1. **SCHOOL MAKEUP DAY - FEBRUARY 20th**

   Because of the school cancellation on Thursday, January 26th, "President's Day" will be used as a make-up day. A regular school day is now scheduled for Monday, February 20th. Please make sure that staff, students, and parents are aware of this change.

   Kirby Stahly, ext. 1005

2. **3 HOUR DELAY – REMINDER**

   As a reminder, East Allen County Schools may have 3-Hour Delays this school year if needed. If a three hour is called, an additional hour will be added onto the end of the school day.

   Kirby Stahly, ext. 1005

3. **TRINE UNIVERSITY INTERACTIVE COURSES FOR TEACHERS**

   Trine University has partnered with Virtual Education Software, inc. to offer professional growth point (PGP) courses for educators online or via CD-Rom. These interactive courses can be completed in the comfort of your own home at times convenient to your schedule. Go to [http://www.virtualeduc.com/e-announcements/trine.htm](http://www.virtualeduc.com/e-announcements/trine.htm) for more information.

   Tamyra Kelly, ext. 1050

4. **CPR/AED TRAINING**

   Please check your CPR cards, if it is time for your re-certification, see your school nurse. If you have never been trained in CPR and would like to learn, see your school nurse or call Wendy Walker at extension 3321. Knowing how to do CPR is a *life skill*...the life you save most likely will be that of a loved one. See Enclosure # 1 for more information.

   Britt Magneson, ext. 1050

5. **TIPS ON HOW TO DINE OUT WITH FOOD ALLERGIES**

   **AllergyEats** ([http://www.allergyeats.com/](http://www.allergyeats.com/)) is a comprehensive, user-friendly guide to allergy-friendly restaurants across the United States. It is a peer-reviewed directory of restaurants – rated by people with food allergies, for people with food allergies.

   Paul Antico’s database has over 600,000 restaurant listings across the U.S. – from large chains to small mom and pops, from gourmet to greasy spoons. He has laid the groundwork by providing users with menus (including gluten-free), allergen lists, certifications, nutritional info, phone...
numbers, website links, and more, where available, as well as other relevant information from restaurants.

Check out the helpful tips for dining out with food allergies at http://www.foodallergy.org/page/tips-for-dining-out-with-food-allergies

Britt Magneson, ext. 3143

6. WHAT IS A PERSONAL LEARNING NETWORK?

Personal Learning Networks, or PLNs, have been around forever. Originally, they were your family and friends, maybe other educators you worked with, but as the internet and web 2.0 tools have become nearly ubiquitous, PLNs can include tons of different communities. Basically, anyone that you interact with is apart of your PLN, whether they are social contacts, professional peers, or experts in their field. Most of the ‘learning’ takes place on-line now, because it is simple to find and connect with others with similar interests from around the world. Here are some ways that educators are using their PLNs:
- Professional development – learn from content-area specialists
- Locate resources for your classroom, such as free websites and software
- Get lesson plan ideas from master teachers
- Learn about new technology and how to integrate it into your teaching
- Find collaborative solutions
- Find interesting links to education news

Very Informative Website for PLN- http://www.cybraryman.com/pln.html

Bill Diehl, ext. 3125

7. NAME THE DAVINCI ROBOTIC SURGICAL SYSTEM COLORING CONTEST

Lutheran Hospital, have two Davinci Robotic Surgical systems that they utilize everyday for various types of surgeries and they are currently without names. Everyday patients ask if the robots have names. Lutheran Hospital is holding a citywide elementary school coloring contest. The student will color and name the robot he/she colors. Teachers will pick the best from his/her class and the principal or art teacher will in turn select the best one from the school. Winners will be selected by mid-March. If you are interested please contact Kristina Wehrle, RN Robotic Team Leader at Lutheran Hospital 260-435-7314 or by email kwehrle@lutheran-hosp.com.

Tamyra Kelly, ext. 1050

Positive Praise:

"What ideas are you finding successful with your students? Can you share with your colleagues? Sharing the best means everyone succeeds!"

Remember….RESPECT IS THE ‘BUZZ’ WORD FOR 2012!
What Are the Warning Signs of Heart Attack?

Heart and blood vessel disease is our nation’s No. 1 killer. About half of the deaths from heart and blood vessel disease are from coronary heart disease, which includes heart attack.

About 325,000 people a year die of coronary attack before they get to a hospital or in the emergency room. But many of those deaths can be prevented — by acting fast!

Some heart attacks are sudden and intense. But most start slowly, with mild pain or discomfort. Here are some of the signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- Shortness of breath. This may occur with or without chest discomfort.

- Other signs. These may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women’s most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

What should I do if I suspect a heart attack?

- Don’t wait more than five minutes before calling for help. Call 9-1-1 or the local emergency medical services (EMS) such as the fire department or ambulance.

- Get to a hospital right away.

- If you’re the one having symptoms, and you can’t access the EMS, have someone drive you to the hospital right away. Don’t drive yourself, unless you have absolutely no other option.

What else can I do?

- If you’re properly trained and it’s necessary, you can give CPR (mouth-to-mouth rescue breathing and chest compressions) to a victim until help arrives.

- Before there’s an emergency, it’s a good idea to find out which hospitals in your area have 24-hour emergency cardiac care. Also, keep a list of emergency phone numbers next to your phone and with you at all times, just in case. Take these steps NOW.
Why don't people act fast enough?

Half of all people having a heart attack wait more than two hours before getting help.

Some people feel it would be embarrassing to have a “false alarm.” Others are so afraid of having a heart attack that they tell themselves they aren't having one. These feelings are easy to understand, but they're also very dangerous.

If you or someone close to you shows signs of a heart attack, call 9-1-1 and get help right away!

How can I help to avoid a heart attack?

- Don’t smoke, and avoid other people’s tobacco smoke.
- Treat high blood pressure if you have it.
- Eat foods that are low in saturated fat, trans fat, cholesterol and salt.
- Be physically active.
- Keep your weight under control.
- Get regular medical check-ups.
- Take medicine as prescribed.
- Control your blood sugar if you have diabetes.

How can I learn more?

1. Talk to your doctor, nurse or other health-care professionals. If you have heart disease or have had a stroke, members of your family also may be at higher risk. It's very important for them to make changes now to lower their risk.
2. Call 1-800-AHA-USA1 (1-800-242-8721) or visit americanheart.org to learn more about heart disease.
3. For information on stroke, call 1-888-4-STROKE (1-888-478-7653) or visit StrokeAssociation.org. We have many other fact sheets and educational booklets to help you make healthier choices to reduce your risk, manage disease or care for a loved one.

Knowledge is power, so Learn and Live!

Do you have questions or comments for your doctor?

Take a few minutes to write your own questions for the next time you see your healthcare provider. For example:

- How can I tell a heart attack from angina?
- How is heart attack different from stroke?
1. **EACS SCHOOLS WITH EXCELLENT ATTENDANCE**

The following schools had excellent *teacher attendance* the week of January 16-20 2012:

- Prince Chapman Academy - 98%
- Heritage Jr./Sr. High School - 97%
- Woodlan Primary - 96%
- Paul Harding Jr. High - 96%
- Highland Terrace Elementary - 95%
- Leo Elementary - 95%

**WONDERFUL JOB TEACHERS!**

2. **SCHOLASTIC ART AND WRITING COMPETITION**

Congratulations to Eli Crow and Eric Jones, Leo High School, seniors. They entered their artwork in the Scholastic Art and Writing Regional Competition. Eric received one gold key, one silver, and one honorable mention. Eli received two gold keys, one silver, and one honorable mention. Their artwork will be on display at the Fort Wayne Art Museum from February 12 through April 8. Their gold key artworks will be sent on to New York to be judged at the National Level.

**Congratulations and Good Luck Eli and Eric!**