

Cooperative Connection

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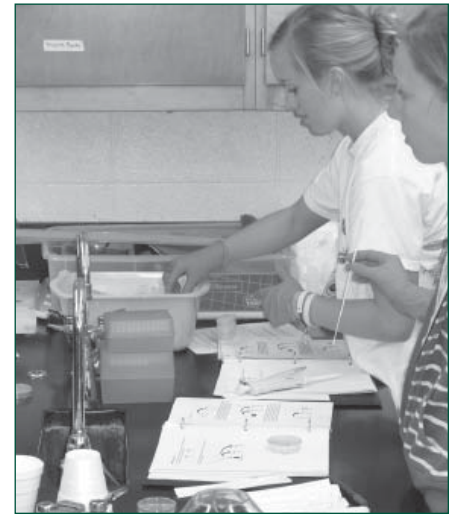
Success of Mobile Science Lab leads to fund-raising efforts for a second

by Amy Grover

Thanks to a \$75,000 grant from HealthForce Minnesota (part of the Minneapolis City Planning and Center of Economic Development Office) last year, SSC and the Mayo Clinic launched the first Mobile Science Lab in our region. This resource carries state-of-the-art scientific equipment in 6 portable cabinets directly to high school science classrooms. The trailer is available to any teacher that has completed the Mayo Clinic Educator Academy.

Launched in January of 2009, the Mobile Science Lab made a strong impact in our region and was very well received. To date, the existing Mobile Science Lab has already served 534 students. It visited 7 districts last year and it is scheduled by 14 through the end of this school year. While these are impressive numbers, we have discovered that one trailer is simply unable to meet district demand and therefore a second trailer is needed to accommodate more teachers and impact more students.

Since the inception of the Educator Academies, developed as a result of a survey by the Rochester Area Math Science Partnership, over 100 teachers from 40 districts have completed the training. As many as 27 more teachers are selected to participate in one of three one-week courses each summer. The Mayo



Darrin Ellsworth's 10th and 11th grade biology class at Fillmore Central High School utilizing the Mobile Science Lab.

Clinic Educator Academy, entitled “Molecular and You Back in High School” was designed to expand molecular biology and genomics in high school classrooms. Recently, the program has expanded to include a one-week session focused on agricultural bioscience.

By providing this resource, the Mobile Science Lab ensures that teachers have access to the full array of scientific equipment necessary to duplicate what they experienced in Mayo Clinic laboratories in their classrooms and to successfully implement the new curriculum. “The entire experience was the highlight of my year. I greatly enjoyed sharing these techniques and technologies with my students”,

Mobile Science Lab continued on page 2

Mobile Science Lab continued from page 1

says one Wabasha-Kellogg teacher. Many students commented that this was the coolest thing they had ever done in science. This school year, the Mobile Science Lab will be visiting high schools in Albert Lea, Byron, Cannon Falls, Cochrane-Fountain City (WI), Fillmore Central, Hayfield, Kasson-Mantorville, Kingsland, Medford, Red Wing, Spring Grove, Triton, Wabasha-Kellogg and Zumbrota-Mazeppa.

To ensure that we can provide the needed level of support for the current program and meet district demand, we are actively seeking funding to develop and deploy a second trailer. The trailer itself, plus the equipment on board is valued at \$60,000. To sustain the



Fillmore Central High School's biology class utilizing the Mobile Science Lab.

project, there are annual expenses, including costs for consumable

chemicals (\$2,000 onboard and \$6,000 in storage). In addition, there are the on-going costs for SSC staff to coordinate trailer scheduling and to inventory the trailer and restock the supplies. These expenses are typically covered by a nominal rental fee. However, with adequate funding, we will also be able to waive these fees, which will be a big benefit to our rural schools with limited budgets.

We have several pending requests to help us raise enough capital to purchase and outfit the second trailer, but if you are aware of sponsorship or funding considerations, please contact Amy Grover at agrover@ssc.coop or (507) 281-6693.

Junior High Knowledge Bowl students match minds

By Kirsten Kuehl

The Junior High Knowledge Bowl season began in October. Fifty-one teams from 20 districts are participating in 2009-10.

Teams attend competitions in October, November and December at the Southeast Service Cooperative. In January all teams will compete in the Sub-Regional held at Rochester Community & Technical College. Schools are divided by enrollment size and assigned to either Tier A or AA. Tier A competes January 6, 2010 and Tier AA competes on January 7, 2010.

The top twelve teams in each tier will advance to Regionals on January 26 (Tier A) and January 27 (Tier AA) at the Southeast Service Cooperative.

The following schools field teams:

Tier A: Caledonia, Fillmore Central, Glenville-Emmons, Goodhue, Grand Meadow, Houston, Kingsland, Lanesboro, Mabel-Canton, Rushford-Peterson, Southland, Spring Grove

Tier AA: Dover-Eyota, Kasson-Mantorville, Kenyon-Wanamingo, Pine Island, Plainview-Elgin-Millville, Red Wing, Winona



SSC welcomes three new staff members



Dianne Dodge has joined SSC's School Improvement team as a School Improvement Coordinator.

A longtime area educator, Dianne received both her BS in Elementary Education and her Masters and 6th Year Certificate in Educational Leadership from Winona State University.

Dianne began her career as an elementary teacher and served as principal in several area districts. Since retiring two years ago from the position of full-time principal at Rochester's Harriet Bishop Elementary School, Dianne has maintained her commitment to education through subbing for principals and serving as a mentor

to teachers in the Rochester School District.

Dianne is "absolutely delighted" to be at SSC as she has "such a passion to want to make a difference in the lives of children and educators."

Originally from Lanesboro, Dianne lives in Byron and is married with two grown children. She enjoys golfing, fishing and all outdoor activities.

Dianne can be reached at ddodge@ssc.coop or (507) 281-6686.



Katie Schmitt joined the SSC staff as our Cooperative Purchasing Program Assistant this fall.

This new position was created to better promote Cooperative Purchasing and educate SSC's members on our program.

Originally from Kenyon, Minnesota, Katie now lives in Rochester. She holds a BA in Studio Art and Art History from Gustavus Adolphus College.

Katie shared "I love SSC so far, it's very fun and people are extremely dedicated. I like that my position is new, so that I can bring my creativity to it." She added, "I am

looking forward to speaking with our members about the benefits of our Cooperative Purchasing program."

Katie and her husband Matt enjoy biking, being involved in their community and traveling, especially to Italy. Katie is also very active in the arts. She works part time at the Rochester Art Center as the Membership & Marketing Assistant.

Katie can be reached at kschmitt@ssc.coop or (507) 281-6676.



Brenda Bacon was selected to be SSC's Education Data and Planning Associate this fall.

This new position mainly focuses on supporting the School Improvement team by extrapolating and crunching data, searching for information, best practices, and resources, and supporting AYP improvement planning activities.

A Rochester native, Brenda earned her BA in Marketing from Viterbo University. She is set to graduate with her MBA from the Minnesota School of Business this June.

A certified SMART Board trainer, Brenda will be conducting SMART

and other technology training for SSC members in the near future.

Brenda stated, "I really like the atmosphere at SSC, everyone is so nice. I am looking forward to beginning trainings and learning more about the AYP program."

Brenda enjoys spending time with husband John, and their 18 month old son. She has played the piano the majority of her life and is currently teaching her husband to play as well.

Brenda can be reached at bbacon@ssc.coop or (507) 281-6679.

Healthcare consumer tips

A series of good ideas on stretching your healthcare dollars

by Bill Colopoulos - This is the second part in a series on healthcare consumerism.

As healthcare reform focuses our attention on the cost of our healthcare, many of us are looking for ways to get more involved with how we purchase healthcare. We are also looking for new ways to ensure that we get the “most bang for our buck” when it comes to healthcare spending. Being more responsible for a greater portion of the cost is only one reason for our new interest in cost. More and more, we are no longer willing to place blind trust in the experts; we want to know what healthcare we need, why we need it, what it costs and why it costs what it does.

All of us need healthcare. To help you and your colleagues learn how to best use it, Southeast Service Cooperative offers a class on healthcare consumerism. Think about scheduling a class at your worksite soon! For more information, contact Bill Colopoulos at bcolopoulos@ssc.coop, or (507) 206-7419.

Ask-the-Doctor Checklist

Before Your Call or Visit:

- Do research in a quality self-care book to see what you can do for your problem now and if any at-home remedies might be warranted.
- Make sure you have a good relationship with a quality physician for your situation that is in your network.
- Rehearse what you will say in 1-2 minutes:
 - Why are you seeing the doctor (prioritize your reasons)?
 - What else should you discuss regarding other possible problems?

During Your Call or Visit:

- Ask your doctor key questions to make sure you have the best information possible and know what all of your options are.
- What is the diagnosis? What does it mean?
- Could the problem be anything else?
- What tests or medications are being recommended or prescribed? Is there a natural alternative?

- Is there anything I should do or not do regarding:
 - Activities?
 - Treatments?
 - Precautions?
 - Warning signs?
- What kind of follow-up should I do for my care and treatment?

Other Questions to Ask:

Regarding Medical Tests:

- Why do I need these tests?
- Will the test results change your recommended treatment for me?
- If not, why do the test? Can I get by without any of these tests?
- What risks are associated with each test? What are the costs?
- What can I expect to happen with each test?
- Do I need to make special arrangements before the test:
 - Fasting or foods to avoid?
 - Transportation arrangements?
- When and how will I receive the results?

Regarding Medicines:

- Why are you prescribing this medicine for me?
- What is the brand name of the medicine you've prescribed? Is there a generic version, and if so, would you recommend it?
- How does this medicine work?
- Are there any side effects I need to watch for?
- Will taking this medicine interfere with other medicines, vitamins, herbal supplements I take?
- Do I really need this medicine, or are there alternatives?
- How long should I take the medicine? How much? How often? For how long?
- What happens if I don't take it?

Regarding Treatments:

- Why are you recommending this treatment or procedure?
- Explain the treatment or procedure being proposed?
- How frequently do you do this procedure? What have been the results?
- What are the risks associated with this procedure? Can the risks be lowered?

- Will you support my decision to get a second opinion?
- Will a stay in the hospital be necessary? Why? How long?
- Will surgery affect my ability to perform daily activities? If so, how and for how long?
- What can I do to speed up my recovery?
- How much will this procedure, surgery, etc. cost?
- What are the consequences of delaying my decision or delaying treatment?
- Can I avoid unnecessary risk or expense by:
 - Using outpatient (same day) services?
 - Using a less risky anesthesia?
 - Going home earlier to recover?
 - Using home health care services?
 - Having some of my blood stored before surgery?
 - Doing research via the Internet, library or nurse line?

What are the benefits and risks of living with the condition and doing nothing at all?

Primary Care

Primary care refers to all common interactions with family practice physicians, physician assistants and nurse practitioners. Preventive or routine care and diagnostic services for common illnesses and injuries is provided by one of all of these primary care providers.

Most benefit plans are designed so that we pay our cost share (deductibles, copays, coinsurance, etc.) when we use primary care services, so it is natural for us to ask the most questions concerning the cost and quality of care delivered in a primary care setting.

Which setting and what type of primary care provider matters quite a lot. For example, for most minor illnesses, a visit to a clinic staffed with nurse practitioners is a very cost-effective, high quality and convenient method for care delivery. At the other end of the spectrum, seeking primary care at the emergency room or from a specialist will incur significantly higher costs with no greater assurances of quality or result.

General rule of thumb: You know how serious you or your family members' conditions may be. Seek an appropriate level of care; differentiating between the need for the type of provider and the seeking most appropriate for primary care delivery. And ask questions up front about what care will be delivered, by whom and why, and what it will cost.

Form a relationship with a "primary care doctor."

Although many health plans do not require you to choose a primary doctor, you should choose one for yourself. The better your doctor knows you, the better care you are likely to receive. The better you know your doctor, the more comfortable you will be talking about your healthcare and asking questions about its cost and clinical value.

- Prepare for your doctor visits. Learning how to talk things over with your doctor is important. Make a list of questions before your visit. Share all you know about your health; understand your condition (if any) and the prescriptions you should take; and follow up with questions you think of after the visit.
- Learn about your illness. If your doctor says you have a condition you don't know

much about, ask about special diets and exercise. The Internet is a great source of information, too. Check out the following sites:

- www.intelihealth.com
- www.healthfinder.gov
- www.mayoclinic.com

- Be a cooperative patient. Talk with your doctor to make sure you are doing what you should. This begins with asking questions, including what might happen if you ignore what the doctor tells you to do.

Following these tips and recommendations will help you make wise choices about your health care including choosing a plan that fits your needs, talking to your doctor, and spending health care dollars wisely. For more information about how you can become a wise health care consumer, talk to your doctor(s) or visit www.thehealthpages.com.

Sources of Information

Answers to questions about health, healthcare and healthcare benefits can be found at: www.minnesotahealthinfo.org and www.cdc.gov.

Watch for future parts of this series, including:

- Self-Care, and Rx Tips
- Your Child's Healthcare
- Specialist Care
- Emergency Room

For a copy of the entire series, or to request a seminar for your staff on healthy consumer tips, email SSC's Health and Benefits Consultant Bill Colopoulos, at bcolopoulos@ssc.coop.

Help your plan members tackle obesity

Eight ways to help your plan members create healthier worksites

One of the biggest challenges your group faces is to maintain a healthy and productive workforce. But an even greater challenge may be tackling obesity in the workplace. It's important to help your plan members understand how obesity can affect both their health and healthcare costs.

At the inaugural Weight of the Nation conference, the U.S. Centers for Disease Control and Prevention (CDC) delivered its recommendations for tackling the national epidemic of obesity.

Marc Manley, M.D., vice president and chief prevention officer, was part of a panel discussion at the conference, where he presented Blue Cross and Blue Shield of Minnesota's data on the cost of obesity.

Diet and inactivity combined is the second-leading cause of death in the United States, according to the CDC. "For employers, this translates into presenteeism, missed work, and higher health care costs," says Manley.

Costs of obesity

- Obesity is responsible for 27 percent of the past upward trends in health care costs and will represent 31 % of future increases.
- Obesity adds \$92.6 billion per year in medical expenditures in the United States.
- Compared to healthy weight individuals, health

care costs are 12 % higher for overweight individuals and 37 % higher for obese individuals.

- Employees at their recommended weight incur fewer than half as many workers' compensation claims per year as do employees who are obese.

How your group can help its plan members

The CDC recommendations are based on surrounding people with healthy eating and physical activity options. "Employers have a perfect opportunity to create a healthy environment for their organizations," says Manley. "When employers surround their employees with a place that makes healthy choices the easy choices, even those not usually engaged in improving their health are swept along with the current."

Here are the CDC obesity recommendations, and some ways to incorporate them at a worksite. Group leaders should share these CDC recommendations with plan members as a starting point to incorporate healthy eating and physical activity options at your workplace:

1. Improve access to recreational facilities.

Consider adding indoor and outdoor walking paths on campus. Consider a room reserved for physical activity or a fitness center.



2. Enhance infrastructure that supports walking and biking.

Add bike racks outside buildings. Provide showers for bike commuters to use. Add mile markers to walking paths so people can mark progress.

3. Enhance personal safety in areas where persons are or could be physically active.

Make sure walking paths are clear year round and that lighting is sufficient.

4. Enhance traffic safety in areas where persons could be physically active.

Make it easy and safe to reach walking and running paths.

5. Improve availability of affordable healthier food and beverage choices, restrict availability of less healthy foods and beverages and offer smaller portion sizes in public service venues.

Work with your cafeteria and vending machine suppliers to increase the number of healthy foods and snacks available, and decrease the number of less

More health care tips on the next page

Obesity fighting tips continued from page 6

healthy foods. Have them consider decreasing portion sizes, especially on less healthy options.

6. Limit advertisements of less healthy foods and beverages.

Instead, advertise a heart-healthy option every day.

7. Discourage consumption of sugar-sweetened beverages.

Ask your cafeteria and vending machine suppliers to replace sugary drinks with water, milk or 100 % fruit juice.

8. Provide incentives for the production, distribution and procurement of foods from local farms.

Connect with a local farm-to-table coop that is willing to deliver weekly shares of produce to your workplace.

The Weight of the Nation conference will convene again in 2012. "By then, we will be well on our way to making healthy choices the easy choices for our employees, our communities and beyond," says Manley.

Learn more

Blue Cross offers online tools at employers.bluecrossmn.com to assist your plan members with creating a healthy worksite.

This article was reprinted from Blue Cross Blue Shield of Minnesota's December 1, 2009 edition of True Blue.

Federal healthcare reform supports cooperative pooling

by Bill Colopoulos

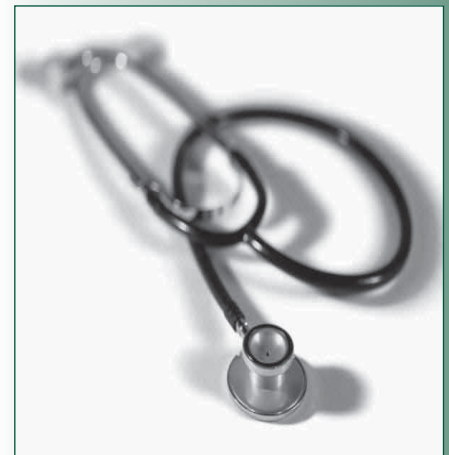
As healthcare reform takes shape, there is one point everyone agrees on: healthcare insurance cooperatives are a good thing. In fact, both federal healthcare reform bills identify the creation and support of member-owned and managed non-profit health insurance cooperatives. As reform efforts move forward, whatever form the final bill may take, it is certain that health insurance cooperatives will play an important role in the future of healthcare insurance in the nation.

And once again Minnesota finds itself in the vanguard of healthcare reform with one of its best kept secrets: we already have – and have had for over 25 years – member-owned and managed, non-profit health insurance cooperatives operating throughout our state. Our health insurance

cooperative pools have been working to provide affordable health insurance for nearly 150,000 Minnesotans.

Southeast Service Cooperative's school and city, county and other governmental agency pools are operated by a board of service cooperative members. In addition to the board, there are member-run planning, rate formula and advisory committees that participate in all key decision making processes. How the pools set their renewal rates, select best practices and plan designs, pool rules, arrive at their minimum and maximum formulas are all determined by the committees and are subject to member board approval.

The pools are run as non-profit entities by the members for the exclusive benefit of the members.



To find out more information about the Southeast Service Cooperative's member-owned and managed non-profit pools contact:

Bill Colopoulos
Health Benefits Consultant
Southeast Service Cooperative
bcolopoulos@ssc.coop
507-206-7419

Cannon Falls students building relationships with their Afghan peers

By Kari Kubicek

In partnership with War Kids Relief (WKR, a program of the nonprofit organization Children's Culture Connection) and the Partnership for the Education of Children in Afghanistan (PECA), Cannon Falls teachers Missy Klapperich, Amy Dombeck and 315 Cannon Falls middle and high school students are working on a joint peace-building and educational program that gives U.S. students the opportunity to build positive relationships with their Afghan peers by teaching one another about their lives.

WKR helps children in war-affected countries realize new possibilities for their lives. As an integral part of this mission, WKR provides American youth opportunities to learn from, and play a part in, this peace-building process.

With this project, the Cannon Falls students will study Afghan culture through an educational DVD of contemporary life/culture in Afghanistan including:

- Family traditions
- People
- Meal preparation
- Weddings
- Cultural events
- Youth in a variety of settings (schools, homes, skateboard parks)
- Letter writing/art
- Interviews about their lives
- Demonstrations of things they do for fun (songs, dances, games sports, etc.)
- Visits to:
 - Local businesses
 - Factories,
 - TV/radio stations
 - Women-owned businesses
- Concerts
- Museums
- Afghan court
- Sports facilities
- Schools/universities
- Historical sites

Cannon Falls students will also start fund-raising for Afghan students to attend vocational school in an effort to help them rebuild their local economies and resist influences by Taliban and



Cannon Falls students making dog biscuits to be used for fund-raising

extremist groups. For every \$100 raised, one Afghan student will go to vocational school. Students look forward to that lesson most of all.

"Global citizenship is a huge issue," said Klapperich. She and fellow teacher Amy Dombeck look forward to the opportunity to teach something current and relevant.

"With the Afghanistan project we will have a face-to-face sort-of connection," said Klapperich.

"How does war affect people and how does it affect you and your family?" said Dombeck, "And we have people that have servicemen and women overseas."

To find out more about the program, go to Children's Culture Connection's website at www.childrenscultureconnection.com.



Two Afghan exchange students, Naweed and Abuzar, currently living in the metro area. They have visited with Cannon Falls students and told them about their lives back home.

McNeilus Steel and KM Telecom contribute funds for Spelling Bee

By Kirsten Kuehl

Local businesses, McNeilus Steel and KM Telecom, are co-sponsors for the Southeast Minnesota Spelling Bee again in 2010.

Schools from throughout southeast Minnesota have registered to participate (see list at right). Each school must register with Scripps and with the Southeast Service Cooperative.

Students in grades 5-8 will participate in classroom, grade-level, school and district Spelling Bees. The winners will advance to one of the two Regional Spelling Bees on February 16 at the Wood Lake Meeting Center. The top twelve spellers (six from each Bee) will go on to the Final on March 2. The champion advances to the National Scripps Spelling Bee in Washington, DC in May.

Albert Lea
Austin
Blooming Prairie
Byron
Caledonia
Chatfield
Dover-Eyota
Faribault
Fillmore Central
Glenville-Emmons
Goodhue
Grand Meadow
Houston
Kasson-Mantorville
Kingsland
LaCrescent-Hokah
Lake City
Lanesboro
LeRoy-Ostrander
Lyle
Mabel-Canton
Medford
MN Virtual Academy
Morristown
Northfield
Pine Island



Plainview-Elgin-Millville
Red Wing
Resurrection Lutheran (Rochester)
Rochester
Rochester Area Assoc. of Christ
(Home Schooler Assn)
Rochester Catholic Schools
Rushford-Peterson
Spring Grove
Stewartville
St. Mary's - Owatonna
Triton
Wabasha-Kellogg
Winona
Zumbrota-Mazeppa

Teachers grow professionally through Math Science Teacher Partnership

By Heidi Knepper

On November 11, 2009 Southeast Service Cooperative hosted a fall training and collaboration day for the Math Science Teacher Partnership, a program made possible through collaboration between Southeast Service Cooperative, St. Mary's University and the Minnesota Department of Education.

Participating teachers continue to learn and grow in their instruction through utilizing the Lesson Study Process. This will provide participants with job-embedded,

"This experience has allowed me to create more discovery learning experiences in my classes, as well as find new ways to engage my students."

MSTP Cohort Member

high quality professional development that they can continue and share beyond the scope of the grant.

The grant project includes the creation of a Science and

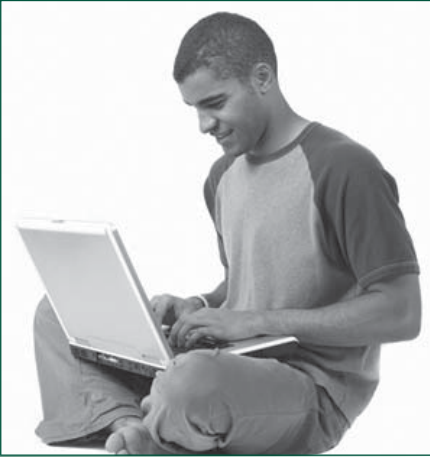
Engineering Module for Teachers in grades 3-6. The goals also include continuation of the Data Analysis and Probability module for High School teachers during the 2010-2011 school year. If you would like more information in order to consider this opportunity for your school, please contact Heidi Knepper at hknepper@ssc.coop.

Upcoming training dates:

March 8-Training and Collaboration
May 7-Sharing and Celebration

MSC Online Learning Project....providing your students and teachers with options

By Kari Kubicek



As a southeast school district, are you frustrated by the loss of students and state funding to online learning providers? We've got a solution for you! One of the biggest benefits for a district to enroll and utilize the MSC Online Learning Project as their online course provider is that with MSC Online, students stay enrolled in your district and the state funding for the student is maintained by your district. This is not the case with the majority of online learning providers in the state. Cannon Falls Superintendent Todd Sesker shared, "This program has helped ensure that our students have learning and course options. It has helped retain state aid that would have been lost had our students gone elsewhere."

MSC Online is currently offering both middle and high school level online course for southeast school districts. All MSC Online courses meet Minnesota

"I've been using a blended online approach this year in my advanced Humanities 11 courses. Students respond to assigned readings before arriving to class through reading journal assignments or small group discussion forums on Moodle. Consequently, students are writing more and thinking more about these assignments before class begins, which has made our face-to-face time even better.



Through Moodle's random forum groupings, they are interacting with students they might not otherwise work with, and students who are quiet in class are using the forum to better express themselves in writing. Students like it, and I love it. The positive impact these assignments have had on student preparation is evidenced in the fun chatter occurring before class on days following forum assignments. Face-to-face discussions often continue where the online ones left off."

-Jeremy Corey-Gruenes
MSC Online Certified Instructor

academic standards and graduation requirements, as well as the national technology standards for students (NETS-S). All courses are taught by teachers licensed by the State of Minnesota in the subject being taught.

MSC Online also allows teachers the opportunity to teach online courses by providing a three week Facilitating Online Learning teacher training course. Free hosting of district sponsored blended classroom courses, professional development and/or professional learning communities are also components provided with a district membership.

More information about MSC Online can be found on our website at www.ssc.coop or by visiting the MSC Online Learning Project at www.msconline.us. If you have questions or are interested in participating in this program, please contact Kari Kubicek, kkubicek@ssc.coop, or Nicole LaChapelle, nlachapelle@ssc.coop.

Schools: Consider applying for School Wide Positive Behavior Intervention and Support for the 2010-11 school year

by Heidi Knepper

Now is the time to begin preparation for implementing School Wide Positive Behavior Intervention and Supports (SWPBIS) for the 2010-2011 school year.

SWPBIS is a systematic process within which schools are able to analyze their needs and identify where they need to be for positive teaching and learning to occur. After the discipline needs are identified, practices are developed or adopted to meet those needs. Often times, SWPBIS is introduced as a universal behavior intervention in schools implementing Response to Intervention (RtI).

A collaborative grant proposal is currently funding training for Cohort 5 schools in year one of implementation and Cohort 4 schools in year two of implementation. Participants are required to attend 6 days

of training during year one of implementation and 3 days of training during year two. This training allows for considerable time for the SWPBIS Leadership teams to plan and network with one another as they are guided by experienced SWPBIS trainers.

In the Southern Regional Implementation Program (SRIP), Cohort 6 will be limited to 12 new schools. Although applications for Cohort 6 will not be released until January 2010, there are many things your school can begin working on prior to completing your application.

If you would like to see the 2008 application to get an idea of what will be required, the following link will take you to the application on the MDE website http://education.state.mn.us/MDE/Learning_Support/Special_Education/Evaluation_Program_Planning_Supports/Positive_Behavioral_Interventions_supports/index.html.



Current PBIS cohort members participating at a recent session

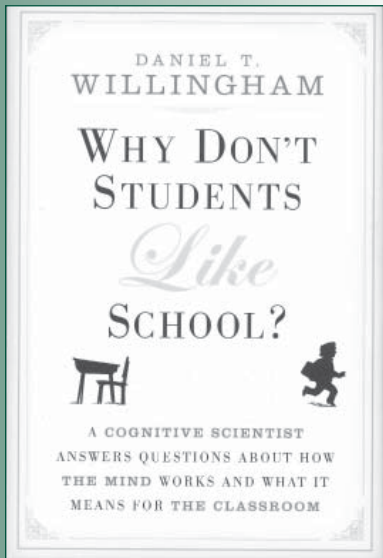
If you are interested in being a part of Cohort 6 or simply have questions about PBIS participation, please contact Heidi Knepper at hknepper@ssc.coop or (507)281-6669.

Happy Holidays from
all of us at Southeast
Service Cooperative!



Are you looking for a book to use for whole faculty or small group book study?

by Heidi Knepper



If you are a teacher or administrator, you have likely been overwhelmed by advice about teaching strategies, methods and best practices. If so, then you will find this book to be invaluable because it outlines the reasons why some well-intentioned, common theories about teaching and learning are incorrect, and what it means for you as a teacher. At the very least, this book provides another perspective on student learning in the 21st Century.

Daniel Willingham's *Why Don't Students Like School?* is a book applying cognitive psychology to the world of education. At first blush, it sounds similar to Eric Jensen's popular book *Teaching With the Brain in Mind*. However, unlike Jensen, Willingham has a PhD in Cognitive Psychology and applies this to his writing. Jensen, on the other hand, earned a BA in English and is currently working

as a motivational speaker, not an educational researcher. Does that mean that Willingham is the real deal and Jensen's ideas are wrong? Not necessarily, but I suggest that this book deserves much more attention and credibility amongst educators. I encourage you to read this book and formulate your own opinion.

One of Willingham's basic themes is that, despite everything you've heard, nothing works to increase student ability like factual learning and practice. One of his first points is that the ability to recall facts is what separates the excellent student (or adult) from the average one. The more facts you know about your subject, the more you can understand your subject because less energy is spent on fact recall or retention. Once facts are learned to automaticity, more time can be spent on the learning of higher-order concepts.

While that may sound mundane, think of how many times you as a teacher have heard the ideas of "rote memorization" and "regurgitation of fact" denigrated. Of course, Willingham is not advocating the position that teachers do nothing but drill, drill, drill and enforce memorization of text passages. (No one actually holds that position!) What he reminds us, though, is that critical thinking simply CANNOT happen without giving learners the requisite background information that must be employed for one to be able to think critically. For example, one cannot critically reflect on

whether the revolutionary war was justified without some big factual understanding of Colonial American and Imperial Britain.

Another big concept in educational theory that Willingham works to dispel is the idea that we all have different learning styles - auditory, visual, kinesthetic, etc. Cognitive science, in fact, has shown the opposite; with minor variation, we all learn very similarly. While I may have a better memory for visual phenomena than you (who may be better at remembering sounds), we remember IDEAS not through the media in which they were delivered, but by thinking about them. When memorizing words and definitions, we are not being asked to memorize sounds or visuals, but ideas, and the fact that I am an auditory or visual learner does nothing to predict what presentation method will help me memorize the best. (The amount I studied, of course, will.)

I don't intend to imply that Willingham's book is centered on destroying accepted education icons and maxims. It is not.

However, it is designed to raise questions that we may not have thought about, and to suggest how to apply new paradigms to our classrooms. Each chapter is focused around a question ("Is Drilling Worth It?", "Why Do Students Remember Everything That's on Television and Forget Everything I Say?") and gives a detailed, but engaging, answer for each. At the

Book study continued on page 13

Book study continued from page 12

“This readable, practical book by a distinguished cognitive scientist explains the universal roots of effective teaching and learning. With great wit and authority it practices the principles it preaches. It is the best teachers’ guide I know of—a classic that belongs in the book bag of every teacher from preschool to grad school.”

-E. D. Hirsch, Jr
University professor emeritus, University of Virginia

becomes as widely devoured as those by other popular writers in the education field. Willingham offers a valuable and very constructive counterpoint, especially to Jensen’s “brain-based ways of learning.”

end of each chapter, the author makes several concrete suggestions about how the answer can shape the way we teach, as well as recommendations for further readings.

All in all, this is the single best hidden education books that I have read, and even if you disagree with some of the author’s conclusions, it is worth reading. As mentioned, I sincerely hope that this book

Why should our organization consider CPR/First Aid training?

Megan Rooney, IEA, Inc.

Cardiovascular disease causes approximately 700,000 deaths in the United States every year. Over 40 million injury-related visits are made to emergency rooms in the United States each year. When people are injured or suffer a heart attack or stroke, they need help immediately to prevent permanent brain damage or death. Administering CPR and first aid can provide the extra time needed to save their life.

Regulations involved

Federal OSHA’s Medical and First Aid Standard, 29 CFR 1910.151, states “In the absence of an infirmary, clinic, or hospital in near proximity to the workplace...a person or persons shall be adequately trained to render first aid.” MN OSHA further explains the need for people to be trained in CPR and first aid through their Instruction CPL 2-2.53-CH-2, “As a general rule, it is required that

a person trained in first aid be available on the site whenever professional medical attention is more than four minutes away from any point on the site.” Although it is the employer’s decision on the number of people trained in first aid, help must be available within the four-minute window to decrease the chances of permanent brain damage.

In addition, the National Fire Protection Association’s 70E Standard for Electrical Safety in the Workplace requires first aid and CPR training for employees exposed to shock hazards.

What Should be Included in CPR and First Aid Training?

CPR courses typically involve training on identifying and responding to emergencies, checking ill or injured persons, breathing emergencies, cardiac emergencies and the differences in responding to conscious and unconscious victims. Courses may



be designed for adult, child, or infant victims, and may include certification on the use of an Automated External Defibrillator (AED). First aid may also be included, covering topics such as injuries to soft tissue, muscles, bones, and joints, sudden illnesses and heat/cold related emergencies.

For more information regarding first aid and CPR training, or to schedule training for your employees, please contact Angie Radel or Megan Rooney, IEA, at 800-233-9513.

Recent Board meeting actions and information

August 2009

- Accepted Associate Membership and Joint Powers Agreement request for participation in the SSC School Health Pool by Cannon River STEM Charter School effective September 1, 2009.
- Accepted the Joint Powers Agreement request for participation in the SSC School Health Pool by Lake City Public Schools effective September 1, 2009.
- Approved opening a part-time (half-time) School Improvement Data and Planning Assistant position and authorize the Executive Director to fill the position as soon as possible.
- The Board, AAC and staff dedicated the rest of the meeting to strategic planning. A recording of the discussion is documented in a separate report.

September 2009

- Hired Dianne Dodge in the position of full-time School Improvement Coordinator effective September 9, 2009.
- Established the 2009 election schedule as follows:
 - a) Nominations to be submitted by Thursday, November 12, 2009 (note that General Elections for local elections is Tuesday, November 3).
 - b) The ballots will be prepared and sent to local Boards on or about Monday, November 16.
 - c) Election ballots to be returned to the Southeast Service Cooperative by Tuesday, December 22.
 - d) Canvassing Committee to meet at 5:30 PM on the day of the regular December Board meeting (currently scheduled for Wednesday, December 23).
- Elections will be confirmed by the Southeast Service Cooperative Board at its regular December meeting.
- Initiated the annual Board self-assessment and the Executive Director's performance review.
- Scheduled the ByLaws Committee to meet Monday, October 19 at 3:00 PM. Chairman Lentz appointed Tom Heise to serve on the Committee with current members Carol Cravath, Sue Phillips, and Marcia Ward.
- Accepted the application of Rochester Off Campus Charter School for Associate Membership effective July 1, 2009.
- Continued Strategic Planning in the area of Health and Benefits services.

October 2009

- Accepted the 2008-2009 Fiscal Audit Management Letter and Report as presented.
- Accepted for first reading the proposed revisions to pool rules and the SSC Pool Common Plans chart recommended by the Joint Health Pools Planning Committee.
- Accepted the withdrawal of Blooming Prairie Public Schools from the Schools Health & Benefits Pool effective December 31, 2009.
- Approved the request by Kasson-Mantorville Public Schools for joint powers agreement participation in the SSC Schools Health & Benefits Pool effective October 1, 2009.
- Accepted a sponsorship donation from KM Telecom for \$500 to mitigate costs to send a student to the national Spelling Bee competition in 2010. The Board thanked Mark Packard for his efforts in securing sponsorships.
- Approved a grant contract with the Minnesota Department of Education to fund the AYP School Improvement Technical Assistance Program in the amount of \$381,900 for FY 2010 (Year 4 October 1, 2009 – June 30, 2010 – nine months) and \$381,900 for FY 2011 (Year 5 July 1, 2010 – June 30, 2011 (12 months).
- Accepted a grant award from the U.S. Department of Agriculture Distance Learning and Telemedicine Program administered by the Rural Utilities Service in the amount of \$208,766.
- Accepted the Association Membership application of Rochester Studio Academy High School effective November 1, 2009.
- Accepted the resignation of Shelley Rinkel effective September 29, 2009.
- Hired Katie Schmitt in the half-time position of Cooperative Purchasing Service Marketing Assistant effective October 22, 2009.
- Hired Brenda Bacon in the part-time position of Education Data and Planning Associate effective October 23, 2009 and authorized the Executive Director to increase the position FTE as needed to meet member training and other service needs.
- Board Self-Assessment moved to the November agenda.

November 2009

- Adopted the revised SSC Pool Rules and SSC Pool Common Plans as recommended by the Joint Planning Committee.
- Accepted the request from City of Albert Lea to join Southeast Service Cooperative as a City-County Member and accepted the City's request to participate in the Health and Benefits Pool with their joint powers agreement, effective January 1, 2010.
- Received the proposed revision to the Health & Benefits program administration policy for first reading.
- Authorized staff to launch a grant development service based on the concept presented to the Administrative Advisory Committee and the SSC Board.
- Reviewed Katie Schmitt's analysis and strategic plan for the Cooperative Purchasing Service and offered suggestions for improving and marketing the service.
- Adopted a resolution to commit cash funds as match for the RUS grant project up to \$9,600.
- Approved the 2008-2009 Annual Report. This report, including member participation data, will be distributed to members and other parties in December.
- Received a report from the ByLaws Committee. Recommendations for ByLaws revisions will be introduced at the December Board meeting.
- Executive Director Contract. Chairman Lentz will convene the Personnel Committee to consider a contract after the current contract expires.
- Board Self-Assessment. The Board reviewed the summary of the Board self-assessment and suggested that staff initiate a round of visits to local member boards to share information and respond to questions about SSC and membership value.
- Received a report on nominations and ballots for elections. Two nominations were filed for the City-County position: Marcia Ward-Winona County and Tom Kaase-Fillmore County. Three nominations were filed for four Education positions: Carol Cravath-PEM, Peggy Merkel-Kingsland, Allen Nelson-Wabasha-Kellogg. The Canvassing Committee (Heidi Knepper, Mark Packard, Wayne Hahn) will meet at 4:30 PM to count ballots.
- Received a written progress report from City/County Liaison Mike Moriarty and discussed potential value of this project.

Note: Complete SSC Board of Directors meeting minutes are available on the SSC website at www.ssc.coop.

Calendar

December

December 15, 16, & 18
9 AM - 3 PM
Senior High Knowledge Bowl Round Robins

December 23, 2009
5:30 - 8 PM
SSC Board Meeting

January

January 6 & 7
9 AM - 3 PM
Knowledge Bowl Sub-Regionals @ RCTC

January 11, 12 & 13
8:30 AM - 2:30 PM
Senior High Knowledge Bowl Round Robins

January 12
5 - 8 PM
Political Leaders for the Changing Times:
Hubert H. Humphrey & Walter Mondale
(*Owatonna Art Center and Orphanage
Museum*)

January 20
PLC Leadership series
Time TBA

January 21
AAC meeting - 8:30 - 10 AM
MASA Region 1 - 10 AM - Noon
Legislative Forum - 12:45 - 3:45 PM

January 25
9 AM - Noon
SMART Board Basics 1 Training

January 26 & 27
8:30 AM - 2:30 PM
Junior High Knowledge Bowl Regionals

January 27
5:30 - 8 PM
SSC Board Meeting

January 28
4 - 7 PM
SMART Board Basic 1 Training

February

February 1 & 2
9 AM - 3 PM
Senior High Knowledge Bowl Round Robins

February 3
9 AM - 3 PM
Scott McLeod Session

February 4
9 AM - 3 PM
Speaking Out for Change: Protest Movements
of the 1960s & 70s

February 8
9 AM - Noon *or*
4 - 7 PM
SMART Board Training Basics 1

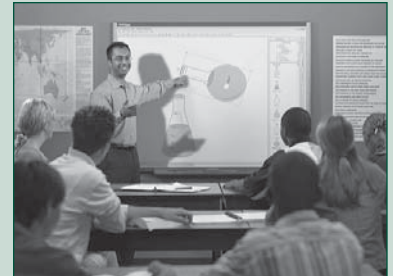
February 9
9 AM - 3 PM
Senior High Knowledge Bowl Round Robins

February 16
8 AM - 4:30 PM
Regional Spelling Bee

February 17
9 AM - Noon *or*
4 - 7 PM
SMART Board Training Basics 2

February 18
9 AM - Noon
Leading Significant Change

SMART Board Basic 1 & 2
Trainings will be offered all
winter and spring at SSC!



The following dates have been set for
SMART Board Basic trainings.

Basics 1 is a three hour introductory
course in SMART Board usage and
will be offered 9 AM to Noon on:
Monday, January 25
Monday, February 8
Friday, April 9

This training will also be offered
4 PM - 7 PM on:
Thursday, January 28
Monday, February 8
Thursday, April 29

Basics 2 is a three hour follow up to
the introductory course. Basics 1 is
a prerequisite. This training will be
offered 9 AM to Noon on:

Wednesday, February 17
Monday, March 1
Tuesday, May 18
This training will also be offered
4 PM - 7 PM on:
Wednesday, February 17
Thursday, March 4
Thursday, April 22

Please continue to check our
newsletters and www.ssc.coop for
additional Basic training as well as
Advanced and Specialized trainings
that will be announced all winter!

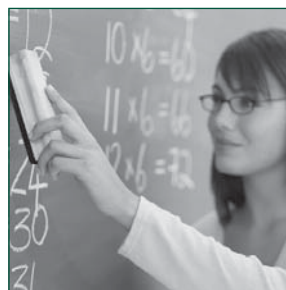
If you have questions or would
like to schedule onsite SMART
board training please contact Heidi
Knepper, hknepper@ssc.coop or
Brenda Bacon, bbacon@ssc.coop.

SAVE YOUR LICENSE SATURDAY coming soon to SSC!

We will be providing teachers with a one day option to meet licensure
renewal requirements.

This opportunity will be arriving in late January or
February, watch our website and your email for
updates!

If you have questions, please contact
Heidi Knepper, hknepper@ssc.coop
or (507) 281-6669.





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www.ssc.coop

Southeast Service Cooperative direct dial phone numbers, e-mails, and 800 #...

Call toll free, 1-800-657-6996, then an option:

- 1..... Cooperative Purchasing
- 2..... Dental Reimbursement
- 3..... Staff Development
- 4..... EHSM
- 5..... Student Academics & Conferences

We want to be there when you call, so try dialing us directly at the numbers below. Our voice mail system allows you to leave a detailed message if the person you're calling isn't able to answer right away. If you don't know who you need to talk with, dial (507) 288-1282 and one of our staff or our auto-attendant will direct you from there. To send a fax dial (507) 288-7663.

	name	phone	email	service area
SSC Staff	Suzanne Riley	(507) 281-6673	sriley@ssc.coop	Executive Director
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	Katie Sue Cunningham	(507) 281-6667	kcunningham@ssc.coop	Program Assistant
	Dianne Dodge	(507) 281-6686	ddodge@ssc.coop	School Improvement Coordinator
	Amy Grover	(507) 281-6693	agrover@ssc.coop	Program and Planning Manager
	Chris Hancock	(507) 281-6671	chancock@ssc.coop	Accounting Assistant
	Heidi Knepper	(507) 281-6669	hknepper@ssc.coop	Director of Planning and General Administration
	Kari Kubicek	(507) 281-6668	kkubicek@ssc.coop	Program Coordinator
	Kirsten Kuehl	(507) 281-6670	kkuehl@ssc.coop	Instructional Services Coordinator
	Nicole LaChapelle	(507) 281-6674	nlachapelle@ssc.coop	Communications and Program Assistant
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	Katie Schmitt	(507) 281-6676	kschmitt@ssc.coop	Cooperative Purchasing Program Assistant
	Diane Schwinghammer	(507) 281-6683	dschwinghammer@ssc.coop	Lead School Improvement Coordinator
	Bob Tweten	(507) 281-6663	btweten@ssc.coop	Health and Safety Consultant
Dale Walston	(507) 281-6675	dwalston@ssc.coop	Director of Operations	
Consultants	SSC Consultants			
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Pat Weir	(507) 281-6677	patw@ieainstitute.com	Regional Manager	