

THE

KEYSTONE

Special Edition

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

The list of famous people with disabilities is a very long one. Recently I was privileged to hear a speaker discuss some of the people on that list. What is it that causes one person with a disabling condition to remain in relative obscurity while another becomes famous? Obviously, there are many, many factors that influence the outcomes in each person's life. Narrowing the focus to the group of individuals with disabilities who have become famous provides for interesting study. It seems that many, many of these individuals had a significant relationship that inspired them to greatness. Often this relationship was with a teacher or coach. This was true hundreds of years ago and remains true today.

Teachers today bring advanced training, advanced technology, research based instructional practice and particular focus on disabled students career goals. Compared to the days when Thomas Edison, Albert Einstein, and Helen Keller were educated, we have come a long way and we can expect even greater numbers of famous Americans with disabilities in our future.

As we set goals and expectations for 2016, I hope you will join me in thanking a teacher for helping to make it possible for those dreams to become reality. Thanks for all you do!

<https://www.youtube.com/watch?v=XlDsGH5nKFo>

Andy

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Keystone Learning Services

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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



"What is Christmas? It is tenderness for the past, courage for the present, hope for the future. It is a fervent wish that every cup may overflow with blessings rich and eternal, and that every path may lead to peace."

~Agnes M. Pharo





A Note to JDLA:

I just wanted to let John Dewey's staff and students know how much I really ENJOY their bulletin boards they are decorating all school year long. It sometimes takes me a while to stop and really enjoy them. It shows me what they are learning in their classes or what holiday season is in our hearts. I have re-learned a lot of things that I have forgotten about that I learned when I was their age. Thank you again for the pure enjoyment I get when I walk down that hallway.

Dianna Bloom, MTSS Grant Secretary



Hello my name is Gale Grable. I travel between two schools for Keystone. I am the Kindergarten through third grade Resource Room teacher for Jefferson County North and the Preschool teacher at Pleasant Ridge Elementary.

I have twenty plus years of experience in the regular education classroom. I received my degree at Missouri Western State University and returned later in life to add Special Education endorsements. I am very close to completing my Master degree.

I live in a small town in Missouri and have lived here most of my life. I love being surrounded by my family and friends. I enjoy reading, traveling, shopping and my two dogs (Murphy and Brownie).

Three things I wish for my students:

1. That they find the enjoyment that reading can bring.
2. That they travel enough to discover that the world is really rather small.
3. The final wish is that the students grow up and find happiness in life.

Important Upcoming Events

<u>Wednesday,</u> <u>December</u> <u>16th:</u>	<u>Thursday,</u> <u>December</u> <u>17th:</u>	<u>Tuesday,</u> <u>January 12th:</u>	<u>Monday,</u> <u>January</u> <u>18th:</u>	<u>Tuesday,</u> <u>January</u> <u>19th:</u>	<u>Wednesday,</u> <u>January</u> <u>20th:</u>
Keystone Board of Directors Meeting	LETRS Training	Superintendent Advisory Council Meeting	INspired Leadership Training	Mentor Teacher Training	Keystone Board of Director's Meeting
7:00 p.m. in Ozawkie	8:30-3:30 in Ozawkie	12:30 in Ozawkie	8:30-3:30 in Ozawkie	8:30-3:30 in Ozawkie	7:00 p.m. in Ozawkie

From the Media Center:

Come browse the variety of reading comprehension and vocabulary games available for check out in the Media Center. And, don't forget to please turn in any unused items as soon as you can. For more information, contact Melody at the office!

Keystone Learning Services will be closed for the holidays from December 23rd through January 1st, 2016.

Regular office hours will resume on Monday, January 4th.



**WHAT DO SNOWMEN
HAVE FOR BREAKFAST?**



Frosted Flakes!

Please be sure to check local radio and TV stations for school closings and announcements during the winter weather season.

Please note, if USD 341 Oskaloosa is closed due to inclement weather, JDLA & Keystone Learning Services will also be closed.



Who Hash

- 2 tablespoons olive oil
- 2 tablespoons butter
- 1 chopped onion
- 2 garlic cloves, minced
- cooked meat chopped into small pieces (corned beef, brisket, ham, sausage, turkey—whatever you like or have on hand)
- diced potatoes (or sweet potatoes)
- diced vegetables (carrots, parsnips, turnips, celery, bell peppers—whatever you like or have on hand)
- salt, pepper and other seasonings, such as thyme or rosemary
- chicken or vegetable stock (optional)
- cabbage or spinach (optional)
- eggs (optional)

If you are using leftover cooked vegetables in your hash, dice them first into smaller pieces. Or simmer any potatoes or fresh root vegetables you plan to add to your hash in stock until just tender. Drain and set the vegetables aside.

Heat olive oil in a large nonstick skillet over medium heat. Add onion, peppers, and/or celery and cook and stir for 5-6 minutes before adding garlic. Cook until tender. Add butter, cooked potatoes, any leftover or other cooked vegetables, salt, pepper, and seasonings and cook until potatoes are golden brown, stirring occasionally. Add cooked meat and heat through.

Recipe from <http://www.seussville.com>

ACCESSIBLE LITERACY LEARNING PROGRAM



On December 10th, members of the Keystone staff collaborated with the KU Speech-Language department to learn about the Accessible Literacy Learning Program.



HELLO EVERYONE! PLEASE TAKE A FEW MINUTES TO READ THE INFORMATION, BELOW, ON SAFETY TIPS TO PREVENT SLIPS, TRIPS AND FALLS. REMEMBER, IF YOU DO GET INJURED OR YOU HAVE A SLIP OR FALL, IMMEDIATELY CONTACT YOUR SUPERVISOR AND THE KEYSTONE LEARNING SERVICES HUMAN RESOURCES MANAGER, LUSHENA NEWMAN. THANK YOU AND PLEASE BE SAFE!

SLIPS TRIPS AND FALLS

FROM KANSAS ASSOCIATION OF SCHOOL BOARDS

Most of us are very experienced walkers. After all, we've been walking almost all of our lives. So why is it that simply putting one foot in front of the other to get from place to place results in so many injuries? After all, slips, trips and falls are a major cause of injuries both at work and away from work.

According to OSHA, they cause 15% of all accidental deaths, second only to motor vehicles. Nationally, 10% of all injuries are caused by slips, trips and falls. Admittedly, some of these injuries involve falls from ladders, buildings, or other heights. However, most of them are injuries to folks just walking from one place to another. Why does this happen? We all recognize that the winter months are especially hazardous due to the presence of ice and snow, but there are many other factors that contribute to slips, trips and falls:

- Loose, irregular surfaces such as gravel, shifting floor tiles, and uneven sidewalks can make it difficult to maintain your footing.
- Oil, grease and other liquids can make walking surfaces extremely slick.
- Stairs present a special challenge; especially those that are taller, shorter, have a smaller tread depth, or are otherwise irregular.
- Obstructed aisles or walkways present tripping hazards or require frequent changes of direction, throwing you off balance.
- Insufficient light can make it difficult to see obstacles and notice changes in the walking surface.
- Shoes with slick soles provide insufficient traction, while platform shoes and high heels increase your vulnerability to uneven surfaces.
- Moving too fast increases the likelihood you will misjudge a step or encounter a hazard before you have a chance to notice it.
- Carrying items can both obstruct your vision and impair your balance.
- Inattention and distraction interfere with your awareness of all of these hazards and increase your risk of injury.

Well, you can't just stop walking. But there are some things you can do to reduce your risk of slipping, tripping or falling. You can adapt many of the principals of defensive driving and apply them to walking. Silly as it may sound, being a "defensive walker" can help you safely navigate many of the hazards lurking all around you!

- Scan your "road" for existing and potential hazards. Just as you do when you are driving, be aware of others, expect them to get in your way, and have an out when they do.
- Slow down to negotiate turns, corners, ice, obstacles, limited visibility and heavy traffic.
- Make sure you have adequate "tread." Some experts believe up to half of all slips and falls could be prevented through proper footwear alone!
- Use a detour whenever possible to avoid ice or wet surfaces.
- Realize that there are hazards involved in going "off road." A shortcut across the lawn or through the rocks may not be the best choice.
- Keep your mind focused on what you are doing!
- Limit your load. Make sure your load doesn't obstruct your vision. Whenever possible, use wheels of some kind so you can push or pull your load instead of carrying it.
- Maintain three points of contact on stairs or ramps by using a handrail.
- Exercise regularly to maintain strength, flexibility and balance.



Source: Aurora, CO Public Schools



MAKING SPIRITS (AND BOTTLES) BRIGHT!

The students and staff at John Dewey worked very hard on holiday projects these past few weeks as they repurposed bottles into decorative lighted lamps and made Christmas trees and snowmen out of pallets. JDLA sold many of these hand painted items at the Oskaloosa and Tonganoxie Craft Fairs. There are still several items available for sale. If interested, please contact the school at 876-2357 or stop by today for your one of a kind, unique gift!



Count Your Kid In!

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

January 15, 2016-McLouth

February 19, 2016-Effingham

March 4, 2016-Nortonville

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.

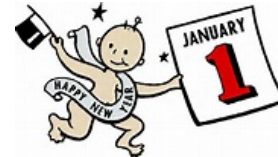
January Screening Information:

WHEN: Friday, January 15th, 2016

WHERE: McLouth Church of the Nazarene, 901 East Lake Street, McLouth, KS 66054



Coming Up Next Issue: Welcome 2016!!



"And the Grinch, with his Grinch-feet ice cold in the snow, stood puzzling and puzzling, how could it be so? It came without ribbons. It came without tags. It came without packages, boxes or bags. And he puzzled and puzzled 'til his puzzler was sore. Then the Grinch thought of something he hadn't before. What if Christmas, he thought, doesn't come from a store? What if Christmas, perhaps, means a little bit more."

~Dr. Seuss' *How the Grinch Stole Christmas*

Merry Christmas and Happy New Year!



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