1. **WELCOME BACK**

Welcome back for another exciting school year. I’m so excited about visiting the buildings, classrooms, special events, musicals, athletic events to see our students in action. Most importantly, I’m passionate about educating our students. This is a place where our students can **Dream It. Do It.** Best of luck this year and if you should ever need me, just call or email me.

Ken Folks, ext. 1001

2. **MEMBERSHIP COUNT DAYS**

The [Indiana Department of Education](http://www.in.gov/ed/) will be requiring two official counts days for Membership – **Friday, Sept 12, 2014** and on **Monday, February 2, 2015**. 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 12th count date.

Ken Folks, ext. 1001

3. **DIABETES PREVENTION**

[Attachment #1](#) is the schedule of classes for the Parkview Diabetes Prevention program.

Tamyra Kelly, ext. 1050

4. **INDIANA STATE MUSEUM FIELD TRIPS**

As of August 1st, all basic field trips to the Indiana State Museum and Historic Sites will be free to all schools. The basic field trip at Gene Stratton-Porter includes a Cabin tour, a tour of the Gardens & Grounds and time in the Gift Shop & Visitor’s Center. Teachers do have the option of adding an additional activity for $1/student. Past activities have included owl calls, a hike through Sower’s Woods and exploring our vernal pond, leaf impressions and an observation activity. We normally have 4th grade students out with their Indiana History segment but have seen students from 2nd grade and through high school English and science classes. See [Attachment #2](#) for more details.

Tamyra Kelly, ext. 1050
5. EACS EDUCATIONAL FOUNDATION TEACHER OF THE YEAR

NEW This Year! The EACS Educational Foundation will recognize EACS Building-Level Teachers of the Year with Support, too! You already know of the tremendous recognition our EAEA bestows upon our annual EACS Teacher of the Year (TOY) recipients. (Thank you, EAEA!) Now, our East Allen County Schools Educational Foundation (our EACS Foundation) is pleased to announce an additional recognition to each building-level EACS Teacher of the Year beginning with SY14/15: up to $250 per EACS building-level TOY for materials to use in classrooms. For additional details, please read the attached document.

Contact: Rose Fritzinger, EACS Educational Foundation at 260-446-0100, ext. 3161 or by email: rfritzinger@eacs.k12.in.us.

6. SY14/15 EACS EDUCATIONAL FOUNDATION – PAYROLL DEDUCTION

The EACS Educational Foundation makes a positive difference in the lives of our EACS students through the Dual Credit/Collegiate Connection and, beginning in SY14/15, through the $250/building-level Teacher of the Year recognitions. To learn how you can help us provide support through EACS Payroll Deduction, please read Attachment #3. Your generous donations continue to make new things happen!

7. SAFETY NEWSLETTER

Attachment #4 is the year in review safety newsletter.

8. TECHNOLOGY WORK ORDERS

Please remember to place all work orders with a phone call/email to the HELP desk. A work order must be placed with the HELP desk so it can be logged and routed to the correct person in our department. Please, all staff, email/phone the HELP desk with any work orders.

If we do not know about it, we cannot fix it.

Keith Madsen, ext. 3125

9. STAND UP TO CANCER NIGHT

Join the TinCaps for a game – and give to a worthy charity at the same time. The TinCaps will host Stand Up to Cancer Night and take on the Great Lakes Loons Aug. 20 at 7:05 p.m. Use the attached form to buy your tickets by Friday, Aug. 15, and 100 percent of the ticket cost will be donated directly to Cancer Services of Northeast Indiana.

During the game, men and women can attend a FREE health fair, sponsored by Parkview Comprehensive Cancer Center, in the Lincoln Financial Event Center. The health fair begins Wednesday, Aug. 20, from 6 to 9 p.m. for Fort Wayne TinCaps game ticket holders only. It continues on Thursday, Aug. 21, from 11 a.m. to 6 p.m. for the general public.

You can take advantage of FREE education and screenings, including:

- PSA testing
• Blood pressure screening
• Osteoporosis screening
• Blood sugar checks
• Height, weight and BMI measurements
• Strength testing
• Skin screening

Parkview Physicians Group – Urology physicians will be on hand to answer your questions about the new guidelines for PSA screening. See Attachment #5 for more details.

10. SPAETTI YOUTH EDUCATION GRANT

Spaetti Youth Education Grant SY14/15 Competition Opens. As the 2014-2015 school year kicks off, I wanted to take this opportunity and make you aware of a grant program for teachers of 3rd - 8th Grade: The Spaetti Youth Education Grant. This grant is available through the Indiana Section American Water Works Association to help off-set costs associated with projects to help students understand, protect, and conserve supply and quality of our natural resources for drinking water. Typical areas of these projects include topics such as water quality impacts, treatment of drinking water, and usage of drinking water. The Indiana Section AWWA intends to award (5)-$1,000 grants at our Annual Conference in February.

For further information and to download the grant application, please visit our website at http://www.inawwa.org/about-us/awards-grants/spaetti-youth-education-grants-award-program/

After you have reviewed the requirements of this competition, and you find that you are interested in completing an application, contact Rose Fritzingger between September 5 and September 26. Applications are due before October 15, 2014 so we will want to draft them by 10/01. Thank you.

Rose Fritzing, ext. 3161

11. DISTRICT WELLNESS NEWSLETTER

See Attachment #6.

Eric Manor, ext. 1003

DREAM IT. DO IT.
The YMCA’s Diabetes Prevention Program offers 16 weekly one-hour core sessions and 8 monthly maintenance sessions which provide group support and information on reducing or eliminating your risk of getting type 2 diabetes. Learn how to make better food choices and steps for incorporating physical activity into your daily schedule. You’ll also learn the importance of managing healthy behavior changes for long term prevention.

**NEW CLASSES STARTING!**

**Jorgensen Family YMCA**
10313 Aboite Center Road  
Thursday, August 21, 2014 12PM

**Parkview Center for Healthy Living**
11123 Parkview Plaza Dr., Suite 200  
Tuesday, September 2, 2014 6PM

**Parkview Neighborhood Health Center**
3350 East Paulding Road  
Wednesday, September 24, 2014 6PM

Must call to qualify and pre-register for program.  
Wendy Spitznagel: (260)918-2148  
wendy_spitznagel@fwymca.org  
Meaghan Sholl: (260)487-1030  
meaghan_sholl@fwymca.org
SCHOOL GROUP TOURS

Tour Gene Stratton-Porter State Historic Site
Grades K – 12

- A Tour of Gene’s Cabin
  $1.50 per student
  Learn how this author and naturalist infused her personality into her home during its construction.

- Grounds and Garden Tour
  $1 per student
  See many of the beautiful region’s wildflowers Stratton-Porter transplanted to her garden.

- Guided Hike Through Sower’s Woods
  $1 per student
  Explore Indiana’s natural heritage and see what plants and flowers are currently in bloom.

- Special Nature / Art / Literature Program
  $1 per student
  Gene Stratton-Porter wrote, drew and photographed her natural surroundings. Create a similar experience for your students.

EDUCATIONAL WORKSHOP

Design Your Visit
Educators may request a specialty program for an additional fee; program topics include natural history and environmentalism; multidisciplinary learning.
Call 216.854.3790 for details.

Cabin at Wildflower Woods
Gene Stratton-Porter, an accomplished Hoosier writer of fictional novels and nature studies, was one of the foremost naturalists of her time. She also formed a production company that made eight of her own books into motion pictures. This site contains her original cabin from 1914, 125 acres of fields, woods and beautiful formal gardens with 35 beds along the shores of Sylvan Lake.

Academic topics covered:
- Natural history and environmentalism
- Early 20th century culture (1913 – 1925)
- Multidisciplinary focus on art, science, reading and writing

Contact the individual sites for more information on educational programs.
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 18 pays (beginning with 09/12/14 pay) 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: ____/____/2014

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 08/20/14.

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.
In the Fall of 2013, East Allen County Schools introduced our employees to a new Safety Committee, quarterly newsletters, and Safe Schools Training. As of December 2013, EACS became self insured and hired JWF Specialty as our third party Administrator.

EACS is committed to providing our employees with a safe work environment. The Safety Committee meets on a regular basis to discuss work related injuries and prevention initiatives of such injuries. Safe Schools Training programs are used to educate our employees on school related safety and mandatory trainings.

EACS also involved our students with the making of our EACS educational posters for work related injuries. We also extended an invitation out to our staff this year.

**YEAR IN REVIEW COMPARISONS**

January 2013—May 2013  
Carrier: Westfield  
EACS filed 65 claims

January 2014—May 2014  
JWF Specialty  
(Self Insured)  
EACS filed 50 claims

EACS saw a **23% decrease** in claims since becoming self insured.

- 48% of claims filed for January 2014—May 2014 resulted in contusions.
- 30% of claims filed for January 2014—May 2014 resulted in sprains/strains.
- 16% of claims filed for January 2014—May 2014 resulted in other injuries.

The next safety meeting scheduled for EACS is on September 18, 2014.

**Upcoming 2014-2015 Safety Training**

- Classroom Safety—16 minutes
- Sexual Harassment: Staff to Staff Refresher—15 minutes
- Sexual Harassment: Student Issues and Response—29 minutes
- Bullying (Recognition & Response) - 22 minutes
- Bloodborn Pathogen
- Diversity Awareness—20 minutes

**Human Resources will send out a Safe School Training email with instructions during the week of August 18, 2014.**

**Training should be completed no later than September 30, 2014.**
STAND UP TO CANCER NIGHT
PRESENTED BY
Fifth Third Bank

WEDNESDAY, AUGUST 20
GAME TIME: 7:05PM
vs. Great Lakes Loons
(Los Angeles Dodgers)

SUPPORT CANCER SERVICES OF NORTHEAST INDIANA
Use this form to buy your tickets and 100% of the cost will be donated directly to Cancer Services of Northeast Indiana, compliments of Fifth Third Bank.

SHOW YOUR SUPPORT
Take part in the TinCaps in-game ceremonies to encourage those fighting cancer, raising awareness, and finding a cure!

KEEPING MEN HEALTHY
Take advantage of FREE health screenings, PSA tests and more – provided by Parkview – in the Lincoln Financial Event Center during the game!

CANCER AWARENESS JERSEYS
The players will be wearing these special fan-designed cancer awareness jerseys, which will be available via silent auction that night!

• Ticket order forms must be received by Friday, August 15th, for funds to be donated

STAND UP TO CANCER NIGHT • TICKET ORDER FORM
Wednesday, August 20th • Game Time: 7:05pm

Name: ___________________________________________
Address: _________________________________________
City: _____________________ State: _____  ZIP:  _________
Phone: (_____)________________________ ext. _________
Email: ____________________________________________

METHOD OF PAYMENT:  □ Check (Payable to Fort Wayne TinCaps)
□ VISA  □ Mastercard  □ Discover

Card #: ____________________________  Exp: ____/____
3 Digit # on Back (For Security Reasons): __________________

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<th>TOTAL</th>
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</table>

Ticket locations based on availability

Return your ticket orders and money by Friday, August 15th
KEEPING MEN HEALTHY

Parkview Field in the Lincoln Financial Event Center

Wednesday, Aug. 20
6 – 9 p.m.
Fort Wayne TinCaps game ticketholders only

Thursday, Aug. 21
11 a.m. – 6 p.m.
Open to public

Take advantage of FREE education and screenings, including:
• PSA testing
• Blood pressure screening
• Osteoporosis screening
• Blood sugar check
• Height, weight and BMI measurements
• Strength testing
• Skin screening

Parkview Physicians Group – Urology physicians will also be on hand to answer your questions about the new guidelines for PSA screening.

Get an up-close look at the da Vinci Xi System
At the Parkview Center for Robotic Surgery, our physicians are specially trained in the da Vinci® Robotic Surgical System. This system is a tool that utilizes advanced, robotic, computer and optical technologies to assist surgeons with operations.
da Vinci® is a registered trademark of Intuitive Surgical, Inc.

For more information, call (260) 266-9180.
No appointments necessary.
Reduce Stress - Be a Better Teacher

Burned out? Overwhelmed? Exhausted? Whether you’re a student teacher, new teacher or seasoned professional, you may find yourself overcome by stress at some point during the school year. You never think twice about being there for your students and responding to their needs. But what about you? If you don’t take care of yourself, your job could become a burden and you could lose your effectiveness in the classroom.

Many teachers work to the point of physical and emotional exhaustion. The reality is that teachers are busy day and night; they are asked to take on many extra duties; they are exposed to germs and viruses daily; and they encounter normative life stresses from family, friends, students and parents. The following are a few brief, easy ways to help even the busiest individual manage stress.

1. **Eat well.** Sugar and carbohydrates – the foundations of fast foods – sap energy.

2. **Exercise.** Taking a daily walk will loosen muscles, reduce tension, and give your mind a chance to clear. Even 15-20 minutes of walking can improve your perspective.

DID YOU KNOW?

How to speed up your metabolism

Click here for a short video

Upcoming Wellness Initiatives

EACS Wellness Lunch & Learn Program. Throughout this school year, Eric Manor, EACS Employee Wellness Coach will be providing a short 15 minute wellness talk during lunch at each EACS location. More information coming soon!

Lose it For Life Program. Are you interested in losing weight and getting your health back this school year? Contact Eric Manor, EACS Employee Wellness Coach at emanor@eacs.k12.in.us and he will provide you with support, accountability, resources and education throughout the year.

Free Zumba Class at New Haven Primary. This FREE class will be offered in the gym at New Haven Primary from 4:15 p.m. – 5:00 p.m. on the following days in September: 8th, 15th, 22nd and 29th.
3. **Don’t over-commit**: Learn to say NO. You aren’t Wonder Women or Superman. You can’t do everything. People will respect you more if you are honest about what you are able to realistically accomplish.

4. **Get regular rest.** Lack of sleep will not only make you cranky – it will also open you to infection and illness. Establish a routine time for going to bed and getting up. All-nighters are counter-productive.

5. **Avoid negative self-talk.** Practice self-affirmation. Focus on what you do well. Compliment yourself!

6. **Rely on your mentor.** If classroom pressures are wearing you down, or if you are facing difficult situations with your students, ask your mentor for suggestions on how to cope.

7. **Smile.** It will make you feel better, and it will brighten the lives of those around you.

Take an inventory at the end of each day. Ask yourself what you have done for yourself that day. If you can’t come up with anything, you put yourself at a high risk for stress. You wouldn’t think of neglecting your students. Why neglect yourself?

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**EACS Employee Wellness**

EACS’s Employee Wellness Program is off to a running start this school year!! Our mission is to create a progressive and sustainable wellness program that works to enhance the mental, social, emotional, and physical health of staff and their families. We will provide information about health and wellness activities, classes, competitions, awareness events and more throughout the year.

Each of us can take steps, even small ones, to improve our overall well-being. We hope you will join us by participating in this worthwhile effort.

Sincerely,

Eric Manor
EACS Wellness Coach
Parkview Total Health

---

**EACS Wellness**

LEARN IT. LIVE IT. MOVE IT.

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**EACS Employee Assistance Program**

Occasional unhappiness is normal and to be expected, but if you are unhappy on a daily basis, perhaps talking with a professional counselor can help.

Parkview Employee Assistance Program provides confidential one-on-one consultations for any EACS employee and all people living with them in the same household. Each individual may receive up to 3 free visits. Professional counselors are ready and available to work with your personal, professional and financial issues in a private environment.

[Click here to learn more](#)
As school let out for summer vacation last June, Mrs. Danielle Newman couldn’t say she had participated in a single triathlon. She couldn’t say the same when students returned back to school this fall.

It was a busy summer for Danielle. Besides preparing for her new role as Principal at New Haven Primary, Danielle completed her FIRST triathlon in June. After the race Danielle said, “I can finally say I did one! It was tons of fun because I did it with a group of friends who were HUGE supports. I feel so good and healthy, too! I actually feel like it is just a new way of life and handling the different stressors in my life is easier now.”

In Danielle’s new way of life, she is committed to staying physically active. Only one month after completing her first triathlon, Danielle completed her SECOND triathlon!! Her second race included a swim that was twice as long and a bike that was three miles longer than her first race. Remarkably, Danielle finished her second race six minutes faster than her first! “Competing in triathlons has been one of the best decisions and experiences to improve my personal health”, said Danielle.

“I actually feel like it is just a new way of life and handling the different stressors in my life is easier now.”

Danielle Newman
New Haven Primary, Principal
1. CONGRATULATIONS

EACS staff for your hard work and dedication in the completion of the Heritage & Woodlan K – 12 Campuses!

Great job!

2. OVERALL SCORES

The District’s overall scores for the past 3 years (English and Math Combined)

<table>
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<th>School Year</th>
<th>State</th>
<th>District</th>
<th>Gap between State and the District</th>
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</thead>
<tbody>
<tr>
<td>2011-2012</td>
<td>72.4</td>
<td>65.8</td>
<td>6.6</td>
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<td>2013-2014</td>
<td>74.7</td>
<td>72.2</td>
<td><strong>2.5</strong></td>
</tr>
</tbody>
</table>

This is a **HUGE** accomplishment for our District!
AND if that wasn’t big enough ……

- The District gained 5.5% in our overall scores of English and Math from 2013 – 2014 while the State only gained 1% overall.

- Typical/Good growth would be 1-3% but WE made 5.5% growth!

WAY TO GO EACS!

Keep up the great work!

DREAM IT. DO IT.