports were used to help the students act out a weather forecast. The script was written and the preschoolers had to decide what weather they wanted to forecast. Then they added one activity that would be fun to do in the weather that they picked. A green screen was used along with props to help them play the part.



UPDATE from Melody Malone

"The Media Center is moving right along. Dan has done a amazing job creating our new bar code system. We are still working on getting the materials bar coded in the districts. Please send back any materials you are not using at this time. Next time you are at Keystone Please stop by the Media Center."



KEYSTONE AUTISM INTERDISCIPLINARY TEAM

Resources area available in the Keystone Media Center!

The STAR Program

Benefits:

- Uses evidence-based instructional practices
- Is research-validated
- Is ABA-based
- Is aligned to Common Core State Standards
- Meets the individual needs of students at various developmental levels
- Comprehensive materials include program manual, lesson plans and ready to use manipulatives, photo cards and other instructional tools

For more information, visit:

<http://starautismsupport.com/curriculum/star-program>

Level 1 - lesson plans to help teach students how to understand basic language concepts and commands, understand and follow simple classroom routines, begin to participate in independent and constructive play

Level 2 - lesson plans to help teach students how to follow 2 step commands, learn the names of other children, play interactively, identify numbers, letters, and a few sight words, answer wh questions

Level 3 - lesson plans to help teach students how to read more functional sight words, write with dictation and from memory, read a simple story in a book, tell time, add and subtract one-digit numbers, follow more complex routines, participate in school routines, play interactively with peers



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

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

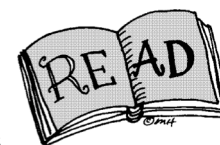
Consultant bzillinger@keystonelearning.org (785) 876-2214 ext. 224 Keystone Autism Interdisciplinary Team

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

Technology to help students with **Reading!**

Lapbook Lessons http://lapbooklessons.com Great website - with free printable worksheets and activities for students at different levels to supplement Reading.	Website
iBooks https://goo.gl/tcw7p Take advantage of the great resources within iBooks! Highlight your favorite passages and add notes, use accessibility features in iDevices such as speaking the text, load PDFs that the student is working with in school.	iOS
Read Mode https://goo.gl/0oHWVs Click the glasses icon in the address bar, the current page will turn into a nice-to-read black on white page. Ads and Flash animations are <u>removed</u> while on read-mode. Click the icon again and everything will go back to normal.	Chrome App



Check out these spotlight resources on the Infinitec website to help students

<u>SERVICES - INFINITEXT</u>	InfiniTEXT The purpose of InfiniTEXT is to provide digital text to qualified K-12 students with print disabilities. http://bit.ly/1RbSbVp
<u>RESOURCES - READING</u>	Educational Enrichment: Rewordify http://rewordify.com/ Enter hard sentences (or whole chapters) into the yellow box at the top of the page. (You can also enter a web site URL.) Click Rewordify text and you'll instantly see an easier version, for fast understanding. The reworded words are highlighted —click them to hear and learn the original harder word. You can change how the highlighting works to match the way you learn!
<u>ONLINE CLASSROOM - ARCHIVED WEBINARS</u>	Creating Free Electronic Books with Students and Staff – Presented by Jennifer Skalitzky Creating customized books can increase participation, comprehension and motivation! Learn how easy it is to create your own electronic books to support the curriculum. Not only can staff create the books, students can use these tools to demonstrate what they know and express themselves in a different format. This webinar will review how to create free, customizable books using Power Point, Photo Story and CAST UDL Book Builder. Resource: Archived Webinars Learning Credits: 1.25 Playing Time: 1.00

Count Your Kid In!

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

April 15, 2016-Easton

May 13, 2016-Lecompton

June 10, 2016-Oskaloosa

FREE INFANT and PRESCHOOL SCREENING CLINICS

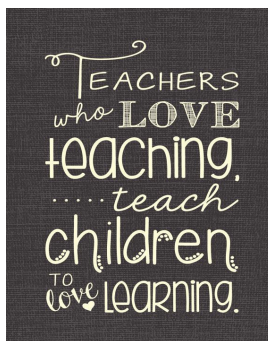
Keystone Learning Services and the Jefferson County Health Department offer Count Your Kid In clinics throughout the school year for infants and preschool children, free of charge. If you have concerns about your child's development, this free screening will provide help for children 0-5 years of age. 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.

April Screening Information

WHEN: April 15, 2016

WHERE: St. Lawrence Catholic Church, 211 West Riley, Easton, KS

Coming Up Next Issue: April Showers ...



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