Administrative Bulletin

V-1  8.16.13

1. Welcome Back

I hope you had an awesome summer, welcome back! The start of this school year is very exciting for me. I’m excited to continue to meet staff, students, parents and community members. I’m excited about visiting the buildings, classrooms, special events, musicals, athletic events and much more. Most importantly, I’m excited to educate our students by providing all resources possible. We want our students to Dream It. Do It. Best of luck this school year and if you should ever need me, just call.

Ken Folks, ext. 1001

2. Membership Count Days

The Indiana Department of Education will be requiring two official counts days for Membership – Friday, Sept 13, 2013 and on Monday, February 3, 2014. Principals are asked to ensure that registrars have all addresses confirmed and legal corporations of settlement entered into the AS/400 on a daily basis so that information is accurate prior to the Sept 13 count date.

Ken Folks, ext. 1001

3. District-wide In-service, September 10

With the addition of district-wide in-service days to each school year, planning has begun for the first in service day, September 10. All certificated staff will report at 7:30 a.m. for registration and refreshments to New Haven High School. (Your specific assignment will be communicated to you in the next few weeks.) The morning session will be held from 8:00 a.m. – 11:00 a.m. with lunch to follow. Lunch will be provided by the district from 11:00 – 12:00. The afternoon session will begin at 12:15 and end at 3:30 p.m. More details will be shared in the upcoming weeks. As last year the in-service days are sure to be valuable to each and every attendee.

Ken Folks, ext. 1001

4. EACS Educational Foundation, Inc.

This is a quick reminder that your SY13/14 Payroll Deduction form – Enclosure #1 needs to be completed and forwarded to Rose Fritzinger by Aug. 26, 2013 so that 20 paychecks (from the 09/13/13 payroll through and including the 06/06/14 payroll) will serve to benefit our East
Allen County Schools Educational Foundation’s efforts. You may also select the option of providing cash or a check. Please make your check payable to the “EACS Educational Foundation”. Payroll deduction is a totally voluntary effort.

For more information about the Foundation, contact Rose.

Rose Fritzinger, ext. 3161

5. **EACS PAYROLL**

If you have a question about your paycheck, please contact Mona Snider (msnider@eacs.k12.in.us) at extension 1014. Susie Bandt retired this summer after more than forty years of service to EACS.

Kirby Stahly, ext. 1005

6. **FORT WAYNE GIRLS ROCK**

On September 7, 2013, Fort Wayne Girls ROCK will sponsor a goal setting event for young ladies grades 6-12. See Enclosure #2 for more details.

Tamyra Kelly, ext. 1050

7. **SCIENCE CENTRAL STUDY TRIPS**

Science Central has obtained a grant through the Kuhne Foundation to benefit East Allen County Schools. This funding will cover the cost of admission ($4.00 value per child); Free Labs ($2.00 to $4.00 value per child); Free Demos ($1.00 value per child); and/or Free Chaperon ($3.00 value per adult).

The value of this funding is up to $9 / student. Funds are limited and will be used on a first-come, first-served basis. Booking the Study trip is easy: after receiving internal EACS approval to take a field trip, the teacher simply fills out the form at this link: [http://sciencecentral.org/2013-04-27-13-06-18/2013-04-27-13-17-30/study-trip-registration-form](http://sciencecentral.org/2013-04-27-13-06-18/2013-04-27-13-17-30/study-trip-registration-form).

This year, there is a new exhibit opening - Science On a Sphere! This dynamic new exhibit was developed for weather and science research by the National Oceanic and Atmospheric Association (NOAA). Using cutting-edge computer technology and projectors, Science On a Sphere creates a fun and engaging learning experience for all grade levels.

If you have any questions, please feel free to direct them to Jenny Young, Education Director at Science Central: 260.424-2400, ext. 442 or by email: jenny@sciencecentral.org

Rose Fritzinger, ext. 3161

8. **BUILDING LEVEL ADMINISTRATORS WORK CALENDAR**

See Enclosure #3 to review the building level administrators 2013-14 work calendar.

Mike Shaffer, ext. 3151

9. **ANTI-BULLYING PRESENTATION FOR SCHOOLS**

Jerry Ackerman - a national anti-bullying speaker - will be doing a tour of the Indiana the ENTIRE month of September. This is our LAST early-bird, discounted offer! This offer is for a 20% discount and no travel expenses.
He delivers researched, age-appropriate student presentations. The offer expires August 30th.

Contact Randy Adelman, Scheduling Specialist for more details or go to Jerry Ackerman, www.jerryackerman.net.

Tamyra Kelly, ext. 1050

10. EACS WELLNESS NEWS

The beginning to a new school year can bring excitement and anticipation...and STRESS! By choosing certain foods, changing our eating habits and making more conscientious nutritional decisions - we can reduce our stress and even reverse the harmful effects stress has on the body. See Enclosure #4 for more details.

Eric Manor, ext. 1003

11. CURRICULUM CONNECTION

The Curriculum Connection contains upcoming information regarding assessments, curriculum updates, video clips, instructional websites, and more. Please see Enclosure #5 & 6 for specific elementary and middle school information.

Marilyn Hissong, ext. 3124
PLEASE PRINT LEGIBLY – THANK YOU!

EACS Educational Foundation – Donation / Authorization

EACS Employee Information:

1. Your Full Name (please print): ________________________________
2. Your EACS Extension, if any: ________________________________
3. School(s) Where You Work: ________________________________

Please identify your donation option (Select “✓” one):

☐ Payroll Deduction:

$____/pay for 20 pays (09/13-13/06/14 pays) for a total gift of $_______

☐ Donation: $_____________ (please attach)

Select “✓” one: ☐ Cash ________ ☐ Check #: ________

If donating via check, please make payable to: EACS Educational Foundation, Inc.

Please list my donation in any EACS Educational Foundation materials as:

(select “✓” one from the following options)

☐ __________________________________________________________ (please print)

☐ Anonymous

I select to provide my donation via payroll deduction. As such, I am signing below to authorize East Allen County Schools to perform the payroll deduction(s) I have selected above to benefit the EACS Educational Foundation, Inc.:

________________________________________
Date: ____/____/2013

Your Signature

Please return this completed form to Rose Fritzinger (Park Hill Learning Center.)
If participating, this completed Payroll Deduction form must be returned by 08/26/13.

Gifts to the Foundation may be deductible. East Allen County Schools Educational Foundation, Inc. does not provide goods or services as whole or partial consideration for contribution. Consult your financial planner / tax preparer for details.
2013-14 Registration Form

PLEASE PRINT CLEARLY

Name: (First/Last) ____________________________________________________ Apt/Lot # __________

Street Address: ______________________________________________________ State: __________

City: ____________________ Zip Code: __________

Home Phone: _______________ Date of Birth ____________________________

School Name: ___________________________ School Grade ______

Ethnicity: (check all that apply)
__ American Indian or Alaskan Native __ Asian __ Black or African American
__ Hawaiian or Pacific Islander __ White __ Hispanic or Latina __ Other

Parent/Guardian Name Printed: _____________________________

Parent/Guardian Signature: _____________________________

Emergency Contact/Relationship: _____________________________

Emergency Contact Phone Number: _____________________________

2013-14 FWGR Events: (check next to event(s) of interest)

□ FWGR "Got Goals" Work Session  □ FWGR "Girls Just Wanna Have FUN!" Lock-In
   September 7, 2013 (Renaissance Pointe YMCA)  November 23, 2013 (Renaissance Pointe YMCA)
   10:00am – 2:00pm  8:00pm – 7:00am  FEE: $10.00
   Deadline: August 30, 2013  Deadline: November 15, 2013

□ FWGR 3rd Annual Empowerment Conference
   "Shine Bright Like a Diamond"
   March 15, 2014 (Paul Harding Junior High School)
   Deadline: March 7, 2014

Register: Renaissance Pointe YMCA  ●  Mail Payments to: 6920 Chadwick Drive, Fort Wayne, IN 46816
Make Checks Payable to: Fort Wayne Girls Rock  ●  Payment Method: Cash______ Check______

Video/Photo Release: I agree _______  I do not agree _______

I hereby grant Fort Wayne Girls Rock the right to use, reproduce and/or distribute photos and video and/or testimonials of myself and/or my group in any promotional materials.

Fort Wayne Girls Rock
Director, Denita Washington 260.705.7243  ●  6920 Chadwick Drive, Fort Wayne, IN 46816
Facebook: www.facebook.com/FortWayneGirlsRock  ●  Email: FWgirlsrock@gmail.com
Our mission is to inspire in all students a passion for learning while developing knowledge, skills and character necessary to become responsible contributors to the local and global society.
EACS Employee Wellness Program

The Low Stress Diet

Keeping your immune System Strong In the Face of Stress

Source: www.welcoa.org, The Low Stress Diet (2013)
When we are stressed, our immune systems suffer. And once a single aspect of the immune system is affected, it’s not long before a whole chain reaction of negative responses can occur. In other words, it’s a domino effect.

When we are stressed, you should know that important nutrients will be used up much faster as the body kicks into its “fight or flight” response. In the stress-response process, the body utilizes more nutrients than it might normally during a resting state. If critical nutrients are depleted, our metabolisms suffer because they do not have the “fuel” they need to function properly.

**Unhealthy “quick Fixes”.** When people are stressed, good eating habits tend to go out the window. Stressed individuals will gravitate toward comfort foods, junk foods and highly processed foods. Moreover, when people are stressed, it’s hard to find time to prepare foods or cook, so it’s easy to turn to frozen dinners, fast food or take out. Most packaged and fast foods are prepared at the lowest cost possible, and with little to no regard for health and nutrition quality. These foods are usually stacked with processed sugar, salt, fats and various other substances that tend to please your taste buds, but wreak havoc on the rest of your body.

![Image of a woman holding a cake with a sign saying "STRESSED" is "DESSERTS" spelled backwards.]

**Poor food choices trigger the stress response.** Much like putting gasoline on a fire when you’re trying to put the fire out, many foods people turn to when stressed tend to promote the stress response even further. Foods that induce the body’s stress response include anything with refined sugar, processed flour or while flour, salt and caffeine. Foods containing these substances trigger the release stress hormones into the bloodstream, which increase heart rate, blood pressure, and metabolic activity. When individuals are already stressed, this food-induced trigger only adds to the problem.

**The immune system becomes compromised.** Saturated fat cannot be taken in through the bloodstream easily. As a result, people who eat diets heavy in saturated fats put undue stress on their bodies because their digestive system have to work harder to break down these foods and then get them transported throughout the rest of the body. In addition, foods with refined sugar can compromise the immune system, because they decrease the number of white blood cells, thus affecting the functionality of the immune system.

Nutrition Tips That Promote a Healthy Immune System

Although we certainly can’t eliminate stress from our lives, you can learn strategies to effectively cope with it and keep our health intact. The following nutrition guidelines are intended to help you adopt practical eating behaviors that will enhance your immune system when you are under stress.

When implementing these guidelines, keep in mind that there is not a one-size-fits-all diet, simply because everyone’s physiology is different. The low stress diet detailed below does not focus on losing weight – although that may certainly happen. These strategies are designed to help you keep your immune system functioning when you’re dealing with stress at optimum levels.

The Low-Stress Diet:

1. **Eat a variety of food colors.** Within the past 10 years, researchers discovered compounds called bioflavonoids, which are plant substances that give fruits and vegetables their color and contain antioxidant properties. More recently, researchers discovered that bioflavonoids can help fight cancer or the growth of cancer cells.

   It’s important to note that you will only benefit from these properties when you eat fresh fruits and vegetables with naturally occurring bioflavonoids. Processed potato chips or diet sodas, while they do have color, do not contain the same nutritionally beneficial compounds. Eat a variety of vibrant colors. Red peppers, green apples, blueberries and green leafy vegetables are all great options.

2. **Choose foods that are high in antioxidants.** Free radicals are oxygen molecules, and when they enter the body, they work hard to destroy healthy cells, cell membranes, mitochondria, and RNA and DNA. This is clearly a bad thing, but the good news is that the dangerous effects of free radicals can be counteracted by consuming foods rich in antioxidants. Antioxidants can essentially destroy free radicals, and can be found in a variety of fruits and vegetables.

3. **Choose organic foods whenever possible.** True, organic foods are more expensive. This is true because organic foods have been grown or raised on soil that has been clean of residue from herbicides, fungicides, pesticides and fertilizers for at least three years. Organic foods don’t have those potentially harmful substances—that’s what the certified organic label means.

   Although some chemicals can be removed by washing food, it is important to note that most harmful substances are actually in the soil and get taken up through the root system, which means they’re not only on the foods; they’re in the foods as well.

4. **Drink filtered water.** Water is the ideal drink of choice, but bottled water isn’t always best. There’s no regulation of bottled water, and a lot of it, these days, is just tap water. Furthermore, research shows that across the country, our water systems retain much of the runoff from herbicides, fungicides, pesticides and fertilizers, and although there are filtration systems throughout our

Source: [www.welcoa.org](http://www.welcoa.org), The Low Stress Diet (2013)
country’s water treatment plants, it appears that they’re not doing the job properly. Traces of everything from steroids to birth control pills to antibiotics are showing up in drinking water.

5. **Reduce caffeine consumption.** Caffeine tends to trigger the stress response. If you are stressed, excessive caffeine consumption can only make this worse. While you don’t have to completely avoid caffeine, you should be aware of how much you consume. For some people, drinking 14 to 15 cups of coffee a day is just the norm, but you need to realize the harmful effects that amount could have when stress compounds on top of it. Remember, caffeine is not just in coffee, but it’s also found in sodas and chocolate.

6. **Avoid or minimize genetically modified foods.** When a gene from a flounder fish is spliced into a tomato so that the tomato can withstand frost, you now have a genetically modified organism (GMO). Genetically modified foods contain a variety of compounds and chemicals that aren’t naturally in their DNA. Corn, soy and tomatoes are the most heavily genetically modified foods.

We’re beginning to see fairly significant problems associated with genetically modified foods and the chemicals used to grow them. A large increase in food allergies has emerged as one of the biggest problems. The increase in food allergies directly corresponds with the introduction of GMOs into our national food chain. There used to be only three significant food allergies—eggs, milk and peanuts. Now, however, many people have serious allergies to over 40 or 50 substances, and this is thought to be the result of GMOs. Moreover, most food allergies are due to an overactive immune system. The bottom line is to avoid these foods as much as possible by eating organic—a label that protects your food from genetic modifications and harmful chemicals.

7. **Incorporate fresh herbs and spices into meals.** Fresh herbs and spices not only make foods tastier, but they also have anti-microbial properties. An anti-microbial is a substance that kills or inhibits the growth of micro-organisms, such as bacteria and fungi.

The reason a fresh herb or a spice is healthy is due to its essential oils. Yet, many people store their herbs and spices, dried, on a rack right above the stove, which ultimately evaporates out all these essential oils. So, the fresher the herbs and spices you are eating the better.

8. **Consume free range meats.** “Free range” means that the animals are not factory animals, and are free of chemicals that are typically found in conventionally produced meats, including synthetic hormones, antibiotics, pesticides, herbicides, fungicides and synthetic fertilizers. These potentially dangerous compounds are created in the laboratory, but eventually get into the food chain when the animals ingest them, and then people ingest them through their meat. This is a very problematic cycle.

9. **Consume an adequate amount of fiber.** The key word here is adequate. The World Health Organization recommends that individuals consume between 30 to 40 grams of fiber per day. However, the typical American tends to eat less than eight grams of fiber a day. Why is fiber so important? In very blunt terms, fiber acts like a broom that cleans out the GI tract. So, if you are not taking in fiber, you’re not sweeping out your GI tract. This is problematic, especially since colon cancer is on the rise. Research suggests that this is largely due to inadequate amounts of fiber in the diet. The best sources of fiber include fruits and vegetables, and that little to no fiber is available through a diet high in processed and prepackaged foods.

Source: [www.welcoa.org](http://www.welcoa.org), The Low Stress Diet (2013)
10. Include omega-3 oils in a proper diet. It’s very important that we all know the sources of omega-3 oils in the foods that we eat. Certain eggs, fish and flaxseed are all great sources of omega-3s. The human body cannot naturally make omega-3 and omega-6 oils—these substances are only available from external sources—and the average American diet tends to be extremely heavy in omega-6 oils, and lacking in omega-3 oils. Inflammation is a major symptom in people who don’t get an adequate amount of omega-3s, and this can have negative effects on the entire body.

11. Preparing fruits and vegetables. Fruits and vegetables are a great source of nutrition, but you should also know how to prepare them, so you can benefit from all of the vital nutrients. This especially applies when cooking vegetables in water. When vegetables are dropped into hot or boiling water, the water leaches out most water-soluble vitamins and minerals, meaning most of the good nutrients go down the sink, instead of on the plate. Consider steaming your vegetables to avoid this problem, and maximize the nutrition benefits from your food.

Additionally, cooking with Teflon-coated cookware is problematic because research is showing that people who cook with Teflon consume some of the plastic and the petro chemicals that rub off from nonstick surfaces.

12. Choose supplements wisely. In most cases, the best source of vitamins comes from their natural source, which mainly includes fruits and vegetables and other natural, whole foods. Supplements shouldn’t be completely ruled out, but you do need to be aware of the nutrients your body really needs, and the best way in which you can attain those nutrients. When it comes to vitamins and supplements, the real question is: what are you eating? What are you lacking? The body’s natural shedding process — that if you can’t use, or already have enough of a certain vitamin or mineral — it will be eliminated through digestive process. Carefully select your supplements and make sure you only buy the vitamins you actually need, instead of throwing money down the toilet.

Coping with Stress One Bite at a Time

You now have 12 practical eating and nutrition tips that can help you combat the harmful effects of stress. While not impossible, it is somewhat unreasonable to assume that you will immediately adopt all 12, so we’ll leave you with one last piece of advice.

Simply eat at least one meal a day that is nutritionally designed for your immune system. Just one meal!!!! If you choose to incorporate any of the tips above into one meal, you will be doing pretty well, because by and large, most people today are not eating any meals for their immune system. Get yourself started with one, and soon, hopefully you will gravitate towards much healthier eating habits and lifestyle changes, and you just might use this advice for all of your meals.

Source: www.welcoa.org, The Low Stress Diet (2013)
Important Dates

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<td>4 Week Assessment (2-6)</td>
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<td>mCLASS Math (K-2)</td>
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<td>Writing Prompt</td>
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<td>Acuity Predictive A</td>
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How to Access Curriculum on iTunesU

- Open the iTunes U app
- Tap Catalog at top
- In top right search bar, type in *eacs*, then the grade level or subject area, such as:  
  - *eacs 2nd*, *eacs 7th.*
  - This is also how your students will find their courses
- Tap the course you want
- Tap the SUBSCRIBE button
- Tap the green GET COURSE button
- You can see ALL of our courses by just searching “eacs”

How to Access Curriculum on Shared Drive

- Click “District Shares”
- then click “Curriculum Resources”
- then click “2013-2014 EACS Curriculum”

Curriculum

Essential Questions, vocabulary should be posted for Bundle 1.

- Add vocabulary as it is introduced. The whole year should not be posted at this time.
- Colors for each category:
  - Math, blue; Language, yellow; Science, green; Social Studies, pink

Lay out Bundle One with grade level team to bridge commonalities for more seamless instruction.

Read performance task first so that you know how to lay out lessons and assessments for task completion.

- Extensions have been added to most grade levels as a differentiated option for the performance task
- Rubrics are available for your grade level

K-G5 Collaboration Topics

- Bundle planning
- Lucy Calkins
- Daily Math Review
- Math Facts
- Daily 5 and Cafe
- 6Traits
Important Dates

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- You can see ALL of our courses by just searching “eacs”

How to open Posts in iTunesU

- Go back to iTunes U course
- On the right, tap on the POST tab
- Along the left, tap Bundle 1
- At the top, tap the grey bar under Bundle 1
- Tap on the PDF to download the bundle
- Tap the document icon to open it

G6 – G8 Collaboration Topics

- Bundle planning
- First 12 Days
- Daily Math Review
- Plugged In To Reading
- My Big Campus (MBC)
- 6Traits

Curriculum

Essential Questions, vocabulary should be posted for Bundle 1.

- Add vocabulary as it is introduced. **The whole year should not be posted at this time.**
- Colors for each category:
  - Math, **blue**; Language, **yellow**; Science, **green**; Social Studies, **pink**

First 12 Days are essential for teachers to establish both Readers’ Workshop and Writers’ Workshop within the balanced literacy classroom.

Lay out Bundle One with grade level team to bridge commonalities for more seamless instruction.

Read **performance task** first so that you know how to lay out lessons and assessments for task completion.

- **Extensions** have been added to most grade levels as a differentiated option for the performance task

- Rubrics are available for your grade level