

THE KEYSTONE

Special Edition

From the Director's Desk.....

Thanks for a great job! More than 50 students with a broad range of disabilities will complete their education this month! This is an accomplishment that is worthy of celebrating. The expertise, the commitment, the compassion that came from all of the teachers, para-educators, and related services providers is incredible. It is those qualities and the can-do attitude that we share here at Keystone that is the driving force behind the success of our students.

Thanks for all you do.

Andy



The week of May 2nd was National Teacher and Staff Appreciation!

A heartfelt THANK YOU to all the teachers, staff and support workers who put so much time and effort into teaching our children.

ISSUE 11, MAY, 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>

John Dewey Learning Academy was recently chosen as the Topeka Helping Hands Humane Society's **2015 Group Volunteers of the Year!!**

The group has volunteered consistently since 2013, and continues to increase hours worked each year. **Congratulations!**



“I hope to make people realize how totally helpless animals are, how dependent on us, trusting as a child must, that we will be kind and take care of their needs...They are an obligation put on us, a responsibility we have no right to neglect, nor to violate by cruelty.”

~James Herriot

I AM IN
CHARGE
OF HOW I
FEEL AND
TODAY I AM
CHOOSING
HAPPINESS.



Kansas Association of School Boards

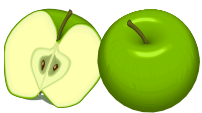
Scientific studies suggest that eating a diet with plenty of fruits and vegetables is a major factor (maybe **the** major factor) in the prevention of common cancers, heart disease and stroke — the diseases that kill most Americans. That's because these foods are uniquely rich in disease-fighting antioxidants like vitamin C, in fiber and in health-protecting "phytochemicals" like beta-carotene.

But experts say it's easy to get your five a day. You don't have to become a vegetarian. You don't even have to give up any so-called "bad" foods. Here's what to do.

- Understand the long- and short-term benefits of eating more fruits and vegetables. Avoiding heart disease, cancer or stroke is reason enough to eat more fruits and vegetables. But if preventing chronic disease in the future doesn't get you to eat fruits and vegetables today, then consider the immediate health benefits. It's likely you'll have more energy, you'll look and feel a whole lot better, and you'll find it easier to maintain or lose weight.
- Have a serving of fruits and vegetables with every meal. Always think about having fruit with breakfast — for example, raisins on your cereal, a glass of orange juice, or a piece of cantaloupe. At lunch try to eat one vegetable and at dinner try for two. Eating vegetable soups, mixed dishes with added vegetables, and salads makes it easy. At every meal I think, "Where are the vegetables and fruits?"
- Snack on fruits and vegetables. Eat any kind of fruit or vegetable such as baby carrots, cherries, or grapes for a snack.
- Make small additions to your current diet. You don't have to restock your refrigerator and pantry to start eating more fruits and vegetables. Add them to your diet in small ways. If you make a burrito, for example, add a few more onions and tomatoes. If you eat cereal, add a banana. If you have a can of vegetable soup, toss in 1/2 cup of frozen peas. If you're having ice cream, put strawberries on top.

Don't believe the myth that it costs more to eat healthy. Fruits and vegetables give you the most nutrition for your money. In fact, if you cut back on meat and eat more fruits and vegetables, you'll save money on your grocery bill.

Find reasons why it would be important and interesting to eat more fruits and vegetables. If you eat 'five a day,' you'll have more energy for athletics, a better complexion and be able to maintain a healthy diet without dieting!



Source: Aetna Intellihealth

Important Upcoming Events



- 5/16: SLP/Related Services Mtg 1-3
- 5/16: JDLA Last Day of School
- 5/17: School Psychs/Social Workers Mtg 8:30-11:30;
Mentor Training 3:30-4:30
- 5/18: Board of Directors Mtg 7:00 p.m.
- 5/24&25 WebKIDSS Summer Workshop, Topeka
- 5/30: Memorial Day, Keystone Learning Services Office CLOSED

Summer Hours



Starting the week of June 6th, Keystone Learning Services will begin operating under Summer Hours, with the office open Monday-Thursday from 7:00 a.m.-5:30 p.m. and closed on Fridays.

The office will be closed on Monday, July 4th. During July 5th - 8th, regular office hours of 8-4:30 will be in place to accommodate the July 4th holiday.

Summer hours (M-Th) will again resume the following week (July 11th) and will continue through the first week of August.

**Regular office hours of M-F, 8-4:30 will resume August 8th.*

EMPLOYMENT OPPORTUNITIES

Keystone Learning Services is looking to hire a Tiny k Interventionist! For an application and more information, go to www.keystonelearning.org

Be sure to check out our website for updated employment opportunities throughout the summer!

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



2016 JOB OLYMPICS!

The 2016 Special Education Job Olympics were held at Pleasant Ridge High School on April 7th. This was the students' first year participating in the contest where they are assessed in various areas such as check writing, job application, job interview, custodial, making change, and more. The results were fantastic! They won 14 medals and 14 ribbons for a whopping 28 out of 32 events!

In the Team Division, Team 3 received a 1st place!

Congratulations!!!



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.

Keystone Benefits Enrollment

Open enrollment for benefits for the 2016-2017 year will be held at Keystone Learning Services on May 23 (8-5:30), May 25 (10-7:40) and May 26 (8-5:20). Please be sure to sign up online for an individual meeting prior to summer break here:

<http://keystonelearning.simplybook.me/sheduler/manage/event/1>

Please check our website for more information or by calling 785-876-2214!

Crisis Prevention Institute provides:

Nonviolent Crisis Intervention® Training

With a focus on prevention, the core training program equips staff with proven strategies for safely defusing anxious, hostile, or violent behavior at the earliest possible stage. It's been setting the standard for crisis prevention and intervention training for over 35 years, and can help by:

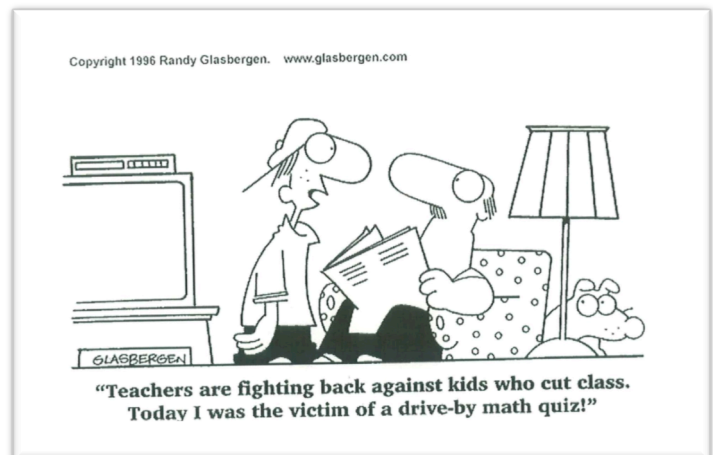
- Reducing the risk of injury.
- Complying with legislative mandates.
- Meeting regulatory/accreditation standards.
- Improving staff retention.
- Minimizing exposure to liability.

The Primary Focus of **CPI** is to promote Care, Welfare, and Safety to Staff and Students in crisis.

Keystone will provide trainings starting in the fall for those who are likely to need the techniques taught by the CPI coursework.

If you have any questions about the program please feel free to check out the website at www.crisisprevention.com or call Lindsey Graf at 785-876-2214

Laff with G-Raf





Resources are available in the [Keystone Media Center!](#)

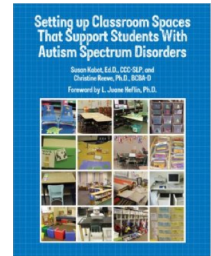
New ASD Resources

The Keystone Autism Interdisciplinary and Diagnostic Team received three new resources. These resources were awarded to the team through funds from TASN-Autism & Tertiary Behavior Supports Network. Requirements to receive the funds included maintaining an active team and the team leader, Beth Zillinger, attending the TASN Autism Interdisciplinary Team Contact Lunch Meeting at the 2016 Autism Summit. Check out these great new resources in the Keystone Media Center!

Setting Up Classroom Spaces that Support Students with Autism Spectrum Disorders

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

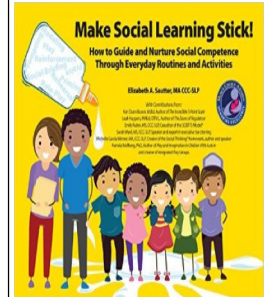
With few words and many illustrations the authors have depicted appropriate educational structures that are necessary for students with Autism. These environments promote independence, productivity and engagement.



Make Social Learning Stick! How to Guide and Nurture Social Competence Through Everyday Routines and Activities

Elizabeth A. Sautter, MA, CCC-SLP

This book is divided into 3 main sections (1) At Home, (2) In the Community, and (3) Holidays and Special Events. The sections focus on daily routines and give suggestions for increasing social participation within those routines and throughout the day.



Plausible Answers to the Question: "Why Do They Do That?"

Glenda Fuge, MS, OTR/L
Paul Pitner, MA

This book is separated into 3 categories (1) social, (2) sensory, and (3) Communication. Several strategies are listed for behaviors in addition to the evidence-based practice to help support the strategy. Great for parents or teachers who need solutions to some common and not-so-common questions about young children's behavior.



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 for creating ScreenCasts and Screenshots. ScreenCasts and Screenshots can be valuable tools for students learn a new skill. ScreenCasts can be used to teach different lessons and can be saved so the student can watch them multiple times.

<p>Jing-Free Screenshot https://www.techsmith.com/jing.html Jing® is a computer service that lets you capture basic video, animation, record voice, and still images, and share them on the web.</p>	<p>Website Free Download</p>
<p>ShowMe – Interactive Whiteboard http://bit.ly/ShowMeiPad ShowME allows you to record voice-over whiteboard tutorials and share them online or with students. Use the interactive whiteboard to teach different lessons for subject areas. Once the lesson is recorded the student can watch the lesson multiple times until the skill is mastered.</p>	<p>IOS App</p>
<p>Nimbus http://bit.ly/NimbusScreen Capture the web page, either part of it or the whole browser window, edit your screenshot in a very user-friendly interface. Record screencasts - record video with your voice from your screen. Save the video or share. Use this with your students to share how to tutorials or websites you want your students to access.</p>	<p>Chrome Extension</p>



Check out these spotlight resources on the Infinitec Website to help students with **The Wonderful World of QR Codes**

<p><u>ONLINE CLASSROOM</u></p> <p><u>ACHIEVED WEBINARS</u></p>	<p>The Ins and Outs of QR Codes Presented by Mary Bettiach</p> <p>QR codes are rapidly emerging in the educational world as useful tools to provide quick access to media. This presentation provides examples of classroom use and step-by-step processes for creating QR codes that contain audio, video, website and picture links.</p> <p>Resource: Archived Webinars Learning Credits: 1.25 Playing Time: 54.00</p>
<p><u>RESOURCES</u></p>	<p>QR Stuff: QR Code Generator http://www.qrstuff.com/</p> <p>QR Stuff Generator is FREE for anyone to use with no sign-up or account required – fully functional, 100% ad-free, permanent QR codes that don't expire. Generate as many QR codews as you need for FREE with no restrictions on commercial use.</p>
<p><u>APP SEARCH – CLASSROOM TOOLS</u></p>	<p>Goverl-nigma: QR Code Reader</p> <p>Educational Purpose: Compensatory; Cost: Free; Operating System: Android & iOS; UDL: Multiple Engagement, Multiple Expression, Multiple Representation; Grade Level: Pre-K, Primary (K-3), Intermediate (4-6), Junior High (7-8), High School (9-12), Bloom's Taxonomy: Applying, Internet Connection Required</p>

Count Your Kid In!



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.

June Screening Information

WHEN: June 29, 2016

WHERE: Oskaloosa City Hall, 212 W Washington, Oskaloosa, KS

This is our last newsletter for this school year. Have a wonderful summer break and see you in August!

V is for Vacation



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