

KNOX COUNTY REGIONAL  
OFFICE OF EDUCATION  
NEWSLETTER

March 2010

www.roe33.net

Volume 7 Number 3

*From the desk of the Superintendent*

I hope we are finished with all of the snow.

If you or your class would like to help eliminate world hunger, go to [www.freerice.com](http://www.freerice.com) , where you can learn and help at the same time. Also, if you knit or crochet, you might want to go to [www.knit-a-square.com](http://www.knit-a-square.com) and do some handiwork for charity.

We still need teachers to sign up for the second session of the Gifted Seminar. The deadline is May 28<sup>th</sup> or until we have a full class.

On Saturday, February 20<sup>th</sup> the Elementary and Junior High Geography Bowl students, coaches, Administrators and friends all went to Knoxville Junior High to view the competition. It was great fun. Mr. Vince Harris always does an outstanding job of helping us out. This year, Ms. Sheila Roehlk enlisted the assistance of Retired Teachers, Upward Bound students and Key Club members. They all did a great job. Mrs. Deane Hoehn was the final scorekeeper, and her husband Tom Hoehn took care of any technical needs.

The Elementary winners were Costa-First Place, King-Second Place and Cooke-Third Place. The Junior High winners were Churchill-First Place, Costa-Second Place and Lombard-Third Place.

All students were winners. It sounds like we will have some new innovations to the Geography Bowl. Hmmm! I wonder if Parents, Grandparents, Coaches and Teachers would like to compete?

The Knox County Spelling Bee was held on Friday, February 26<sup>th</sup> at the Galesburg Public Library at 1:00. The winner was Cierra Hamsch from Costa and the runner-up was Logan Smith from Galesburg Christian School

## *CPDU Opportunities*

1. Retirement/Ready or Not – FREE. Monday, March 15<sup>th</sup> from 3:15 to 5:30PM. Presenters Rich Qualls and Lynne Gray-2cpdus. Knox County Annex, 220 E. Simmons St., Galesburg Call the Regional Office to sign up – 345-3828.

2. Health Life Safety – FREE. Tuesday, March 16<sup>th</sup> from 3:00 to 5:00PM. Presenter Rich Qualls-2cpdu's. Knox County Annex, 220 E. Simmons St., Galesburg Call the Regional Office to sign up – 345-3828.

3. Free CPDUs: Online E-Learning Academy.

The ISRC E-Learning Academy offers a variety of training modules that can be completed, at any hour, wherever you receive internet access. E-Learning Academy users do not need to sign-up ahead of time or wait for a course to be offered. The modules are continuously available at [www.isrc.us/training.html](http://www.isrc.us/training.html). The easy to follow checklist insures that all of the requirements are completed for CPDU credit. 3-5 credits can be earned for each completed module. Currently six modules are available, with more in development.

Available modules for CPDU credit:

- Accommodating Deaf/Hard of Hearing Students in the Classroom
- Autism Spectrum Disorders and Deafness
- Creating and Maintaining an Exemplar Classroom
- Mental Health: Bipolar
- Mental Health: Borderline Personality Disorder
- Mental Health: Conduct or Oppositional Defiant Disorder

## *Getting Older*

Now that I'm older, here's what I've discovered:

I started out with nothing; I still have most of it.

I finally got my head together, now my body is falling apart.

It is easier to get older than it is to get wiser.

It's hard to make a comeback when you haven't been anywhere.

## Scholarships

IACO Scholarship. The Scholarship is based on the best essay describing what the applicant has learned about public service from his or her sponsor. Two-\$1,000 Scholarships for a four year college, 2-\$500 Scholarships for a two year college and 1-\$1,000 Scholarship for the best essay of all remaining applicants. Deadline for the Application is March 8, 2010. Applications are available at the Regional Office of Education.

Illinois Retired Teachers Association Foundation, Inc. The Scholarship recipient shall receive \$1,500 to be used for educational expense. Applications must be received on or before March 7. Applications are available at the Regional Office of Education.

## Know their BMI

## Nutrition Nuggets

Find out your child's Body Mass Index. That's the number that measures height against weight and lets you know if your youngster is at a healthy weight. You can use the parent-friendly online tool at <http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx>, or ask your pediatrician to figure it out at your child's next visit.

## A walk a day

## Nutrition Nuggets

A daily family walk is a great way to get your child-and you-moving. Some families take a walk after dinner. Others plan a morning walk on the weekends. For parents who are home after school, that's often a great time to walk. Figure out the best time for your family's schedule, and use the time to walk and talk-you'll be helping everyone get healthier, and you'll be spending special time together. Make the walk more fun by mixing it up: walk one block and skip for the next, or alternate walking fast and slow. You can even sneak in some learning time on your walk. For example, have your child count how many trees you pass or read the signs along the way.

## Accepting Who We Are

John C. Maxwell says mistakes are:

Messages that give us feedback about life.

Interruptions that should cause us to reflect and think.

Signposts that direct us to the right path.

Tests that push us toward greater maturity.

Awakenings that keep us in the game mentally.

Keys that we can use to unlock the next door of opportunity.

Explorations that let us journey where we've never been before.

Statements about our development and progress.

## Take A Moment To Thank A Veteran

When you see someone in a uniform

Someone who serves us all,

Doing Military duty,

Answering their country's call,

Take a moment to thank them

For protecting what you hold dear;

Tell them you are proud of them;

Make it very clear.

“Thanks for what you're doing:

To keep us safe in the USA!”

By Joanna Fuchs

Thank You For Your Service.

## Hare nominates 2 to military academy

Congressman Phil Hare, has nominated two area students to the U.S. Naval Academy.

Hare recommended Galesburg High School's Bo Merritt, Galesburg, and ROWVA High School's Timothy Worrell, Wataga, for the U.S. Naval Academy.

These two join 10 other nominees in Hare's 17<sup>th</sup> District who will apply for admission.

## *School Violence Seminar*

The Regional Office of Education had 2 Truancy Officers attend this seminar given by Mike Wargo, Illinois State police, Retired, covering the areas of assessment, reporting and documenting potential for school violence. The three areas of threats discussed were those from within, those from outside and acts of terrorism. The seminar provided a forum for contingency planning to prevent school violence and to demonstrate appropriate responses to school violence.

## *Dropout Summits*

The Regional Office of Education will be conducting Dropout Summits in each of the school districts in Knox County. The dates and time are as follows:

Williamsfield	March 2 <sup>nd</sup>	2:15pm-3:15pm
ROWVA	March 3 <sup>rd</sup>	6:00pm-8:00pm
Knoxville	March 16 <sup>th</sup>	6:00pm-8:00pm
Abingdon	March 17 <sup>th</sup>	6:00pm-8:00pm
Galesburg	TBA	

Any questions about the events please contact the Regional Office.

## *Resources for Parents*

This website features Illinois organizations and upcoming Illinois workshops and trainings.

<http://www.illinoisparents.org>

## *National Geographic Bee Information*

The National Geographic Bee occurs in three stages beginning with grades four through eighth. Schools that register for the Bee receive materials to hold their competitions. Each school winner takes a written test, and the top hundred scorers in each state and territory compete at the state level.

State-level Bees are held in the spring and the winner of each state Bee proceeds to the national competition at National Geographic Society headquarters in Washington, D.C., for national competition.

Principals of U.S. schools must register their schools to participate. The registration begins in August for a fee of \$50 (check this for change). Please use school letterhead and enclose check payable to the National Geographic Society. Materials for school Bees are mailed to registered schools in November.

Address: National Geographic Bee  
National Geographic Society  
12145 17<sup>th</sup> Street N.W.  
Washington, DC 20036-4688

Net: <http://www.nationalgeographic.com/geographybee/basics.html>