

# The Fiddler



Florida Diagnostic and Learning Resources System  
North East Florida Educational Consortium

Serving: Baker, Bradford, Flagler, Putnam, St. Johns, Union Counties, and FSDB  
Winter/Spring 2005

## WHAT A LINEUP!

### **Educators: Making it "SUPER"...**

Football honors its superstars in Jacksonville this year at Super Bowl XXXIX. In contrast, quiet heroes reside in our communities, many of them in local schools working diligently on a daily basis to engage, enable and encourage our children. Some of these heroes in our district ESE departments have been recognized for their *SUPER* work.

### **Florida School Psychologist of the Year**

Congratulations to *Elaine Edwards*, recently honored by the Florida Association of School Psychologists as Florida's School Psychologist of the Year. This award is presented annually to a Florida school psychologist who best demonstrates professional responsibility, growth and leadership. Ms. Edwards has worked for the St. Johns County School district for the past 17 years and as a school psychologist and ESE program coordinator for the last ten. Those who have had the opportunity to work with Elaine know that she is deserving of this well-earned recognition.

### **Teacher of the Year Nominees**

The following ESE educators have been honored as Teacher of the Year for their schools:

Baker - *Ethel Dowling*, Baker County Middle School

Bradford - *Christy Curtis*, Hampton Elementary School; *Vickie Crews*, Brooker Elementary School; *Edna Porter*, Lawtey Community School

Flagler - *Claudette Jacques*, EH class at Bunnell Elementary School and

*Libby Vivano*, VE Functional Skills class (EMH/TMH) at Old Kings Elementary School

FSDB - Departmental Teachers of the Year: *Aimee McDonald*, Deaf Elementary School; *Maria Williams*, Deaf Middle School; *Dianne Hodgins*, Deaf High School; *Tiffany Dawohl*, Career

Education; *Eric LeFors*, Physical Education; *James Crozier*, Blind Elementary/Middle School;

*Linda Tayler*, Blind High School, *Colette Cook*, Special Needs Elementary/Middle School;

*Debra Grimm*, Special Needs High School/Visually Impaired. One of these teachers will be selected FSDB Teacher of the Year on January 26<sup>th</sup>.

Putnam - *Linda Echols*, EH Miller

St. Johns - *April Bailey*, Cunningham Creek Elementary School; *Ceil Shanahan*, Webster School

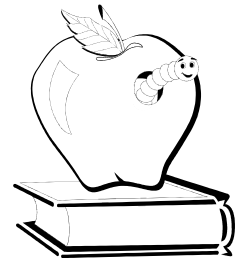
These teachers have the opportunity to be selected to represent their district as the Teacher of the Year and to participate in a regional selection. The regional award winner becomes a candidate for Florida Teacher of the Year. Congratulations to all!

Congratulations also to *Vicki Dawson*, Media Specialist at Bunnell Elementary School recognized as North East Florida Educational Consortium Elementary School Media Specialist of the Year and to *Bev Sanderson*, Librarian at FSDB Blind Department, named as North East Florida Educational Consortium High School Media Specialist of the Year and to *Rita Settle*. E.H. Miller, received the award for Putnam County Support Person of the Year.

If you know of someone we missed in our "Educators Super Bowl", please contact us at 1.800.227.6036 and we'll mention them in our next newsletter.



# FDLRS LENDING LIBRARY



In order to make available for you the most current research based information, we are in the process of upgrading our FDLRS lending library. When completed, we will be able to quickly and efficiently provide you with resources and information in the areas of inclusion, instructional strategies, behavior, reading, transition, brain research, and many more. Included in this newsletter is a sampling of resources from our FDLRS center that are available for checkout. Look for additional listings in future newsletters. Checkout is easy. Call 1.386.329.3811 or 1.800.227.6036 to take advantage of these and other resources FDLRS has to offer.



## **The Behavior Dimensions Intervention Manual      K-12**

Stephen McCarney, Becky McCain

This book contains practical interventions for 99 of the most common types of disruptive behaviors exhibited by students in the classroom setting. For each behavior listed is a menu of interventions you can choose from along with sample goals and objectives.



## **Designing Lessons for the Diverse Classroom      K-12**

Debby Houston, Marty Beech  
Fl. Dept. of Education

This book, primarily for beginning or out-of-field teachers, offers a step-by-step process for writing effective lesson plans in order for all students to master district goals and Sunshine State Standards.



## **Strategies that Work: Teaching Comprehension      K-12 to Enhance Understanding.**

Stephanie Harvey and Anne Goudvis

“Strategies that Work” focuses on instruction that is responsive to kids’ interests and learning needs. Full of practical suggestions, this book contains more than 40 K-8 strategy lessons for understanding text, including poetry and content area.

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## ***Promoting Social Emotional Competence in Young Children***

The Center on Evidence-Based Practice: Young Children with Challenging Behaviors hosts a series of Internet Chats on topics related to supporting young children’s social/emotional development and preventing challenging behaviors.



The next chat session is “Leadership Strategies for Supporting Children’s Social and Emotional Development and Addressing Challenging Behaviors”, March 30, 2005 from 2-3 PM with Barbara Smith, Ph.D., University of Colorado at Denver. The session will discuss strategies, tools, and resources for early care providers.

For more information on these chats, see <http://csefel.uiuc.edu/chat.html>. Transcripts of previous chats are available online, including: *What to Do When Children Say, “NO!”*; *Classroom Environments that Work*; and *Creating Home/Program Partnerships*. The website also offers other resources and training modules both in English and Spanish.

# *PROFESSIONAL STUDY GROUPS*

## *Improving Learning for Teachers and Students*

📁 Schools across the country are actively and vigorously exploring ways to improve the learning and enhance the practices of their teachers. They are also searching for answers on how to foster a culture where teachers and staff work and come together as a community of learners. They are eager to learn new processes that use a variety of data and the input of many to inform, direct, monitor, and support the changes for their new way of doing things. Schools are exploring all of these activities so that they can better do what is at the heart of their work – improving student achievement.

📁 Such goals can be met when teachers collaborate for the purpose of learning, reflecting, investigating, studying, and testing new ideas in a supportive and encouraging environment through Professional Study Groups. A study group of teachers is a small number of individuals who have joined together to increase their capacities through new learning for the benefit of students. (Murphy & Lick, 1998) Study groups, as professional development structures, allow teachers to take control of their learning, to serve as in-house experts, and to determine the focus, depth, and intensity of their learning on topics and issues they believe will help them achieve the goals or address the problems of a group of teachers or the entire school.



📁 Study groups are usually composed of three to six persons who agree when and where to meet regularly. The focus of the group's work is identified by analyzing a variety of school data or by defining a recognized need or interest. These sessions give educators an opportunity to use their new learning to support school improvement efforts, provide a means to engage teachers in long-range planning, and give teachers a chance to work together as a team and to engage in collaborative inquiry by placing the primary responsibility on teachers to work together toward a common goal. It is this on-going support, peer collaboration, and open dialogue that teachers often need to help them translate new knowledge into effective practices.

This information is adapted from the Educational Testing Service Professional Study Groups training manual: May 2003.

FDLRS/NEFEC offers training in both whole-faculty and independent study groups. For additional information, contact Renee Steinmetz or Sarah Azula at 386-329-3811 or [steinmetzr@nefec.org](mailto:steinmetzr@nefec.org)

# PDA-ESE



Professional Development Alternatives For Exceptional Student Educators:  
On-line modules developed by the Bureau of Exceptional Education and Student Services,  
the Bureau of Educator Certification, and the Florida Department of Education

## \*\*\* Earn 60 in-service points \*\*\*

(or the equivalent of 3 credit hours for those teaching out of field). The exception is the *Interpersonal Interactions and Participation* module, which is worth 30 points. All modules include three face-to-face class meetings and are appropriate for professionals working in general or special education.

Classes are offered in two locations for your convenience:  
The FDLRS/ATEN lab in Palatka or the Bradford Voc Tech Center in Starke.

### **Classes for Putnam, Flagler, St. Johns, FSDB:**

- ☞ Instructional Practices in ESE: Jan 6 – Apr 28 in Palatka
- ☞ Interpersonal Interactions and Participation: Jan 18 – May 17 in Palatka
- ☞ Language Development and Communication Skills: Feb 3 – May 5 in St. Aug
- ☞ Assessment and Evaluation: Feb 7 – June 6 in Palatka
- ☞ Transition: March 8 – June 21 in Palatka

### **Classes for Baker, Bradford, Union:**

- ☞ Instructional Practices in ESE: Jan 13 – Apr 21 in Starke
- ☞ Interpersonal Interactions and Participation: Jan 25 – May 24 in Starke
- ☞ Language Development and Communication Skills: Feb 9 – May 12 in Starke
- ☞ Assessment and Evaluation: Feb 21 – June 13 in Starke
- ☞ Transition: Mar 15 – June 28 in Starke

Registration: [www.nefec.org](http://www.nefec.org)

For additional information, contact Renee Steinmetz at 1.800.227.6036 or [steinmetzr@nefec.org](mailto:steinmetzr@nefec.org).

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## *Recruiting the Best for Florida.....*

### **The Florida Speakers Bureau**

There is a critical shortage of qualified personnel in exceptional education and Florida has joined the national efforts to recruit students for careers in this field. The Florida DOE continues to support the Florida Speakers Bureau, a program designed to promote awareness of careers in exceptional student education among middle, high and community college students.

Renee Steinmetz has been trained to recruit for our FDLRS districts. Through fun simulations, this 45-minute presentation will make students aware of exceptional student education, related services, preparations for a career, financial aid and the rewards of teaching in this unique field.

Call FDLRS 1.800.227.6036 or email [steinmetzr@nefec.org](mailto:steinmetzr@nefec.org) and invite her to present to your career awareness classes, career



fair/day or any group of students or class who may be interested in career options.

# PARENT SERVICES.....



is Florida's official statewide student advising website. FACTS is an acronym for Florida Academic Counseling and Tracking for Students. Provided free by the Florida Department of Education, FACTS.org assists high school students, college students, teachers, counselors, and parents in planning for and tracking a student's educational progress in Florida.

The main features of FACTS.org are career planning, high school planning, college/vo-tech planning, financial aid, admissions, transfer services, college advising tools, and college transcripts and grades. FACTS.org users can:

- ◆ Assess their interests and skills
- ◆ Choose a career
- ◆ Plan high school coursework
- ◆ Discover ways to earn college credit in high school
- ◆ View their high school course history and grades online
- ◆ Evaluate their high school transcripts for Bright Futures Scholarships eligibility AND admissions requirements for state universities online
- ◆ Investigate 200+ colleges and 600+ degrees in Florida
- ◆ Find out which colleges offer certain degrees
- ◆ Learn what higher ed options are out there
- ◆ Apply online for college admissions and financial aid
- ◆ Know what classes to take in college
- ◆ Get college transcripts and grades online
- ◆ Audit college transcripts against degree requirements
- ◆ Access official student advising documents

FACTS.org also provides several other links and resources to assist students, families and educators. For example, looking for a library book, articles, or full-text online databases? Check out SUNLINK @ [www.sunlink.ucf.edu](http://www.sunlink.ucf.edu) , WebLUIS @ <http://webluis.fcla.edu>, or LINCCWeb @ [www.linccweb.org](http://www.linccweb.org), the online library systems for Florida's K-12 system and colleges and universities.

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## **FLORIDA DEPARTMENT OF EDUCATION.....**

### ***Resources for Floridians through the Clearinghouse Information Center***



The Florida Department of Education's services and resources focus on Florida's educators and families. Two types of information services are offered through the Clearinghouse – a library of books and videotapes for loan and a large inventory of free publications.

Loan items are available to Floridians and may be checked out for three-week periods and renewed when available. Free return postage is included in all loan shipments. You may also request a search of items available on a specific topic. Staff will provide you with a list of available materials upon completing your search.

The Clearinghouse publishes many manuals, booklets, and brochures, as well as a Publications Index that lists our free materials. The index is available in print or online at <http://myfloridaeducation.com/commhome/clerhome.htm>.

Please contact the Clearinghouse at 1.850.245.0477 or email: [cicbiscs@fldoe.org](mailto:cicbiscs@fldoe.org) to request copies of free materials, to borrow materials, or for further assistance or information on services.

# *ADHD and Sleep Deprivation— Are They Related?*

Children with Attention Deficit Hyperactivity Disorder, or ADHD as it is more commonly referred to, generally are unable to concentrate, constantly move around and have poor school performance in relation to their intellectual ability. Nearly all children are overactive and inattentive at times, but for the ADHD child these behaviors can be excessive, affecting the home and school environment and interfering with learning.

Research has shown that sleep deprivation and ADHD are related, but how they are related is yet to be discovered. Is uninterrupted sleep the cause or result of ADHD? Although research in the area of childhood sleep disorders is still in its early stages, researchers have been able to identify four distinct causes of interrupted sleep:

- 1) A symptom of another disorder (i.e., ADHD, Depression, Anxiety)
- 2) A side effect to a particular medication (i.e., stimulants such as Ritalin)
- 3) Lifestyle induced (i.e., diet, caffeine use)
- 4) A primary sleep disorder itself

What is known is that lack of sufficient sleep causes children to be more moody, more impulsive and less able to concentrate and learn. Recent research in sleep laboratories has shown some children are mislabeled with the diagnosis of ADHD when, in fact, the real problem is chronic, partial sleep deprivation.

If a child is not getting sound, uninterrupted sleep, a discussion with a pediatrician or other expert may be advised. For additional information, refer to the National Sleep Foundation's website at: [www.sleepfoundation.org](http://www.sleepfoundation.org) or the American Sleep Disorders Association at: [www.asda.org](http://www.asda.org).

## Tips for helping a child get a good night's sleep:

- ☾ Establish a consistent bedtime routine.
- ☾ Make sure they get enough exercise during the day.
- ☾ Play relaxing music or a book on tape. Read a book just before bedtime.
- ☾ Use visual aids (fish tank, lava lamp or sticker display on the bedroom ceiling).
- ☾ Give a back rub prior to bedtime.
- ☾ Have them take a warm bath before bed.
- ☾ Make their bedroom cooler than normal and use heavy covers on the bed.
- ☾ Avoid afternoon napping.
- ☾ Avoid the use of caffeine.



Sources: Sleep Deprivation and ADHD, Alan Greene, M.D. FAAP; ADHD and Sleep Problems, Jay D. Tarnow, M.D.; Sleep Disorders and ADHD: Shared Common Phenotypes, Daniel S. Lewin, PhD; Marcos DiPinto, M.S; What is ADHD? Mark Domoto, M.Ed.

**If you have concerns about your preschool child's learning or development, please call FDLRS Child Find for a free developmental screening at 1.800.227.6036.**

# *No Budget, No Problem!*

## *More Freeware for Use With Students With Learning Disabilities*

**Closing the Gap 2004**  
**Kristi Voelkerding, Assistive Technology Specialist**  
**Easter Seals Massachusetts**  
**[kristiv@eastersealsma.org](mailto:kristiv@eastersealsma.org)**

- ☞ Rebecca's Bash <http://download.com.com/3001-2051-7438268.html>
- ☞ Doodleworks <http://www.en.eun.org/eun.org2/eun/en/vs-primary/content.cfm?lang=en&ov=7951>
- ☞ Lofty Confetti <http://www.en.eun.org/eun.org2/eun/en/vs-primary/content.cfm?lang=en&ov=7951>
- ☞ Kiddo <http://www.kidsdomain.com/down/pc/kiddo.html>
- ☞ Basic Mouse Skills <http://www.adders.org/freeware/gomouse.html>
- ☞ Tidy Up <http://www.en.eun.org/eun.org2/eun/en/vs-primary/content.cfm?lang=en&ov=7951>
- ☞ Facetoon  
<http://www.en.eun.org/eun.org2/eun/en/vs-primary/content.cfm?lang=en&ov=7951>
- ☞ Shape Game  
<http://www.en.eun.org/eun.org2/eun/en/vs-primary/content.cfm?lang=en&ov=7951>
- ☞ Memory <http://www.en.eun.org/eun.org2/eun/en/vs-primary/content.cfm?lang=en&ov=7951>
- ☞ Sunstar <http://www.en.eun.org/eun.org2/eun/en/vs-primary/content.cfm?lang=en&ov=7951>
- ☞ Rebecca's Letters & Numbers <http://download.com.com/3001-2051-7438267.html>
- ☞ Ray's Letters and Numbers [www.rayslearning.com](http://www.rayslearning.com)
- ☞ Zero <http://download.com.com/3000-2279-10146324.html?tag+lst-0-20>
- ☞ Jellybean Hunt <http://www.en.eun.org/eun.org2/eun/en/vs-primary/content.cfm?lang=en&ov=7951>
- ☞ Edmo & Houdini <http://www.en.eun.org/eun.org2/eun/en/vs-primary/content.cfm?lang=en&ov=7951>

Free  
stuff

This is a sample of the freeware/shareware available from FDLRS/NEFEC. For more information contact Elaine Myers, Technology Specialist, at 1.800.227.6036 or [myerse@nefec.org](mailto:myerse@nefec.org). To register for the Freeware/Shareware Make-n-Take workshop to be held on April 21, 2005, go to [www.my-points.org](http://www.my-points.org).



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**TO:**

**FDLRS/NEFEC STAFF**

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**Leslie Kerslake**  
**Stacy Richie**  
**Sharon Wells**

**FDLRS REGION 2 STAFF**

Technology Lab Manager  
**Frank Crosby**

Support Staff  
**Suzanne Shields**

***More SUPER Honorees:***

National Board Certification

In addition to the recognition of ESE educators for the year (see front page of our newsletter), several teachers in our districts have passed the rigorous National Board Certification this year. Congratulations to these folks for their *SUPER* achievement.

*Tammy Harrison*, Union County High School Teacher  
*Kathy Phelph Hunt* – Macclenny Elementary Teacher  
*Kathy Pyle*, FSDB Deaf Middle School Reading Specialist  
*Janet Sabaka* – Macclenny Elementary Teacher  
*Nicola Wayer*, FSDB Deaf Middle School Teacher  
*Carol Starr*, Brooker Elementary Teacher  
*Nancy Tuttle King*, St. Johns County ESE Teacher  
*Nancy MacLaughlin*, St. Johns County ESE Teacher

**\*\*\* Important Legislation Signed into Law \*\*\***

The federal Individuals with Disabilities Education Improvement Act of 2004 was signed by President Bush on December 3, 2004. This reauthorization of IDEA, effective July 1, 2005, brings important changes to special education. To learn about new requirements for highly qualified special education teachers, changes in IEPs and more, go to [www.wrightslaw.com](http://www.wrightslaw.com), [www.ed.gov](http://www.ed.gov), or [www.ced.sped.org](http://www.ced.sped.org).

Governor Jeb Bush recently signed into Florida law the Voluntary Pre-Kindergarten Education (VPK) Program designed to prepare 4-year olds for Kindergarten beginning in the 2005-2006 school year. For more information, go to [www.upkflorida.org](http://www.upkflorida.org).

The Florida Diagnostic and Learning Resources System is funded by the State of Florida, Department of Education, Division of Public Schools and Community Education, Bureau of Exceptional Education and Support Services, through federal assistance under the Individuals with Disabilities Education Act (IDEA), Part B; IDEA Part B, Preschool; and state General Revenue funds to provide support services for Florida's Exceptional Student Education programs. An Equal Opportunity Employer, FDLRS is an integral part of the North East Florida Educational Consortium, located in Palatka. NEFEC is dedicated to helping member districts cooperatively meet their educational goals and objectives by providing programs and services that individual districts would not be able to provide as effectively or as economically acting alone.