

THE KEYSTONE

Special Edition

From the Director's Desk.....

Jamie Vollmer, author of [Schools Cannot Do It Alone](#) and the famous blueberry story, has a perspective worth reviewing as we consider how to make schools better and provide greater choice. Jamie, a successful businessman, had some definite ideas about schools. Decades ago, he advocated for many of the school change efforts that we hear about today as he espoused his view that schools are inefficient, they should operate more like a business, schools are too bureaucratic, etc.

Not long after Jamie took his message to schools, he experienced a significant change in perspective. The story of that change is called the [blueberry story](#).

<https://youtu.be/O9TUrhMZMno>

It's worth taking a few minutes to view or to review for those of you who are familiar with it.

Enjoy!

Andy

<http://www.jamievollmer.com/book.html>



Welcome
Spring

color images, etc.

ISSUE 7, MARCH, 2017

Keystone Learning Services

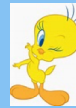
500 E. Sunflower Blvd.
Ozawkie, KS 66070

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



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

Announcements and Upcoming Events



March 27: Assistive Tech (AAC) Meeting 2-4

March 30: SLP/Related Service Meeting 8-11

March 31: EC Staff Meeting 2-4; Count Your Kid In Screening at Nortonville
*(See below for more info)

April 3: Keystone Office Staff Meeting 8 a.m.

April 4: PDC Meeting 4

April 5: Autism Team Meeting

April 11: Superintendent Council 12:30

April 13: Online Boardmaker Training 12:30-4

April 14: Keystone Offices CLOSED

April 17: CPI Initial Training 8-3

April 18: School Psychologists/Social Workers 8:30-11:30

April 19: Keystone Board of Directors Meeting 7 p.m.



Spring Break week for districts as well as JDLA is March 20-24.

The Keystone Learning Services offices will remain open during this time.

Benefits Open Enrollment for the 2017-2018 school year will be May 15th-25th.
(See next page)

More information coming in April!

JDLA will once again participate in the Ozawie City Wide Garage Sales scheduled for the first part of May.

Donations are now being accepted.

Please drop off new or gently used items at the receptionist desk at Keystone, or contact Brandi at JDLA for further information:

785-876-2214

bbarnhardt@keystonelearning.org

Mark Your Calendar 2017 Benefits Open Enrollment May 15th – 25th

NEW PROCESS

- 3 Ways to Enroll
 - ✓ Online Self-Enroll
 - May 15th – 23rd
 - ✓ Face to Face with Benefit Counselor
 - May 24th 10am - 7pm
 - May 25th 8am - 5pm
 - ✓ Call Center
 - May 15th – 25th
- Benefit Portal
 - ✓ Benefit Summaries, Claim Forms, Notices
 - ✓ Enroll for Benefits
- More information in April





Employee SPOTLIGHT

Name: Melody Malone

Hometown: DeSoto, KS

Current city of residence: Perry, KS

Inhabitants at Melody's residence: Daughter, Kristal, four grandkids, 2 dogs, and another part-time daughter, Savannah

Current position: Receptionist/Coop Purchasing

Number of years at Keystone Learning Services/NEKESC: 14 total; 4 years as a para, 10 years as receptionist in the office

The best part of your job: Getting to talk to everyone

First ever paying job: Receptionist at a doctor's office

If you could do one job for a day, what would it be? Working with horses

What is your favorite location you have ever traveled? Savannah, GA

If you had to eat one meal everyday for the rest of your life, what would it be? Salad

When you were a child, what did you want to be when you grew up? A teacher

First ever concert: ZZ Top

What is your favorite movie? As a child, To Kill a Mockingbird

Favorite vehicle: Truck

Favorite sport or pastime: Baseball

Pet Peeve: People chewing with their mouth open

What do you fear most? Snakes

What is something that people would be surprised to know about you? I can't watch scary movies

Motto: What goes around comes around

Which would you like most--flying cars, robot housekeepers or moon cities? Flying Cars



17 WAYS

to Help Students
with ADHD Concentrate

- ★ Silly Putty
- ★ Squeeze Stress Balls
- ★ Fidgets
- ★ Velcro
- ★ Gum / Edible Necklaces
- ★ Doodling
- ★ Background Music / Ambient Sound
- ★ Chair Leg Bands
- ★ Yoga Balls
- ★ Swivel Chairs
- ★ Wobble Chairs
- ★ Disk Seats
- ★ Standing Desks
- ★ Swinging Footrests
- ★ Stationary Bikes
- ★ Classroom Space for Moving Around
- ★ Flexible Work Locations

Research shows that students with ADHD can concentrate better when allowed to fidget.

I have a GROWTH MINDSET!



© Heidi and Page

Motivation in the form of positive “self-speak”.

Laff with G-Raf



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.


KANSAS ASSOCIATION OF SCHOOL BOARDS

March 2017

Back Injury Prevention

The back is made up of 24 individual bones called vertebrae, separated by shock - absorbing disks. The spine is held in place by a large number of muscles and ligaments. By acting together, they give the spine the ability to bend and twist. The spine also protects the spinal cord and acts as a distribution center for the nerves that run between the brain and the other parts of the body.

Anatomically, the spine is an unstable structure. We create the illusion of stability by using muscles groups in the trunk to keep the back stable. If these muscle groups are out of condition, we run the risk of injury from one-time exertions that are beyond our capacity or from prolonged use of the muscles at a slightly elevated level. To reduce the potential for back injuries review the following tips.

Common Causes	Common Solutions	
<p>Lifting and moving</p> 	Lifting boxes from the floor	Do not store items on the floor.
	Carrying boxes or equipment	Use proper lifting techniques. Get help or use a lifting aid. Use a cart.
	Carrying or traveling with portable equipment	Pack light and check luggage when possible. Use luggage with wheels. Avoid over reaching, twisting or lifting over head.
	Pushing carts	Maintain casters in clean, operating condition. Match the casters to the floor type.



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

Count Your Kid In!

2016-2017 Screening Schedule



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

March 31-Nortonville

April 21-Easton

May 12-Lecompton



FREE INFANT and PRESCHOOL SCREENING CLINICS

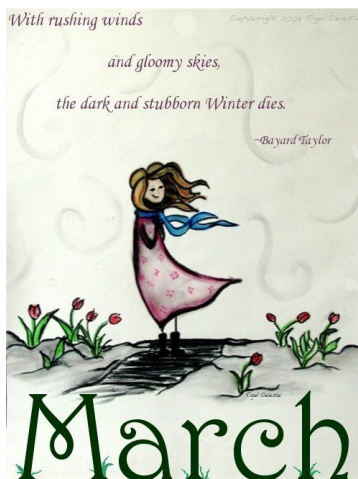


Keystone Learning Services and the Jefferson County Health Department offer Count Your Kid In clinics throughout the school year for infants and preschool children, free of charge. If you have concerns about your child's development, this free screening will provide help for children 0-5 years of age.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

March Screening Information

WHEN: Friday, March 31, 2017

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



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

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