



Child Abuse Mandated Training

Ohio has mandated child abuse training for most school-based positions. Many notices have been sent to PSI staff required by law to receive this four hour training session. Several PSI sponsored training programs have been offered throughout Northeastern Ohio, and the response has been overwhelmingly positive. If you have not yet signed up for one of these programs, please contact your supervisor immediately. A training program has been scheduled for March 7 in Columbus. If you have not participated in any of these PSI trainings, you will need to receive this required training from another provider by March 31, 2009. Columbus, Dayton and Cincinnati area staff still in need of this training should contact Brenda Anderson at 1.800.841.4774, ext. 237 or prevention@psi-solutions.org, for more details.

Current Economy and Next Year Allocations

Schools are beginning to plan for next year's services. This impacts everyone from the children we serve to the schools we are supporting. All PSI staff should talk with their PSI supervisor about the role and function provided to the schools you serve. In today's very difficult economic environment it is critical that all PSI staff make sure that we are providing every possible appropriate service. This helps the students and schools we serve. PSI's services are essential to our client schools, helping them serve students and to attract and maintain parents. Be sure to talk with your supervisor and your building principals about your services and ways your role can be expanded.

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Workplace Safety

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Please take a few minutes to review your work environment. Slips and falls are painful. All of us need to be aware and vigilant of any workplace situations, especially during these winter months, that could cause us injury. If you have any concerns about the safety of your work environment, contact your supervisor immediately. Your safety is our highest priority!



From the Desk of Elizabeth Zagorski, R.N., B.S.N.

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A newsletter for the professional staff of PSI published periodically throughout the school 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 education, school psychology, school health, speech/language, prevention 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.

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Happy New Year! We hope everyone had a wonderful winter break, although it probably seems like a distant memory now. Hang in there – spring break will be here before you know it!

Most clinics should have received the new Exposure Control Manual. If you have not, please contact the Health Services Department at ext. 226. Kudos to Elizabeth Edenfield and Kathy Tuttle for months of work revising the original manual. This new version seems to be much more user friendly and concise.

By now, most postural screenings are completed or nearly so. As in years past, there will be the opportunity for students who have had a suspicious initial scoliosis screening to be seen by a nurse practitioner or physician, prior to sending a referral home. The schedule for this was mailed with Tentative Plans.

Although the Ohio Department of Health has not issued a formal worksheet, the required immunizations for the coming school year will remain the same. The only difference will be adding a grade for both the Hepatitis B and Varicella immunizations. Therefore, Hepatitis B will be required for grades K-10 and Varicella will be required for grades K-3, for the 2009-2010 school year.

The Health Services Advisory Board will meet on February 12, 2009. Those of you with concerns, questions or recommendations are encouraged to contact one of the advisory board members or the PSI office directly, so that they may be added to the meeting agenda. The advisory board discusses issues related to employment or work practices. Minutes from the meeting will be published in the next issue of PSIdelines.

It's approaching the time of year when planning for the coming school year begins in earnest. Toward that end, each staff member should have already received Tentative Plans for the 2009-2010 school year. Please complete the form and return it as soon as possible to the PSI offices.

Even if you are uncertain of your plans for next year, we ask that you still return the form by the date requested. Tentative Plans provides the opportunity to request a different assignment or confirm your desire to continue in your present one. Either way, your response is essential.

Many of you have had to borrow screening equipment or tapes for blood borne pathogen or other training. As the school year winds down, please return borrowed equipment to PSI. Please call the PSI Health Services office for information regarding postage.

NEW EXPOSURE CONTROL PLAN

Kathleen Tuttle, R.N.

Your clinic should have already received a new Exposure Control Plan. If you have not received the plan, please notify the PSI nursing office. After reviewing the new Exposure Control Plan, please discard the old one.

The Exposure Control Plan is provided to eliminate or minimize occupational exposure to blood borne pathogens. The appropriate steps and necessary forms for evaluation and follow-up are included, in the event of an employee exposure. If a student to student exposure occurs, provide first aid, notify the school administration and the parents, and refer the students to their health care provider.

Please note that it is no longer our practice to weigh and record biohazardous waste.

From the Desk of Susie Hummer, M.A.

Happy New Year to you all! This has been a remarkably smooth year... thank you! As always, please call with any questions or issues you may have... that's what we're here for!

Save the Date

Please save April 1st, from 3-5 p.m., for our Spring After-School Workshop with Troy McClowry, M.A., CCC-SLP. This program will be held at the Hilton Garden Inn in Twinsburg. You will receive 1.5 contact hours for your participation. A flyer describing the event will follow.

2009 OSLHA Convention

We will have a booth at the 63rd Annual OSLHA Convention on March 6th & 7th in Columbus. If you are attending the convention, please stop by!

Tentative Plans

Tentative Plans will be mailed on March 2, 2009.

Reminder: If you are at a school with a Mobile Unit, please be sure to keep it locked at all times.

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From the Desk of Karen McKelvey, M.Ed., Ed.S.

Prevention/Intervention Programs for second semester began the week of February 2, 2009. The most popular program continues to be the REACT program. Fourth and fifth graders participate in 10 weekly sessions with a PSI Prevention facilitator. These sessions develop positive life skills such as decision-making, conflict management, goal setting, avoiding negative peer pressure and problem-solving.

Prevention Staff Reminders

- Please submit your semester schedule to the PSI office once it has been formulated.
- Continue to obtain official school signatures on a weekly basis for each of your schools.

- Make copies and mail them to the PSI office monthly.
- Mark your calendar for the next Prevention/Intervention staff meeting that will be held Wednesday, March 18, 2009 at 3:30 PM.

Professional Development Information *Ohio Teachers Encouraged to "Go Global!"*

Applications are now available for the Ohio Global Institute to be held August 3-6 at Kent State University. Teachers from Ohio schools who teach language arts, mathematics, science, social studies, fine arts, world languages, career programs or technology in grades K-12 may apply.

One hundred teachers will be chosen with priority given to school teams. The institute will train a cadre of teachers to understand the importance of models that can be shared with other teachers and use technology for making international connections. The application deadline is March 20th. Questions can be directed to Amber Schneider at ODE, 614.466.2407.

HB 276

Please refer to your January 14th memo listing opportunities for the mandated HB 276 training. All PSI employees to whom this training applies must be certified by March 30, 2009. See your memo for details.

From the Desk of Linda Grimm, Ed.S.

We have been very successful at continuously improving the on-line case load report. This information is not only used by PSI to monitor case loads and report completion but is used by clients and principals for accountability purposes. Some of you responded promptly to the letter indicating areas that need improvement – we thank you for your assistance in making this work. Please feel free to send suggestions so we may further improve the system.

One way the on-line report is used, is for the principal/administrator to decide how much service they need in the upcoming year. Money is always an issue

– especially at this time, when possible State funding cuts loom. By printing out your on-line case load summary, your principal will see how much you contribute to your school.

New MFE and IEP forms are coming soon. The new IEPs will be used this spring to write the forms for next year. The new MFE/ETR forms will not be used this school year, as the draft is currently being finalized. We will hold workshops next fall to learn how to complete the forms correctly.

STUDENT GRADE RETENTION AND SOCIAL PROMOTION | Excerpts from the NASP Position Statement

Despite a century of research that fails to support the efficacy of grade retention, the use of grade retention has increased over the past 25 years. Both grade retention and social promotion fail to improve learning or facilitate positive achievement and adjustment outcomes. NASP encourages school and school districts to consider a wide array of well researched, effective and responsible strategies in lieu of retention or social promotion. Specifically, NASP recommends that educational professionals:

- encourage parents involvement in their children's schools and education
- adopt age-appropriate and culturally sensitive instructional strategies that accelerate progress in all classrooms
- emphasize the importance of early developmental programs and preschool programs to enhance language and social skills
- incorporate systematic assessment strategies, including continuous progress monitoring and formative evaluation, to enable ongoing modification of instructional efforts
- provide effective early reading programs
- implement effective school based mental health program
- use student support teams to assess and identify specific learning or behavior problems, design interventions to address those problems, and evaluate the efficacy of those interventions
- use effective behavior management and modification strategies to reduce classroom behavior problems
- provide appropriate education services for children with educational disabilities, including collaboration between regular, remedial and special education professionals
- offer extended year, day and summer school programs that focus on facilitating the development of academic skills
- incorporate comprehensive school-wide programs to promote the psychosocial and academic skills of all students
- establish full-service schools to provide a community based vehicle for the organization and delivery of educational, social and health services to meet the diverse needs of at-risk students.

From the Desk of Carol Weber, B.S.

March Madness

The PSI Tentative Plans Form for the 2009–2010 school year will be mailed to you in March. If your e-mail address has changed, please update this information. In addition, please send in a copy of any new teaching license with the completed tentative plans form.

We've Got Your Number

In January, *notices of time remaining* to be worked were sent out by Nancy Berlan (ext. 238). It is important that your students receive all the services and time allocations contracted by the school. Also, not working all of your contracted hours or days may make a considerable difference in your pay. The next *notice of time remaining* will be sent out at the end of March.

Checking Up

If you are renewing your teaching license this year, PSI can process your BCII (Ohio) and FBI (National) background check electronically at the Twinsburg office. The cost for the BCII is \$22 and \$24 for the FBI check. Please make an appointment with Jackie at ext. 221. If you elect to do the background checks elsewhere, please send a copy of both reports to Patty Wey (ext. 244).

Second Time Around

During second semester the Educational Specialist Supervisors will be setting up a time and date for teacher evaluations. For more information, please contact the supervisors below.

Nancy Brewer | PSI ext. 404

cell: 330.388.5880 | nancybrewer@psi-solutions.org

Marge Joyce | PSI ext. 224

cell: 330.328.6480 | margejoyce@psi-solutions.org

Frank Lupica | PSI ext. 405

cell: 330.608.2106 | franklupica@psi-solutions.org

Technology Treasure Trunk

Are you looking for mathematics lessons to engage your students? Do you like to use calculators and other technologies in your classroom to investigate mathematics in a hands-on way? Like a trunk in an attic, the Technology Treasure Trunk contains ORC instructional and content teaching treasures categorized by level and type of technology. Many trunk compartments are already active, and more will be added soon. Visit these resources today!

Source: www.ohiorc.org/for/math/technology

PRACTICAL APPLICATIONS FOR BRAIN-BASED EDUCATION IN YOUR CLASSROOM – PART III

By Nancy Brewer, M.Ed., Educational Consultant

All learning is dependent on the body's physiological condition. Movement and nutrition are physical components that have a powerful effect on learning. Eric Jensen has stated "A brain that is fully engaged is more efficient and effective".

PHYSICAL MOVEMENT

Providing students with opportunities to integrate movement in their learning environment increases positive moods and improves memory and retention. Consistently integrating math with movement, geography with role play, and reading with songs and dances stimulates learning.

Other physical movement strategies that can increase efficiency and memory include:

Integrating movement activities with everyday learning

Providing more than just hands-on activities in the classroom is essential to learning. Including stretching exercises, role-playing, frequent seat changes, quick brain gym exercises, and movement games throughout the day promotes a higher level of attention and memory.

Practicing cross-lateral movements to engage both sides of the brain

If students feel frustrated over a difficult lesson or have had long periods of testing, cross-lateral movements can activate and energize

the brain and help to integrate learning. Examples of cross-lateral movements include touching the left shoulder with the right hand, marching in place while tapping opposite knees and arm and leg crossovers.

Providing frequent opportunities for physical breaks

Allow time for students to talk, interact and stretch. Even a two – three minute physical break can stimulate the brain and increase attention levels. Facilitate stretching and breathing exercises during the day to create a more relaxed learning environment.

NUTRITION

Jensen and Howard state that good nutrition promotes the proper functioning of neurons, which is necessary for optimal mental performance.

Pierce Howard states, "It has become clearer that what and how we eat influences how we think".

The following nutritional strategies can create improved physical states for learning.

Providing frequent opportunities for water breaks

Allow students to have water bottles at their desks or opportunities for water breaks. The brain is 70% water and when levels drop, the hypothalamus responds with a physiological response that impairs learning. With thirst, the percentage of water in the

blood goes down while salt concentrations go up which causes a rise in blood pressure and stress levels. Adequate hydration provides peak mental performance and decreases stress.

Developing lessons on relationships between food and their effects on memory and learning

Emphasize within health lessons that different foods can either slow down or speed up our memory functions and physical actions. Eating well can improve mental as well as physical performance and increase comprehension and retention. Providing simple nutritional changes, such as small but frequent healthy food breaks, can boost energy and enhance the brain's chemistry; while bad choices, like high sugar content, can hinder short and long term memory. Small nutritional changes can create a more productive learning climate for all.

Part IV of our series will focus on learning biocycles. Suggestions and strategies for providing optimal learning opportunities during both high and low learning cycles will be discussed.

If you are interested in brain-based applications and providing successful strategies in your school, contact Karen McKelvey, ext. 230, to set up a brain-based presentation specifically designed for your school.