

# 1 Mindfulness in the New Year

What's new?

There is a great mindfulness in education movement underway. With growing distractions and the need to engage students in learning, mindfulness provides a key for educators. Not only does it create a stronger awareness but the benefits to brain development are many.



*"The picture we have is that mindfulness practice increases one's ability to recruit higher order, pre-frontal cortex regions in order to down-regulate lower-order brain activity," she says. In other words, our more primal responses to stress seem to be superseded by more thoughtful ones. MRI scans show that after an eight-week course of mindfulness practice, the brain's "fight or flight" center, the amygdala, appears to shrink. This primal region of the brain, associated with fear and emotion, is involved in the initiation of the body's response to stress. As the amygdala shrinks, the pre-frontal cortex – associated with **higher order brain***

**functions such as awareness, concentration and decision-making – becomes thicker.**

*The "functional connectivity" between these regions – i.e. how often they are activated together – also changes. The connection between the amygdala and the rest of the brain gets weaker, while the connections between areas associated with attention and concentration get stronger. –Tom Ireland*



Read more: [What does mindfulness meditation do to your brain?](#)

Resources: <http://danielrechtschaffen.com/mindful-classroom/>

NKCES has Mindfulness Resources you can review to see how this strategy can strengthen student learning. Of course, let's not forget what these strategies can do for educators who are caught in a fast-paced world ....check out [whil.com](http://whil.com) or [headspace.com](http://headspace.com) for an easy to use mindfulness tool!

# 2 NKCES Board Meetings

What's new?

We have worked with KSBA to open our board meeting agenda to the public. This will provide access to presentations, attachments and other key information discussed at the board meetings. We have also worked with KSBA to provide access to our board policies and procedures on-line so that they are accessible to you. We feel that these improvements will provide better services to our NKCES members.

# 3 NKAGE AND NKCES PARTNERING FOR REGIONAL IMPACT: DREAMFEST



The regional kick-off meeting was a huge success with 100% representation from our NKY districts. The conversation about future endeavors and potential leadership for key positions was very productive and progress was made. The next meeting will be held at NKCES on January 22<sup>nd</sup> at 12:30p.m.

The Northern Kentucky Association for Gifted Education, NKAGE, is planning Dreamfest, a day for our students who are identified as gifted and talented in math, science or the visual and performing arts. It is truly a day that many of the region's students look forward to each year! This year, Dreamfest will be held on the campus of Northern Kentucky University on Thursday, March 10, 2016. We would like them to have a hands-on, active experience in a topic that interests them while it employs and encourages their talent. If you have anyone interested in presenting a session, please contact Melinda Greenwood @[Melinda.greenwood@fortthomas.kyschools.us](mailto:Melinda.greenwood@fortthomas.kyschools.us) by January 29<sup>th</sup>.

## 4 NKCES P.O.P. Tours (Problem of Practice Tours)



During our ISLN meetings, instructional leaders shared the **problem of practice** (i.e. What instructional concerns keep you up at night?) that they struggle with in their district. At a follow-up meeting, the group also had conversation around what is working in specific areas in response to the questions. NKCES has compiled these problems of practices and possible solutions into a Livebinder for your review. [P.O.P. and Successful Strategies Compilation](#)

We will also begin scheduling visits to some of the schools that shared strategies to the problem of practice. The first one is coming up this month and will focus on the Problem of Practice: *What are the strategies and next steps that are being implemented to build continuous improvement for PLC work for our schools?*

Our first visit will be on January 20<sup>th</sup> at Glenn O 'Swing to see PLCs in action. If you are interested in this visit, please contact Michele Augsback A.S.A.P. as space will be limited. Sharing practices such as this, we can become stronger as a region ( #NKY~TheBestPlaceToLearn).

## 5 DELIVERY TARGET UPDATE



Delivery targets representing current state goals in Proficiency and Gap have been released and should be incorporated into district and school plans. Federal changes could impact these goals in the future. State graduation rate goals will be released within the next two weeks.

Calculation of State Delivery Goals: Each state goal is calculated using the same formula. For example, the state goal for College and Career Readiness (CCR) was computed using the following formula: The state CCR baseline rate in 2009-2010 was 34 percent. To compute the five-year goal, this rate is subtracted from 100 ( $100 - 34 = 66$ ), then divided by 2 ( $66/2 = 33$ ) and added back to the 2009-2010 baseline score ( $34 + 33 = 67$ ). This results in a state CCR five-year delivery goal of 67 percent.

## 6 FIRST-EVER STANDARDS RELEASED FOR SUPERVISORS OF SCHOOL PRINCIPALS



For the first time, the supervisors of school principals have new standards that provide a clear, practical definition of what they should know and be able to do to improve the effectiveness of principals. The National Policy Board for Educational Administration released the standards today. A team of educators from across the nation spent more than a year developing the first-ever standards for a position long-focused on bureaucratic compliance, but that increasingly is considered critical to developing outstanding school principals who can improve teaching and learning.

The standards aim to ensure that principals get the support they need. Facing new pressures to improve student learning, principals need to spend more of their time helping teachers improve their instruction. Yet their central-office supervisors traditionally have focused on ensuring that school principals comply with local policies and state regulations. The new standards aim to shift the position from compliance officer to coach.

The eight [Model Principal Supervisor Professional Standards 2015](#), which are voluntary, cover a range of topics and include actions principal supervisors can take to help individual principals grow as instructional leaders and foster an environment that supports students' learning needs. Other standards say principal supervisors should work to ensure an equitable distribution of district resources and culturally/socially responsive environments. The standards are grounded in refreshed standards for school leaders, known as the [2015 Professional Standards for Educational Leaders](#), which were finalized in late November.

## 7 NEW IMPROVEMENT SYSTEM FOR EARLY CHILDHOOD RATING: KY All STARS Video Now Available

What's new?

The Governor's Office for Early Childhood has requested that we pass this information along to you concerning the state's new early childhood program rating system.

KY All STARS is coming: The new quality improvement system will impact publicly funded early childhood programs like Head Start, community based child care centers that receive public funding and state-funded pre-k programs. Watch the latest video to learn what's different about the new rating system, hear about the pilot, and learn projected timelines for implementation. [CLICK](#) Picture for video:



## 8 PROGRAM REVIEW TASK FORCE: FIRST MEETING IN FRANKFORT

What's new?

As you know, Commissioner Pruitt has named a task force of educators including superintendents, principals and teachers to study Program Reviews and consider solutions to address challenges related to the Program Review process. The group also includes representatives from educator partner groups. See news release announcing the group [here](#).

Northern Kentucky is represented on this task force by Mr. Jay Brewer, Ms. Karen Byrd, Mr. Ron Chi and Ms. Amy Razor. The first meeting was held in December and the dialogue was very transparent and full of possibility. The commissioner set the stage for solutions vs. problems and the taskforce went to work sharing possibilities and created a strong awareness for the work ahead.

## 9 CHILD COUNT REPORT SUBMISSION DATE EXTENDED

What's new?

The Report of Children and Youth with Disabilities Receiving Special Education and Related Services or Child Count Report includes the status of students on December 1. The deadline to submit this report to the Kentucky Department of Education (KDE) has traditionally been December 15th. Due to the recent changes within Infinite Campus, KDE is extending the submission due date to **January 8, 2016**. If you have questions or need additional assistance, please contact [joseph.mccowan@education.ky.gov](mailto:joseph.mccowan@education.ky.gov) or [amy.patterson@education.ky.gov](mailto:amy.patterson@education.ky.gov).

## 10 NEW! PROFESSIONAL LEARNING COMMUNITIES AT NKCES

What's new?

In an effort to provide collaboration between educators to impact student instruction, NKCES is adding new groups to the list of available PLCs for our region. These groups will be self-guided as the groups set their own agenda and share ideas, resources and collaborate to enhance instruction.

### **New PLC Meetings Scheduled for this semester include:**

World Language, Gifted and Talented, Professional Learning, Counselors, Arts and Humanities, Physical Education, NKY Job Coaches

### **We have been asked to begin the following groups and so we will extend a meeting time to see if there is any interest:**

New Teachers, Title One Coordinators, Principals and Psychologists

*Looking forward to growing opportunities for NKY educators to collaborate professionally!*



January 6	NKCES: Grant Meeting
January 7	NKCES: Differentiation Training
January 8	NKCES: Becoming a Better Me: Mind, Body and Heart Child Count Report Deadline
January 13	NKCES: Board of Directors Meeting(Gateway)
January 14	NKCES: CBB Module
January 15	NKCES: Progressing Monitoring: Team Approach KCSS Terroristic Threatening in the Schools Workshop, Gilbertsville
January 18	NKCES: NKY JOB COACHES PROFESSIONAL LEARNING TEAM
January 22	NKCES: ISLN (Gateway), PL Consortium NKAGE Meeting, Mathematics Coaching Training, Special Education Law Session,
January 25	Federal Grant Closeout Final MUNIS report due NKCES: CLN for Science
January 27	NKCES: Formative Assessment Training and EBPs for students with MSD 7 ASD
January 28	NKCES: Create and Take
February 3	NKCES: Grants Consortium
February 3	NKCES: Writing Workshop
February 4	NKCES: Autism Diagnostic Observation Schedule
February 10	NKCES: Board Meeting Canceled

## NKCES UPCOMING PROFESSIONAL LEARNING OPPORTUNITIES



Thursday January 7, 2016 from 8:30 AM to 3:30 PM EST

[BECOMING A BETTER ME: MIND, BODY & HEART](#)

Friday January 8, 2016 from 1:00 PM to 4:00 PM EST

Focus is on "whole child" development as well as self-care for teachers/counselors (mindfulness) as a part of a universal system of prevention.

[NKCES BOARD OF DIRECTORS MEETING - JANUARY MEETING - GATEWAY](#)

Wednesday January 13, 2016 from 8:30 AM to 3:00 PM EST

Superintendents Meeting-8:30-9:30 Board of Directors-9:30-11:30 Superintendent Roundtable-12:00-3:00

[GEOMETRY~ CBB OF MATHEMATICS](#)

Thursday January 14, 2016 at 8:30 AM EST to Friday January 15, 2016 at 3:30 PM EST

2 days of training with follow-ups per module, strong conceptual foundation for mathematics, concrete - representational abstract sequence of teaching/learning (C-R-A); Understanding student misconceptions; Understanding of KCAS Content and practice standards; and Promoting higher-order student thinking and Multiple teaching strategies.

[PROGRESS MONITORING & ANALYSIS FOR TEAM DECISION-MAKING - JANUARY 2016](#)

Friday January 15, 2016 from 8:30 AM to 3:30 PM EST

Participant Goals include developing and implementing a progress monitoring system to: Collect, graph, analyze, interpret and communicate progress monitoring data. Make instructional decisions about my students. Demonstrate the linkage between progress monitoring and writing present levels for annual goal development.

[NKY JOB COACHES PROFESSIONAL LEARNING TEAM - SESSION 1](#)

Monday January 18, 2016 from 1:00 PM to 3:30 PM EST

Session #1 - focus will include meet & greet and answering this question: "What does NKY have to Offer Students as they Transition Out of High School."

[MATHEMATICS COACHING FOR INSTRUCTIONAL COACHES PART 1](#)

Friday January 22, 2016 from 8:30 AM to 11:30 AM EST

Leading for Mathematical Proficiency Framework (LMPF) Chapter 1 & 2 from Mathematics Coaching Resource and Tools for Coaches and Leaders, K-12 -Using the Planning, Data Gathering and Reflections tools to make Shifts in Classroom Practices -8 Standards for Mathematical Practices -CBB Overview Breakout Session Elementary/MS & Remedial HS

[REGISTER TO - Attend ISLN - January 22 - Gateway Room B123](#)

Friday January 22, 2016 from 8:30 AM to 12:30 PM EST

[SPECIAL EDUCATION LAW: WHAT'S NEW, WHAT'S HOT, AND WHAT DO YOU NEED TO KNOW](#)

Friday January 22, 2016 from 8:30 AM to 3:30 PM EST

Melinda Jacobs, is an attorney in private practice who has worked in the field of special education law since 1985. She comes to N KY to address What's New, What's Hot, and What do You Need to Know in regards to the Disabilities Education Act, Section 504 of the Rehabilitation Act of 1973 and related programs.

[REGISTER TO Attend CLN Science - January 25 - TBA](#)

Monday January 25, 2016 from 8:30 AM to 3:30 PM EST

[DID SOMEONE CALL A FAL IN HS?](#)

Wednesday January 27, 2016 from 12:30 PM to 3:30 PM EST

An introduction to a FALs (Formative Assessment Lessons) and how teachers incorporate them into math units of study. Participants will be able to come away with resources they will need to implement a FAL.

[EBPs FOR STUDENTS W/MSD & ASD: MPL/LTM PROMPTING, GUIDANCE, AND CHAINING](#)

Wednesday January 27, 2016 from 2:00 PM to 4:00 PM EST

In this session, participants will learn the components of and how to apply Most to Least Prompting (MTL), Least to Most Prompting (LTM), Graduated Guidance, and Forward/Backward Chaining with students in their classroom. The topics presented in this session are evidence based practices for learners with moderate to severe disabilities and ASD.

[CREATE & TAKE](#)

Thursday January 28, 2016 from 3:00 PM to 6:00 PM EST

The workroom at NKCES will be open from 3:00 PM to 6:00 PM on the fourth (4th) Thursday of each month (except for holidays). We have a variety of equipment for your FREE use! Staff will be on hand to provide assistance. The workroom is located on the 2nd floor in the NKCES administration building.

[NKCES GRANTS CONSORTIUM MEETING - FEBRUARY - ERLANGER BOARD ROOM](#)

Wednesday February 3, 2016 from 10:30 AM to 12:00 PM EST

Grants Consortium Meeting begins at 10:30 am. If you need any further information please contact Vicki Dansberry.

[WRITING WORKSHOP](#)

Wednesday February 3, 2016 from 4:00 PM to 6:00 PM EST

Attendees will be able to identify evidence based practices in the areas of writing. Teachers will be given resources/materials to create and develop strategies to apply to their classroom instruction.

[ADOS - 2 TRAINING - FEBRUARY 4 - 5, 2016](#)

Thursday February 4, 2016 at 8:30 AM EST to Friday February 5, 2016 at 3:30 PM EST

NKCES is attempting to help our local school districts build their capacity and confidence in identifying students eligible in the category of autism. The Autism Diagnostic Observation Schedule (ADOS -2) is an assessment that is considered to be the "gold standard". ADOS-2 significantly contributes to the evaluation process.

[NKCES BOARD OF DIRECTORS MEETING - FEBRUARY MEETING - GATEWAY](#)

Wednesday February 10, 2016 from 8:30 AM to 3:00 PM EST

Superintendents Meeting-8:30-9:30 Board of Directors-9:30-11:30 Superintendent Roundtable-12:00-3:00

Online: The updated list of sessions can be found [by clicking here.](#)