

# Cooperative Connection

March 2010

Southeast Service Cooperative

Vol XXI, No. 1

## Inside

Young Authors, Young Artists .....	2
Preparing for MCA testing .....	3
Healthcare consumer tips.....	4 & 5
SSC wellness programming .....	6
Owatonna teacher wins statewide social studies honor...	7
MSC Online Learning Project .....	8
Knowledge Bowl results .....	9
LeRoy-Ostrander's Ed Tech ARRA grant, SWPBIS.....	10
Mobile Science Lab news .....	11
Houston Superintendent wins national award, MSTP update.....	12
New Cooperative Purchasing vendors.....	13
Board updates .....	14
Calendar of events .....	15



Southeast Service Cooperative  
210 Wood Lake Drive SE  
Rochester, Minnesota 55904  
ph (507) 288-1282  
fax (507) 288-7663  
www.ssc.coop

## Kevin Honeycutt is coming to SSC this June!

Nationally-known technology in the classroom expert Kevin Honeycutt believes this is an exciting time to be alive and his passion is to help teachers get comfortable with the technology tools their students need for success in the future. He travels everywhere trying to open new doors and develop new "pockets of possibility".

Kevin will be the keynote speaker at SSC's *On Par with Excellence* at Willow Creek Golf Course on June 17. He will present a full-day session at SSC for teachers and administrators entitled *Trends, Tactics and Tools for 21st Century Learning*.

One of Kevin's other passions includes educating kids, parents and teachers on the issues of bullying, cyber-bullying and online safety. Today's parents are up against the wall with all of the new realities in kids' worlds. Kevin is honored to have a career that permits him to research online issues and to share what he learns with people.



"Our kids will spend the rest of their lives in the future. Are we getting them ready?"

-Kevin Honeycutt

Kevin will be at SSC to share his cyber bullying and online safety knowledge with parents and other community members on June 17 from 4 to 6 PM.

If you have questions or would like more information about these sessions, please contact Heidi Knepper, 281-6669 or [hknepper@ssc.coop](mailto:hknepper@ssc.coop)

## Rochester Public Schools 6th grader is the Southeast Minnesota Spelling Bee Champion

by Kirsten Kuehl

**Roshini Asirvatham**, a 6<sup>th</sup> grader from **Rochester Public Schools**, Friedell Middle School, was declared the champion after correctly spelling *kielbasa*.

Roshini advances to the 83<sup>rd</sup> annual Scripps National Spelling Bee on May 31-June 5, 2010. She won an

all expenses paid trip for herself and one adult to Washington, DC, donated by Southeast Service Cooperative, McNeilus Steel, Inc. and KM Telecom. She also received a first place trophy, a Webster's Third New International Dictionary, provided by Scripps National Spelling Bee, and a \$100 Series EE Savings Bond, donated by Jay Sugarman, Chairman and CEO

*Spelling Bee continued on page 7*

## 2010 Young Authors, Young Artists Conference – Register now!

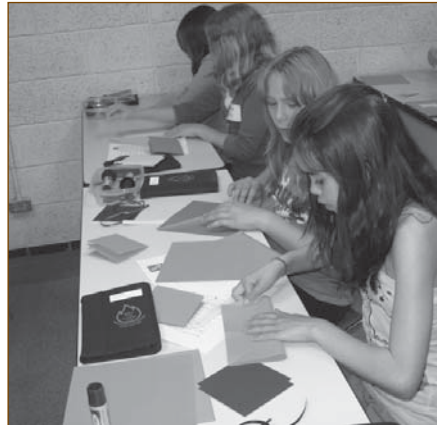
by Kari Kubicek

Spring is right around the corner and with it comes Southeast Service Cooperative's annual Young Authors, Young Artists Conference. Each year, hundreds of students in grades 4-6, from public and private schools across southeast Minnesota, descend on the Rochester Community and Technical College campus for an exciting opportunity to learn and work with professional authors, poets, playwrights, composers, lyricists, illustrators, novelists, journalists, book crafters, and others.

SSC's Young Authors, Young Artists Conference promotes student engagement in the areas of written and visual communication and is often an out-of-classroom experience that students remember for a lifetime. The upcoming conference is scheduled for May 19 and May 20.

Session topics range from character development to extreme sport writing to book arts to watercolor artwork to storytelling. Presenters this year are a mix of individuals who have presented at the conference in the past and several individuals who are brand new to the conference. We welcome back the following presenters from past conference years: Linda Back

McKay, Amy Christie, Blake Hoena, Margie Kiefer, David LaRochelle, Mary McGrath, Katie McKy, Jim Postier, Pat Ryan, Shannon Steinfeldt, and several members of Rochester's Post-Bulletin staff.



We also look forward to getting to know our new presenters, including: Nancy Carlson, Elizabeth Hurley, Ryan Jacobson, Carol McCormick, Deidre Webster from Minnesota Book Arts, and Greg Wimmer.

The Book Shelf in Winona will once again be organizing our book sale for the fourth year in a row. They will have a wide selection of reading material for students to purchase, including books published by our distinguished presenters.

All schools in southeast Minnesota are invited to bring a group of 4-6th graders to the conference for an experience unlike any other.



To download a copy of the 2010 Conference brochure, please visit SSC's website at [www.ssc.coop](http://www.ssc.coop).

To request a hard copy of the brochure or with any questions, please contact Kari Kubicek at (507) 281-6668 or via email at [kkubicek@ssc.coop](mailto:kkubicek@ssc.coop).

## Preparing for successful MCA testing: a recipe for success

By Jennifer Nelson

As we look ahead to April, many educators are concerned about how to better prepare their students for taking the Minnesota Comprehensive Assessments (MCA). The following “recipe” provides some ingredients to foster student success on those assessments.

**Chefs:** Teachers

**Diners:** Students in Grades 3-11

**Cook Time:** Best results occur when first 5 ingredients are added consistently and frequently throughout the school year

### Ingredients:

- ⊗ Demonstration of high expectations for all students
  - ⊗ Establishment and maintenance of positive relationships with all students
  - ⊗ Emphasis on problem solving skills/strategies/processes so students can utilize them on test questions that challenge them
  - ⊗ Reinforcement and incorporation of testing vocabulary
    - 12 Commonly Used Testing Verbs: trace, analyze, compare, contract, infer, evaluate, formulate, describe, support, explain, summarize, predict
  - ⊗ Incorporation of test models, tables, question/answer structures, etc. during instruction
  - ⊗ Thinking aloud to answer challenging test questions
  - ⊗ Opportunity for students to express test fears/anxiety prior to testing session
    - Hold a class discussion or let students journal about feelings they experience while taking tests
  - ⊗ Creation of list of acceptable testing behaviors including those related to test anxiety
- ⊗ Permission for students to stand next to their seats during testing to increase oxygen flow to the brain allowing increased blood circulation to that part of the body
  - ⊗ Explanation of the purpose of the test to the students
    - Be cautious of overemphasizing the importance of the test which can create anxiety and the possibility of students under performing on the test.
  - ⊗ Supply healthy snacks and water on testing days
    - The best snacks are those that have higher protein levels. Protein provides prolonged brain activity.
    - Water should be accessible to students during testing sessions as it provides oxygen which increases brain activity.
  - ⊗ Rehearsal of testing session
    - Allow students to mentally prepare for the official test by taking time to run through a practice test session that gives students an opportunity to apply all the other ingredients. Not only is this helpful in showing all students what to expect on testing day, it is critical for students who experience test anxiety. It also gives you an opportunity to address any questions and/or concerns prior to the official testing session.



# Healthcare Consumer Tips

## A series of good ideas on stretching your healthcare dollars

by Bill Colopoulos

(This is the last in a series on healthcare consumerism.)

As healthcare reform focuses our attention on the cost of 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 healthcare 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!

### Rx Tips

Know your prescriptions, including how and when to take your medicine. Ask your doctor or pharmacist what you should do if you miss a dose of medicine. Find out about side effects. Let your doctor know if you are taking other drugs of any kind (even non-prescription drugs, vitamins and supplements) and if you have had any drug reactions.

### Your Child’s Healthcare

In the rough-and-tumble world of childhood scrapes, bruises and sniffles are unavoidable. But caring parents can do a lot to help limit those visits to the doctor or emergency room—and trim their out-of-pocket health costs.

### Emphasize Preventive Care

Get all the recommended preventive care for your child. Well-child visits, immunizations, and dental checkups are an investment in your child’s future. They’re worth far more than any college savings account, because they can help prevent illness and keep small health problems from becoming big, life-changing ones.

### Don’t Demand Antibiotics

They will not work for colds, flu, or even a child’s ear infection. If your

health care provider assures you antibiotics are likely to be effective, use them as advised. Follow the advice of a physician when it comes to antibiotics.

### Set Children Up for Safety

Injuries account for more than half of all emergency room visits by children ages 5 to 14 and are a leading cause of death among those ages 1 and older.

According to the CDC:

- Supervise young children indoors and out.
- Have your child wear a bicycle helmet. Helmets lower the risk for serious head injury by as much as 85 percent.
- Use child safety seats. These save lives and reduce the risk for nonfatal injuries in infants and toddlers.
- Make sure your child wears a Coast Guard-approved life preserver while on the water in or out of a boat.

### Promote Exercise and Healthy Eating

Childhood obesity is common in the United States, and has been linked to diabetes, asthma, and other costly diseases. To help keep off the

extra pounds, encourage children to play sports. Get them away from the TV and computer and out on neighborhood walks with you. Limit fast foods. Stock your kitchen with fruit and vegetable snacks. Keep high-fat, high-sugar foods and drinks out of the house.

### Teach Hand Washing

Germs can be picked up from other people, surfaces, and animals or animal waste. Washing hands is one of the best ways to prevent transmission.

### Stay Involved

The more you learn about your children’s friends and interests the more teachable moments there will be. Explain how to surf the Internet safely and avoid alcohol, drugs, and tobacco. Always remember—you are your children’s most important role model, and any wisdom you can offer now will serve for a lifetime.

### Specialist Care

Your primary health care provider (family doctor) can provide most of the care you and your family need. You may be advised to see a specialist; however, if you have a condition your health care provider

*More health care tips on the next page*

can't treat, such as heart disease or cancer.

Your health care provider will usually refer you to the specialist he or she thinks would be best for you. In fact, many specialists don't accept patients who haven't first been examined and referred by a family doctor or internist. This helps ensure only those who really need medical specialists see them.

Even so, depending on the type of health insurance plan you have, you may be involved in the selection of a specialist. If you're able to choose the doctor yourself, ask your health care providers to help you determine which specialist will be most appropriate.

In general, don't over think your selection of a specialist. Statistics show that this is a choice consumers value greatly, but rarely exercise: 95% of all specialist care is derived from a primary physician referral.

### Specialist Fees

Fees for specialists are almost always higher than those charged by primary health care providers, even when the same procedure is being performed. Knowing how to find a specialist and work with him or her properly can help control your costs.

Call the member service representative for your health insurance plan to determine if you must select a specialist from its list of in-network providers. Otherwise, it could cost you hundreds or thousands of dollars if you choose a specialist who's not approved by your plan.

Ask your provider for a list of specialists who are in your area and covered by your plan. Find out if you need pre-authorization for an office visit or any procedures.

### Get organized

Collect the following information before your first visit to see a specialist. Take it with you to your appointment:

- Medical records. Include all medical records for previous treatment for the same or similar problems. If you don't have current test results with you, the specialist may require you to have important tests retaken, which could be costly.
- A list of all prescription and nonprescription medications the patient is taking.

At the end of the appointment with a specialist, be sure you know when to return for another visit. Ask about any tests you must have and when results from any tests you have had will be available.

If the specialist recommends you have surgery or an expensive or high-risk treatment, get a second opinion before proceeding.

### The Emergency Room

Use the hospital emergency room carefully. Because emergency room doctors and nurses see the sickest people first, you may waste a lot of time in the waiting room if you have a sore throat or a sprained ankle. Also, emergency room costs are much higher than those of urgent care and 24-hour walk-in clinics. General rule of thumb; use the ER for what it is meant to be (and priced to be) – an EMERGENCY ONLY facility:

True emergencies include:

- Burns and smoke inhalation
- Head and neck injuries
- Blood clots
- Broken bones
- Deep cuts
- Allergic reactions
- Heart attack or stroke
- Other severe trauma

### “But my baby is sick and crying and it's after-hours. Only the ER is open . . .”

Earaches for babies seem to (inevitably) come at night and can cause great stress for new parents as well as the child. But the ER is usually not the right setting for treating them – nor is it necessary if a few common-sense precautions are taken:

- Talk to your pediatrician ahead of time; have a “game plan” for what to do when midnight ear infections strike. Ask your pediatrician if they can be reached after hours. Call them if you can.
- If your pediatrician cannot be reached and if your health plan provides a 24-hour nurse line, call it. Follow their advice (it usually won't be to take baby to the ER).
- Most often, a baby with an ear ache needs a pediatric dose of ibuprofen, Tylenol, or some similar pain medication that can provide adequate palliative care and control the baby's fever until the next day.

### Sources of Information

Answers to questions about health, healthcare and healthcare benefits can be found at:  
[www.minnesotahealthinfo.org](http://www.minnesotahealthinfo.org) and  
[www.cdc.gov](http://www.cdc.gov).

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](mailto:bcolopoulos@ssc.coop).

## Don't delay, get your wellness program started with funds from SSC!

by Nicole LaChapelle

SSC is committed to providing our members with the support they need to offer their employees and families the resources to develop and maintain a healthy lifestyle.

SSC's Employee Health Promotion Support Program helps its member groups develop and implement wellness programming.

Services offered through this program include:

- Local Employee Health Promotion Coordination Training
- Health Fair Consulting
- Biometric Testing
- Incentive Items at Cost
- Two to Three Topical Forums
- Blue Cross Blue Shield of Minnesota's Whole Person Health Support Program\*

*\*items followed by an asterisk are services either not available to Non-Pool Members or available at an additional cost.*

SSC also offers funding assistance designated for supporting local wellness and health promotion activities to its insurance pool members.

### **Yes, that means funds from SSC to get your wellness programs started!**

Even better, the levels of available health promotion programming awards have been increased by \$250 per funding level for the 2009-10 fiscal year July 1, 2009 - June 30, 2010.

Awarded funds may be used for costs to start a local Employee Wellness Committee, policy development, incentives and prizes, materials, biometric testing supplies, stipends and substitute costs for participants in wellness training and forums, presenters, and other costs directly related to providing a healthy working environment and health promotion for employees. All funded health promotion activities must be primarily directed to staff and may be made available to all students. We particularly encourage activity in which teachers and other staff model healthy lifestyle decisions, including physical fitness and healthy eating.

A total of 17 groups have received funding so far this fiscal year. It has been very inspiring to see all the different wellness programs the groups have implemented with their funds from SSC.



If your group is a member of SSC's health insurance pool; don't delay, apply for funding today!

SSC has also recently increased wellness funding to groups in its insurance pool by offering monies for local wellness program coordination. This additional funding serves as a stipend for the local wellness coordinator or team.

To find out more about the Employee Health Promotion Support Program visit our web site, [www.ssc.coop](http://www.ssc.coop) or contact Nicole LaChapelle, (507) 281-6674 or [nlachapelle@ssc.coop](mailto:nlachapelle@ssc.coop).

## Kick off of national program to combat childhood obesity

First Lady Michelle Obama has announced a national goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight and unveiled a nationwide campaign -- Let's Move -- to help achieve it. "The physical and emotional health of an entire generation and the economic health and security of our nation is at stake," she said.

Let's Move will combat the epidemic through a comprehensive approach that builds on effective strategies and mobilizes public and private sector resources, providing schools, families, and communities with simple tools to help children be more active, eat better, and get healthy. Moreover, to support the campaign and coordinate partnerships with states, communities, and both the for- and non-profit sectors, the nation's

leading children's health foundations have created an independent foundation -- the Partnership for a Healthier America -- which will accelerate existing efforts and facilitate new commitments targeting childhood obesity.

For more information, go to [www.letsmove.gov](http://www.letsmove.gov)

*Spelling Bee continued from page 1*



*Roshini displays her first place trophy.*

of iStar Financial in honor of his father, Samuel Louis Sugarman, and a one-year subscription to Britannica Online Student Edition, donated by Encyclopedia Britannica.

**Melissa Brown**, a 8<sup>th</sup> grader from **Rochester Public Schools**, John Adams Middle School, was the 2<sup>nd</sup> place winner. She received a trophy, a Merriam-Webster’s Collegiate Dictionary, Eleventh Edition, courtesy of Merriam-Webster, and a one-year subscription to Britannica Online Student Edition, donated by Encyclopedia Britannica.

**Jillian Hanesworth**, a 7<sup>th</sup> grader from **Winona Public Schools**, was the 3<sup>rd</sup> place winner. She received a trophy, a one-year subscription to Britannica Online Student Edition, donated by Encyclopedia Britannica, and a \$20 gift card from amazon.com.

**Megan Klotz**, a 8<sup>th</sup> grader from **Zumbrota-Mazeppa Public Schools**, was the 4<sup>th</sup> place winner. She received a medallion and a \$20 gift card from amazon.com.



The Spelling Bee competitions in southeast Minnesota are sponsored and coordinated by the Southeast Service Cooperative and co-sponsored by McNeilus Steel, Inc. and KM Telecom.

## Owatonna teacher earns Middle School Social Studies Teacher of the Year Award

*by Nicole LaChapelle*

Jen Hansen of Willow Creek Intermediate School in Owatonna has won the Minnesota Council for Social Studies Middle School Teacher of the Year Award for 2010. Jen is also a cohort member of SSC’s Blufflands and Prairies Teaching American History grant project.

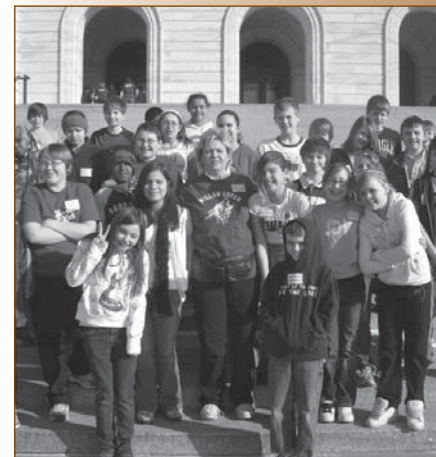
Jen was nominated for the award by her colleague, Owatonna Junior High teacher Scott Noet. He has found the students he receives from Jen’s classroom have a passion for history, specifically for local and Minnesota history.

When asked about her feelings on winning the award, Jen shared, “I was shocked and awed! I am so lucky to work with such wonderful educators in Owatonna. I don’t look at it as myself winning; I see it more

“There has been nothing more valuable to my teaching than my involvement in the TAH grant.”  
-Jen Hansen

as the entire team winning. We work so closely together, that we all share in the award. Our school is like a well oiled machine.”

Jen credits SSC’s Blufflands and Prairies Teaching American History Grant project with making her a better teacher. She stated, “I have lived in Minnesota my entire life and I have never been to most of the places that I have visited with the group. My knowledge of Minnesota history has expanded 100-fold! The opportunity to get my hands on primary sources, and then pass them on to my students has changed the way I teach. There has been nothing



*Jen and her social studies class at Minnesota’s State Capital.*

more valuable to my teaching than my involvement in the TAH grant.”

Jen has been teaching social studies at Willow Creek since 1993, and has been a SSC TAH cohort member since the grant’s inception in 2006.

## MSC Online Learning Project – a way to keep your students and state funding in your district

by Kari Kubicek

Looking for a way to provide your students with access to more course options without losing them to an online provider? Looking for ways to provide quality training for your teachers to allow them to teach online coursework? The Minnesota Service Cooperative's (MSC) Online Learning Project is an option for your district that can meet both these needs. MSC Online is a collaborative of Northeast Service Cooperative and its member districts, SSC, Lakes Country Service Cooperative, and Resource Training and Solutions.

MSC Online Learning Program is a part time, non-diploma online learning program that allows districts to offer MSC Online courses to their students without losing the state funding designated for the student while maintaining the student's enrollment in their own district. This is extremely valuable in today's online learning environment as several other online learning providers in the state retain both the student enrollment and the majority of the student aid if a student enrolls in their courses.

SSC currently has six districts enrolled in the program including: Albert Lea Public Schools, Byron Public Schools, Cannon Falls Public Schools, Northfield Public Schools, Pine Island Public Schools and Winona Public Schools. A total of 26 students from these districts enrolled in 47 online courses offered through MSC Online during the 2008-2009 school year. During its current year of programming, 63 students in the SE region have enrolled in 95 MSC online courses.

**The cost for a district to enroll in MSC Online is \$1,950 per year. This fee allows the district access to all of the following:**

- Access for teachers and administrators to the Moodle Course Management System (CMS)
- Access to online courseware
- Free hosting of district-sponsored blended classroom courses, professional development and/or professional learning communities
- Training for up to three individuals in the Facilitating Online Learning course
- On-going professional development for teachers and administrators
- Regional program administration and coordination with the Minnesota Department of Education
- Maintenance of the CMS, including level 2 (program and software) and Level 3 (server) technical support

MSC Online offers courses at both the middle school and high school levels. All MSC Online courses meet Minnesota 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.



One of MSC Online's objectives is to build regional capacity through training educators in the SE region to teach online courses. As listed above, a component covered by the enrollment fee is the training of up to three individuals from the enrolling district to teach online coursework. The Facilitating Online Learning (FOL) course is a three week training that begins with an initial face to face session, followed by three weeks of online coursework, and ending with a final face to face session. FOL participants also have the opportunity to earn graduate credits offered through St. Mary's University while completing the course.

Fifty-two individuals in the southeast region have been certified to teach online coursework through the MSC Online learning project. The FOL course will be offered again this summer to meet the ongoing training needs of our districts.

More information about MSC Online can be found on our web site at [www.ssc.coop](http://www.ssc.coop) or visit the MSC Online Learning Project at [www.msconline.us](http://www.msconline.us).

If you have questions or would like to enroll in this program, please contact Kari Kubicek, [kkubicek@ssc.coop](mailto:kkubicek@ssc.coop), or Nicole LaChapelle, [nlachapelle@ssc.coop](mailto:nlachapelle@ssc.coop).



# Over 300 students compete at Knowledge Bowl Sub-Regionals

by Kirsten Kuehl



Junior High students competed in Knowledge Bowl Sub-Regionals on January 6-7. Forty-eight teams from 19 school districts in southeast Minnesota were divided to compete in two tiers on two days. Teams competed at the all-day events for a chance to advance to Regional.

Minnesota weather complicated the competition on January 7. Two schools had to leave early when

their districts closed early. The unavoidable glitch made those six teams very frustrated!

The top twelve teams in each tier moved ahead to Regionals. Teams matched wits on January 26 and 27 at the Southeast Service Cooperative. The top five teams in each tier were awarded with team trophies and medallions for individual team members.

The Minnesota Service Cooperative Knowledge Bowl competitions are interdisciplinary academic contests for students. The Junior High Knowledge Bowl is for students in grades 7-9. During the contest, teams of students compete in written and oral rounds by answering questions related to all areas of learning, typical of secondary educational programs. Questions test students' recall,

problem solving, and critical thinking skills. This competition provides a format for student growth centered around academics. Teams consist of six students (6 competing in the written round and 5 competing in four oral rounds).

Teams from the following districts participated in the 2009-10 Knowledge Bowl season: Caledonia, Dover-Eyota, Fillmore Central, Glenville-Emmons, Goodhue, Grand Meadow, Houston, Kasson-Mantorville, Kenyon-Wanamingo, Kingsland, Lanesboro, Mabel-Canton, Pine Island, Plainview-Elgin-Millville, Red Wing, Rushford-Peterson, Southland, Spring Grove, Winona.

**Top teams not pictured-**

- Tier A
  - 4<sup>th</sup> Kingsland 2
  - 5<sup>th</sup> Fillmore Central 2
- Tier AA
  - 4<sup>th</sup> Red Wing 1
  - 5<sup>th</sup> Dover-Eyota 1

**The following teams placed on top at Regionals.**

**Tier A**



Houston 1 - 1st place



Fillmore Central 1 - 2nd place



Rushford Peterson 1- 3rd place

**Tier AA**



Dover-Eyota 2 - 1st place



Pine Island 1 - 2nd place



Plainview-Elgin-Millville 1 - 3rd place

## SSC to assist LeRoy-Ostrander Public Schools implement their new Ed Tech ARRA grant

by Amy Grover

SSC is pleased to announce their involvement in a collaborative partnership of 21 school districts, funded by the Minnesota Department of Education using federal funding, CFDA 84.386A, Enhancing Education Through Technology (Ed Tech) American Reinvestment and Recovery Act (ARRA) (Title II Part D) Competitive Stimulus Grant. The \$300,000 grant was awarded to LeRoy-Ostrander Public Schools, and they are contracting with SSC to provide some coordination services for the project. Other partners include Albert Lea Public Schools, Caledonia Public Schools, Cannon Falls Public Schools, Cannon River STEM School, Dover-Eyota Public Schools, Fillmore Central Public Schools, Grand Meadow Public Schools, Kenyon Wanamingo Public Schools, Kingsland Public Schools, Lyle Public Schools, Mabel-Canton Public Schools, Owatonna Public Schools, Pine Island Public Schools, Red Wing Public Schools, Rochester Catholic Schools, Southland Public

Schools, Spring Grove Public Schools, Stewartville Public Schools, Wabasha- Kellogg Public Schools, and Winona Area Public Schools.

This 18 month project will allow Leroy-Ostrander to deliver regional, job embedded professional development that will strengthen teacher and school capacity to facilitate the integration of technology into learning, resulting in increased student achievement. Other project components include on-going teacher development by means of sustained online professional learning communities, selection and training of district Teacher Leaders, creation of shared professional development materials and resources shared online, and regional support of a Regional Technology Integration Specialist. Julie Barnes has been hired to fill this new full-time, licensed position created to support the successful integration of technology in the classroom, implement a professional development program to meet the

needs of participating districts, and coach teachers and staff.

Julie has been teaching high school German and French, at both public and private institutions, since graduating from the University of Northern Iowa in 1977. She most recently taught at Interlochen Arts Academy, a private boarding school in Michigan specializing in arts education. She recently completed a Master's degree in Educational Technology from Michigan State University in the summer of 2009. As a veteran teacher, she is very familiar with the demands that classroom teachers face on a daily basis, and will be able to understand the needs of other teachers and find effective solutions for their classrooms. Julie can be reached at [jbarnes@leroy.k12.mn.us](mailto:jbarnes@leroy.k12.mn.us).

For questions about the project, please contact Heidi Knepper at (507) 281-6669 or [hknepper@ssc.coop](mailto:hknepper@ssc.coop) or Amy Grover at (507) 281-6693 or [agrover@ssc.coop](mailto:agrover@ssc.coop).

## What outcomes are associated with the implementation of SWPBIS?

Schools that establish systems with the capacity to implement SWPBS with integrity and durability have teaching and learning environments that are:

- Less reactive, aversive, dangerous, and exclusionary
- More engaging, responsive, preventive, and productive
- Positively addressing classroom management and disciplinary issues

(e.g., attendance, tardies, antisocial behavior)

- Improving supports for students whose behaviors require more specialized assistance (e.g., emotional and behavioral disorders, mental health)
- Most importantly, maximizing academic engagement and achievement for all students

Does this sound like a program that would benefit your school? Applications were due March 15 for Cohort 6, but if you are interested in readiness activities to be part of the SY 2011-2012 cohort, please contact Heidi Knepper, (507)281-6669, or [hknepper@ssc.coop](mailto:hknepper@ssc.coop).

Heidi is the contact person for the Southern Regional Implementation Team in our area. She is available to provide background information to your staff and/or administration.

## A second Mobile Science Lab will soon hit the road

by Amy Grover

We are excited to report that we have secured funding to develop and deploy a second Mobile Science Lab. Last year, thanks to a generous grant from HealthForce Minnesota (part of the Minneapolis City Planning and Center of Economic Development Office), we launched the first trailer, sending high-tech scientific equipment directly to high school science classrooms. Thanks to a recent funding campaign, we will be able to expand the program and provide a second trailer to meet current teacher demand and reach more students!

This new addition will be funded by an additional \$50,000 grant from HealthForce Minnesota. Our partners at the Mayo Clinic and Rochester Area Math Science Partnership (RAMSP) also helped us secure a \$10,000 grant from Workforce Development, Inc. and a \$10,000 grant from Winona State



*Kasson-Mantorville students work with their bacterial transformation labs.*

*Ken Klotzbach /Rochester Post-Bulletin.*

University-Rochester/ Minnesota State Colleges and Universities. Finally, Mayo Clinic and RAMSP received a \$7,500 grant from Minnesota Agricultural Education Leadership Council (MAELC) that

will cover the costs of purchasing consumable supplies to help us restock the trailers.

These trailers are available for a nominal rental fee (based on student enrollment) to any teacher that has completed the Mayo Clinic Educator Academy, designed to expand molecular biology and genomics, or the one-week session focused on agricultural bioscience.

If you have participated in the Mayo Clinic Educator Academy and would like to schedule trailer rental, please contact Dick Riley at [driley@ssc.coop](mailto:driley@ssc.coop) or (507) 281-6666. For questions about the Molecular Biology course at Mayo Clinic, please contact Ross Aleff at [aleff.ross@mayo.edu](mailto:aleff.ross@mayo.edu) or (507) 266-0181. For more information about the grant project, please contact Amy Grover at [agrover@ssc.coop](mailto:agrover@ssc.coop) or (507) 251-7410.

## Mobile science lab gives Triton students hands-on experience

By Laura Horihan

Triton High School students have been getting hands-on experience with molecular genetics through a mobile science lab that comes to their school.

In fact, it's visiting lots of schools in southeastern Minnesota. And with demand so high from science teachers in the region, the lab, sponsored by Southeast Service Cooperative, HealthForce Minnesota and Mayo Clinic, will be duplicated next school year so that two trailers can bring today's science into the classrooms.

The gene that 10th graders Adam Bungum, Lucas Knutson and Jack Blaisdell worked on along with their

science teacher, Kim Swanson, was a glowing gene, so once it was placed in the bacteria cell, it would make the cell glow under a ultraviolet light. "These procedures are a lot more hands-on," Bungum said. "It's real world stuff. It's what some people do every day."

In their own individual science labs, the students amplified DNA samples through a polymerase chain reaction machine and a centrifuge machine, which can rotate at high speeds helping them separate liquids from solids.

While Swanson learned quite a bit about molecular genetics in college, she also attended a week long

training session taught by Ross Aleff at Mayo Clinic.

This year, the mobile science lab will also visit schools in Albert Lea, Byron, Cannon Falls, Cochrane-Fountain City, Wis., Fillmore Central, Hayfield, Kasson-Mantorville, Kingsland, Medford, Red Wing, Spring Grove, Wabasha-Kelllogg and Zumbrota-Mazepa.

"The teachers learn more about molecular genetics, go off and try to duplicate their experience in their classrooms," said Guy Finne, who is the recruitment director for Mayo Clinic's human resources department.

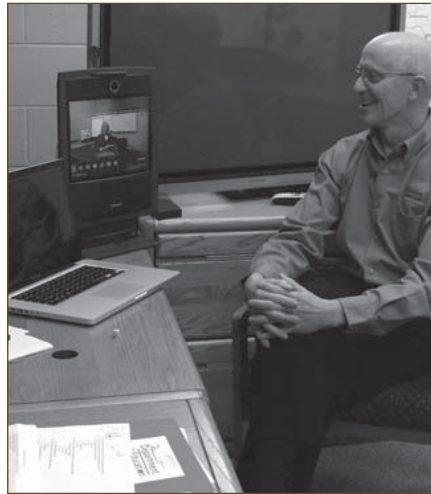
*Reprinted with permission from the Rochester Post Bulletin.*

## Houston Superintendent Kim Ross awarded national tech-savvy award

eSchool News has named Houston Public Schools Superintendent Kim Ross as one of ten nationwide winners of The Tech-Savvy Superintendent Award. The award is sponsored by K12 Inc., Promethean, The Pearson Foundation, and JDL Horizon.

Ross was honored at the American Association of School Administrators' annual conference in Phoenix, February 11. Ten superintendents throughout the country receive this award each year.

Kim Ross is a pioneer for virtual learning in our state. Using a non-traditional approach to solving a traditional problem (declining student enrollment), he has taken a small, rural district of about 450 K-12 students tucked away in the southeastern corner of Minnesota and transformed it into a vibrant, financially sound school system now serving nearly 2,500 pupils from around the state, thanks to his creation of the Minnesota Virtual Academy.



*Houston Public Schools Superintendent Kim Ross.*

The academy itself enrolls more than 2,000 students, with one program serving students in grades K-8 and another serving those in grades 9-12. Students attending traditional schools in Houston can also take online courses through the academy, supplementing the instruction they receive in the classroom with Advanced Placement offerings and other online courses.

This ability is a key factor in the success of Houston High, which was featured in U.S. News and World Report as one of "America's Best High Schools."

Ross is also a founding team member of the Minnesota Chapter of Online Learning, and in 2008 he received an appointment to the Minnesota Broadband Task Force. He was elected chair of the Southeast Minnesota Network in 2007 and is a legislative committee member of the Minnesota Online Learning Alliance.

*Some information provided by and reprinted with permission from eSchool News, copyright 2010. Visit [www.eschoolnews.com](http://www.eschoolnews.com) for daily news and resources for K-12 educators. For free subscriptions please visit <https://www.eschoolnews.com/freesn/index.cfm>*

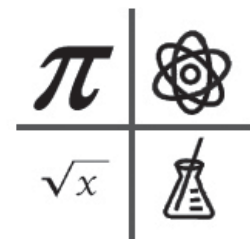
## MSTP Science and Engineering Module – Grades 3-6

The 2010-2011 cohort of the Math Science Teacher Partnership will begin our journey into the Science Standards! Pending funding finalization, this cohort will begin August 3-5 with a three day content workshop at Southeast Service Cooperative for all interested teachers.

The goals of this module are to create a valuable and sustaining professional development experience for science teachers in grades 3-6 as they implement the

new Minnesota Science Standards (2009) and prepare their students for success in science. Specifically, this yearlong professional development module is intended to give grade 3-6 teachers direct, immersion-style experiences that meet the goals of the Mathematics and Science Teacher Partnership.

If you are interested in more information about this experience, please contact Heidi Knepper, (507)281-6669 or [hknepper@ssc.coop](mailto:hknepper@ssc.coop).



Southeast Minnesota  
Math and Science Teacher Partnership

## New vendors added to the Cooperative Purchasing Service

by Katie Schmitt

We are happy to announce new vendors for Industrial Arts and Automotive Technology; Sports, Health and Special Needs; and Technology. Most of these new contracts are the result of national bids conducted by the Minnesota Service Cooperatives (MSC) as a member of the Association of Educational Purchasing Agencies (AEPA).

### Industrial Arts and Automotive Technology

**Midwest Technology Products** has been serving educators for over 100 years and specializes in industrial arts technology education and career training. With a great selection of tools, automotive equipment, electrical, welding, woodworking, drafting and other supplies, Midwest Technology Products provides high-quality products for students and professionals. View their catalog at [www.midwesttechnology.com](http://www.midwesttechnology.com).



### Sports, Health, and Special Needs

Southeast Service Cooperative members receive catalog discounts at BSN, Flaghouse, and Pocket Full of Therapy.

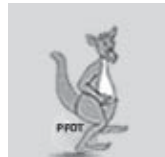
**BSN** features sporting goods, outdoor recreation and games at [www.bsnsports.com](http://www.bsnsports.com).



The mission of **Flaghouse** is “to enhance the quality of life for all people, with resources for physical activity, recreation, education, therapy, and the development and support of life skills”. They offer products in the following categories: physical education and recreation, early education, and special needs. Check out their catalog at [www.flaghouse.com](http://www.flaghouse.com).



**Pocket Full of Therapy** is a company owned by occupational therapists with over 50 years of combined experience. Their product lines focus on learning and development and sensory integration. Sign up for their newsletter and exchange ideas at [www.pfot.com](http://www.pfot.com).



### Technology

Both **CDW-G** and **MNJ Technologies Direct** offer large inventories of technology hardware and software to meet your needs with next-day shipping.



### E-Books

We are also introducing, **Milliken Publishing**, a new partnered vendor for e-books. E-books are a great resource to extend learning with easily accessible lesson plans and activities. Milliken e-books are written by educators and cover a wide range of subject areas: math, science, language arts, classroom management, arts and crafts, movement and music, social studies, and more. This contract is the result of a negotiated agreement between Milliken and MSC.



For more information, check out [www.ssc.coop/cps](http://www.ssc.coop/cps) or contact your Cooperative Purchasing team:

#### Dale Walston

800-657-6996 ext. 102  
[dwalston@ssc.coop](mailto:dwalston@ssc.coop)

#### Katie Schmitt

800-657-6996 ext. 122  
[kschmitt@ssc.coop](mailto:kschmitt@ssc.coop)

## Recent Board meeting actions and information

### December 2009

- Adopted a revision to the SSC policy on Health and Benefits Program Administration as recommended by the Joint Health Pools Planning Committee.
- Authorized staff to launch a COBRA administration service based on a concept presented to the Administrative Advisory Committee and the SSC Board.
- Canvassing Committee Wayne Hahn, Mark Packard, and Heidi Knepper reported on results of the election. The board accepted the report of the Canvassing Committee and declared election of the following individuals: Allen Nelson (Wabasha-Kellogg Schools), Peggy Merkel (Kingsland Schools), Carol Cravath (Plainview-Elgin-Millville Schools), Steven Rosenthal (Zumbrota-Mazeppa Schools), Marcia Ward (Winona County)
- Recognize and thanked Mark Packard and Wayne Hahn for their service as active SSC Board members.
- Terminated the employment of Brenda Bacon effective December 22, 2009.
- Resolved to offer a new three-year contract to Executive Director Suzanne Riley to begin after the current contract expires June 30, 2010.
- Appointed Tom Heise to a new term on the MSC Board and Carol Cravath to serve as a substitute.
- Set the mileage reimbursement rate at 50 cents per IRS recommendations effective January 1.
- Received editorial revisions to the SSC culture statement and a managerial procedure for closing the office in inclement weather.
- Carol Cravath was declared Clerk.
- Al Cordes was declared Vice-Chairperson.
- Tom Heise was declared Treasurer.
- Received a report on a Claim Tiering Study conducted by Bill Colopoulos and actuary Dave Moody.
- Accepted grants for the purpose of acquiring equipment and supplies to outfit a second Mobile Science Lab, from the following sources: \$50,000 from HealthForce Minnesota, \$10,000 from Southeast Minnesota Workforce Development, and \$10,000 from WSU-Rochester.
- Accepted a Spelling Bee sponsorship donation by McNeilus Steel, Inc. in the amount of \$1,250.
- Appointment of Committees. Chair Mitch Lentz made the appointments to the following committees; Finance; Personnel, Policies, and By-Laws.
- Received for first reading the recommendation of the ByLaws Committee for revisions and to consider the revisions for adoption at the next regular meeting.
- Resolved to revise Personnel Policy 151 to establish events for which payroll is processed earlier than the 15th or the last day of the month to include banking holidays and upon termination if early payment is requested.
- Adopted the proposed revised Health & Benefits Joint Powers Agreement instrument, effective March 1, 2010.
- Resolved to terminate the current contract with LifeWorks Employee Resource for employee assistance programming on June 30, 2010 and enter into a new contract for services with Sand Creek Group, effective July 1, 2010.
- Approved a contract with The American Institute for History Education for a field trip in conjunction with the Blufflands and Prairies Teaching American History Project.
- Authorized the Executive Director to submit a grant proposal to the Department of Education Office of Safe and Drug-Free Schools on behalf of member schools, cities, and counties.
- Awarded a bid for the purchase of videoconferencing equipment through the SSC and Southland RUS grant projects to Tierney Brothers.
- Adopted revisions to the SSC By-Laws. Staff will distribute the revised ByLaws to the membership.

### January 2010

- Designated the Southeast Service Cooperative newsletter and the SSC website as the official newspaper posting for Southeast Service Cooperative members; with publication of legal notices to be made in the Rochester Post Bulletin. The Board encourages members to publish Southeast Service Cooperative Board actions as a part of their individual Board minutes.
- Appointed Tom Heise to continue serving on the SSC Board of Directors in the term to which he was elected in December 2007, which expires December 31, 2010.
- Election of Officers for the Year 2010.
- Mitch Lentz was declared Chairperson.
- Scheduled a special Board meeting for Wednesday, April 14 at 5:00 PM to act on the 2010-2011 School Pool renewal. Motion passed.
- Approved a new contract with Next Generation Benefits Solutions, LLC effective March 1, 2010 to provided expanded services to local group insurance committees and group leaders.
- Accepted the settlement report for the 2008-2009 School Health Insurance Pool.
- Resolved to credit calculated excess claims fund for Caledonia Public Schools and Dover-Eyota Public Schools, and Southeast Service Cooperative.
- Dedicated \$3,718 of the SSC employee group claims margin return to fund employee wellness incentives over two years; and to distribute the remaining \$3,750 into the VEBA accounts of each current employee (10 employees, \$375 each) who was covered under this plan during the 2008-2009 plan year in recognition of the group's management of benefits and utilization.

### Board Meeting Calendar

- Established the official monthly Southeast Service Cooperative Board meeting date, time, and place for 2010 as the fourth Wednesday of each month at 5:30 PM at the Southeast Service Cooperative office, with noted exceptions – dates scheduled as follows:

Wednesday, April 28

Wednesday, May 26

Wednesday, June 23

Wednesday, July 28

Wednesday, August 25

Wednesday, September 22

Wednesday, October 27

Monday, November 29  
(NOTE: Thanksgiving is Thursday, November 25)

Wednesday, December 22

Wednesday, January 26, 2011

*Note: Completed SSC Board of Directors meeting minutes are available on the SSC website at [www.ssc.coop](http://www.ssc.coop).*

# Calendar

## March

### Group Health Benefits Plan Compliance Seminar

March 18  
9 AM - noon

### Senior High Knowledge Bowl Sub-Regionals

March 24 & March 25  
8:30 AM - 2:30 PM

### Freshwater Society "Water is Life" Art Contest

March 31  
All day event

## April

### The Power of Primary Sources: Experience the Past with Today's Technology

April 8  
9 AM - noon

### SMART Board Basics 1

April 9  
9 AM - noon

### SMART Board Basics 2

April 22  
4 - 7 PM

### SSC Board Meeting

April 28  
5:30 - 8 PM

### SMART Board Basics 1

April 29  
4 - 7 PM

### Creating and Sustaining Schools as Continuous Learning Systems

April 30  
9 AM - 3 PM

## May

### School Leadership in the Digital Age

May 5  
9 AM - 3 PM

### MASA Region 1 Spring Session

May 6  
11:30 AM - 3 PM

### Save Your License Saturday

May 15  
8 AM - 3 PM

### SMART Board Basics 2

May 18  
9 AM - noon

### Young Authors Young Artists Conference

May 19 & 20  
All day event

### SMART Board Basics I

May 20  
4- 7 PM

### SSC Board Meeting

May 26  
5:30 - 8 PM

## June

### On Par with Excellence

June 17  
Tee time - 2:30 PM  
Dinner and Keynote - 6:30 PM  
Willow Creek Golf Course

### Cyber Bullying and Internet Safety

June 17  
4 - 6 PM

### Trends, Tactics and Tools for 21st Century Learning

June 18  
8:30 AM - 3:30 PM

### SSC Board Meeting

June 23  
5:30 - 8 PM



**On Par with  
Excellence**  
**A day of golf and  
great ideas**  
*hosted by SSC*

**Thursday, June 17**

**Golf Tee Time - 2:30 PM**  
**Dinner and Keynote - 6:30 PM**

Come enjoy a great day  
of golf and network with  
personnel from other area  
districts!

Don't golf?

You can choose to just attend  
the Kevin Honeycutt keynote  
presentation and dinner.





Southeast Service Cooperative  
 210 Wood Lake Drive SE  
 Rochester, MN 55904  
 ph (507) 288-1282 - fax (507) 288-7663  
 www.ssc.coop

NONPROFIT ORG  
 US POSTAGE  
 PAID  
 ROCHESTER MN  
 PERMIT NO 129

*Cooperative Connection* is a publication of the Southeast Service Cooperative, published four times per year for members, associates, and the general public.  
 editor: Nicole LaChapelle  
[nlachapelle@ssc.coop](mailto:nlachapelle@ssc.coop)

Southeast Service Cooperative  
 210 Wood Lake Drive SE  
 Rochester, MN 55904  
 Phone (507) 288-1282  
 Fax (507) 288-7663

Office Hours:  
 Monday - Friday  
 8 AM - 4:30 PM

For up-to-date news, visit  
[www.ssc.coop](http://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	
<b>SSC Staff</b>	Suzanne Riley	(507) 281-6673	sriley@ssc.coop	Executive Director	
	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	
	Jennifer Nelson	(507) 281-6685	jnelson@ssc.coop	School Improvement Coordinator	
	Dick Riley	(507) 281-6666	driley@ssc.coop	Program Assistant	
	Katie Schmitt	(507) 281-6676	kschmitt@ssc.coop	Cooperative Purchasing Program Assistant	
	Diane Schwinghammer	(507) 281-6683	dschwinghammer@ssc.coop	Lead School Improvement Coordinator	
<b>Consultants</b>	Bob Tweten	(507) 281-6663	btweten@ssc.coop	Health and Safety Consultant	
	Dale Walston	(507) 281-6675	dwalston@ssc.coop	Director of Operations	
	<b>SSC Consultants</b>				
	Bill Colopoulos	(507) 281-6690	bcolopoulos@ssc.coop	Health and Benefits Consultant	
	Lesley Hauser	(507) 281-6684	lhauser@ssc.coop	School Improvement Consultant	
	Roger Jones	(507) 286-7807	rjoneshr@prodigy.net	Human Resource Mgmt Consultant	
	Mike Moriarty	(507) 450-2490	moriarty@acegroup.cc	Local Government Services Liaison	
	<b>IEA (Institute for Environmental Assessment)</b>				
	Thad Dahling	(507) 281-6680	thadd@ieainstitute.com	Environmental Technician	
	Neal Forde	(507) 281-6665	nealf@ieainstitute.com	Project Manager	
Bruce Huffer	(507) 281-6681	bruceh@ieainstitute.com	Facility Consultant		
Natalie Nagel	(507) 281-6688	natalien@ieainstitute.com	Administrative Assistant		
Angie Radel	(507) 281-6682	angier@ieainstitute.com	Senior Field Technician		
Pat Weir	(507) 281-6677	patw@ieainstitute.com	Regional Manager		