

RESA 8 NEWS

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Would you like to partner with us?

As a RESA, we are always looking for ways to help students get excited about learning while encouraging academic excellence. One way we have been able to do this is through regional academic fairs and events. Last year we had over 540 students throughout our eight counties participate in regional fairs for science and social studies as well as our regional math field days. These events are valued by our schools and communities and provide a great opportunity for motivated students to showcase their research, knowledge and skills. Through participation, students are able to go above and beyond the regular school curriculum, share what they have learned and receive recognition for their hard work.

We have been proud to provide these opportunities for students, but funding has continued to decline. This is why we are reaching out to our friends and neighbors across the eight counties. By pairing with RESA 8, area businesses and individuals can support future fairs and events through the joy of giving with a tax deductible contribution and receive recognition for their support. By signing up as a sponsor, your business will be featured in our quarterly newsletter acknowledging your support of area students.

There are four levels of sponsorship available. Platinum level sponsors (\$1000+) receive a full page ad in the newsletter. Gold level sponsors (\$750) receive a 1/2 page ad, silver level sponsors (\$500) receive a 1/4 page ad, and bronze level sponsors (\$250) receive a business card. Our newsletters are distributed electronically to our state and local stakeholders as well as mailed out to schools, libraries, chambers of commerce and assorted businesses in each of our eight counties in December, March, June and September each year.

The 2016 regional fairs/events that need sponsorship are:

RESA 8 Regional Senior Science Fair (for grades 9-12)	March 8, 2016
RESA 8 Regional Math Field Day (for grades 4-12)	March 14, 2016
RESA 8 Regional Middle School Science Fair (for grades 6-8)	March 15, 2016
RESA 8 Regional Social Studies Fair (for grades 3-12)	March 19, 2016

If you are willing to partner with RESA 8 for this very worthy cause, or you are interested in receiving more information, please contact me at 304-267-3595 or jwillard@k12.wv.us.

Have a safe and happy holiday!

Joan Willard

Joan Willard,
RESA 8 Executive Director



RESA 8

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Follow us @RESA_8



www.resa8.org



ADOLESCENT HEALTH

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The 40 Developmental Assets is a method of using positive experiences and qualities that help influence the decision-making of adolescents. Developed by Search Institute, this evidence based approach is widely used and serves as a reliable prevention tool. This school year, seventh grade students at Martinsburg South Middle School will have one class period per month dedicated to asset building!



Penny Porter, United Way's Director of Community Impact, gave a presentation on goal setting.

Julie Lifson, RSVP Volunteer, gave a presentation on goal setting entitled "Hollywood! The Correlation of Today's Skill Sets and Tomorrow's Possibilities, Reality vs. Fantasy and Everything in Between."





ADOLESCENT HEALTH

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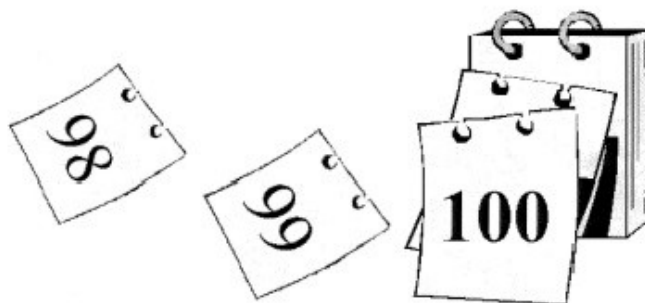
Workplace Wellness Programs

Two of our RESA 8 programs, Adolescent Health & Health and Wellness have teamed up to help keep the RESA 8 family healthy! We are offering two motivational programs to help us stay on track with our health and wellness goals through this holiday season of savory and sweet goodness! We are also sending encouragement with “Wellness Wednesdays” healthy suggestions, recipes, and more!



Another way we are working to keep our staff healthy this cold and flu season is by having Rite Aid come to our office and administer flu vaccinations. Many of our office staff took advantage of this opportunity and received their flu shot including Finance Director, Becky Hester, shown above.

Walk 100 Miles in 100 Days



What is this program?

This 14-week program is designed to help participants become more physically active, put more exercise in their lives while having fun with co-workers by walking 100 miles in 100 days. This program can be individual or team based depending on your worksite's preference.

Who can participate?

Everyone! Walking is a convenient and free activity. Each participant must complete a pre and post survey and keep a log sheet.

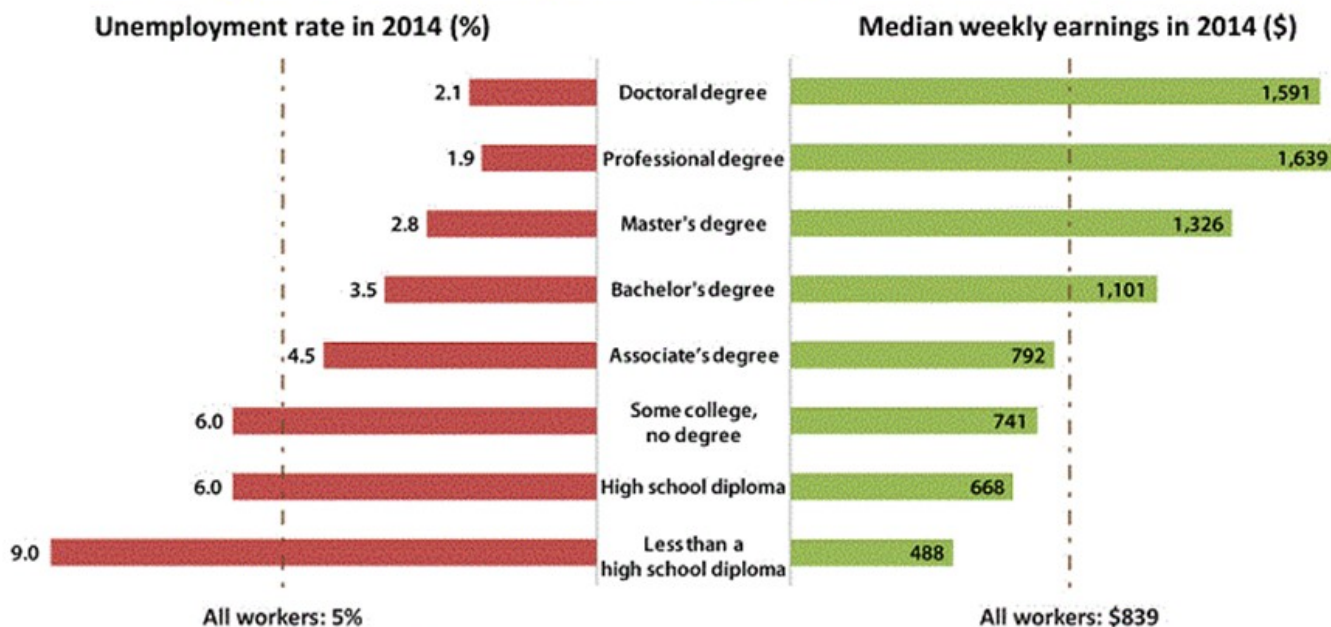




ADULT EDUCATION/SPOKES

JOHN HOLMES, COORDINATOR
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Earnings and unemployment rates by educational attainment



Note: Data are for persons age 25 and over. Earnings are for full-time wage and salary workers.
Source: Current Population Survey, U.S. Bureau of Labor Statistics, U.S. Department of Labor

TASC Test Can Help You Get to the Next Level

High school equivalency tests help individuals 16 years of age or older who are not currently enrolled in school to obtain a high school diploma, and subsequently, to gain employment or begin postsecondary education or training.

For many years, the GED® test was the state-approved high school equivalency exam. In 2014, West Virginia adopted the TASC Test Assessing Secondary Completion™ as the primary pathway to a West Virginia State High School Equivalency Diploma. The TASC test offers computer-based testing, as well as paper-based testing throughout the eight county region, and the state.

According to the Manhattan Strategy Group, under contract with the U.S. Department of Labor, “As the nation slowly recovers from the economic recession of 2007, the emphasis of a growing economy will be on skilled jobs, both as replacement jobs and newly developed jobs. Most of these jobs will require postsecondary education or training.” Some form of training beyond high school vastly increases a worker’s earning potential, as well as giving a job seeker a competitive edge. The Bureau of Labor Statistics table shows the earnings and unemployment rates based on educational attainment. Based on full-time wages, a worker with a high school diploma or equivalent earns roughly \$9,300 more annually than a worker without such a credential. Notice also that the unemployment rates drop as educational attainment increases.

West Virginia allows for special testing accommodations, such as extra time, to account for the effects of a person’s disability. And the test is available in Spanish, as well as alternate formats in Braille and large print. Testing is free in West Virginia to any resident passing the TASC Readiness Assessment (TRA). Contact your local Adult Education center, or go to <https://westvirginia.tasctest.com> to search for a center near you.



ADULT EDUCATION/SPOKES

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Holiday Festivities Jefferson County Style: Building an Education Community

What do *arroz con gandules*, *kimbob*, diplomat cake, and *papa a la huancaína* have to do with Thanksgiving? These dishes from around the world were served, along with traditional American Thanksgiving foods, at a Thanksgiving feast in Charles Town at the Adult Learning Center (ALC) on November 19th.

The creative force behind this festivity is Beth Rehberger, a lead teacher in the Jefferson County Adult Education Program. There are two programs housed at the ALC—the Jefferson County Adult Education Program, which includes the High School Equivalency Program and the English Language Learner (ELL) Program, and Jefferson SPOKES, the career readiness program. When Thanksgiving and Christmas approach, Beth's enthusiasm for a multicultural celebration mobilizes everyone at the ALC. The resulting holiday meals bring students and teachers from all the programs together.

Staff and students create beautifully prepared dishes from their home countries and share family traditions. So many wonderful dishes were brought in – *tamales* (Mexican), *pudim* (a Brazilian dessert), *causa limena* (a potato and chicken dish from Peru), diplomat cake (from Romania), sweet potato casserole, and all-American pumpkin pie, just to name a few. The centerpiece of the Thanksgiving meal is a turkey, roasted that morning by Beth herself. She transports it whole, right out of the oven, to carve at the ALC just before the meal begins.

While Beth (pictured right) is home cooking, students and staff at the ALC are preparing the party rooms. The ELL classroom tables are covered with festive cloths to hold the holiday buffet. The large SPOKES classroom becomes a holiday dining room; the tables are dressed with white cloths and centerpieces of candles, ribbon, pine cones, and nuts.

When the meal begins, the dining room is alive with the music of many voices, many accents, many people from many parts of the world mingling and eating good food and getting to know each other better. After enjoying such a wonderful experience, the students and staff of the ALC are already putting their heads together to create another shared holiday dinner before the end of the year!



Article submitted by Kathleen McEvoy, Jefferson SPOKES Instructor

AEPA / TIPS COOPERATIVES

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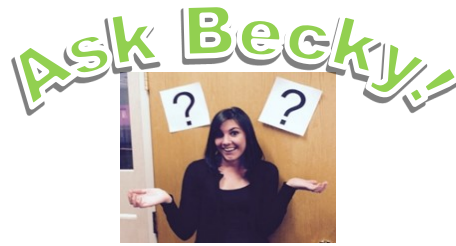
Calling All Non-Profits!!

Did you know we may be able to help you save money through our RESA 8 AEPA and TIPS Cooperatives?



We understand that purchasing is a necessary activity for most businesses and organizations, so it is our goal to provide support and services to assist in making that process easier for school districts and non-profit organizations in our region. In working through one of the cooperatives associated with RESA 8, we may be able to help make your purchasing more efficient, effective and best of all, economical.

If you are a **non-profit, tax exempt organization or you represent a public or private school district, college, university, federal, state, county or city municipality** and are interested in learning more about how RESA 8 can help you increase your purchasing power with numerous vendors through negotiated pricing on products and services, visit our website at www.resa8.org or contact Terri Stewart at 304-267-3595 extension 157 or thstewar@k12.wv.us .



DO YOU HAVE FINANCE QUESTIONS?

“Ask Becky!” is our RESA 8 newsletter segment dedicated to answering those finance questions that everyone has. Submit your questions to the RESA 8 Finance Director, Becky Hester, for a chance to have one answered in a future newsletter!

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Question: Becky, what are my retirement options in WV and which is the best one to choose?

Becky's Answer: Retirement needs and options vary by person and by state, so it is difficult to recommend a “best option” that would apply to everyone. Each business and organization may offer something different, so you will want to contact the Benefits Coordinator or Human Resources Manager at your place of work to see what specific options are available to you. Here is some general information about three options that some WV employers offer:

401(k) vs. 403(b): The main differences between these two plans are that a 401(k) plan is offered by for-profit companies and typically has a larger variety of investment choices with vesting schedules that spread over a period of years. A 403(b) retirement plan is only available to employees of tax-exempt organizations. These typically have fewer investment choices but vest much more quickly.

457(b): Deferred Compensation Plan: A 457(b) allows employees to put aside money for retirement, without having to pay income taxes on the money you contribute to the plan until after you retire. This type of plan can also be known as a pension plan with set criteria for contributing and/or matching. Again, each business and organization will have specific guidelines that employees will follow when participating in a 457(b) so be sure to check with your employer.



AUDIOLOGY

DR. MIKE ZAGARELLA, AUD, CCC/A
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Dr. Michael Zagarella, AuD (center) offered a continuing education presentation on Ethics for Berkeley County speech pathology staff on October 28, 2015. All licensed speech-language pathologists are required to have 2 hours of continuing education in ethics during each two-year licensing cycle. The presentation also counted as professional development hours for speech pathologists or speech assistants who are not licensed.

Dr. Zagarella is the audiologist for RESA 8, providing a variety of hearing services for our eight county region. He is the president of the WV Board of Examiners for Speech-Language Pathology and Audiology and is former chair of the Ethics Committee for WV Speech-Language and Hearing Association.



COUNTY BUS OPERATOR TRAINING

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School Bus Transportation Training Program

The School Bus Operator Training remains a very busy program at RESA 8. We currently average eight classes running at once. The program is proving to be extremely effective at producing well-educated drivers in a shorter period of time and is cost-saving to individual counties through the state reimbursement formula.

The coordinators have worked diligently to create a new School Bus Training and Certification Manual that will be rolled out December 2nd and 3rd to all transportation directors, trainers, and testers. The manual outlines the responsibilities of all parties involved in training and will guide us into the future as well. We have implemented the new process in Berkeley County as a pilot program and it has worked flawlessly. The new system has streamlined the training process and the students feel they have a better knowledge of the content.

There is a vested interest from the state, individual counties, and RESA to produce quality, safe, and educated bus operators. The new procedures will ensure that we continue to meet and exceed this goal.



School Bus Operator Training and
Certification Program

*Regional Education
Service Agencies*
RESA
A powerful engine for education

October 2015



EARLY HEAD START/PRE-K/HEAD START

HEIDI BACH-ARVIN, COORDINATOR
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TRI-COUNTY

Stressed Out, and Here Comes the Holidays!!!

Day in and day out we deal with things that nibble at us until we feel like we are falling to pieces. Sometimes we keep pushing through, ignoring the warning signs our bodies are sending us. Some of the common signs of stress are headaches, difficulty paying attention, feeling overwhelmed, and sometimes achy. Taking time to relax sometimes seems like it is not an option with all of the things that need our attention in a day. Now the holidays are upon us and our time just became more hectic. Here is a simple relaxation technique that only takes about 15 minutes to do. It is called PMR (Progressive Muscle Relaxation). All you need to do this is a comfortable place and a few minutes alone.



Before doing this technique you should check with a physician if you have any health problems that this could aggravate!

Progressive Muscle Relaxation:

- Find a quiet place and few free minutes to practice progressive muscle relaxation, sit or lie down and make yourself comfortable.
- Begin by tensing all the muscles in your face. Make a tight grimace, close your eyes as tightly as possible, clench your teeth, even move your ears up if you can. Hold this for the count of eight as you inhale.
- Now exhale and relax completely. Let your face go completely lax, as though you were sleeping. Feel the tension seep from your facial muscles, and enjoy the feeling.
- Next, completely tense your neck and shoulders, again inhaling and counting to eight. Then exhale and relax.
- You can do this technique on all the muscle groups in your body including the arms, chest, abdomen, legs and feet for complete relaxation.

Hipp E. (2008). *Fighting Invisible Tigers: Stress Management for Teens*. 3rd Ed. Free Spirit Publishing, Minneapolis, MN.

Scott, Elizabeth. (2008). *Reduce Tension with Progressive Muscle Relaxation*. Retrieved from About.com 11/8/11

















EARLY HEAD START/PRE-K/HEAD START

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TRI-COUNTY

What I Can Expect My Child to Do

"How your child plays, learns, speaks and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age." For more info. Go to cdc.gov/milestones

3 Years/36 months	4 Years/48 months	5 Years/60 months
Social/Emotional: <ul style="list-style-type: none"> ✓ Copies adults and friends ✓ Shows concern for a crying friend ✓ Dresses and undresses self ✓ Understands the idea of "mine" "his" or "hers" ✓ Shows a wide range of emotions ✓ May get upset with major changes in routine 	Social/Emotional: <ul style="list-style-type: none"> ✓ Enjoys doing new things ✓ Is more and more creative with make-believe play ✓ Cooperates with other children ✓ Often can't tell what's real and what's make believe ✓ Talks about what he/she likes and what interests they have 	Social/Emotional: <ul style="list-style-type: none"> ✓ Wants to please and be like friends ✓ Likes to sing, dance and act ✓ Is aware of gender ✓ Can tell what's real and what's make-believe ✓ Is sometimes demanding and sometimes very cooperative ✓ Shows more independence 
Language/Communication: <ul style="list-style-type: none"> ✓ Follows instructions with 2 to 3 steps ✓ Can name most familiar things ✓ Names a friend ✓ Talks well enough for strangers to understand most of the time ✓ Says words like "I," "me," "we," and "you," and some plurals (cars, dogs, cats) 	Language/Communication: <ul style="list-style-type: none"> ✓ Tells stories ✓ Sings a song or says a poem from memory such as "Itsy Bitsy Spider" or the "Wheels on the Bus" ✓ Can say first and last name 	Language/Communication: <ul style="list-style-type: none"> ✓ Speaks very clearly ✓ Tells a simple story using full sentences ✓ Uses future tense ✓ Says name and address 
Cognitive (learning, thinking, problem-solving) <ul style="list-style-type: none"> ✓ Can work toys with buttons, levers, and moving parts ✓ Plays make believe with dolls, animals and people ✓ Copies a circle with pencil or crayon ✓ Turns book pages one at a time ✓ Builds towers of more than 6 blocks 	Cognitive <ul style="list-style-type: none"> ✓ Names some colors and some numbers ✓ Understands the idea of counting ✓ Remembers parts of a story ✓ Understands the ideas of "same" and "different" ✓ Draws a person with 2 to 4 body parts ✓ Uses scissors ✓ Tells you what he/she thinks is going to happen next in a book 	Cognitive: <ul style="list-style-type: none"> ✓ Counts 10 or more things ✓ Can draw a person with at least 6 body parts ✓ Copies a triangle and other shapes ✓ Can print some letters or numbers ✓ Knows about things used every day, like money and food 
Movement/Physical Development: <ul style="list-style-type: none"> ✓ Climbs well ✓ Runs easily ✓ Pedals a trike ✓ Walks up and down stairs, one foot on each step 	Movement/Physical Development: <ul style="list-style-type: none"> ✓ Hops and stands on one foot up to 2 seconds ✓ Pours, cuts with supervision, and mashes own food ✓ Catches a bounced ball most of the time 	Movement/Physical Development: <ul style="list-style-type: none"> ✓ Stands on 1 foot for 10 seconds or longer ✓ Hops; may be able to skip ✓ Can do a somersault ✓ Uses a fork and spoon and sometimes a table knife ✓ Swings and climbs ✓ Can use toilet on their own 

The website above gives more detail as well as things you can do to support your child's development. The website offers information on your infants and toddlers also.



FOCUS SCHOOL REGIONAL SCHOOL SUPPORT

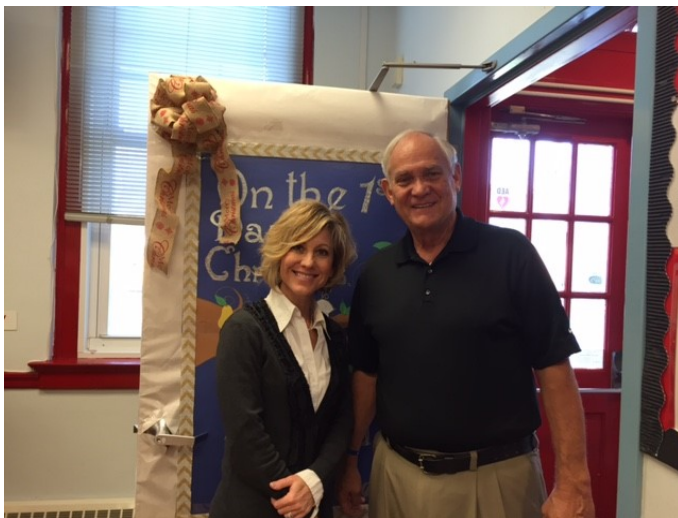
CATHY FERRO, SPECIALIST
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RESA 8 Hosts Workshop on Cooperative Learning

On October 15 and December 7, RESA 8 provided a two-part workshop by John Strebe on Cooperative Learning held at James Rumsey Technical Institute in Martinsburg. John Strebe is a nationally known speaker who has been a secondary math teacher in Maryland Public Schools for thirty-eight years and has been providing professional development for teachers all over the country for thirty-two years.

Seventy-five teachers, principals, and academic coaches from six of our eight counties attended. Strategies were shared to help educators create an engaged collaborative classroom where students work together to improve their performance.

Textbooks were provided so that the lessons could be taken back to the schools and shared. The attendees were overwhelmingly pleased with the workshop and are eager to implement the strategies they have learned, which will benefit students throughout the region.



Cathy Ferro, RESA 8 Regional School Support Specialist with Mr. Strebe





GRAD 20/20 REGIONAL SCHOOL SUPPORT

ANDREW GUTHRIE, SPECIALIST
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PBIS: Setting Expectation and Building Positive Behavior

This fall, RESA 8 has been working collaboratively with East Hardy Early Middle School to implement a PBIS program in the school. PBIS stands for **Positive Behavior Intervention and Support**. The PBIS program is a proactive program to set behavioral expectations and build a positive school climate. The school Graduate 20/20 leadership team set up a positive expectation statement (P.A.W.S.) for their school based off the school mascot, the Cougars.

The leadership team then met with school staff and determined what those expectations looked like in various areas throughout the school. The plan is to teach these school-wide expectations to students to ensure consistency among grade levels. Students who demonstrate appropriate behaviors will be positively reinforced, and interventions will be set up to continue to re-teach appropriate behaviors to students who struggle to meet the school-wide expectations.

East Hardy Early Middle School
Prepared
Always Respectful
Willing to Learn
Safe

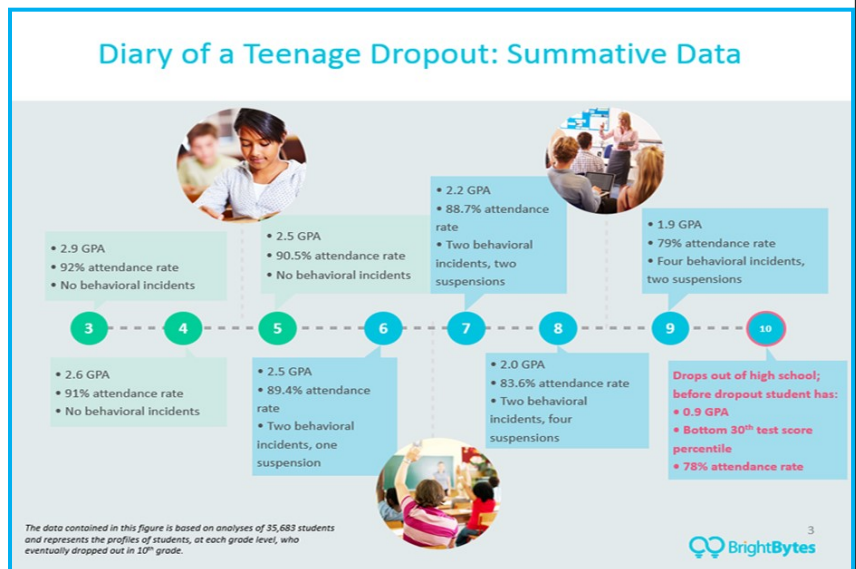
What benefits can a PBIS program bring to your school?

- * Reduction in problem behavior
- * Increased academic performance
- * Improved perception of safety
- * Reduction in bullying behaviors
- * Increased administrator time for instructional leadership
- * Reduction in staff turnover
- * Increased perception of teacher efficacy
- * Improved social-emotional competence
- * Increased positive school climate/culture

Helping Students Graduate

Having a high school diploma has become increasingly more important. Over the course of a lifetime, high school graduates earn 74% more than those who drop out. High school graduation is the single most powerful predictor of whether a young person coming from generations of poverty will break the cycle. Other statistics reinforce the importance of graduating with a high school diploma such as:

- Students are 8 times more likely to go to jail if they drop out of high school.
- 82% of inmates do not have a high school diploma
- Students are 3 times more likely to live in poverty.
- 50% of female dropouts will be on welfare.
- 74% of dropouts report they wished they had stayed in school



West Virginia has recognized the importance of high school graduation, and has started a Graduation 20/20 initiative, aimed at using a data driven intervention framework to address issues that have negatively impacted school completion. RESA 8 has been working with school graduation leadership teams in Berkeley, Hardy, Hampshire and Mineral counties to address student graduation. The schools have created leadership teams that are working with Andrew Guthrie, the Graduation 20/20 School Support Specialist for RESA 8, to examine data and develop a strategic plan of intervention for at-risk students. The goal is to have 85% of all students graduating in all West Virginia high schools by the year 2020.



IT SUPPORT & WVEIS

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New Way to Apply for RESA 8 Positions

RESA 8 recently subscribed to the SearchSoft Teach in West Virginia Application System. This online portal allows interested employees to digitally submit their applications, resumes, references, and other pertinent information to multiple entities at one time.

Potential employees may create their own credentials to access the site, and follow simple instructions to utilize the technology and reach out to school systems where they may be interested in working. Most counties in the RESA 8 region participate in the consortium, as well as some counties outside of the area.

Administrative, professional and service positions are included in the application system. Current professional and service employees may utilize a Transfer Application to enquire about positions in the same county as they are currently working. This application is less extensive than the Standard Application, which must be filled out in its entirety by new employees and those wishing to apply for Administrative positions.

RESA 8 will continue to post open positions on the RESA 8 website (www.resa8.org), as well as the West Virginia Department of Education website (<http://wvde.state.wv.us>). To utilize the new portal, interested applicants may create their own login credentials by going to www.resa8.org, Choose Helpful Links, Other Links.

For any questions navigating the site, please contact Jill Woolcock, RESA 8 IT Manager (jwoolcock@k12.wv.us). For any questions relating to RESA 8 and employment opportunities, please contact Shannon Johnson, RESA 8 Personnel Coordinator (sdjohnson@k12.wv.us).



MEDICAID REIMBURSEMENT

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As the Medicaid Reimbursement Program continues working to put into play numerous changes due to our new SPA, (State Plan Amendment), and guidance through policy 538, it is abundantly clear that the program alterations have increased workloads two-fold to insure procedures are being followed. These changes to School-Based Health Services through the schools have created an impact across all program lines that has either eliminated and/or reduced previously allowed services, while increasing all preparatory steps and the paper work necessary to ensure compliance. The outlook and current projection of allowed services for processing have been diminished more than fifty percent, ultimately resulting in cuts of funding and budgets of every educational system state-wide.



PROFESSIONAL DEVELOPMENT

JOYCE ASHWORTH, PROGRAM DEVELOPMENT DIRECTOR
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Catalyst School Awarded West Virginia Symphony Orchestra Grant

Students and teachers from Greenwood Elementary School were treated to a WV Symphony Orchestra performance of the fractured fairytale, *Boyz in the Wood*, based on the story *Little Red Riding Hood*. Greenwood Elementary teachers were invited to apply for a STEM to STEAM grant that provided funding for this performance due to their Catalyst School status. As a Catalyst School, Greenwood Elementary is following a learning school model that allows them to design professional learning for teachers that will lead to school-wide academic success of students. The WWSO provided teachers with cross curricular lesson plans related to the story, which were used by teachers to enhance arts-integration and the educational content of student learning objectives. Greenwood Elementary traveled to Morgantown on November 19, 2015 to watch the performance. Teachers will continue to use the materials throughout the school year.



Deepening Understanding of the Standards with K-4 Teachers in Mineral County

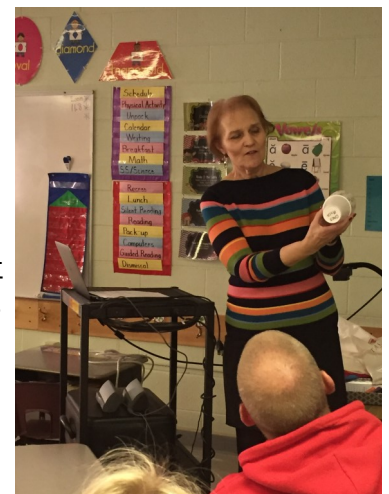


On October 19, 2015, Mineral County teachers from Burlington Primary, Fort Ashby Primary, Fountain Primary, New Creek Primary and Wiley Ford Primary schools participated in a day long professional learning session designed to deepen teacher understanding of the ELA and Math Standards.

Joyce Ashworth, RESA 8 Professional Development Director (pictured left) led a session on the ELA standards focused on looking at how the newly adopted reading series, *Journeys*, aligns to the learning standards outcomes.

Participants examined close reading routines that promote the use of text-based evidence to support student ideas. Teachers also explored the features of informational text that add to text complexity.

Debbie Seldomridge, retired Mineral County teacher and RESA 8 math contractor (pictured right), and Cathy Ferro, RESA 8 Regional School Support Specialist, led a session to promote teacher understanding of the Standards of Mathematical Practices. These standards tell teachers to slow down and emphasize student understanding and reasoning. Teachers were given ideas on how to make the students more accountable for the thought process and how to deepen their understanding of the standards.



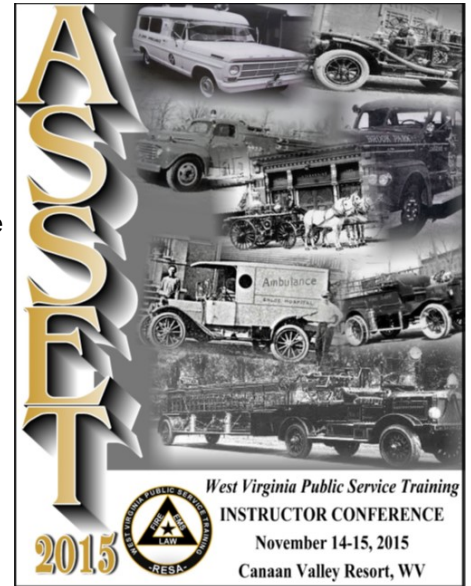


PUBLIC SERVICE TRAINING

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ASSET Conference Held for Public Service Training Instructors

Every other year the RESA 8 Public Service Coordinators and staff provide the ASSET Conference for Public Service Training Instructors. This instructor conference is held at Canaan Valley Resort State Park. The twelfth bi-annual ASSET Conference was held November 14 and 15, 2015. ASSET is an acronym for Achieving Student Superiority through Exceptional Training. PST instructors from around the state came to share ideas, gain knowledge, and most importantly, improve the quality of training state wide. Classes included "Rescue Core Curriculum Train-the-Trainer", which covered the knowledge and skills of the rescue core curriculum; "The Lost Art of Critical Thinking 2.0," which looked at critical thinking as vital not only for effective delivery of emergency services, but also as a lifelong learning skill; "Using Course Navigator for Fire Service Instructors," and "Using Course Navigator for EMS Instructors", which had representatives from Jones and Bartlett Publishing explain how to utilize the latest online tools available to instructors; "Upping Your Teaching Game", which explored the many technologies that are available to instructors at little to no cost; "Generational Education and Learning – Bridging the Generation Gap: When Generations Collide," which described how to manage the mixture of ages, faces, values and views when working with adult learners; "Teaching with Technology", which discussed technology availability, when to use it, barriers, and hands on experience; and "Traffic Incident Management Responder Train-the-Trainer," which prepared instructors to teach the new Traffic Incident Management class recently released by the US Department of Transportation.



On Sunday morning instructors could attend either the EMS or Fire Commission Roundtable. Representatives from the State Fire Marshal's Office and WV State Fire Commission, and WV Office of EMS were on hand to participate in an informal roundtable discussion and question and answer session. A Saturday evening banquet provided an opportunity for the PST Coordinators to show their appreciation to the PST Instructors. The Keynote Speaker for the banquet was Donald Scott, a native of Fairmont, WV who is currently the Field Training Officer for the City of Alexandria, VA. He has also served as the Emergency Services Coordinator for Charles County, MD and president of International Association of Firefighters Local 2141. He inspired the PST Instructors by explaining how their actions and examples as instructors can change the culture of emergency services in a way that provides for more efficient and safer responses to emergencies.



RESA 8 PST had multiple leadership roles in this year's ASSET Conference. Jamie Weller, RESA 8 Assistant Public Service Training Coordinator (pictured left) designed the conference brochure. The brochure was printed on the RESA 8 PST printer. Copies were mailed to PST Instructors across the state. Dave Plume, RESA 8 Public Service Training Coordinator, coordinated the Door Prize drawings, conducted the Opening Session, delivered the Invocation at the banquet, was the facilitator for the Fire Commission Roundtable, and served as photographer for the event. Jamie and Dave helped set up the registration area and classrooms, and took their turns working at the registration table. Jamie worked with Dr. Michael Mills, WV State Medical Director, to develop and present the class "The Lost Art of Critical Thinking 2.0." Jamie had a key role in presenting information at the EMS

Roundtable and served as the Emcee at the banquet as PST Instructors were recognized.

Costs to the instructors are kept low through funding provided by each RESA PST program and a grant from the WVDE. Instructors pay \$125 for lodging, meals, and training. Each registered instructor also received an Under Armour shirt and document case with PST Instructor logos.



PUBLIC SERVICE TRAINING

DAVID PLUME, COORDINATOR
304-596-2653 · dplume@k12.wv.us

RESA 8 PST provides CPR Masks to State Police

You may have seen an article in the Martinsburg Journal on Saturday November 14, 2015 with the headline "State troopers get first aid training, supply bags." The article reported that WV State Troopers in Berkeley, Morgan, and Jefferson counties received medical trauma bags through a partnership with Berkeley Medical Center and Healthnet Aeromedical. The article did not report that each kit contained a CPR mask courtesy of RESA 8 Public Service Training.

Mary Lou Largent was involved in the project through her position as an Emergency Room Technician at Berkeley Medical Center. Mary Lou works part time as the RESA 8 CPR and First Aid Coordinator. She asked David Plume, RESA 8 Public Service Training Coordinator, about providing the masks for the kits and Dave said "This will give us an opportunity to not only support area Law Enforcement, but also remind the troopers that they can get CPR training through RESA 8." With each CPR mask the troopers found one of Mary Lou's RESA 8 business cards with this note printed on the back, "This CPR Mask is courtesy of RESA 8 Public Service Training. RESA 8 can provide CPR training at a very reasonable cost. For more information or to schedule training, see the contact information on the other side of this card."

Mary Lou coordinates many CPR classes for the area emergency services community. RESA 8 CPR instructors often volunteer their time. Some agencies keep their own mannequins and supplies instead of using RESA 8's equipment. This allows RESA 8 Public Service Training to provide American Heart Association certifications at minimal costs to the Fire, EMS, and Law Enforcement personnel who serve our communities.

*Regional Education
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A powerful engine for education

Mary Lou Largent
Asst. Coordinator
Public Service Training
First Aid / CPR Coordinator
mlargent@access.k12.wv.us

109 South College Street
Martinsburg, WV 25401
304.267.3595 ext. 126
Fax: 304.267.3599
www.resa8.org

This CPR Mask is courtesy of RESA 8 Public Service Training. RESA 8 can provide CPR training at a very reasonable cost. For more information or to schedule training see the contact information on the other side of this card



SCHOOL WELLNESS

TAYLOR FULLEN, SPECIALIST
304-267-3597 · tfulle@k12.wv.us

RESA 8 Educates on Handwashing

RESA 8 Regional Wellness and Adolescent Health have once again teamed up to tackle the ongoing health issues that affect our youth and adolescents daily. Recently, Regional Wellness Specialist, Taylor Fullen (pictured left) and Adolescent Health Coordinator, Lori Lawson (pictured right) traveled to Hampshire County to spend a day educating Pre-Kindergarten and Kindergarten students at Augusta Elementary and Capon Bridge Elementary Schools on the proper way to wash their hands to avoid the spreading of germs. The students discussed ways that germs are spread, and how this can be avoided. Students also took part in a fun activity involving a contest to see how well they could wash germ powder away from their hands. Pictured with Taylor and Lori are students from Capon Bridge Elementary.





SPECIAL EDUCATION

MARY ANNE SULLIVAN-SCOTT, COORDINATOR
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ADOS-2 Training

On October 22, 2015, RESA 8 facilitated an ADOS-2 Training for our counties. Myra Moore from Monongalia County conducted the workshop. The Autism Diagnostic Observation Schedule (ADOS-2) is an observational, semi-structured, standardized assessment of Autism Spectrum Disorders (ASD). It presents various activities to assess communication, social interaction, play, and restricted and repetitive behaviors. By observing and coding these behaviors, the trained observer can obtain information for the accurate diagnosis, treatment planning, and educational placement of a student on the Autism Spectrum across age levels, developmental levels, and language skills.

The workshop was well-received with hands-on activities for the participants with the actual ADOS-2 kit, as illustrated in the following photographs:



Pictured to the left are Crystal Knotts, Cresta Kowalski, Janet Soonthornchai, Shelley Hale, and Christopher Inguanti, practicing with a modules.



Pictured to the right are Deb Mohr, Danielle Webster, and Jennifer Rigby practicing with a module.



Pictured to the left are Gwen Hoopes and Ramona Rogers, discussing how to use a module with presenter, Myra Moore.



SUBSTITUTE TEACHER TRAINING

JOYCE ASHWORTH & SHANNON JOHNSON

304-596-2648 · jaashworth@k12.wv.us / 304-596-2663 · sdjohnson@k12.wv.us

128 Substitute Teachers Trained in the First Half of the School Year

RESA 8 trained 128 substitute teacher candidates during the first half of the 2016 school year. Workshop sessions included the topics of professionalism, insight into what a day of substitute teaching could look like, collaborative learning, and effective classroom management practices that support continued teaching and learning while the regular classroom teacher is away.

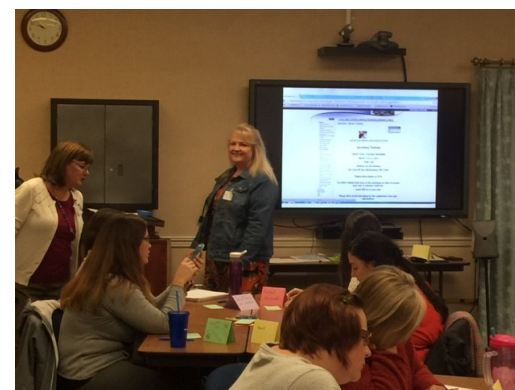
Martinsburg session participant Heidi Parker shared, “Having taught for years, I thought this training would be unhelpful. I was so wrong! I appreciated the training. The instruction was enlightening and practical. The group work even added to the experience. My take away from the instruction is to be prepared, positive, and proactive. All of the instruction was modeled by skillful instructors, which gave a nice visual for me. Great humor, too!”

Ciro Grassi attended the November session in Moorefield and reported, “As a U.S. Army veteran, I’d been considering entering the Troops to Teachers program. I think that working as a substitute teacher would be great preparation for that.”

Shannon Johnson, RESA 8 Personnel Coordinator, and Joyce Ashworth, Program Development Director, are co-teaching these trainings to prepare future substitute teachers for the experience of subbing in our eastern panhandle schools. The RESA 8 substitute teacher training attracts people looking to begin a substitute teaching career or renew their certificate. It also draws in retirees that desire to be active in their community and those looking to change careers or return to the workforce.

Do you think substitute teaching might be something YOU would like to do?

Several additional sessions will be held throughout the remainder of this school year with the next one scheduled for **February 1-2, 2016** at the RESA 8 office in Martinsburg. New candidates and renewal candidates are invited to attend. A June session is planned just for renewal candidates that will focus on developing the instructional practices of experienced substitute teachers. Visit our website www.resa8.org to find upcoming sessions and/or to get more information.



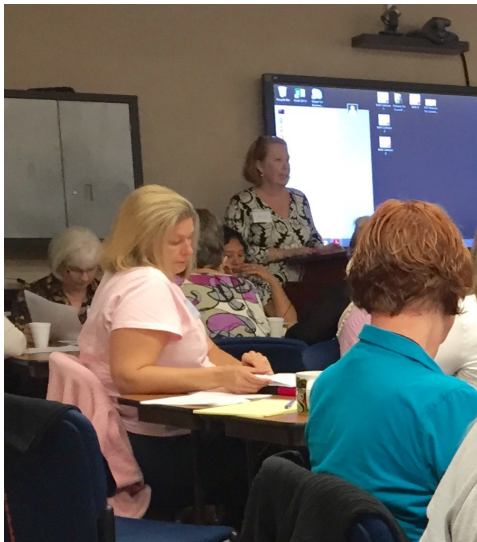


WV BIRTH TO THREE

ELIZABETH LOY, COORDINATOR
304-596-2652 · eloy@k12.wv.us

LUNCH AND LEARN

On Friday, September 25, West Virginia Birth to Three and Early Head Start hosted a Lunch & Learn at the RESA 8 office in Martinsburg. Parents as Partners was invited to join the event. The goal was to bring together these three groups who provide services to families with very young children, age 0 – 5. Some families receive services from more than one of these groups. As such, the goal of the day was to allow practitioners and home visitors from all three organizations to meet each other and to have a forum to freely exchange ideas about how best to provide services to families in the area.



Director Beth Loy (pictured left) shared with the group that West Virginia Birth to Three provides services to families who have a child who is not meeting milestones typical for that child's age. Anyone can make a referral to WV Birth to Three; there are no income restrictions or guidelines, and services are offered to families at no cost if the child qualifies. Services are available for children from birth to one day before the child's third birthday, and parents work with team members to choose how frequently visits are made and services are provided.

To be eligible for West Virginia Birth to Three, a child must have a 45% delay in one area of development, or 25% delays in two areas. A child can qualify if he has a medical diagnosis associated with developmental delay or meets five risk criteria associated with delay.

Daysha Everhart of Early Head Start explained that the program is required to make 48 home visits per year for families that qualify. Income is an eligibility factor, but she explained that 10% of those enrolled are children with disabilities. This is one way in which the program makes over-income exceptions. Early Head Start provides screenings for lead, TB, hearing, vision, height and weight in addition to providing mental health services and screening new mothers for post-partum depression. Early Head Start conducts 11 well-child visits each year.



Parents As Teachers provides in-home services based on a teaching model and home visitors use the Ages & Stages questionnaire to assess a child's needs and develop a curriculum. Their focus is family well being, and they provide services at no cost to families from birth to age five. Additionally, Chris Morgan of Morgan County has begun a group for fathers.

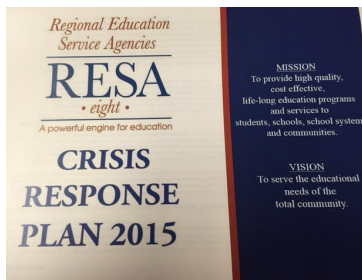
AROUND THE OFFICE



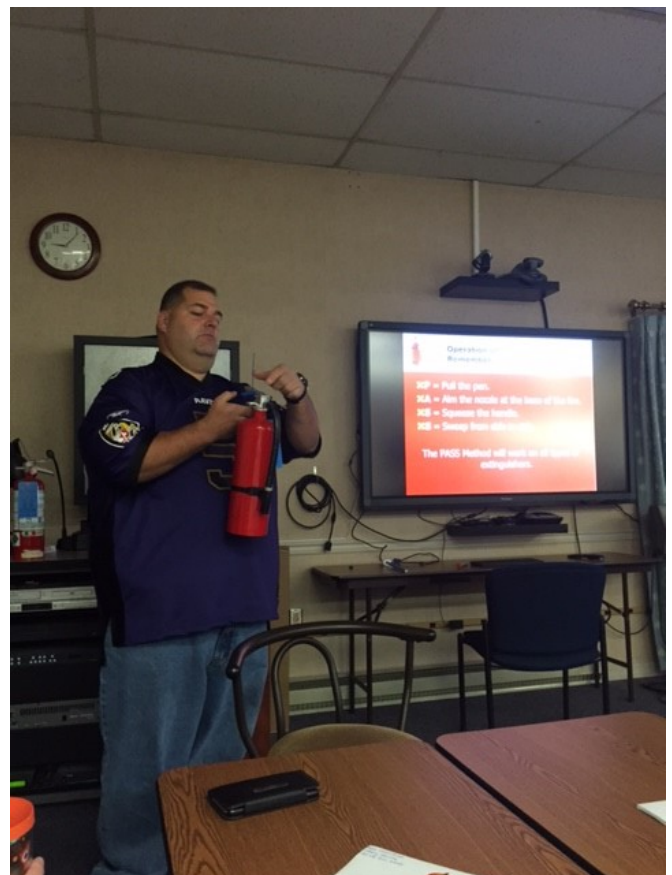
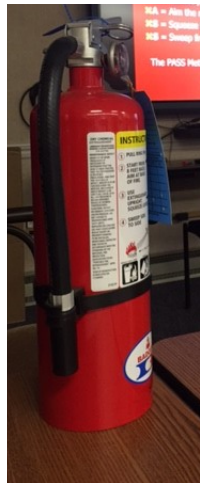
Our RESA 8 Collaborative School Support Team is AWESOME!



RESA 8 employees brought in donations to support the Food Bank, which suffered a fire



Annual RESA 8 Safety Training



AROUND THE COUNTIES

WHAT'S NEW?



Hampshire County Schools Welcomes a New Superintendent, Dr. Jeffrey R. Crook

Dr. Crook received his Doctor of Education in Educational Leadership and Policy Studies in 2006 at the Virginia Tech Institute and State University in Blacksburg, VA. He earned his Master of Science in Education in 1999 from Old Dominion University in Norfolk, VA and his Bachelor of Science in Health and Physical Education also from Old Dominion University.

He was most recently Assistant Superintendent for Mineral County Schools. Before that, Dr. Crook served as Principal at Olympic High School in Charlotte, North Carolina, Patrick Henry High School in Ashland, Virginia and Patrick Henry High School in Roanoke, Virginia. He was also an Assistant Principal at Lee-Davis High School, in Mechanicsville, Virginia and Granby High School in Norfolk, Virginia.

He and his wife, Cindy, live in Keyser, West Virginia with their two sons, Tyler and Jake and their dog, Gabriel.

According to Dr. Crook, "Positive attitude is a positive force."

Grant County Schools Reading Initiative

Grant County Schools is in year five of a countywide reading initiative with national reading consultants, Dr. Carol Tolman and Judi Dodson. Through this initiative, professional development for teachers has been provided using LETRS Modules (Language Essentials for Teachers of Reading and Spelling).

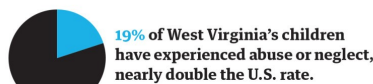
Dr. Tolman and Ms. Dodson visit four times a year to deliver professional development, and to provide modeling and coaching to teachers. During the 2015-2016 school year, the focus is on ELA instruction in middle and high school, writing at the sentence level with oral language as the foundational skill, and most importantly, improving teachers' skills to ensure all of the foundational processes integral to reading are mastered by all students.



Youth Mental Health



Source: National Alliance on Mental Illness



Source: Mental Health Matters

Morgan County Schools Featured in WV Magazine

In the December, 2015 edition of WV Focus Magazine, author Pam Kasey provides information about the youth mental health crisis in WV and showcases the way Morgan County Schools is working to help students. According to Kasey, "Youth mental health services in West Virginia are in a widely acknowledged crisis. A lack of early intervention services leaves kids who struggle—with anxiety, say, or depression, or substance abuse—to deteriorate. Some families manage in isolation. Others fail, and their children end up in the state's care at more than three times the national rate, recent reports show." She included the chart shown left.

Recognizing the increased need for student and family support in this crisis, Superintendent, David Banks, knew that hiring social workers and creating a county-wide, collaborative approach would provide a more holistic support system for students. In addition to adding mental health services, the use of the Flexible Classroom and peer mediation opportunities, Morgan County Schools is working to build supportive relationships with students and teach them conflict resolution skills.

Additionally, the schools are working with agencies within the community to further support students. The Handle with Care team notifies school officials when there is a crisis in a student's home. The Morgan County Partnership also works to support students through the 40 Developmental Assets student surveys and Teen Court coordination. While there is still much more that can be done, Gary McDaniel, Morgan County Schools Social Worker, says this about the students they serve, "If we provide them with the attention, support, boundaries and love they need to develop well, our community will reap the bounty of sturdy young people who are prepared for life."

For the full article in WV Focus, visit <http://www.wvfocus.com/2015/12/the-kids-arent-alright/>

AROUND THE COUNTIES

WHAT'S NEW?



The Seeding Your Future Initiative (SYFI) seeks to address the challenge of engaging middle and high school aged students in science, technology, engineering, and mathematics (STEM) disciplines. Research has shown that for girls especially, middle school is a critical time period for sparking or losing interest in STEM fields. By adding a high school component, we hope to reignite an interest in STEM disciplines as a college major and inspire the next generation of STEM graduates. The Initiative consists of two parts: the Seeding Your Future Conference (SYFC) and the Seeding Your Future Workshop Series (SYFWS).

The SYFC is a one day, hands-on conference targeting middle-school aged girls. It includes four approximately one hour-long hands-on workshops, and a "speed-dating" style panel with women scientists. SYFC was held on October 3, 2015, with ninety participants going through 11 concurrent workshop options. 21 participants were repeat attendees from 2014. The participants interacted with 60 volunteers, primarily Shepherd University students, who can serve as mentors and role models. The welcome was given by Dr. Sylvia Manning, Interim Shepherd University President, and the plenary was given by Cpt. Jan Stevens, USCG, retired.



The SYFWS seeks to engage 20 high school students in a two hour long workshop once a month (September - April). These workshops will allow high school students to engage in higher-level science, interact with student volunteers that can serve as positive role models, and use advanced scientific equipment.

The first three SYFWS offerings were:

- September 24: "Dangerous Drugs on Your Money" by Dr. Jordan Mader
- October 20: "Touch Down! Home Run! Nothing But Net!" by Dr. Sytil Murphy
- November 4: "You Spin Me Right 'Round" by the Shepherd University Environmental Organization

The fourth will be "Mapping and Inhabiting Mars" by Steven Shaffer and is to be held on December 14. The fifth will be presented by Dean Colleen Nolan during the week of January 18, 2016. Other future offerings will include topics from biology, chemistry, and robotics.



All activities associated with SYFI are FREE. Further information, including upcoming events and registration forms, can be found at www.SeedingYourFuture.weebly.com. You can also contact the organizers at seedingyourfuture@gmail.com.

The Seeding Your Future Initiative is generously sponsored by:



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We are so very fortunate to have TWO sponsors who have stepped up so far to support students in our upcoming Academic Fairs! Many thanks go out to **Curriculum Associates** for their support of the upcoming Regional Math Field Day competition and to **Martinsburg Elks Lodge #778** for their support of the upcoming Regional Senior Science Fair! If you are interested in sponsoring one of our upcoming academic fairs, please see the article on the front cover for details and/or contact our Executive Director, Joan Willard, at 304-267-3595 or jwillard@k12.wv.us

UPCOMING EVENTS AT RESA 8

RESA 8 2015-16 REGIONAL COUNCIL MEMBERS

December 17, 2015	TASC Exam (Petersburg and Martinsburg) Total Behavior Management - ABA Workshop
December 18, 2015	TASC Exam (Petersburg)
December 19, 2015	TASC Exam (Charles Town) EMS Testing (Clarksburg) WV MCI 1 and 2 (Romney)
December 30, 2015	FF 1 Written Test (Short Gap)
January 4, 2016	EMT Class (JCESA, Ranson)
January 6, 2016	TASC Exam (Martinsburg) Fire Officer 1 and 2 (South Berkeley)
January 8, 2016	TASC Exam (Martinsburg)
January 9, 2016	GEMS Course (Upper Tract)
January 12, 2016	EMT Class (Riverton)
January 15, 2016	Co-Teaching Workshop (Martinsburg)
January 16, 2016	TASC Exam (Romney)
January 18, 2016	American Heart Association First Aid (RESA 8)
January 19, 2016	American Heart Association Heartsaver CPR (RESA 8) TASC Exam (Martinsburg)
January 21, 2016	TASC Exam (Martinsburg & Petersburg)
January 22, 2016	TASC Exam (Petersburg)
January 23, 2016	TASC Exam (Charles Town)
January 26-27, 2016	Regional Campaign for Grade Level Reading (RESA 8)
February 1-2, 2016	Substitute Teacher Training (RESA 8)
February 3, 2016	TASC Exam (Martinsburg)
February 5, 2016	TASC Exam (Martinsburg)
February 15, 2016	American Heart Association First Aid (RESA 8) TASC Exam (Keyser)
February 16, 2016	American Heart Association Heartsaver CPR (RESA 8) TASC Exam (Martinsburg & Keyser)
February 18, 2016	TASC Exam (Martinsburg & Petersburg)
February 19, 2016	TASC Exam (Petersburg)
February 20, 2016	TASC Exam (Romney)
February 24, 2016	Autism Boot Camp Follow-up (RESA 8)
February 27, 2016	TASC Exam (Charles Town)
March 2 & 4, 2016	TASC Exam (Martinsburg)
March 5, 2016	Principles of Modern Fire Attack: SLICE-RS (Fairmont)
March 6, 2016	Train-the-Trainer, Principles of Modern Fire Attack: SLICE-RS (Fairmont)
March 7-8, 2016	TASC Exam (Keyser)
March 8, 2016	RESA 8 Regional Senior Science Fair (Potomac State) Snow date is March 10, 2016.
March 14, 2016	RESA 8 Regional Math Field Day (Shepherd University) Snow date is March 16, 2016.
March 15, 2016	RESA 8 Regional Middle School Science Fair (Shepherd University) Snow date is March 17, 2016.
March 19, 2016	RESA 8 Regional Social Studies Fair (Musselman High School) Snow date is March 26, 2016.
March 19, 2016	TASC Exam (Romney & Charles Town)

<p><u>Berkeley County</u> Manny Arvon, Superintendent Dr. William Queen, Chairperson</p>
<p><u>Grant County</u> Dr. DeEdra Bolton, Superintendent Scott Miley, Board Member</p>
<p><u>Hampshire County</u> Dr. James Crook, Superintendent Bonita Wilcox, Board Member</p>
<p><u>Hardy County</u> Barbara Whitecotton, Superintendent Loy Kesner, Board Member</p>
<p><u>Jefferson County</u> Dr. Bondy Gibson, Superintendent Mark Osbourn, Board Member</p>
<p><u>Mineral County</u> Shawn Dilly, Superintendent William Ludwick, Board Member</p>
<p><u>Morgan County</u> David Banks, Superintendent David Ambrose, Vice-Chairperson</p>
<p><u>Pendleton County</u> Doug Lambert, Superintendent Sonny O'Neil, Board Member</p>
<p><u>WV Schools for the Deaf and Blind</u> Dr. Martin Keller, Superintendent</p>
<p><u>WV Department of Education</u> Pat Homberg, Executive Director, Office of Special Programs</p>
<p><u>WV Board of Education</u> Tina Combs</p>
<p><u>RESA 8</u> Joan Willard, Executive Director Sherry Barnett, Executive Secretary</p>

Be sure to check our online calendar regularly for an updated listing of all upcoming events!
www.resa8.org

