1. PROFESSIONAL LEAVE REQUESTS – EACS Ad-48 01/10 (R)

Reminder: When you request a professional leave, the completed form must include the expense breakdown and the total cost of the seminar or conference that you are requesting to attend. This will be the maximum amount that the district will pay/reimburse for the seminar/conference.

Kirby Stahly, ext 1005

2. CURRICULUM CONNECTION

The Curriculum Connection contains upcoming information regarding assessments, curriculum updates, video clips, instructional websites, and more. Please see Enclosure #1 for specific information.

Marilyn Hissong, ext. 3124

3. PARKVIEW LIVE

Parkview Live and the YMCA of Greater Fort Wayne are committed to change the health of our region by providing wellness resources for families. Your family can get in shape with the help of the Live Weight Management program. The eight-week class will help keep your family at its best and healthiest.

The 8 week program is aimed for children 6-18 who are in the upper 85th percentile for height and weight and their families. Cost is only $50 with scholarship available. See Enclosure #2 for more information or livehealthy.parkview.com

The Diabetes Prevention Program (for adults) is also offered at the YMCA. For more information contact Wendy Spitznagel at the YMCA or https://www.fwymca.org/diabetes_prevention.php. See Enclosure #3 for the 8 to Live by Habit Builder and Track it!

Ed Mendoza, ext. 3141

EACS School Choice Fair ~ Sunday, Feb. 10, 2013
1-4 pm @ New Haven High School
‘Your District, Your Schools, Your Choice’!

Remember the Slogan:
EAST ALLEN COUNTY SCHOOLS ~ ENHANCING THE EDUCATION!
Test Taking Strategies
Are Students Prepared?

**Constructed Response:** Constructed response questions are short essay or open-ended questions which ask a student to explain, analyze, and/or interpret a written statement or graphic (ie: photo, map, diagram).

**Constructed Response Strategies:**
- Read the entire question carefully.
- Circle or underline important words like: explain, provide, assess, justify, or identify

**Prepare:**
- Before the test, know how your response will be scored
- Understanding the scoring rubric for constructed response questions will help you formulate an answer that may score higher.

**Answer:**
- Restate the question to begin your sentence.
  - If the question asks: “Tell about the kind of area this species might live in.” You begin your response with: “The kind of area it might live in is...”
- Answer all parts of the question asked.
  - “Identify three variables for the experiment.”
- Support your reasoning with detail.
  - Answer “WHY”
- Write legibly
  - Anyone should be able to read your handwriting. If you make a mistake, simply draw a line through it, it is much neater and quicker than erasing it.
- Do not skip any questions.

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### Compass Odyssey

Students should be receiving 1 to 2 hours of instruction time weekly.

When can students use Compass Odyssey?
- Schools should have designated times set on a monthly rotation bases for one class period (a minimum of one time per week)
- Each of the four subjects: Math, Lang Arts, Science, and Soc. St. should use Compass one time per month
- Students may work on from home, possibly for extra-credit.
- Teachers may use this tool for academic remediation in the lab before or after school.
- Teachers may use this as an extension for students who have surpassed grade level material.
- Teachers may use whole group in the classroom to review common errors or subject areas; Math, Language Arts, Science, or Social Studies.

### 6-8 Collaboration Topics

- RtI students
- Writing Prompts
- DLR
- SRI
- Success lessons
- DMR
- Intervention lessons
- Poster math
- Constructed Response
- Problem solving strategies
- Literary Analysis
- Data Analysis/Assessment

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### Important Dates

<table>
<thead>
<tr>
<th>District Writing Prompt (give)</th>
<th>January</th>
</tr>
</thead>
<tbody>
<tr>
<td>SRI (G6-8)</td>
<td>January</td>
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</tbody>
</table>

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### Technology for Writing

The applied skills portion of the ISTEP is quickly approaching. Here are a few websites that may be useful.

**Anchor Paper Websites**
- [http://thetraits.org/scoring_examples.php](http://thetraits.org/scoring_examples.php)
- [GK-5, G6-8](http://www.eduplace.com/rdg/hme/)
- [http://www.thewritesource.com/models.htm](http://www.thewritesource.com/models.htm)

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### Acuity and Grading

- **DO NOT TAKE A GRADE FROM PREDICTIVE ACUITY**
- Can take a grade from the 4 week assessment
Parkview and the YMCA of Greater Fort Wayne formed a collaborative partnership to improve the overall health and well-being of the communities we serve. Parkview’s LiVe Weight Management, which is held at the local YMCAs, is a program of our partnership.

LiVe Weight Management
For children, teens and their families

About LiVe Weight Management Parkview LiVe and the YMCA of Greater Fort Wayne are committed to change the health of our region by providing wellness resources for families. Your family can get in shape with the help of the LiVe Weight Management program. Our eight-week class will help keep your family at its best and healthiest.

You may refer yourself to the program or be referred by your physician. A YMCA liability waiver and a physician clearance for participating will need to be completed.

Program Registration
Complete this form and mail it to:
Parkview LiVe
2200 Randallia
Fort Wayne, IN 46805
Or FAX to:
(260) 373-7984

Parent/Guardian name(s):

Children name(s) and date of birth:

Address:

Referring physician:

Preferred YMCA location:

Phone number(s):
Cell: ( )
Home: ( )
Work: ( )
Email: ____________________________

Program highlights
• Group classes taught by trained nutrition and fitness professionals
• 45 minutes of nutrition education and 45 minutes of fun physical activities at each class
• Complimentary YMCA memberships for the entire program
• Receive recipes, menu planners, best websites, tips on eating awareness and more
• Learn the fundamentals of creating an active household
• Help improve your child’s body image and acceptance.

Class dates, times and locations
Check-in time begins at 6:15 p.m.
Class ends at 8 p.m.

• Mondays, from Jan. 28 to March 18, at the Jorgensen and Renaissance Pointe YMCAs
• Mondays, from April 8 to June 3, at the Renaissance Pointe YMCA
• Tuesdays, from April 9 to June 4, at the Parkview YMCA
• Mondays, from June 17 to Aug. 5, at the Parkview YMCA
• Mondays, from Sept. 16 to Nov. 4, at the Renaissance Pointe YMCA
• Tuesdays, from Sept. 17 to Nov. 5, at the Parkview YMCA

For more information
For information about the LiVe Weight Management program, visit www.livehealthy.parkview.com or call (260) 373-7998. The cost is $50 per family for eight weeks. Scholarships are available for those who qualify, and payment plans are available.
Always eat breakfast—and make it healthy

- Eating a healthy breakfast can improve your memory, boost your creativity, raise your test scores—and help you reach and keep a healthy weight.
- Aim for breakfasts that include 3 of the 5 main food groups. Try combos such as: (cereal + milk + juice) or (eggs + toast + milk) or (fruit + yogurt + bagel).

Eat more fruits and vegetables

- Fruits and vegetables are full of nutrients that help you learn and grow, prevent disease, and keep up your energy and mood. Studies show that they’re important for a healthy body weight, too.
- Every day, aim to get 1 to 2 cups of fruit, and 1½ to 3 cups of vegetables.

Limit—or eliminate—sweetened drinks

- Studies suggest that America’s weight problem is linked to America’s “drinking problem”—that is, to our increasing intake of sweetened drinks like sodas and sports drinks. Sweetened drinks are also linked to weak bones and tooth decay.
- Aim for less than 12 ounces per week of soda, sports drinks, lemonade, and other sweetened drinks. Limit juice to less than 6 ounces per day. Drink water instead, and aim for 3 glasses of milk each day.

Increase your physical activity

- Everyone needs regular physical activity—regardless of their shape, size, health, or age. Physical activity gives you better energy, stronger muscles, less stress, and easier weight management.
- Aim for at least 60 minutes of physical activity every day. You can get most of this from daily playtime, walking or biking to school, or family activities. The rest can come from sports or other exercise.

Eat meals together as a family—sitting down

- Many studies have shown that children and teens who eat regular meals with their parents are more likely to eat in a balanced way, do well in school, and maintain a healthy weight.
- Aim to eat dinner together most nights of the week. Sit down at the table, turn the TV off, and enjoy!

Be positive about food

- Experts agree that how you think and talk about food and bodies can have a big impact on your health now—and in the future.
- Forget “forbidden foods”—all foods can fit in a balanced diet. Don’t give food as a reward or withhold it as a punishment. Be food-friendly, not food-phobic.

Don’t criticize about weight

- If you, your friends, or your family obsess about food or weight, you’re more likely to have unhealthy behaviors—and an unhealthy body weight.
- Watch what you say. Don’t criticize your own body—even as a joke. Don’t compare your own weight, size, or shape to anyone else’s. Being healthy means being positive.
# 8 To Live By

## Track It!

### Week:

#### FOOD

<table>
<thead>
<tr>
<th></th>
<th>SUN</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
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<tbody>
<tr>
<td>Breakfast</td>
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<td>Veggies</td>
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<td>Sweetened Drinks</td>
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<td>Low-fat Milk</td>
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</table>

#### ACTIVITY

<table>
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<th>SUN</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minutes of TV, video games, and Internet</td>
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<tr>
<td>Minutes of activity (includes outside play, chores, family activities, walking to school, sports, and more...)</td>
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</table>

### SUPPORT

- I ate dinner with my family this week on these days:
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
</table>
- Things my family and friends did that were...
  - Helpful:
  - Hurtful:

### CELEBRATE

Things I did well this week:

### MY NEW GOALS

Things I could improve on:

For more information about the LiVe program, visit [livehealthy.parkview.com](http://livehealthy.parkview.com).

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1. **OUTSTANDING COUNSELING PROGRAM**

Woodlan Jr. Sr. High School will receive the Recognized ASCA Model Program (RAMP) designation during a special ceremony at the American School Counselor Association’s annual conference in Philadelphia, Pennsylvania on July 2, 2013. Woodlan Jr. Sr. High School will be honored for establishing an outstanding school counseling program.

The RAMP designation, awarded to schools whose counseling programs align with the criteria set in the *ASCA National Model*, recognizes schools that are committed to delivering a comprehensive, data-driven school counseling program and creating an exemplary educational environment.

**Congratulations Woodlan Jr. Sr. High!**

2. **FIRST IN MATH**

*As of Jan. 22, 2013*

**Top Schools in State**

#2 New Haven Middle School  
#3 Leo Elementary School  
#4 Meadowbrook Elementary School  
#5 Woodlan Intermediate School  
#6 Cedarville Elementary School

**Top Teams State**

#1 - ocean78in - Leo El (Elrod)  
#2 - cardiac5in - New Haven Middle (Gurney)  
#3 - heart12in - New Haven Middle (Gurney)  
#4 - quark1in - Cedarville (Linson)  
#9 - xenon45in - Cedarville (Fipp)

**Top Schools - East Allen**

#1 New Haven Middle School  
#2 Leo Elementary School  
#3 Meadowbrook Elementary School  
#4 Woodlan Intermediate School  
#5 Cedarville Elementary School

**Top Teams - East Allen**

#1 Leo El - ocean78in - Elrod  
#2 New Haven Middle - cardiac5in - Gurney  
#3 New Haven Middle - heart12in - Gurney  
#4 Cedarville - quark1in - Linson  
#5 Cedarville - xenon45in Fipp

Congratulations to Lori Fipp’s 2nd grade class for becoming one of the top ranked teams in EACS & State of Indiana!

**KEEP UP THE GREAT WORK!**