

PSI delines

December 2010



MAKE HEALTHY CHOICES!

CHOOSE HEALTHIER SNACKS!

Fruits & Vegetables • Yogurt & String Cheese • Low Fat Granola & Fruit Bars • Whole Grain Bread & Cereal

**Consult your physician prior to starting any nutrition/exercise program*

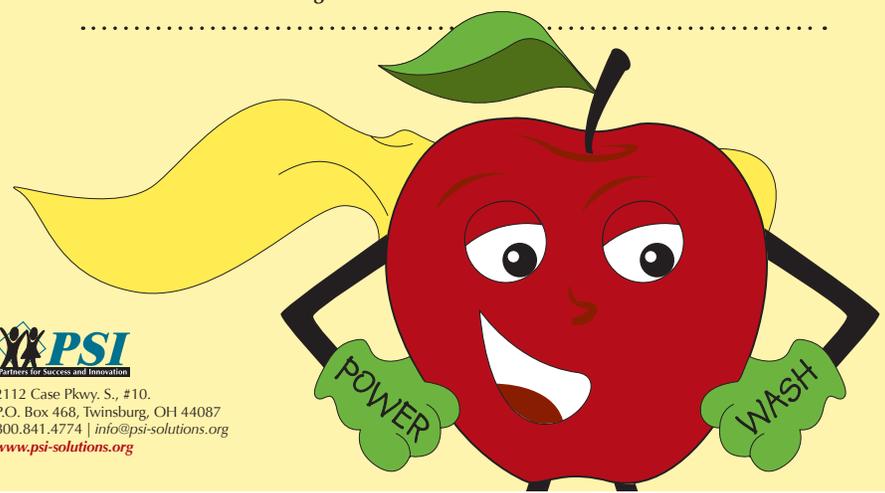
EXERCISE EVERYDAY!

(60 minutes a day is recommended)

Run • Walk • Swim • Skate • Play Sports • Climb & Jump

BE CLEAN TO STAY HEALTHY!

- "Power Wash" Your Hands Twice (Palms-In Between Fingers-Backs Of Hands & Nails)
- Keep Your Hands Away From Your Face
- Cough/Sneeze Into Your Tissue Or Sleeve



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HEALTHY CHOICES: Be a Healthy Hero!

Steve Rosenberg, PSI President

PSI is initiating several new wellness programs in many of our participating schools. These programs complement our First Lady's emphasis on obesity awareness and recent state legislation focusing on healthy choices, weight management and safe behavioral choices.

While primarily designed for elementary aged students these programs can easily be adapted for older students in middle and high school. Not only is this program good for student health but it also helps schools meet their obligations to the State to provide wellness programs and information to students and their families!

We will be starting these programs in selected schools in January. If you are interested in participating please let your Service Director/Coordinator know at our main office.

The purpose of these programs is simple: To motivate and educate students to develop healthy eating, nutrition and exercise habits. It may also position your school/s to receive future funds by providing state of the art wellness programming and expanding the roles of all PSI staff. These are very important steps during these challenging economic times!

In most locations, these programs will be coordinated by PSI Health Staff. But to truly be effective, all PSI staffers can become involved in the process. Schools without PSI Health Staff can also participate by contacting your Service Director/Coordinator. We urge all staff to join in this effort to help all the students we serve learn to make life long healthy choices! Call your Service Director/Coordinator for more information!!

{In This Issue}

News From...

Our President.....	2	Prevention/Intervention.....	6
Educational Support Services.....	3	Health Services.....	7
Educational Specialists.....	4		

A Periodic Newsletter for PSI's Professional Staff



PSIdelines | December 2010

Vol. 21, No. 3

A newsletter for the professional staff of PSI published periodically throughout the year.

Mission Statement

PSI is dedicated to providing high-quality services in a cost efficient manner to help students improve their grades, attitudes, behavior, and health. Our professional staff provides innovative resources within the fields of school health, speech/language, prevention, educational specialists and tutoring. We are committed to developing and implementing a customized service and support system to fit the educational and health service needs of students. Services are provided by PSI or a local representative.

EDUCATIONAL SPECIALISTS

Carol Weber, B.S., Coordinator
Nancy Brewer, M.Ed., Educational Consultant

EDUCATIONAL SUPPORT SERVICES

Colleen Lorber, Ph.D., Director
Linda Grimm, Ed.S., Regional Support Supervisor
Robert Murray, Ed.S., Psychology Coordinator
Karen Heichel, M.A., Psychology Supervisor
Julie Goldyn, M.Ed., Psychology Supervisor
Christine Worthington, M.S., C.C.C., Speech Pathology Supervisor
Robin Caston, M.S., C.C.C., Speech Pathology/Therapy Supervisor

HEALTH SERVICES

Lynn Chrostowski, NCSN, RN, MSN, Manager
Janet Yue, RN, Manager
Laura Sheeks, RN, Manager

NO CHILD LEFT BEHIND

Ruth Harvey, M.Ed., Coordinator

PREVENTION/INTERVENTION INITIATIVES, SPECIAL PROJECTS

Karen McKelvey, M.Ed., Ed.S., Coordinator

ADMINISTRATION

Steven L. Rosenberg, Ph.D., President
Nancy Musci, Administrative Director/New Client Services

For Your Information:

Advisory Board Meeting Notes

The PSI Educational Support Advisory Board held a meeting on October 20, 2010. Several issues were addressed that have been discussed previously.

Direct deposit of payroll checks

Due to the nature of PSI's structure, this is not a cost-efficient option at this time. PSI's priority is to maintain positions for staff, salaries and job placements. Direct deposit draws from resources to maximize our essential focus of job preservation during these challenging times.

Healthcare status

Steve Rosenberg discussed the recent efforts to change health benefit plans. He mentioned the attempts to change providers in order to save money and improve coverage. Eligible employees were asked to complete applications even if they were not electing coverage at this time. This was required by a potential provider before they would offer PSI a health care plan. Without 100% return rate for the preliminary health status questionnaire, (all required forms turned in), they would not consider PSI. Steve reported a return rate of approximately 85%. As it currently stands, healthcare benefits and costs remain the same. PSI is pursuing other options to minimize employee costs and to maximize benefits.

Raising the Bar

The question was posed, "What more can we as a company, do for our schools?" With budgetary cutbacks and personnel cuts occurring across many of Ohio districts, what can PSI employees do to assure continued contracts with the schools we serve? Steve asked for suggestions/ideas that employees could promote. He referred to this as value-added service. What are you doing that is above and beyond your job description and does your principal know?

Wellness and professional development programs are but two ideas that were discussed. Additional ideas will be addressed at future advisory board meetings.

Wellness

The Health Services division is beginning a wellness program that may ultimately impact all the disciplines at PSI. Steve hoped it could be a company wide initiative. He asked for cooperation from all disciplines (speech, psych, education). The topic is current and PSI is taking the initiative to introduce programs into our schools. More will follow on this topic.

Additional discussion topics

- Results of the PSI Advisory Board Survey were discussed
- A later date for the Fall Meeting was preferred
- A full day for the Fall Meeting was preferred
- Numerous suggestions for speakers and topics for the Fall Meeting were discussed
- Employees are reading PSIdelines online but a good portion prefer the paper copy
- Suggestions for future articles in PSIdelines included articles on peers and updates on PSI were discussed
- Fall Meeting, 2011 is scheduled for Tuesday, September 27, 2011. The morning session will be as usual (business, speaker), lunch on your own, afternoon session will be in a breakout format; sessions will be on topics presented by PSI employees. We anticipate the meeting will be held at the Hilton Garden Inn in Twinsburg.

The Next PSI Educational Support Advisory Board Meeting is scheduled for January 12, 2011.

Two Advisory Board positions are currently open. Interested staff should contact their Service Director to learn more about these openings. This is an important way to continually help improve PSI and the programs we provide.

Please feel free to contact one of the PSI Advisory Board members if you have a suggestion or an issue you would like to have the board address. For PSI Advisory Board members' email addresses, see page 5.



“Don’t forget the OAAs /Iowa Tests of Basic Skills are coming up! Are we ready?”

“How did we do on the practice tests?”

“How many more days until we take the official test?”

These and similar questions are ones you are hearing or will soon hear from both school personnel and students. Have you thought about this phrase in terms of your role in the school?

As school psychologists, speech therapists, intervention specialists, language arts instructors and occupational/physical therapists, we often refer to summative evaluations as the determining factor of progress (i.e. WJ-Achievement, CELF-4, VMI, etc.). With the continued focus on RtI and progress monitoring, more of us need to be looking at the use of formative evaluation information. How are the students doing in the classroom with their everyday assignments? Are they making progress on their weekly/monthly tests in math, social studies, etc?

Then you need to ask yourself, how can I help teachers use this data to improve students’ everyday success? Concentrating on the everyday tasks and skills of the students will not only assist in building their competencies but also improve their confidence.

Here are some ideas for you to consider.

- Have you discussed the use of timed math tests? Do the teachers see the value of assessing a student’s progress with and without a stopwatch? Students who demonstrate symptoms of ADHD or a processing deficit may know their math facts but display difficulty completing these skills in a certain amount of time. What are some strategies for improving the skills and the speed when completing the tasks?
- Do you or any of your teachers use Curriculum Based Assessments/Measurements to assess how the students are progressing on their current assignments? CBA/CBM is free and although not normed (unless you or your teachers want to take on a norming project), can offer insight into students’ current functioning with the curriculum.
- Have you talked with the teachers/parents about activities the students can do on their own or at home to improve basic skills? Many times a small reward system is great to help motivate these extra activities.

Ideas and information similar to these examples are often details we as professionals take for granted as common knowledge. Share your information/ideas with your teachers! Share the information with each other! Feel free to send me an email summarizing how you are helping your school achieve success on the state tests. I would enjoy sharing your ideas and accomplishments with other PSI staff!

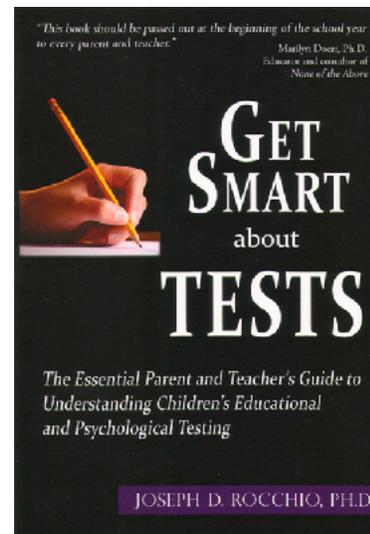
Happy Holidays,

Colleen

P.S. Don’t forget to renew/update your license and certification as necessary and send a copy to the PSI office!

Congratulations to PSI’s own, Dr. Joseph Rocchio, on the publication of his book! The book is available on Amazon.com now!

PSI is offering a free copy of this book to the first 10 PSI employees who email Jackie Weideman at jackieweideman@psi-solutions.org (NO phone calls please).





From the Desk of:

Carol Weber

Educational Specialist Coordinator

It is hard to believe that it is December and the holidays are almost upon us! I wish all of you and your families a wonderful holiday season and hope that in the hustle and bustle that is part of the season that you can find time to rest and relax.

For Your Information

Nancy Berlan has sent out time remaining notes. Please take a minute when you return in the New Year to check your school's calendar to make sure that you will get in all your days of service.

If you are new to your school(s), check with the office that you are on the call list for snow days.

There is an abundance of helpful resources on the web these days. Here are a few sites that I hope you find useful.

Aligning our Teaching with the Academic Content Standards:

I have mentioned this website before, the Ohio Resource Center (ORC) at <http://ohiorc.org/standards/ohio/>. Their Site Map Section gives a great overview of what they have to offer.

The section on this website that I found extremely helpful is the part on the Ohio Standards: "The Ohio Resource Center is pleased to support the implementation of the academic content standards by providing peer-reviewed best and promising practice resources to Ohio teachers which have been aligned to the academic content standards."

What is neat about this section is that you can tap into the math, language arts or science standards and find the aligned resources by standard or grade. Since all the ISP goals & objectives are aligned with our standards, it gives us the opportunity to use the best and promising resources with our students.

I also love that I can type in 'instructional strategies' in their Search Box and literally get thousands to pick from, luckily, they give ways to narrow the search, otherwise, we would all be 103 by the time we read them all!

Ohio Resource Center (ORC):

ORC has some new items featured on its website. In the Literacy K-5 section, ORC offers "bookshelves" – text sets that consist of engaging books related to a topic or theme. The latest bookshelf offering, *Vocabulary*, features five books grades 3-5 teachers can use to teach about homophones, word parts and vocabulary.

The bookshelf includes before-, during-, and after-reading suggestions, highlights and insights about each book, connections to Ohio's standards, related trade books and ORC resources. Another new item is *Stella's Stunners*, which offers more than 600 printable, non-routine mathematics problems with solutions, along with an in-depth look at how and why mathematical problem solving is important today. The problems range from simple visual problems, requiring no specific mathematical background, to problems that use the content of Pre-Algebra, Algebra I, Geometry, Algebra II.

eTech Ohio Launches Free Online Professional Development Tools:

The eTech Ohio Commission has released a new collection of self-paced modules designed to meet the professional development needs of Ohio's educators. The two modules, Podcasting for Teaching and Learning, and Transformational Connections with Blogs and Wikis, were designed to introduce educators to technologies that can be used in the classroom and beyond. To access the material, please visit eTech's eLearning site and click on the self-paced modules menu on the right side of the screen. From there, users are directed to log on to Blackboard (a learning content management system) to access the courses. The modules consist of exercises, reading materials and videos that guide the learner through effective use of the technologies. For more information on the eLearning modules or other resources, please visit eTech Ohio, www.etech.ohio.gov or call (614) 485-6000 or (877) 383-2406 (toll-free).

Federal Trade Commission Offers Internet Safety Publication for Parents:

The Internet offers many educational tools for students, yet there are certain risks for children, including inappropriate conduct, contact and content. The Federal Trade Commission's *NET CETERA, Chatting with Kids About Being Online* publication can help parents teach their children how to traverse the Internet more safely. To order free copies of this booklet for parents or for use in classrooms, visit <http://bulkorder.ftc.gov/>.

Net Cetera: Chatting with Kids About Being Online

The internet offers a world of opportunities, but they can come with certain risks to kids. This guide helps parents protect their kids and talk to them about living their lives online. 5.5"x8.5", 56 pages, color.

More From:

Carol Weber

Educational Specialist Coordinator



Net Cetera: Chatting with Kids About Being Online Book-mark

Bookmark promoting Net Cetera publication with 4 tips for parents. Includes list of online resources for more information. 8.5" x 2.5", 2 sided, color.

[From the ODE Superintendents Newsletter 10/11/10]

Ohio State Bar Foundation Introduces Video Challenge for Middle Schools:

Too often, young teens are using technology to bully others and to conduct "sexting," the sending of sexually inappropriate content via text messaging and social networking websites. Because these activities have legal, social, emotional and moral consequences, more than 40 lawyers have assisted the Ohio State Bar Foundation in developing a statewide educational video contest for middle school students titled *B4U Send*.

Through the contest and related instructional activities, educators and youth leaders can build awareness among students and their families about the legal impact of inappropriately using technology. This video competition also challenges participants to describe creatively how these actions can have lifelong effects. The entry deadline is **February 26**. The winning entry will be shown during Law Week activities May 2 to 6. Please visit the contest page at <http://www.osbf.net/what-we-do/b4usend>, to download instructional materials, rules and forms. For more information, contact Beth Gillespie at (614) 487-4474.

[The Ohio State Bar Foundations has a whole section on their website that gives teachers "the knowledge, the materials, and the specific lesson plans to help address behaviors that have devastating results for all concerned" in regards to cyber bullying and sexting. If this is a problem in the school(s) you serve, please share this information with your administrator.]

Young Writers Contest Deadline is Jan. 15:

The Ohioana Library Association is accepting submissions from students in grades 9 to 12 for the annual Robert Fox Award for Young Writers. A total of six awards will be presented – three for prose and three for poetry.

The association is limiting submissions to a total of three entries per school. In addition, each student may submit only one entry per category.

The awards were established in 2007 and honor writer Robert Fox (1943-2003), who served as the Ohio Arts Council's first poet-in-the-schools before becoming the Council's literary coordinator. The deadline for entries is Jan. 15. Awards will be presented during the Ohioana Book Festival on May 7, 2011. For more information and a contest entry, at <http://www.ohioana.org/awards/rfoxaward.asp>. [From the Ides of ODE]

Wishing you the Best in 2011! Happy New Year!

Advisory Board E-mail Addresses

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Meigan Ward: meiganward@aol.com



From the Desk of:

Karen McKelvey

Prevention/Intervention Services &
Special Projects Coordinator

Professional Development Happenings...

PSI's Professional Development staff has had a busy fall!

There have been close to 30 presentations on a myriad of topics. The team of presenters includes Nancy Brewer, Julie Goldyn, Mollie Royce, Marsha Michaels, Bob Murray, Quentin Kuntz, and Karen McKelvey. Some of the most popular topics requested have been Response to Intervention, Positive Behavior Supports, and Bullying. PSI is fortunate to have a wealth of talent available to train teachers and staff at our partner schools!

The Fall is often a time for educational conferences and PSI staff presentations were selected for several. Chosen for the National Association of Charter School Authorizers conference in Phoenix was Nancy Brewer and PSI Expert Partner Jerry Jindra. Nancy also presented at the Ohio Association of Public Charter Schools along with Kay Almy and Sharon Hamad, PSI ESL Specialists, and Karen McKelvey.

PSI has been fortunate to have offered the expertise of both Melody Tankersley, Ph.D. and Tim Rasinski, Ph.D. to our staff and others this fall. Dr. Tankersley spoke at the PSI Fall Meeting on *Five Reasons Why Students Fail – Effective Interventions for Academic Success*. Attendees had the following comments: *“Very useful information-lots of resources for reference; practical, applicable practices; Excellent workshop! I learned some new strategies that I can use immediately; The fact that any and all of these (interventions) can begin today is fantastic!”*



Nancy Brewer presenting at OAPCS.

Kay Almy, Karen McKelvey and Sharon Hamad (l-r) at OAPCS.



In October, Dr. Rasinski presented a workshop on *From Phonics to Fluency to Proficient Reading* which was attended by over 150 educators. Participants were ebullient in their praise: *“Dr. Rasinski is a god in the world of reading; Research-based information is so useful; I am looking forward to implementing these innovative activities!”*

Updates for Spanish, Chinese and TESOL staff

I am wishing you peace and rest during the upcoming holiday season and also wish you a Happy New Year. Thanks for ALL you do!

I have been conducting supervision visits for all *LanguageCulture-Connection* staff. If I have not as yet visited you, I will be doing so in the next month or so, but I will contact you before the visit so that you will know when to expect me. At these school visits I will also be meeting with the school principal and asking for their participation in the evaluation. If you have questions, please contact me.

Nancy Berlan from the PSI Bookkeeping Department has sent out time remaining calculations. Please take a minute when you return in the new year to check your school's calendar to make sure that you will get in all your days of service.

Be sure to check on the procedure for snow days at your school(s). Is there a method by which you will be contacted in the event of a school closure? Knowing this information ahead of time will make for less stress during a snow storm!

Prevention: What do our students really know about Cyberbullying?

There is so much in the media these days about bullying that it is difficult to stay abreast of the incidences, advice, information and resources. Here is a useful quiz that can be used to open the doors of discussion with students. When used as an active link it can be self-graded with explanations of why incorrect responses are wrong: <http://www.cyberbullying.us/quiz.php?QUIZNUM=2> Included is an accompanying page from the same website that contains wonderful resources and student activities on this ever increasing and painful form of bullying: <http://www.cyberbullying.us/resources.php>

If your school needs assistance in dealing with bullying, please have them contact: karenmckelvey@psi-solutions.org

From the Desk of:
Janet Yue
Health Services Manager



Season's Greetings to all fellow PSI Health Service Staff.
Thank you to all PSI Health Staff who attended the November 6th Fall Meeting. It was so nice to see you. We appreciate that you came very early on a cold, snowy Saturday morning.

If you were unable to attend the meeting we have mailed all handouts that were provided. We are reminding you to take the "shrink wrapped" updates to our Health Resource Guide and replace/add these pages. New materials are the Body Mass Index-for-Age Guidelines from the Ohio Department of Health. Be sure to acquaint yourself with this new requirement for the 2010-2011 school year. If you have any questions regarding BMIs please call our office. Also included is a generic "How to use a Glucometer" information sheet that should be added to the Diabetes Section. We have included information about a new source for ordering school clinic supplies. We have found the prices to be very competitive and shipping is free. Be sure to take a look at this information.

Darla Haviland, District Nurse for the Olmsted Falls City Schools, introduced PSI's successful Healthy Choices, Healthy Heroes program. (See cover story). Anyone interested in learning more about this program and how you can bring it to your school/district can contact the Health Service Office and we will connect you to Darla.

If you have students that have been prescribed Diastat or Glucagon and you have not been trained to use these medications by your nurse or supervising nurse, please call the office so we may make training arrangements.

We are in the process of planning an after school inservice program on The Management of Diabetes in the School Environment. As soon as this is confirmed we will forward the information. We are planning this program in mid January. We are hoping to be able to provide CEUs.

Just a reminder that Kindergarten vision and hearing screenings should now be completed with the other grades well underway. Please contact our office if you are having difficulty completing vision and hearing screenings.

We will begin scheduling Scoliosis Screenings with the nurse practitioners at University Hospital and Akron Children's Hospital. If you have hosted this screening for your students in the past and are planning to do so, again, please check with your principals/administrators for permission to use your building as a screening location. We will be contacting you to schedule these screening dates.

We wish all of you a safe, restful and happy holiday season. We appreciate all that you do. We look forward to beginning the 2011 year with you.

We would like to wish you a safe
& joyful holiday season and a
happy 2011!

