Administrative Bulletin

V-11 10.25.13

Note: Thank you for supporting Breast Cancer Awareness Month!

1. **ACCESS TO PAYROLL RECORDS = EMPLOYEE ACCESS**

   In an effort to reduce costs and wastes, effective with the 1st pay in January 2014 (January 3, 2014) East Allen County Schools will no longer issue Deposit Advices (pay stub). East Allen County Schools has implemented "Employee Access" which allows employees a secure method to view and print pay records, employee benefits, tax data, and current leave balances. Employees can access the system at home or at work. Employees are allowed to use EACS owned equipment to view and print payroll records.

   To receive detailed instructions on how to access your on-line payroll records and activate your account, please contact Nena Klotz at nmklotz@eacs.k12.in.us or ext. 1010

     Kirby W. Stahly, ext. 1005

2. **PARKVIEW OCCUPATIONAL HEALTH CLINICS – CHANGE OF HOURS**

   This is a reminder that two of Parkview Occupational Health Clinics have modified their hours of operation. The New Vision Drive Clinic is now open 24 hours a day with the exception of Saturdays @ 1pm through Mondays @ 7am. The East State Street Clinic is now open Monday through Friday 8am - 6pm. Please make note of the change in hours. *Supervisors and Nurses- In the event of a workplace injury, please ensure that employees are directed to go to the closest open clinic. See Enclosure #1 for more details.

     Amanda Ricketts, ext. 1009

3. **SUPERINTENDENT GLENDARITZ’S HOLIDAY TREE**

   Kids of all ages are asked to send in “Reading Links” in red or white paper with their favorite author, book, short story, fictional character, or poem. These links (sized 11” x 2.83”, or 1/3 the width of an average sheet of paper) will create a Holiday Chain for Superintendent Ritz tree.
Teachers and administrators are asked to send their submissions to: Office of Communications Indiana Department of Education, 115 W Washington Street South Tower, Suite 600 Indianapolis, IN 46204

Tamyra Kelly, ext. 1050

4. INDIANA STATEHOOD DAY 2013

Indiana Statehood Day 2013, essay competition: The Indiana State House Tour Office in conjunction with the Indiana Center for the Book and the Indiana State Library is hosting an essay competition to commemorate Indiana Statehood Day 2013, a celebration of Indiana’s 197th birthday. The theme is Hoosier Bicentennial Heroes. For additional information on the essay contest, please visit: http://www.in.gov/library/statehood.htm. Winners of the Hoosier Bicentennial Heroes essay contest will be honored at the Statehood Day Celebration at one of four participating locations on Wednesday, December 11, 2013. For additional information regarding events planned for Statehood Day, please visit http://www.in.gov/idoa/files/2013FlyerVisit.pdf

Tamyra Kelly, ext. 1050

5. UPGRADING TO FILEWAVE 7

Upon upgrading to Filewave 7 in order to support iOS7, the Technology Department would like to announce that everyone whose iPads are managed by Filewave, which includes students and staff, will be getting a new App Portal icon. The old icon will turn white and the new one looks slightly different. Please note: You should not have to do anything. If you want the white icon gone, simply turn the iPad off and back on and it will delete automatically.

More news about students updating to iOS 7 will be coming soon!

Keith Madsen, ext. 3125

6. CURRICULUM CONNECTION

The Curriculum Connection contains upcoming information regarding assessments, curriculum updates, video clips, instructional websites, and more. Please see Enclosure #2, 3 & 4 for specific elementary, middle, and high school information.

Marilyn Hissong, ext. 3124

7. EACS WELLNESS BULLETIN

See Enclosure #5 for the latest edition of the EACS Wellness Bulletin.

Eric Manor, ext. 1003

DREAM IT. DO IT.
Parkview Occupational Health is expanding its hours at the New Vision Drive location beginning September 3, 2013.

Occupational Health Services are now easily accessible from all parts of the region. The New Vision Drive clinic will be open 24 hours a day (starting September 3rd) for service from Monday at 7:00 a.m. until Saturday 1:00 p.m. The East State location, 3103 E. State Blvd., is also revising hours and will be open for service Monday-Friday from 8 a.m. to 6 p.m.

Parkview Occupational Health North is located at the southwest corner of Diebold Road and New Vision Drive at:

3978 New Vision Drive
Fort Wayne, IN 46845
Phone: (260) 672-4680
Fax: (260) 672-4685

The Parkview Occupational Health Clinic on New Vision offers:

- X-ray and physical therapy services
- Acute Occupational Health services, which result in fewer emergency services
- Easy access from I69 from both the Dupont Road and Union Chapel Road exits
- Executive Physicals, Fire Fighter Physicals, DOT Physicals and OnSite Case Managers

For more information about services provided at our seven area Parkview Occupational Health Clinic locations check out our website at: www.ParkviewTotalHealth.com.

Maps will be available to direct East State clients to the new location for after-hours care. If you have any questions you can contact the New Vision location at (260) 672-4680.

The North clinic is located at the corner of New Vision Drive and Diebold Road. The entrance to the newly expanded facility is on New Vision Drive.
**Important Dates**

<table>
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**Apps**

**Socrative Student Clicker:**
Is a great app that allows you to do a quick exit ticket. As the teacher, you have to create an account, but to use the app; put a question on the board that students will then answer on their iPad using the app. Students are then asked how well they understood the lesson. THEN you can download the results for data!

**Shadow Puppets:**
Is a new app in the student app portal. Shadow Puppets allows students to create a story using pictures from camera roll and then records their voice as they tell the story. Shadow Puppets works very simply and very smoothly. When finished, students can share with others via the Shadow Puppets website, or share through Apple TV.

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**Technology**

My Big Campus has resolved many of the technical problems of that last month. Please continue using announcements, discussions, resources, and schoolwork for sending and receiving files. However, there are technical problems with the multiple choice/true false quiz questions: they are not being scored correctly. We strongly encourage that those tools not be used until MBC corrects the issue. As an alternative, teachers could utilize Nearpod for a quick graded quiz.

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**Bloom’s Taxonomy**

Bloom’s Taxonomy refers to a hierarchy of question stems that teachers use to guide their students through the learning process. This cognitive domain is divided into categories, which are arranged progressively from the lowest level of thinking, simple recall, to the highest, evaluating information.

**Level 1: Knowledge**
Exhibit memory of previously learned material by recalling facts, terms, basic concepts, and answers.

**Level 2: Comprehension**
Demonstrate understanding of facts and ideas by organizing, comparing, translating, interpreting, giving descriptions and stating main ideas.

**Level 3: Application**
Solve problems to new situations by applying acquired knowledge, facts, techniques and rules in a different way.

**Level 4: Analysis**
Examine and break information into parts by identifying motives or causes. Make inferences and find evidence to support generalizations.

**Level 5: Synthesis**
Compile information together in a different way by combining elements in a new pattern or proposing alternative solutions.

**Level 6: Evaluation**
Present and defend opinions by making judgments about information, validity of ideas or quality of work based on a set of criteria.

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**Wonders: Assigning Assignments**

1. Log into Reading Wonders
2. Click on Teacher Edition
3. Choose Unit and Week of the story you want to use
4. Choose the Teach Option
5. Choose eBook or Resources
6. Fill out Assignment information and then select students that you want to assign it to. If you want it assigned to the whole class: click ALL.
7. Then Click Assign
8. Students Will access the assignments through the to do list on the webpage or app.
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Collaboration Ideas

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- Beacon Matrix Results
- DMR
- Literature Analysis
- Checking for Understanding
- Engaging Activities
- Core Vocabulary
- Smart board Activities
- Intervention Resources and Activities
- Math Facts
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Fiber Foods to Help Fight Breast Cancer

Estrogen is a factor in the early growth and development of breast cancer and a study reported in the *Journal of Clinical Oncology* found that a diet with 20-30 grams of fiber per day can be helpful in lowering estrogen levels. One theory is that fiber interferes with the absorption of estrogen in the blood. Another theory is that people who eat more fiber consume less fat, and a diet that is high in fat is believed to increase the risk of developing breast cancer.

Are you getting enough fiber in the foods you now eat? The U.S. Department of Agriculture's 2010 Dietary Guidelines recommends 25 grams of fiber per day for women and 38 grams daily for men, yet most Americans get only about 15 grams of fiber a day.

The good news is that high fiber foods are plentiful, delicious, and easy to fit into your diet.

**Breakfast**  
Your first meal of the day lends itself to a big fiber boost because certain breakfast foods are loaded with fiber. Have a cup of high fiber cereal and you'll get up to 25 grams of fiber. Top it with ⅓ cup of blueberries and tack on another 5 grams. Swap a slice of white toast for whole wheat toast and pick-up 3-4 grams of fiber.

**Lunch**  
Opt for soup made with fiber–rich lentils or black beans and get 12 or 9 grams of fiber respectively per one cup serving. At the salad bar, a salad with spinach, black beans, tomato, cucumber, onion, and shrimp tallies up to about 15 grams of fiber. Make your sandwich with whole wheat instead of white bread and get an extra 5 grams of fiber.

**Dinner**  
Swap out starchy low fiber carbs such as white pasta and rice and add tasty sides, such as corn on the cob, beans or squash.

DID YOU KNOW?
Feeling tired and fatigued doesn’t have to be part of your daily routine. Click here for a short video.

Upcoming/Current Wellness Initiatives
- Step-By-Step Pedometer Walking Program. **Sept. 17 – October 30.** Contact Eric Manor, EACS Employee Wellness Coach at emanor@eacs.k12.in.us with questions.
- **Coming in November...**EACS 1st annual Rethink Your Drink Day. Sign the pledge to drink only H2O for one day. More information coming soon.
Metabolism and weight loss: How you burn calories.

You’ve probably heard people blame their weight on a slow metabolism, but what does that mean? Is metabolism really the culprit? And if so, is it possible to rev up your metabolism to burn more calories?

While it’s true that metabolism is linked to weight, it may not be in the way you expect. In fact, contrary to common belief, a slow metabolism is rarely the cause of excess weight gain. Although your metabolism influences your body’s basic energy needs, it’s your food and beverage intake and your physical activity that ultimately determine how much you weigh.

Metabolism: Converting food into energy

Metabolism is the process by which your body converts what you eat and drink into energy. During this complex biochemical process, calories in food and beverages are combined with oxygen to release the energy your body needs to function. Even when you’re at rest, your body needs energy for all its “hidden” functions, such as breathing, circulating blood, adjusting hormone levels, and growing and repairing cells.

The number of calories your body uses to carry out these basic functions is known as your basal metabolic rate — what you might call metabolism. Factors such as your body size and composition, your sex and your age determine your individual basal metabolic rate.

Metabolism and Weight

It may be tempting to blame your metabolism for weight gain. But because metabolism is a natural process, your body generally balances it to meet your individual needs. That’s why if you try so-called starvation a diet, your body compensates by slowing down these bodily processes and conserving calories for survival.

Unfortunately, weight gain is most commonly the result of eating more calories than you burn. To lose weight, then, you need to create an energy deficit by eating fewer calories, increasing the number of calories you burn through physical activity, or both.

Phone Apps

On the go? Check out these featured nutrition oriented phone apps.

- Jamie’s Recipes
  Free – Chef Jamie Oliver helps you whip up incredible new meals with step-by-step directions, helpful how-to videos and an automated grocery list that makes shopping a breeze.

- Fooducate
  Free - Simply scan the bar codes of the food you buy to reveal the true nutritional value. With a database of over 200,000 grocery items, it’s easy to make healthy choices.

- OpenTable
  Free - Making reservations at great restaurants has never been easier. Search based on neighborhood, cuisine, price or proximity and just tap to book your table.

- Gourmet Live
  Free – The iconic food magazine, reborn on your iPhone. Everything you loved about Gourmet, from classic recipes to award-winning writing, is now available anywhere.

- Other Apps
  o Cooking Light
  o Epicurious
  o Gluten Detective
  o Is my Food Safe?
  o The Photo Cookbook
  o Seafood Watch
  o The Snack App
  o Urbanspoon
Eat Right For Breakfast

A healthy breakfast is the most important ingredient to an energized and productive day. Eating breakfast primes your metabolic pump and aids in appetite control throughout the remainder of the day.

To fully leverage all that breakfast has to offer, make sure you include at least one food from each of the following three categories at your breakfast:

1. **A healthy protein**: Nuts, nut butters, seeds, 1% or skim milk, low-fat yogurt, reduced fat cheeses, omega-3 or farm fresh eggs, low-fat cottage cheese, high protein cereals.

2. **Fresh Produce**: Fruits, especially brightly colored varieties like berries, citrus, red grapes, cantaloupe, kiwi, apples, plums and mango are wonderful breakfast options. But don’t forget that fresh spinach, bell peppers, onions, and tomatoes are a delicious addition to any egg or omelet dish.

3. **Whole Grains**: Healthy choices include 100% whole grain bagels, oatmeal, high fiber cereals and toast. Be sure they are 100% whole grain or whole wheat!!!


What’s right for Breakfast? Below are a couple delicious choices that fit the bill, so no excuses!

### Almond Oatmeal Pancake Recipe

**Serves 4**

**Ingredients**

- ½ cup almond Flour
- ½ cup oatmeal
- 4 omega -3 egg whites
- Pinch of salt
- Cooking spray

**Instructions**

Combine ingredients in a blender and blend for 2 minutes. In a nonstick pan, lightly spray the inner surface and using a 2 ounce ladle, place the amount in the pan and cook until brown on one side and then flip. Serve Hot.

### Homemade Yogurt

**Ingredients**

- ½ gallon organic low fat milk (1% or 2%)
- 2 ½ tbsp. plain Greek Yogurt

**Crockpot**

**Instructions**

Plug in the crockpot and turn it on low. Poor in milk and put top on. Cook on low for 2 1/2 hours. Leave on top and unplug crockpot and let sit for 3 hours undisturbed. Remove ½ cup of the warm milk and place it in a large bowl with the starter yogurt. Wisk together. Pour contents of the bowl back into the crockpot. Cover the crockpot with a clean towel and let sit undisturbed for eight hours overnight. Scoop the yogurt into an airtight container and place in the fridge. The yogurt will last 2 weeks in the fridge. It will be thinner than store bought yogurt because most supermarket yogurts have added thickening agents.
Recognition Bulletin

V-11  10.25.13

1. NEW HAVEN BULLDOGS NHC CHAMPS

For the first time in school history, the New Haven High School varsity football team has clinched an outright claim to the 2013 Northeast Hoosier Conference title! The 45-20 victory over Homestead was great! New Haven was one of only 3 schools in the 8 school Northeast Hoosier Conference that had never managed to grab the elusive football crown in the NHC’s 24 year history.

Congratulations New Haven Bulldogs!

2. LEO LIONS ACAC CHAMPS

Leo clinched the ACAC championship win over Bluffton (45-0). Leo has won four of the last five conference titles outright, and it was part of a three-way tie in 2012.

Way to Go Leo Lions!