

THE

## KEYSTONE

Special Edition

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

In 1892, The Committee of Ten, led by Charles William Eliot, President of Harvard University, met to develop a comprehensive high school curriculum. This effort was complete in 1894 and was in use across the United States by the turn of the century. You can access the report here: <http://bit.ly/2cxmyWH>

The Committee of Ten provided recommendations that continue to be widely used today. Some of those recommendations included teaching English, mathematics, and history or civics to every student in every year of high school. The committee further recommended that biology, chemistry, and physics be taught respectively in ascending academic years. Academic content was to be taught in the same way to the same extent to every student. If you're interested, you will find a summary here: <http://bit.ly/2cIMlgA>

Many of those recommendations held great value at the time. Without a doubt, some still do. Many may need to be updated. Forcing every student down the same educational path may not meet the needs of the student or society in the 21<sup>st</sup> Century. Recognizing these things, the Kansas State Board of Education has done something that is very exciting. They established a bold new vision for Kansas and approved a new accreditation model. Respectively, the two are known as Kansans Can <http://bit.ly/1W8NPfR> and the Kansas Education Systems Accreditation model, or KESA for short <http://bit.ly/2cbeSum>

From a special education perspective, these are incredibly positive developments. The means through which to make that vision become a reality include individual plans of study for all students. In special education, these plans have been included in handicapped student's transition plans for many years. The focus upon early childhood education and kindergarten readiness has been a primary focus of special education for some time as well. Focusing on each student's social/emotional needs again, is a critical component in special education. We're excited to see that these efforts and more are being recognized and supported for all students. Special educators can truly be an important part of the efforts to ensure that Kansas leads the world in the success of each student. Thanks for all you do. Andy

**ISSUE 1, SEPTEMBER, 2016**

## Keystone Learning Services

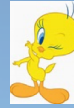
500 E. Sunflower Blvd.  
Ozawkie, KS 66070

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

## SCHOOL NEWS

JDLA is Growing! The John Dewey Learning Academy along with the Guidance Center now offers the JDLA opportunity to all grade levels, 1-12. Teaching staff and classroom space has increased to accommodate the growth in student population at the Ozawkie building. JDLA's First Day of School was Thursday Aug. 18th. Welcome back students, staff and beloved therapy canines!!

For the JDLA September Breakfast and Lunch Menus, checkout the link below!

<http://bit.ly/2bW3q41>



### **Keystone to Host LAMP Workshop!**

**Keystone Learning Services will be hosting a LAMP workshop** (Language Acquisition through Motor Planning) on September 20<sup>th</sup> and ½ day on the 21<sup>st</sup>. The Center for AAC&Autism's LAMP trainers will be teaching language and communication skills using iPads and speech generating devices. LAMP is an augmentative alternative communication (AAC) approach designed to give individuals who are non-verbal or have limited verbal abilities a method of independently and spontaneously expressing themselves through the use of a voice output communication device. The components of LAMP address the features and vocabulary available on the device as well as the method of teaching communication while taking into account the individual's sensory needs.

**From the Kitchen....**

### **MEET THE NEW JDLA FOOD SERVICES DIRECTOR, WANDA COLLINS**

Wanda began working for Keystone Learning Services in June, 2016. She will be cooking delicious, healthy meals for students and staff this year. Wanda is from the Meriden/Ozawkie area.

Stop by the kitchen and say hello to Wanda!



## Important Upcoming Events



September 15-Superintendent Council Meeting 9 a.m.

September 20-School Psychologists/Social Workers Meeting 8:30-11:30

September 21-Keystone Board of Directors Meeting 7 p.m.

September 23-Early Childhood Staff Meeting 2-4

October 1-Jefferson County Humane Society Fall Festival (Fundraiser for JC Humane Society, being held at KLS)

October 3-Keystone Office Staff Meeting 8-9

October 5-ACT Test Prep 8-2; Autism Team Meeting 2-4

October 11-Superintendent Council Meeting 12 p.m.

October 13-SLP/Related Services Meeting 8-11

Our job is to teach the students we have.  
Not the ones we would like to have.  
Not the ones we used to have.  
Those we have right now.  
All of them.

Dr. Kevin Maxwell

### Keystone Media Mail

Media mail routes began picking up and delivering mail from districts on August 18<sup>th</sup>. For help or questions, contact:

Melody Malone [mmalone@keystonelearning.org](mailto:mmalone@keystonelearning.org)

or

Ashley Gray [agray@keystonelearning.org](mailto:agray@keystonelearning.org)

*Project Based Learning Bootcamp*  
3-Day Workshop  
October 6<sup>th</sup>-7<sup>th</sup> & November 21<sup>st</sup>

**For more information:**

<http://www.keystonelearning.org/downloads/FrontPage/ProjectBasedLearningUSD449>

## Staff Shares

If you have anything newsworthy you would like to submit, please email Linda K. Chalker at [lindak@keystonelearning.org](mailto: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 12<sup>th</sup> day of each month.

### Keystone Wellness Committee Great Golf Offer!

Great Life Golf & Fitness is offering Keystone employees their Corporate Membership Discount. Click link, below, for info!

<http://bit.ly/2c5aqcu>



## Welcome Back!

Teacher and Para  
Inservices were held on  
August 5<sup>th</sup> and 10<sup>th</sup>,  
respectively.

Welcome back teachers  
and staff!

## New Staff

Emily Beecham – Gifted Teacher

Amber Blattner – Speech Language Pathologist

Trisha Boyd – Interrelated Teacher

Terra Bumgardner – Interrelated Teacher

Nicholas Cummings – Interrelated Teacher

Jillian Fitzmorris – Social Worker

Lisa Fowler – Occupational Therapist

Melissa Frederick – Speech Language Pathologist

Daniel Hartford – School Psychologist

Kathryn Jensen – Interrelated Teacher

Jeff Kilgore – JDLA Special Ed Teacher

Matthew Moore – JDLA Special Ed Teacher

Shawna Moore – Interrelated Teacher

Brandon Parker – JDLA Special Ed Teacher

Trenton Robb – Interrelated Teacher

Azure Stapleton – The Guidance Center Program  
Manager/JDLA

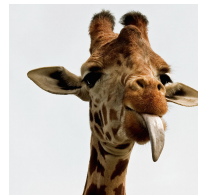
Jennifer Wiseman – Interrelated Teacher

## Oskaloosa District Welcomes Members of the Keystone Staff

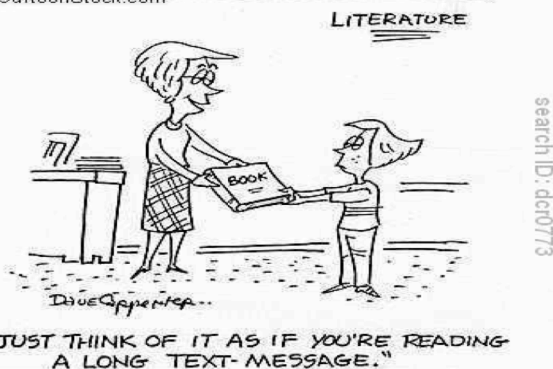
Keystone Student Records, School Psychology  
Secretary, tiny-k NE KS Infant Toddler, Parents as  
Teachers and itinerant staff now office in the  
basement space at the Oskaloosa School District.

Phone number, extensions, fax and address remain  
the same as Keystone Ozawkie.  
During school sessions, Oskaloosa doors are locked  
and visitors will need to buzz in.

## Laff with G-Raf



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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](mailto:lindak@keystonelearning.org)

# KANSAS ASSOCIATION OF SCHOOL BOARDS

September 2016

## Practicing Good Body Mechanics

**What are body mechanics?** Body mechanics refers to the way we move during every day activities. Good body mechanics may be able to prevent or correct problems with posture (the way you stand, sit, or lie.) Good body mechanics may also protect your body, especially your back, from pain and injury. Using good body mechanics is important for everyone.

**Why do I need to have good body mechanics?** Having your body in the right position helps protect your back and allows you to use your body in a safe way. Your spine goes through the midline of your back, giving your back stability and controlling its movement.

**How do I practice good body mechanics?** The following are some steps to help you with good body mechanics:

- **When standing:** Keep your feet flat on the floor separated by about 12 inches. Keep your back straight.
- **When walking:** Keep your back straight as you walk.
- **When lifting an object:** Your feet should be apart, in a standing position. Keep your back straight. Lower your body to get close to the object. Bend from your hips and knees. **DO NOT** bend at the waist. When turning, rotate your whole body, not just your back. Hold the object by putting your hands around it. Keeping your knees bent and your back straight, lift the object using your arm and leg muscles. Do not use your back muscles. If the object is too heavy, ask another person to help you.
- **When carrying an object:** Hold the object close to your body. **DO NOT** carry things that are too heavy for you. Always ask for help to move heavy objects. There are many devices available to help carry heavy objects. If you need help by using a device, ask your supervisor how to get one.
- **Pushing or pulling:** Use the weight of your body to help push or pull an object. Your feet should be apart as in the standing position. Keep your back straight. Lower your body to get close to the object. Bend from your hips and knees. **DO NOT** bend at the waist. If the object or person you are pulling or pushing is too heavy, ask someone to help you.
- **Sitting:** If you can, sit on a hard chair with a straight back. Put a pillow or rolled towel to support your lower back. When you sit for a long time, raise one leg higher than the other to help keep from getting tired. This can be done by putting a leg on a footstool. If doing something, such as reading or knitting, put a pillow on your lap to raise the items closer to you.



**Jefferson County Residents!** Huston Medical Center, The Jefferson County Wellness Coalition, and The Jefferson County Health Department Home Health and Hospice are once again conducting a Community Health Assessment to determine the community and health related issues in the county. Your participation is vital to the advancement and development of the county's economy and healthcare services. You will help us identify the most important health needs in Jefferson County so that we can develop goals to meet these needs and begin to aid in the solutions.

**Please take a moment to fill this survey out for you and your household. This survey is completely anonymous.**

The survey monkey link is:

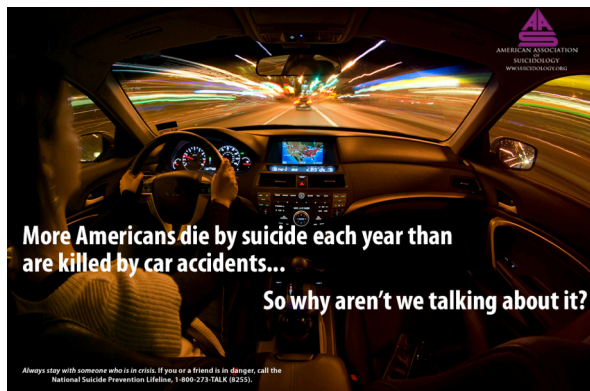
<https://www.surveymonkey.com/healthassessments/jefferson-county-2016>



## September is National Suicide Prevention and Awareness Month

It's important to know that suicide is a significant problem and that the best solution is to be informed of the signs and the interventions. Being aware is the first step. Some statistics about Kansas from the Sunflower Foundation:

- Suicide is the 10<sup>th</sup> leading cause of death in Kansas.
- Suicide is the 2<sup>nd</sup> leading cause of death for those between the ages of 10 and 34.
- 1 person dies from suicide in Kansas every 20 hours.
- 3 times as many people die by suicide than by homicide in Kansas City.
- For every suicide there are 25 attempts.



### Resources:

#### National Suicide Prevention Lifeline 1-800-273-TALK

<http://www.headquarterscounselingcenter.org/help/>

#### Check out these websites for resources and information.

[www.suicidepreventionlifeline.org/getinvolved/suicide-prevention-month-16.aspx](http://www.suicidepreventionlifeline.org/getinvolved/suicide-prevention-month-16.aspx)

<http://www.suicidology.org/about-aas/national-suicide-prevention-week/activities>

## The CPI Crisis Development Model

"Anxiety and Supportive"  
1<sup>st</sup> in a Series of 4

As we start back to school, it is important to remember how to support students when they exhibit different behavior levels. The CPI Crisis Development Model breaks the behavior shown by students into 4 separate categories. These categories also correlate into 4 categories on how all staff should respond. We will be exploring the first category – anxiety and support.

According to CPI, an easy definition to remember for anxiety is "a change in behavior." Students can show a very small change in behavior. As staff members develop relationships with their students, the more likely they will be able to pick up on that "change in behavior." The change in behavior can look like pacing, tapping fingers/feet, or wiggling in a chair. As staff, it is important for us to be supportive to students when we see them exhibiting anxiety.

CPI defines supportive as "an empathic, nonjudgmental approach." Staff needs to understand what interventions need to take place to help ease a student's anxiety. Giving wait time to a student, giving alone time to a student or just listening are all examples of what staff can do to be supportive to a student.

Although there may be times when student's behavior changes to a different level, often times staff can help prevent it from escalating by being supportive at the first sign of anxiety.

## Count Your Kid In!

### 2016-2017 Screening Schedule

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

September 23-Oskaloosa

October 28-Perry

November 18-Meriden

December 16-Valley Falls

January 20-McLouth

February 24-Effingham

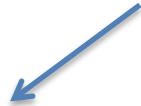
March 31-Nortonville

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.

### September Screening Information

**WHEN:** Friday, September 23, 2016

**WHERE:** Oskaloosa City Hall, 100 E. Washington Street, Oskaloosa, KS



500 E. Sunflower Blvd.  
Ozawie, KS 66070  
Phone: 785-876-2214  
Fax: 785-876-2629

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