



the **communicator**

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TO GATHER, TO LAUGH, TO RECOGNIZE ... WERE THE COMPONENTS OF THE LEEA BANQUET

By Sandra Cordie, Director of Educational Programs

TO GATHER ...

The special evening began with honorees and their special guests arriving at the St. Cloud Civic Center for the Leaders in Educational Excellence Awards ceremony (LEEA). They were met with warm congratulations from Resource staff along with a corsage, guitar and mandolin musicians and an opportunity to visit with each other and not be in the rush of a school day.

The LEEA event was Wednesday, October 26, in St. Cloud. Nearly 500 people attended the event to honor 153 educators who were recognized with a plaque and certificate from the Governor of Minnesota. The honorees were nominated by their school or district. Represented at the event are public, private, parochial, and charter schools. Additionally, the Meeker & Wright Special Education Cooperative and Wright Technical Center sent guests and honorees to the event.

The evening began with a welcome by Dr. Rob Cavanna, Executive Director of Resource. He emphasized the uniqueness of the event in that there is no other service cooperative in Minnesota who sets aside an evening to recognize the outstanding educators. "A good teacher remains in our lives forever. I'm certain many of you will be remembered by students for years to come," he said.

TO LAUGH ...

Keynoter, C. Willi Myles, delighted the audience with his tales of coming to St. Cloud State University (SCSU) from Alabama in the middle of winter. "I visited SCSU twice – May and July. Are you seeing a pattern of deception here?," he claimed. Myles was recruited to play football at State and has gone on to have a very successful career as a comedian.

"I have a lot of respect for teachers but I need to say that I was over sold on the algebra thing. Maybe some of you math teachers are using it but I really don't see how the rest of the world is working with the x and y equations on a daily basis." This statement along with other tidbits about frostbite and windchill had folks laughing at themselves.

Article continued on page 3.

Resource
Training & Solutions
A Minnesota Service Cooperative



from the
EXECUTIVE DIRECTOR
Robert C. Cavanna, Ed. D.



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Specialist
14. Calendar of Events

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I just read a book by Allison Zmuda titled Breaking Free - From Myths about Teaching and Learning. Zmuda is a former high school teacher and a faculty member in ASCD's Understanding by Design cadre and also runs her own consulting firm, The Competent Classroom.

This book is a call to action for teachers, departments, school staff, community activists, educational leaders, school board members and students. The premise of this book is that school isn't working – not for students who are more bored and disengaged; not for teachers and administrators who are worn down from serving more purposes; not for college professors who need to do more remediation with incoming students and not for employers who are more deeply concerned about the quality of prospective applicants than ever before.

Allison Zmuda analyzes various untruths that have inhibited student learning for decades. She offers a wealth of ideas for combating them including:

- Designing engaging lessons that spark students' imaginations.
- Refocusing learning environments with students' best interests in mind.
- Motivating students to learn for the joy of it, not just for the grade.
- Developing authentic assessments that truly capture the extent of students' progress.
- Creating effective school missions that provide both educators and students with achievable objectives.

Besides these strategies, Zmuda offers tips from prominent creative thinkers in a variety of fields on how to approach projects creatively and stimulate fresh thinking.

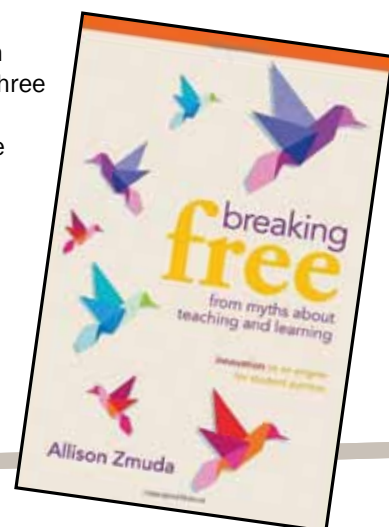
Our students have been captive to falsehoods about learning far too long.

This provocative and insightful book shows why it's so important for teachers and administrators to help students divest themselves of faulty assumptions. It also offers a blueprint for creating more innovative, inviting and effective schools.

You may not agree with all of the author's ideas but I think it's worth reading just to be energized by some of the author's compelling ideas. You can borrow it from our Media Center at no charge or you can order it from ASCD by call (800) 933-2723, ext. 5634. It costs \$26.95.

In closing, please consider nominating someone for the 11th Annual WEM Foundation's Outstanding Educator Awards in three categories: Academic Challenge Coach of the Year, Teacher Achievement, and Ethics in Education. Nominations must be received by February 6, 2012 and details about the awards criteria are available at the Center for Academic Excellence's website: www.mncae.org. Each state honoree receives an unrestricted \$10,000 prize from the WEM Foundation.

Robert C. Cavanna
Robert C. Cavanna, Ed.D. Executive Director



UPCOMING WORKSHOPS in school improvement

GEARING UP FOR STANDARDS-BASED IEPS: UPDATED FOR 2011-2012

Monday January 30th and Monday February 6th 2012
8:30am - 3:30pm

This two-day workshop will focus on assisting Special Education Teachers to gear up for the implementation of the Standards-Based IEP.

Goals/Expected Learning Outcomes:

- Understand the knowledge base special education teachers need in order to create standard-based IEPs
- Apply the MDE Decision-Making Process for accessing the MCA-M
- Understand how to implement the five step MDE PLAAFP process when developing IEPs
- Understand how to apply Gap Analysis process when developing standard-based IEP goals
- Write standard-based goals for reading and math

To register or for more information, visit www.resourcetraining.com/Event/10429.



KNOWLEDGE BOWL

INTERMEDIATE AND JUNIOR HIGH KNOWLEDGE BOWL TEAMS COMPETE IN AREA MEETS

By Nicole Koll, Administrative Coordinator

Area schools wrapped the Junior High and Intermediate Knowledge Bowl season with a final meet on December 5, 2011 at the Rocori School District. There were 72 teams in attendance, making it the largest meet of the season.

Throughout the season over 20 meets were scheduled for schools to participate. Seven schools in the St. Cloud Area competed in a round-robin format within their district.

The Minnesota Service Cooperative Knowledge Bowl (KB) competitions are interdisciplinary academic contests for students. Intermediate KB is for students in grades 5 and 6. Junior High KB is for students in grades 7-9. During each competition, teams of students (a team consists of six students) compete in written and oral rounds by answering questions related to all content areas.

The purpose of KB at the Intermediate and Junior High level is to encourage participation in an academic event, meet students from their own schools and students from other schools, and learn and exhibit social and responsibility skills. Competition and winning is not the foremost factor.

The goals of the program are:

- developing retention/recall skills
- developing team skills
- developing self-confidence and school pride
- developing good sportsmanship
- using the KNOWLEDGE BOWL concept and equipment to achieve these goals.

The Junior High/Intermediate Knowledge Bowl program is coordinated through Resource Training & Solutions, Sandra Cordie and Nicole Koll.

ASSESSMENT AND GRADING FOR LEARNING

Tuesday January 31st and Wednesday February 29th
2012 8:30am - 3:00pm

- Learn HOW to use assessment and grading practices to INCREASE student learning
- Explore the relationship between assessment and grading via general conclusions from the latest research on grading
- Create more authentic experiences for students

SESSION 1: ASSESSMENT, GRADING AND REPORTING STUDENT LEARNING

SESSION 2: EXCEPTIONAL LEARNERS

To register or for more information, visit www.resourcetraining.com/Event/10436.

ALL ABOARD THE
WRITE TRAIN
SAVE THE DATE
www.resourcetraining.com/Articles/Files/PreK12/Intent%20to%20Participate%20form%20YAY%202012.pdf
YOUNG AUTHORS /
YOUNG ARTIST CONFERENCE
May 16 & 17, 2012
GRADES 3 - 6
INTENT TO PARTICIPATE DUE:
FEBRUARY 10TH

The spring meeting for the coaches will be Wednesday, April 18, 2012.
Further information and reminder will be sent closer to that date.

20th annual

LEE.A.

OCTOBER 26, 2011



LEADERSHIP IN EDUCATIONAL EXCELLENCE AWARDS & RECOGNITION CEREMONY

"The last names up here really threw me. I'm used to Jones and Smith. You folks go about five letters before you get to a vowel. And then you add 'ski' to the end," Myles pointed out.

TO RECOGNIZE ...

Minnesota's Commissioner of Education Dr. Brenda Cassellius, was unable to attend but sent a letter congratulating honorees. In part of her letter she says, "We need to celebrate and replicate your hard work, which is why I encourage you all to keep working creatively to reach your students and to share with your colleagues what works. The ripple effect of your success will spark growth and opportunity for students in your classroom and beyond."

The Presiding Superintendent for the evening was Larry Peterson from the Eden Valley-Watkins School District. Peterson, whose trademark gravelly voice, said teachers make learning come alive. "You make the lessons from the books real and relevant," he added. Peterson read the names of the honorees as they received their plaques and certificates from Ken Anderson, Board Chair of Resource Training & Solutions and congratulations from Willi Myles.

This event marked the 20th anniversary of the LEEA event. To date, there have been 2,889 educators in the Central MN region who have received this recognition. Districts have the discretion to create their own selection criteria based upon suggested criteria from the LEEA organizing committee.

The event is sponsored by the participating school districts, Blue Cross/Blue Shield, and Resource Training & Solutions. It is coordinated by Sandra Cordie, Director of Educational Programs.



Photographs may be viewed and obtained at: www.resourcetraining.com/Pictures/LEE.A.

Congratulations

L.E.E.A. AWARD RECIPIENTS

ALBANY

- STEVEN DOOLEY
KEVIN BRENNAN
GAYLE MOLTZ
JILL MOORTHY
CATHY STUDER

ANNANDALE

- STEVE NIKLAUS
PAM FLIEGEL
MARCIA FROEHLING
KAREN SPIEGELER

BECKER

- STEPHEN MALONE
LISA BRUSKA
ROB OLSON
PAULA PRUSZINSKE
BRENDA ZIERDEN

BELGRADE/BROOTEN/ ELROSA

- MATT BULLARD
JOSIE DINGMANN
SHEILA JAEGER
ERIN KOSHIOL
CHUCK MARKS

BIG LAKE

- JON MILLER
SARA EDGAR
BRIDGET EISINGER
KAREN NELSEN
BENJAMIN WANNEBO

BUFFALO/HANOVER/ MONTROSE

- SCOTT THIELMAN
JULIE BROOKS
TRACY HULLEY
TINA STOLDT
KAREN SWART

CAMBRIDGE-ISANTI

- BRUCE NOVAK
SHELLY CHMIELEWSKI
AMY KIRKHOFF

CHISAGO LAKES

- MICHAEL
MCLOUGHLIN
BRIDGET BUDIG
BECKY BURR
KRISTA OVERGAARD
ART UNDERHILL

DASSEL-COKATO

- JEFF POWERS
CARLA HALVORSON
JESSICA LUEBKER
JON NELSON
LEE NELSON

DELANO

- JOHN SWEET
GWEN BRIESEMEISTER
COREY LAHR
JULIE LONGSTREET
MARIA MENZ

EAST CENTRAL

- TAMARA SCHULTZ
CASSIE GAEDE
SARAH KLOCKE

EDEN VALLEY- WATKINS

- LARRY PETERSON
SHEILA MAYER
BETSY NORDGAARD

FOLEY

- DARRIN STROSAHL
JENNY SEATON
PAUL SEATON
KATHI SIMS

HINCKLEY-FINLAYSON

- ROB PRATER
DON GRICE
SHANA STIEL

HOLDINGFORD

- ERIC WILLIAMS
CHRISTINE
BERNSTETTER
DORIS CAMPBELL
BLAIR HOVEL
MILISSA WALZ

HOWARD LAKE- WAVERLY-WINSTED

- BRAD SELLNER
JESSICA BOGDAN
ANGELA PITTMAN
BROOKE THRALL

ISLE

- MICHAEL CONNER
TAMA EXSTED
NICO JESKA

KIMBALL

- JOHN TRITABAUGH
JAY KLEIN
KIM OSTBY

LITCHFIELD

- BILL WOLD
JILL GLIENKE
JOANN HICKS
KAY SANDIN
CAROL WERNER

MAPLE LAKE

- MARK REDEMSKE
TANA FOBBE
ANN HAGEN
ANDREA HOEPNER
STEVE KOSLOSKI

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JOHN REEVES
MARK STORRY

MORA

- CRAIG SCHULTZ
DARCY HALVERSON
DARYL LINDSTROM
SUSIE MATZER
LEANN PIETRZAK

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MARY BURGIN
SUE HOWARD
MINDY LATTIMORE
LARRY SCHLAGEL

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- KATHY BELSHEIM
KATE CEKALLA
TRISHA KOTSMITH
JACKI PETERSON
DEB SWENSON

PAYNESVILLE

- TODD BURLINGAME
AMY JASMER-FLANDERS
COLIN WOLF

PRINCETON

- RICK LAHN
JOANN ADERMAN
AMANDA DIRKESON
TRACY KRISTO
BECKY POLLARD
MELINDA ZACHMAN

ROCKFORD

- PAUL DURAND
HOLLY BIORN
KATHY BROWN
TRACI MOORE

ROCORI

- SCOTT STASKA
JEN ILLIES
CORRENE KEEFAUVER
DAVE SORENSEN
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RUSH CITY

- VERNON KOEPP
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ALISSA ZELTINGER

SARTELL-ST STEPHEN

- JOSEPH HILL
PEGGI FOGARTY
JEFF KELLERMAN
PAUL MOE
MICHELLE RAML

SAUK CENTRE

- DANIEL BROOKS
ANGELA ARCENEAU
PAT BARTOLETTI
TODD BROICH
ERIN SHERMAK

SAUK RAPIDS-RICE

- DANIEL BITTMAN
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CARI HARTWIG
ANGELA KALTHOFF
DEBORAH LEADEM
MICHELE MCANALLY
CATHERINE MULLEN
JASON PARKER
TINA PIPER
NATALIE PRASCH
SANDRA SMITH
LOREN TERLISNER
TODD THEISEN
CYNTHIA WAGNER
MOONE
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TYSON ZITZOW

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HEAD MASTER
DIXIE BOSCHEE
EMMY SACK

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LINDA STELZER
KATIE THOMPSON

WRIGHT TECHNICAL CENTER

- JULIE WARNER,
DIRECTOR
BARBY DAY



• SUPERINTENDENT OF SCHOOLS UNLESS OTHERWISE NOTED.

FEATURED SCHOOL SPECIALISTS

school nurses



NOT PICTURED:
 CARMEL STAFFORD (*Ogilvie School District*)
 MYRA SCHRUP (*St. Cloud School District*)
 REBECCA MORGAN (*Kimball School District*)
 STEPHANIE WINDSCHILL (*North Branch School District*)

REBECCA MORGAN (*Kimball School District*) - The most challenging part of my job is being the only one and only part-time. I often have to delegate tasks to secretaries & paras – which really shouldn't be their job. It can be scary feeling like the sole responsible party for the well-being of the student population.



JANE JACOBSON
Chisago Lakes School District



KAREN WENNER
Rocori School District
 District Health Tech



STEPHANIE GLEASON
Buffalo School District

STEPHANIE GLEASON (*Buffalo School District*) - One of the most challenging parts of my job is the number of students that I have. In my district I am responsible for over 3000. We do have an ESP in each building that is trained in CPR and first aid but, I am one of the only medical professionals in our district of almost 6000. If our numbers were even somewhat closer to what is recommended it would allow me to do a much better job. I would be able to do more follow up with more students. I would be able to see a lot more students that really need someone. I am responsible for SPED and regular Ed students. The training of staff is part of my responsibility as well. Training could be anywhere from a delegating an Epi-pen for someone with an allergy, to teaching how to give an insulin shot to an autistic student with diabetes. I am part of IEP's, case manage 504's, develop numerous health plans, assist with attendance. There are always meetings regarding school safety, attendance, or parent conferences, and classroom teaching that I am a part of as well. Most of my day however is made up of daily if not hourly "emergencies" that come through the door the minute it is open. Sometimes it is just physically not possible to get to everyone as I would like. That makes my job exciting but yes, challenging.

School Nurses have numerous responsibilities in our School Districts. They have trainings to provide to staff and other health assistants, health care plans to write and implement, medication to dispense at the right times, parents to meet with and those are just a few things on their lists in addition to all the daily "emergencies" that arise. The roles they play in the school setting are critical to a student's educational success and it does make a daily difference in the lives of all the students. Thank you to those who answered the questions below and gave us a look into what it means to be a school nurse.

WHAT IS THE MOST CHALLENGING PART OF YOUR JOB?

CARMEL STAFFORD (*Ogilvie School District*) - Keeping students in class when they don't want to be at school and the paperwork.

JANE JACOBSON (*Chisago Lakes School District*) - Balancing the nursing needs of our most medically-challenged students with those of all the students. Nearly 20% of children and adolescents in our school settings have a chronic health or disabling condition. Depending on school nurse to student ratios, I have the responsibility to delegate, supervise, and ensure the safe delivery of my nursing tasks to our unlicensed assistive personnel.

STEPHANIE WINDSCHILL (*North Branch School District*) - Learning all aspects of school nursing. This is my first year in a school nurse position. Communicating with parents to determine "home" environment concerns in order to facilitate optimal learning for the students.

KAREN WENNER (*Rocori School District*) - The medications that are to be given at school – making sure it is given at the correct time, correct dosage and knowing if it is given with food or not. Making sure all documentation is correct.

MYRA SCHRUP (*St. Cloud School District*) - The hardest part of my job right now is presently to get my own work done. Being called to put out fires and assisting the health associate makes it difficult to get my reports and care plans done in a timely manner.

WHAT CHANGES HAVE YOU SEEN WITH YOUR POSITION?

CARMEL - I have worked in the health office for the last 15 years and see that the parents want you to make the call if the student is sick or not. If the student doesn't like the call you make they say "I am just leaving anyway" and they go. Some parents don't want the responsibility and the schools are doing more and more for students than just education.

JANE - I have become more involved in the Medical Assistance billing process and with the supervision of our staff involved with providing both PCA and nursing services in the school setting.

STEPHANIE W - New to the profession but the budget constraints will be ongoing and an issue for schools to retain school nurse positions.

KAREN - The number of diagnosed mental & emotional illnesses

MYRA - More & more paperwork for the third party billing because funding for schools (and nursing) has diminished.

REBECCA - I have taken on more teaching opportunities that did not exist when I first started – but my hours have not changed.

Check out the upcoming **Annual Bloodborne Pathogens Update for School Nurses** on Wednesday February 22nd 2012! (page 12)



FEATURED SCHOOL SPECIALISTS

school nurses

(Continued from page 5.)

STEPHANIE G – The biggest change that I have seen is the increased need regarding mental health issues. There is such a high need for kids to have more follow-up with not only the individual but also their families. It is difficult to learn when students are dealing with serious mental health issues. We need to first get them to a place mentally then to a place where learning can take place.

WHAT MADE YOU DECIDE TO BE A SCHOOL NURSE?

CARMEL – I am not a School Nurse. I started out as a health para and went back to school for a Certified Medical Assistant and now am the Health Supervisor here at our school.

JANE – I was briefly introduced to school nursing as part of my undergraduate public health experience at the College of St. Catherine. After gaining experience in the public health setting providing services to children and adolescents, I felt I was ready to take on the responsibility of school nursing practice. I love its interdisciplinary aspect, partnering with our educators, parents and students to ensure safe delivery of health care services in the school setting.

STEPHANIE W – I have worked as both a teacher and a nurse. The school nurse position allows me to work in a school setting while using my nursing education and skills to serve children. Some students struggle in school due to health related issues. I understand the importance of education. I hope to help students maximize their educational opportunity by providing support as necessary to address health concerns that may impair their educational success.

KAREN – I had a background in nursing and I am a Certified First Responder. I was asked to sub for our Health Tech and when she decided to leave Cold Spring Elementary I applied for the position. I was just assigned the position District Health Tech. I go to 5 schools within our District. I also help with Early Childhood Screening. It is a challenge but I love what I do.

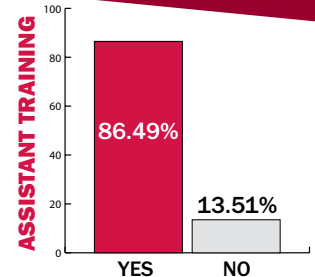
REBECCA – I love teaching and I thought that being a school nurse would allow me to do that. I also wanted to get out of the critical care setting and have hours that were conducive to being a mother.

STEPHANIE G – I decided to become a school nurse because I LOVE KIDS. I love helping them and occasionally I think I might even be making a difference. Despite all of the challenges and the not getting “nurses pay”, I wouldn’t trade this job for any of them. I really do see that kids are our future so we better take care of them.

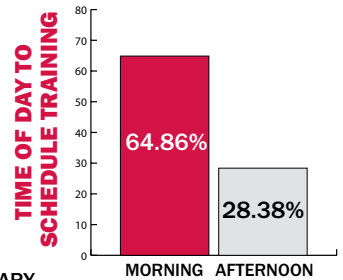
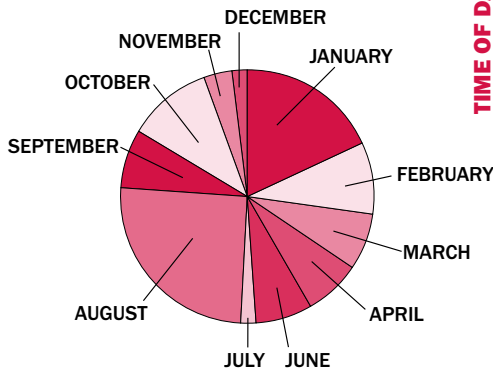
HEALTH ASSISTANT TRAINING

WE ASKED, YOU ANSWERED, WE’RE LISTENING! BASED ON YOUR ANSWERS FROM A RECENT SURVEY WE WILL BE PROVIDING A NEW TRAINING OPPORTUNITY FOR HEALTH ASSISTANTS. WATCH YOUR EMAIL AND OUR WEBSITE FOR MORE INFORMATION ON WHEN THIS NEW TRAINING WILL BE HELD. *Based on 74*

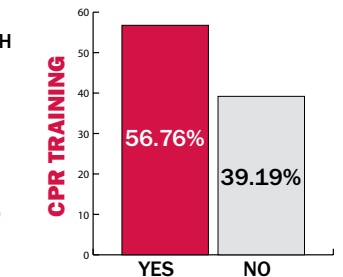
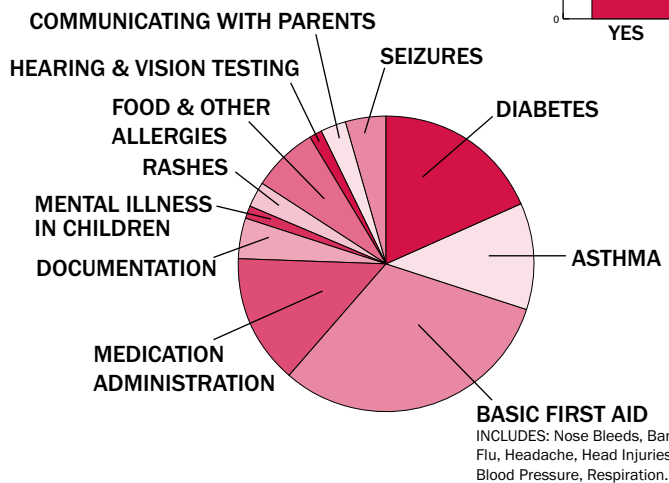
responses from School Nurses in our Region.



WHEN TO HOLD TRAININGS



OTHER SUGGESTED TOPICS



BASIC FIRST AID
INCLUDES: Nose Bleeds, Bandaging, Fever, Colds, Flu, Headache, Head Injuries, Taking a Temp, Blood Pressure, Respiration...

If you have any topic suggestions or comments please contact Jodi Steinhofer at jsteinhofer@resourcetraining.com or call 888-447-7032.



"IT WAS AWESOME!
We went in the lake 2 times!"



UP CLOSE AND PERSONAL WITH NATURE

By Sandra Cordie and Nicole Koll



VIDEO: www.sctimes.com/videonetwork/1217209322001/Project-Earth. Courtesy of the St. Cloud Times.
PHOTOS: <http://www.resourcetraining.com/Pictures/ProjectEarth>.

ProjectEARTH is a nature and environmental science conference for 7th & 8th grade students in Central MN coordinated by Resource Training & Solutions. The event was on Thursday, October 13 on the campus of St. John's University (SJU). Over 250 students, teachers, presenters, volunteers and committee members were involved in the event.

The conference has now taken place for its third year and intended to help students experience, appreciate, and become stewards of the natural environment through presentations and hands-on learning. This was accomplished through presentations by experts in their field of study. Students were each given a nature journal to document their new knowledge.

Students began the day with a presentation titled "Bald Eagles: Back from Extinction" by Scott Mehus from the National Eagle Center in Wabasha, MN. Students were engaged in learning about our nation's bird by being introduced to a live eagle. Later in the day, they were also able to get up close and personal with the elegant creature.

Following the keynote address, students spent the remainder of the day outdoors to experience breakout sessions in the forest, lakes/wetlands and prairie habitats. There were 15 different sessions including monarch butterflies, fishing, birds of the Arboretum, and dragonflies to name a few.

Saint John's Arboretum and Sauk River Watershed District (SRWD) are co-sponsors of the event along with Resource Training & Solutions. Sarah Gainey, assistant director of the Arboretum, Jeff Wubbels, SJU Events Coordinator, and Adam Hjelm, SRWD, serve on the committee.



students experiencing **PROJECT EARTH**

The best part of the day was “going on the voyageur canoe and learning lots of facts and had a lot of fun!”



“I love exploring [the] forest.”



“The sessions were great, and it was fun to be working in nature; hands on.”

THE ADVENTURES OF SUPERHERO PARENTS

BECOMING A LOVE AND LOGIC[®] PARENT ^[8639]

February 4, 2012 • 9:00 am-4:00 pm
(weather date 2/11/12)

\$50.00/person • \$75.00/two people

Learn simple, low stress communication techniques that are effective with children from toddlers to teens. Raise your odds of success by learning how to avoid power struggles. Guide your children to solve their own problems. Learn communication strategies. Model and teach responsibility. Learn how to raise children without raising the roof!

PRESENTERS: Peg Imholte and Anthony Farag

A LOOK AT ANXIETY AND ANXIETY ISSUES IN CHILDREN ^[8640]

February 16, 2012 • 7:00-9:00 pm

\$15.00/person • \$25/two people

Anxiety disorders are among the most common mental, emotional, and behavioral problems to occur during childhood and adolescence. Youth with anxiety disorders typically experience intense fear, worry, or uneasiness that can last for long periods of time and significantly affect their lives. If not treated early, anxiety disorders can lead to social/emotional, relationship, academic issues or further mental health concerns in later life. Look at signs and symptoms to be aware of, what help is available, and what parents/caregivers can do to "save the day!"

PRESENTER: Kristin Wheeler Highland

SETTING LIMITS AND BOUNDARIES ^[8642]

March 12, 2012 • 7:00-9:00 pm

\$15.00/person • \$25/two people

When you say "NO" what do your children do? What message do they receive when you give in? Do you feel as powerless as Superman next to kryptonite? The presenters have valuable messages to share about the need to set limits for children and the importance of saying NO.

Included in this entertaining and informative presentation are ideas for setting family rules and expectations, techniques for staying firm when children try to negotiate, and methods for setting appropriate consequences when rules are broken.

PRESENTERS: Jeff Fink and Jon Halpern

COORDINATORS ARE WOWED BY VOWS FOR WELLNESS

By Peggy Imholte, Family Education/
Wellness Specialist



"Dearly Beloved. We are gathered here today to celebrate our 18th anniversary of wellness. Please join us in renewing YOUR vows as well."

At the December Wellness Forum, the Sauk Rapids-Rice School Wellness team recreated their school wellness kick off called "Wellness Vow-the PROMISE/PLEDGE." Using a wedding theme skit, the "wedding party" asked the coordinators to renew their wellness vows for the year.

"I promise to eat 5 fruits and vegetables daily."

"I promise to exercise 30 minutes, 5 days a week."

"I promise to manage stress."

Does this sound like a commitment you could keep for your health? Promises like these can boost people's healthy living status with a promise of a healthier tomorrow.

During the December 7th forum wellness coordinators discussed in small groups, "What would make your wellness program more successful and how can you get there?" One idea presented was Laughter Yoga. This innovative program helps people intentionally laugh more. As the body reacts to stress, real or imagined, the body also reacts to laughter- with or without jokes. More information about "laughter yoga" can be found on the internet including location of laughter clubs around Minnesota.

Information from Wellness Council of America (Welcoa) was also presented about the possible negative effects of cell phone use. Although there is no conclusive proof that cell phones are or aren't dangerous, studies have raised concerns especially for children. Their brains are much more fluid and still developing and questions are being raised about impact on their development. Recommendations for adults include keeping the phone farther from the ear and using text or speaker phone when possible.

An annual favorite is information on Healthy Holiday Eating.

Diane Giambruno, R.D. from St. Cloud Hospital presented information and recipes with samples to try.

She recommended:

- be wary of liquid calories
- have healthy snacks on hand
- use lower calorie substitutions in recipes
- exercise to help balance your caloric intake.

To try some of the recommended recipes, go to www.resourcetraining.com/Page/HealthyRecipes.

So how about your wellness vows? It's that traditional time of year to resolve.

Let's see... "I promise to do one recreational activity every day." That takes care of me in many ways.

Resolve to have a healthy 2012!



WELLNESS

around the region

By Martha Roth, Administrative Coordinator & Trainer

TOP CHEF

KIMBALL SCHOOL DISTRICT

This December, Kimball School District offered a wellness activity for the staff to show their culinary skills! During the week of December 12th-16th, the staff was encouraged to bring in a homemade, healthy snack. Twenty chefs stepped up to the plate. There was a ballot box in each staff room for over 60 participants to vote.



So the Kimball Wellness Team asked...Are YOU the next Top Chef? The coveted title went to Crystal Schlosser (EBD teacher).

COWBOY CAVIAR

INGREDIENTS

- 1 (15.5 ounce) can black beans, drained
- 1 (15.5 ounce) can black-eyed peas, drained
- 1 (14.5 ounce) can diced tomatoes, drained
- 2 cups frozen corn kernels, thawed
- 1/2 medium onion, chopped
(I mix white and green onions)
- 1/4 green bell pepper, finely chopped
- 1/2 cup chopped jalapeno peppers
- 1/2 teaspoon garlic salt
- 1 cup Light Zesty Italian salad dressing
- 3/4 cup chopped cilantro

*** When you have more time. You can always substitute beans and tomatoes for fresh cooked and chopped. But this makes it super easy to throw together before you go somewhere.*

DIRECTIONS

1. Mix beans, peas, tomatoes, corn, onion, bell pepper, and jalapeno peppers in a large bowl. Drain and rinse the bean juice from the beans and then drain the chopped tomatoes.
2. Season with garlic salt. Add dressing and cilantro; toss to coat. Refrigerate for 20 minutes or until ready to serve.

Visit <http://www.resourcetraining.com/Page/HealthyRecipes> for additional taste-tested Healthy Recipes that won't dissappoint!



DONUTS FOR DADS

CROSSLAKE COMMUNITY SCHOOL

A great way for a dad and his kids to start out their morning in Crosslake - paper airplane making and flying contest, along with some donuts! 32 Students and 23 dads came together for donuts and juice on a school day morning 7:30 - 8:30 a.m. They spent time together creating a paper airplane and flew it in the hallway. Fathers also had the opportunity to meet other parents and students.



upcoming SMART

open enrollment classes



1/24/12	SMART® Board Level 2	8781
2/21/12	SMART® Board Level 1	8782
3/7/12	SMART® Board Level 2	8783
3/28/12	SMART® Board Level 1	8784
4/30/12	SMART® Board Level 1	8787

COURSE CODE

COOPERATIVE PURCHASING THERE'S A R.A.P.P. FOR THAT!

By: Anthony Farag, Sales Specialist & Trainer

Apple has popularized the concept of being able to find a solution to a problem with their line "There's an app for that." We at Resource have not gone into the app business but we are in the solution business.

We have RAPPs, **RESOURCE APPROVED PURCHASING PLACES (RAPP).**

Often times schools are stressed by trying to find a trustworthy vendor with good value. As a service cooperative we and seven other cooperatives around the state of Minnesota have reviewed and contracted with specific vendors to find you places to find good value for your money.

Our vendors know we work with the vendors but for the members. We are there to assist with any concerns or questions our members have before, during, and after the purchase.

Where can I go to find schools supplies?
There's a RAPP for that. **SCHOOL SPECIALTIES**

Need a classroom audio system?
There's a RAPP for that. **LIGHTSPEED AUDIO SYSTEMS**

Need batteries and bulbs? There's a RAPP for that.
BATTERIES PLUS OF ST. CLOUD

How about supplies for the science lab?
There's a RAPP for that. **NASCO**

I need to find Finance or Capital Leases.
There's a RAPP for that. **KINETIC LEASING**

The time has come to update the playground-and also need help with fundraising.
Yep, there's a RAPP for that, too. **MIDWEST PLAYSAPES**

We need office supplies. There's a RAPP for that. (OfficeMax).
Want to replace our school computers with new ones. There's a RAPP for that. **REASON COMPUTERS**

Want to replace our school computers with refurbished?
Yes, there's a RAPP for that. **PARTSTOCK COMPUTER**

I need to find good web based test preparation material.
There's a RAPP for that. **STUDY ISLAND**

We have much more in our vendor list at <http://www.resourcectraining.com/Page/CPVendors> or contact Anthony Farag at afarag@resourcectraining.com.

So next time you are looking to make a purchase consider Resource Training because we probably have a RAPP for that!!!



Training Materials for Grades K-5

- Positive, peppy tone addresses the difference between respecting adults and trusting them.
- Explains how to avoid bad situations, how to respond if something bad happens, and how to get help from people they trust.

PERSONAL POWER

A Gut Check on Safety

strong voices,
smart choices
How to Honor Your Instinct to Stay Safe

Training Materials for Grades 6-8

- Addresses how to handle today's situations, including social media liabilities, self respect, texting, etc.
- Uses an upbeat tone and comedic relief to delve into heavy subject matter.

Each set features:

- 10-minute video and accompanying 10-page study guide and instructions.
- materials optimized for group settings with a computer and projector.

(320)251-0111

Watch trailers and learn more at www.stcdio.org/buysafetyvideos.



FOR LIMITED, SHORT-CALL SUBSTITUTE TEACHERS

upcoming... **SUBSTITUTE TEACHER TRAININGS**



Are you interested in finding another way to use your bachelor's degree? Do you like working with students of all ages? Did you know that anyone with a non-education bachelor degree from an accredited college may apply for a limited, short-call substitute teaching license?

- **February 22 & 23, 2012**
- **March 29 & 30, 2012**

A short-call substitute teacher is one who teaches on a day-to-day basis that does not exceed 15 consecutive school days replacing the same teacher. A short-call substitute teacher must hold a Minnesota license that is valid for full-time employment or a Minnesota short-call substitute license. These licenses are valid for functioning as a short-call teacher at all grade levels and in all fields.

During the workshop, all necessary forms for the MN Department of Education will be available and completed at the workshop.

Participants will receive training in the following:

- The substitute teacher's role in the classroom and district.
- The basics of classroom management, instruction, and child development.
- Communication skills.
- Awareness of legal issues relating to students and your obligations

Additional information may be found on the website for the Minnesota Department of Education: www.education.state.mn.us.

For more information visit:
<http://www.resourcetraining.com/Page/SubTeacher>.

HEALTH & SAFETY SAVE THE DATES

ANNUAL BLOODBORNE PATHOGENS

UPDATE FOR SCHOOL NURSES (Course Code #8805)

February 22, 2012 • 8:30am - 12:30pm

Presenters: Judy Bandy, RN, LSN, ADHD School Specialties
Linda Malvin, R.N., COHN-S, Midwest Occupational Medicine

POWER LIMITED 8 HOUR CONTINUING EDUCATION COURSE (Course Code #8815)

April 10, 2012 • 8:00 a.m.-4:30 p.m.

Presenter: Ed Lethert
Course ID # 110817.08

Continuing Education for PLTs in the HVAC Industry Part 1
8 Hours that includes 5 Hours of National Electrical Code

STEAM & HOT WATER BOILER TRAINING

August 13, 2012 • 8:30 a.m. – 3:00 p.m.

Can be used for the 6 hour Continuing Education Requirement for Boiler Operations

STEAM & HOT WATER BOILER TRAINING: PREPARATION FOR THE SPECIAL LICENSE

August 14, 2012 • 8:00 a.m. – 4:30 p.m.

This course covers low pressure boilers used in steam and hot water heating applications. This course is designed for those who want to acquire a special license. Boiler Licensing Application, Exam Fee & Exam Dates will be discussed during the class.

STEAM & HOT WATER BOILER TRAINING: 2ND, 1ST AND CHIEF LICENSE PREPARATIONS

August 16-17, 2012 (2 Day Course)

8:00 a.m. - 4:30 p.m. (Both Days)

This course covers low pressure boilers used in steam and hot water heating applications. This course is designed for those who want to acquire a 2nd, 1st or Chief's License. Boiler Licensing Application/ Exam Fee and Exam Dates will be discussed during the course.

To register for any of these Health & Safety classes, go to www.resourcetraining.com/Events/HealthSafety or contact Jodi Steinhofner at 888-447-7032 or by email at jsteinhofer@resourcetraining.com.



ask the **BENEFITS SPECIALIST**

Dan Weir, Insurance/Risk Management Consultant

QUESTION:

I always make a New Years Resolution to exercise more and eat healthy.

Any tips or strategies to help me stick with it?

ANSWER:

Yes, Annabel Candy in a recent article identified 7 steps for making sure your New Years Resolutions stick. They include:

1. Just pick one thing
2. Plan ahead
3. Anticipate problems
4. Pick a start date
5. Go for it
6. Accept failure
7. Plan rewards

A Federal Government website USA.GOV has published the most common New Years Resolutions. They are: "Drink less alcohol, get a better education, get a better job, get fit, lose weight, manage debt, manage stress, quit smoking, reduce, reuse, recycle, save money, take a trip and volunteer to help others. These resolutions are the kinds of commitments most people think about and you may be more successful by adopting the seven steps outlined by Ms. Candy.



QUESTION:

I just read that Medicare announced some new pilot cost saving programs in Minnesota. What are the expected outcomes for these pilots and could they help reduce our health care costs?

ANSWER:

Medicare recently announced that three Minnesota Health Care Systems (Allina, Fairview and Park Nicollet) have been selected to participate in a Medicare Pilot program created to help improve quality and reduce costs. Each organization will be developing an Accountable Care Organization (ACO) that will improve the coordination of care within the health care system. "The ACO model moves the payment from volume to value," said Dr. David Abelson, CEO of Park Nicollet Health Services, based in St. Louis Park. Federal Health Care Reform and Minnesota Health Care Reform initiatives have promoted the development of ACOs to better coordinate medical care and share medical information much more efficiently.

Historically, Minnesota has been a leader in health care policy development. The Minnesota Health Care Systems join three other states with multiple health care systems participating in the pilot. Currently the Medicare reimbursement for Minnesota providers is below cost, meaning that for every dollar charged by a Minnesota provider, Medicare reimburses the provider an amount less than the full dollar charged. If these pilot ACO programs prove to be successful, the providers are rewarded by sharing some of the savings generated from reduced costs. Reducing Medicare costs may result in reducing the subsidy paid by employers and other insured populations which may have the effect of reducing health care costs for the non-Medicare population. Stay tuned for more information as the pilot program gets underway.

calendar of events



January

8781	SMART Board Level 2 (MAC & PC).....	1/24
6981	2012 Regional Chess Tournament.....	1/28
8791	Gearing Up for Standards-based IEPs: Updated for 2011-2012 (1 of 2)	1/30
8800	Assessment and Grading for Learning (1 of 2).....	1/31

February

	Wellness Coordinator Training & Forum.....	2/1
8690	MSTP Summer Training.....	2/2
8694	Paraprofessional Online Exam.....	2/3
8639	Becoming a Love and Logic Parent.....	2/4
8791	Gearing Up for Standards-based IEPs: Updated for 2011-2012 (2 of 2).....	2/6
8502	Instructional Coaching Academy.....	2/8
	Young Authors/Young Artists - Intent to Participate Deadline.....	2/10
7005	Title 1 Network.....	2/14
6982	Regional Spelling Bee.....	2/15
8749	Leadership Consortium - A Year-Long Program.....	2/15
8818	Leading with the Speed of Trust.....	2/15
8743	Investigating the 2010 MN English/Language Arts Standards: History/ Social Studies/Science/Other Technical Subjects Grades 6-12.....	2/16
8753	SMART Boards for Your Business - Take It In Thursdays.....	2/16
8640	A Look at Anxiety and Anxiety Disorders in Children.....	2/16
	President's Day - Offices Closed.....	2/20
	Offices Re-Open 8:00am - 5:00pm.....	2/21
8782	SMART Board Level 1 (MAC & PC).....	2/21
8805	Annual Bloodborne Pathogens Update for School Nurses.....	2/22
8816	Limited, Short-Call Substitute Teacher Training.....	2/22-23
8800	Assessment and Grading for Learning (2 of 2).....	2/29
7004	Gifted/Talented Network.....	2/29

March

	State Spelling Bee.....	3/1
	Class B Knowledge Bowl Meet.....	3/2
8783	SMART Board Level 2 (MAC & PC).....	3/7
8754	Love & Logic Parenting - Take It In Thursdays.....	3/8
7002	Tier I (Small Schools) Knowledge Bowl Subregional Meet.....	3/12
8642	Setting Limits and Boundaries.....	3/12
7002	Tier III (Large Schools) Knowledge Bowl Subregional Meet.....	3/13
8749	Leadership Consortium - A Year-Long Program.....	3/13
8738	MSTP Summer Training.....	3/14
7002	Tier II (Medium Schools) Knowledge Bowl Subregional Meet.....	3/15
7524	CCN/DAC Meeting.....	3/16
	Regional Knowledge Bowl Meet.....	3/20
8643	Becoming a Love and Logic Parent.....	3/22
8784	SMART Board Level 1 (MAC & PC).....	3/28
8817	Limited, Short-call Substitute Teacher Training.....	3/29-30
8739	STEM Training.....	3/30

April

7004	Gifted/Talented Network.....	4/3
	State Knowledge Bowl.....	4/12-13
8755	iPad - iPod Apps for Business - Take It In Thursdays.....	4/12
8694	Paraprofessional Online Exam.....	4/13
	Jr. High & Intermediate Knowledge Bowl Coaches Meeting.....	4/18
7005	Title 1 Network.....	4/19
7003	Students of Excellence Banquet.....	4/25
8644	Becoming a Love and Logic Parent.....	4/28
8787	SMART Board Level 1 (MAC & PC).....	4/30

For more events,
information or
registration:
www.resourcetraining.com

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our mission

We build meaningful relationships that enrich members and equip them with tools for success.



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Visit www.resourcetraining.com and tell us...

What would YOU do with \$250 at OfficeMax?

RESOURCE HAS PARTNERED WITH OFFICEMAX TO RECOGNIZE & AWARD 10 DESERVING TEACHERS OR SCHOOL STAFF MEMBERS IN OUR REGION!

We know the hard work it takes day in and day out to do what you do. We know budgets are tight, and there is more you'd like to do with your classroom to make it a better learning environment for our future generations.

Answer a few questions about yourself or a deserving colleague on our website. Tell us in 250 words or less how \$250 at OfficeMax could enrich your classroom, school, or office. Entries accepted until February 17th. Winners will be contacted and announced on March 2nd.

OfficeMax[®]

Gift cards will be awarded to Resource Members.
Courtesy of the Resource Cooperative Purchasing Program & OfficeMax.

THINKING ABOUT SUMMER? SO ARE WE!

Resource is planning for another scorching hot line up of **SUMMER WORKSHOPS**. What professional development umbrella will you find yourself under this summer? Technology? Leadership? Assessment? Creativity? Instruction?

Take a minute to tell us what you classes/workshops you want to experience this summer.

The **SUMMER SURVEY** can be found on our website www.resourcetraining.com. Your opinion gets you a chance for 1 of 4 - \$25 OfficeMax Gift Cards! *Drawing will take place on February 10th.*

Gift Cards Courtesy of the Resource Cooperative Purchasing Program & OfficeMax.

INSIDE THE NEXT ISSUE:

ScienceRocks! Conference
Title 1 Conference
Chess Tournament
School Specialist Spotlight
...and so much more!

SERVING OUR MEMBER SCHOOL DISTRICTS

Adding value...Maximizing resources