



*Providing only the best educational services that support learners of all ages.*

BEAVER VALLEY INTERMEDIATE UNIT

# Beaver County Local Task Force Newsletter



UPCOMING LOCAL HAPPENINGS

## Updates and Happenings

By Melissa Lanious

### Transition Council Meetings

The Beaver County Transition Council's first meeting of the 2019/2020 school year will be held on September 20, 2019. The meeting will take place at the BVIU room 107 starting at 9:00 am.

### Resources for Parents

#### Parent Toolkit

Parent Toolkit is a one-stop resource developed with parents in mind. It's produced by NBC News Learn and supported by Pearson and includes information about almost every aspect of your child's development, because they're all connected. Healthy, successful children can excel in many areas – in the classroom, on

the court, and in their relationships with peers and adults. Our advice also covers important topics for navigating life after high school.

<https://www.parenttoolkit.com/>

#### Teach.Learn.Grow

Help your kids increase their math skills with these helpful resources below.

<https://www.nwea.org/blog/2018/parent-strategies-for-improving-their-childs-math/>



National Disability Mentoring Day is a nationwide effort to promote career development for students with disabilities through hands-on career exploration.

National Disability Mentoring Day will be held on October 16, 2019. Students from Beaver County will participate with local businesses for the day in a shadowing/mentoring experience.



## Back to School Study Tips

Studypoint.com

Whether you're headed back to college, high school, middle school, or elementary school, the back-to-school season is in full-swing! To help ensure that students start the school year off on the right foot,



**Tip #1: Develop organizational systems that will work for YOU.** Not all organizational systems will work for all students. You should choose the ones that will work best with your schedule and needs. Remember, though, that learning to be organized takes time and practice. If a system doesn't work the first time you try it, try again. You may just need more time to become accustomed to it.

**Tip #2: Avoid distractions in your study space.** If your study space includes a TV and radio, it's probably not the best place for you to study. Your study space should be used for studying and working only. Choose a space that doesn't have a lot of tempting distractions available.

**Tip #3: Keep all of your books, notebooks, binders, and folders for each class together on a shelf.** Then when you need to grab your math materials for school, they are all in one place, making it less likely for you to forget something. You can even

label the shelves to make it that much easier to find the right materials.

**Tip #4: Reward yourself!** Positive reinforcement is an amazing thing. When you have completed tasks, reward yourself in small ways. This can be anything from allowing yourself to take a 10 minute break to treating yourself to a movie. This will help to avoid procrastinating!

**Tip #5: Schedule time to complete your assignments based on anticipated time on task and urgency.** Once you know all the assignments that you need to complete, determine their deadlines and estimate how long it will take to finish each one. You can then prioritize your tasks and set a clear schedule for completing them!

**Tip #6: Use an academic planner to keep track of your assignments, deadlines, and appointments.** By having all this information in one place, you'll know exactly where to look to find out what you need to do. You can even use your planner to prioritize tasks and set a study schedule.

**Tip #7: Use shorter, less grammatically correct sentences.** Since you are the only one who will be reviewing your notes, you need not write grammatically correct sentences. You should do your best to shorten your sentences as much as possible. This will enable you to take notes at a faster speed and will reduce the risk of falling behind. Just make sure that you don't abbreviate the sentences to the point where you are unable to understand what you wrote when you go back to review your notes.

**Tip #8: Divide your study time into blocks separated by quick breaks.** It is most effective to study in 30-45 minute blocks of time, allowing yourself quick 3-5 minute breaks in between study blocks. This approach gives you time to focus while also allowing time to relax and reenergize. Be careful though-you need to make sure that your quick breaks don't turn into longer procrastination breaks!

**Tip #9: Create and save study guides and aids.** Students often wait until the night before big tests to start creating study aids. Instead, you should create study aids for each quiz and test that you have in a class. Once the quizzes and tests are completed, you should save your study aids. Then when it comes time to study for your big tests and quizzes, you will already have your study aids created, which saves you valuable time that you can dedicate to studying.

**Tip #10: Learn how to effectively communicate with your teachers.** Your teachers are there to provide guidance and support. You'll find that most of your teachers are more than happy to provide additional instruction and extra help. This also shows that you care about your academic performance. Your teachers want to see that you are interested in the class material and that you are driven to succeed. There's a good chance that a portion of your grades will be based on your class participation. By effectively communicating with your teachers, you can help maintain and increase your class grades.



## HELIX Conference

Pennsylvania's Low Incidence Conference

Registration Information can be found at:

[Pattan.net](http://Pattan.net)



## Youth Mental Health First Aid FREE training!!



Beaver County Behavioral Health is pleased to sponsor...

### Youth Mental Health First Aid Training

**September 26, 2019**  
9:00am – 5:00pm

**Beaver Valley IU**  
147 Poplar Ave  
Monaca, PA 15061

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

\*\*\*\*\*

### Youth Mental Health First Aid

This training is **FREE** of charge, but pre-registration is required.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Agency: \_\_\_\_\_

Address: \_\_\_\_\_ ZIP: \_\_\_\_\_

City: \_\_\_\_\_ E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Return the completed registration form to: [jennifer@etc-pa.com](mailto:jennifer@etc-pa.com)  
Or fax: 412-244-1244  
Registration begins at 8:45 am. Lunch is on your own.

Education & Training Consultants, LLC  
251 Woodside Road  
Pittsburgh, PA 15221





# PATHWAYS

CONNECTING STUDENTS TO CAREERS

THURSDAY, OCTOBER 17, 2019  
COMMUNITY COLLEGE OF BEAVER COUNTY DOME

2 SESSIONS TO CHOOSE FROM!  
AM: 8:30AM-11:00AM OR PM: 11:30AM-2:00PM

An event dedicated to familiarizing middle school students with educational & career paths in STEM related fields

339 PLAN ARTIFACTS

QUESTIONS? WANT TO REGISTER YOUR STUDENTS?  
CONTACT MICHELLE MUSSELMAN | MMUSSELMAN@BCCHAMBER.COM | 724-775-3944  
WWW.BCCHAMBER.COM/PATHWAYS

## Connecting Students to Careers

Advanced Energy

&

Manufacturing

CCBC DOME

**Targeted Audience: Middle  
School Students**

### 15 Questions to Replace 'How Was School Today?'

**These questions will help you draw out important information from your kids.**

#### THE QUESTIONS

With slight wording modifications, these questions can work with children of all ages.

Tell me about a moment today when you felt excited about what you were learning.

Tell me about a moment in class when you felt confused.

Think about what you learned and did in school today. What's something you'd like to know more about? What's a question you have that came from your learning today?

Were there any moments today when you felt worried? When you felt scared?

Were there any times today when you felt disrespected by anyone? Tell me about those moments.

Were there times today when you felt that one of your classmates demonstrated care for you?

Were there any moments today when you felt proud of yourself?

Tell me about a conversation you had with a classmate or friend that you enjoyed.

What was challenging about your day?

What do you appreciate about your day?

What did you learn about yourself today?

Is there anything that you'd like to talk about that I might be able to help you figure out?

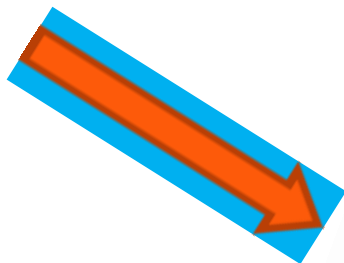
Is there anything you're worried about?

What are you looking forward to tomorrow?

Is there a question you wish I'd ask you about your day?



## Career and Transition Fair



**Commonwealth Technical Institute (CTI)**  
 @ Hiram G. Andrews Center  
 727 Goucher Street, Johnstown, PA 15905

### 2019 Career & Transition Fair

Oct. 16-17 – 9 a.m. to 3 p.m.  
 Oct. 18 – 9 a.m. to 1 p.m.

- Tours
- Demonstrations
- Displays

Offering quality, individualized, post-secondary education.

CTI's programs are designed to meet the needs of students in transition from high school into postsecondary education and beyond!

For information call  
 800-762-4211, ext. 0402  
 or 814-254-0402

**pennsylvania**  
 DEPARTMENT OF LABOR & INDUSTRY  
 HIRAM G. ANDREWS CENTER

[www.dli.pa.gov/hgac](http://www.dli.pa.gov/hgac)

October is National Disability Employment Awareness Month  
 Auxiliary aids and services are available upon request to individuals with disabilities.  
 Equal Opportunity Employer Program

## Transition Opportunity

Achieving College Success

With a Disability

Free EVENT!!



**pennsylvania**  
 DEPARTMENT OF LABOR & INDUSTRY  
 OFFICE OF VOCATIONAL REHABILITATION

**PSYCHOLOGICAL SERVICES**  
 VOCATIONAL

Are you a student 14-21 with a disability, or the parent, guardian, family member, or professional support of a student 14-21 with a disability? **PROJECT EDUCATE** invites you to a free workshop

### ACHIEVING COLLEGE SUCCESS WITH A DISABILITY

- Local postsecondary options including Community College of Beaver County
- Disability services in postsecondary ed: What's offered, how to access, and how it is different from disability services in high school
- Paying for postsecondary ed: Grants, loans, scholarships, and opportunities for students with disabilities and related challenges
- New transition services from PA Office of Vocational Rehabilitation including Project SEARCH, a year-long internship program that prepares students with disabilities for success in competitive, integrated employment

**Who:** STUDENTS 14-21 w/transition challenges (504 plan/IEP, anxiety, autism, emotional/learning support, hearing/seeing issues, intellectual disability, medical/mental health diagnosis, mood/personality disorder, substance use issues, etc.) and their **PARENTS, FAMILIES, & PROFESSIONAL SUPPORTS**

**Where:** Beaver Area Memorial Library—100 College Ave., Beaver, PA

**When:** Wednesday, September 25<sup>th</sup> from 6:00 to 8:00 PM

Please RSVP to 724-841-9711 or via Facebook; walk-ins welcome!  
 Complimentary pizza and pop provided

Questions? Contact Ivan Jagersky, Project Educate Instructor  
 Phone: 724-841-9711 | Email: [ivanprojecteducate@gmail.com](mailto:ivanprojecteducate@gmail.com)  
 facebook.com/vpsprojecteducate





**FREE ADMISSION**  
**SEPTEMBER 30 2019**  
**CUMBERLAND VALLEY HIGH SCHOOL**  
**Performing Arts Center**

In recognition of **Suicide Awareness Month**, Kevin Hines presents...

Register at [tfec.org/kevinhines/](http://tfec.org/kevinhines/)

**#BEHERETOMORROW**

Kevin is an award-winning global speaker, bestselling author, documentary filmmaker, and suicide prevention and mental health advocate.

5-5:45 PM - Book Signing 6-8 PM - Presentation

THE HEALING GEMS FOUNDATION is a Project of The Foundation for Enhancing Communities, fiscal sponsor.

This presentation is brought to you by Healing Gems Foundation and the following community sponsors:



CAPITAL AREA BEHAVIORAL  
HEALTH COLLABORATIVE, INC.  
Established October 1999



CHRISTOPHER'S  
CRUSADERS



**UPcoming EVENTS**

## Suicide Prevention Awareness Month

If you or someone you know is in an emergency, call [The National Suicide Prevention Lifeline](http://TheNationalSuicidePreventionLifeline.org) at 800-273-TALK (8255) or call 911 immediately.

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

Every year thousands of individuals die by suicide, leaving behind their friends and family members to navigate the tragedy of loss. In many cases, friends and families affected by a suicide loss (often called "suicide loss survivors") are left in the dark. Too often the feelings of shame and stigma prevent them from talking openly.

September is National Suicide Prevention Awareness Month—a time to share resources and [stories](#) in an effort to shed light on this highly taboo and stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention. NAMI is here to help.

### Informational Resources

- [Know the Warning Signs and Risk Factors of Suicide](#)
- [Being Prepared for a Crisis](#)
- Need more information, referrals or support? Contact the [NAMI Helpline](#).

### Crisis Resources

- If you or someone you know is in an emergency, call **911** immediately.
- If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at **1-800-273 TALK (8255)**
- If you're uncomfortable talking on the phone, you can also text **NAMI** to **741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.

**NOVEMBER 6-8, 2019**

## Stand UP for CHILDREN Conference

The Pennsylvania Association of Intermediate Units (PAIU) invites you to join with your education peers at the 2019 Stand Up For Children Conference (formerly called PAIU Student Services Conference).

As student needs become more complex, schools and educators must focus on the total child. At the Stand Up For Children Conference, come hear best practices and programs that address the social, emotional, mental and behavioral health needs of students. Keynotes and breakout sessions will cover: trauma informed practices, threat assessment guidelines, social emotional learning approaches, community mental health collaborations, behavior management and more. In addition, learn how to take care of your own mental and emotional needs to be the best educator you can be for your students and family.

Split Rock Resort in Lake Harmony, PA

Conference registration: \$325

[www.paiu.org/StandUpForChildren](http://www.paiu.org/StandUpForChildren)

### Keynote Speakers:



**Happy Teacher Revolution: Supporting the Mental Health and Wellness of Educators**  
*Danna Thomas, Founder*

The Happy Teacher Revolution is an international movement with the mission to support the mental health and wellness of teachers (and all educators). Learn about the background and research behind the Happy Teacher Revolution as a trauma-informed practice and social-emotional learning movement for educators. See how the Happy Teacher Revolution supports teachers' mental health and wellness and discuss topics relating to the social-emotional learning of educators such as vicarious trauma, caregiver burnout, compassion fatigue and toxic stress.



**The Academic X-Factor: Relationships, Resilience, and Recovery**  
*Dr. Steve Parese, TACT2*

By definition, an "X-Factor" is an uncertain variable which has the most significant impact on the outcome. When it comes to the academic and life success of children from challenging backgrounds, this X-Factor is often strong, meaningful relationships with non-parental adults. But somehow, the youth who most need caring adults in their lives manage to sabotage every attempt to build these connections! Why do they undermine these relationships and what can adults do to win through their defenses?



**Defining Special Needs: From Nonverbal to Professional Speaker**  
*Kerry Magro, CEO & Founder, KFM Making a Difference*

At age four, Kerry Magro was considered to have severe autism and was nonverbal. This led to years of therapies as he was entering Pre-K. Fast forward to today, he is an award-winning professional speaker. Kerry will share how he persevered through challenges, promotes disability awareness, inclusion benefits and more from his first-hand perspective.

**REGISTER TODAY!**

Act 48 credits available • Visit [www.paiu.org/StandUpForChildren](http://www.paiu.org/StandUpForChildren) for full conference details.

# Beaver County Local Task Force Newsletter Quarterly

Beaver Valley Intermediate  
Unit  
147 Poplar Avenue  
Monaca, Pa 15061

The Training and Consulting staff at the Beaver Valley Intermediate Unit consists of the individuals below. The training and consulting staff spends time within our local districts training, supporting as well as consulting on state wide educational initiatives.

Jeff Huchko- [jeffrey.huchko@bviu.org](mailto:jeffrey.huchko@bviu.org)

Melissa Lanious- [melissa.lanious@bviu.org](mailto:melissa.lanious@bviu.org)

Karin Pilarski- [karin.pilarski@bviu.org](mailto:karin.pilarski@bviu.org)

Carol Roossin- [carol.roossin@bviu.org](mailto:carol.roossin@bviu.org)

Lisa Husar- [lisa.husar@bviu.org](mailto:lisa.husar@bviu.org)

**To reach the entire TaC team please email [TaC@bviu.org](mailto:TaC@bviu.org)**



To register for **ANY** training offered by the TAC team at the BVIU please visit our EVENTBRITE page listed below.

<https://www.eventbrite.com/o/bviu-tac-17732709101>

**September 18, 2019- Local Task Force Meeting.** Parents of children with special needs and district special education coordinators are encouraged to attend. **This is not available on Eventbrite.**

**September 20, 2019- Transition Council Meeting.** Free.

**September 26, 2019- What Every LEA Needs to Know Regarding IEP Meetings.** Free. Intended for LEA Reps and Designees. Choose from morning or afternoon session.

**October 2-3, 2019- CPI 2-Day Foundation Course.** **FULL** Cost \$23. Must attend both days.

**October 4, 2019- The ASD Brain and Hidden Curriculum.** Free. Choose from morning or afternoon session.

**October 9, 2019- IEPWriter Focus Group Meeting.** Free.

**October 9, 2019- Beaver County YES (Youth Employment Skills) Academy.** **This is not available on Eventbrite.** Contact Melissa Lanious for more information; [melissa.lanious@bviu.org](mailto:melissa.lanious@bviu.org).

**October 10, 2019- LETRS Module 6: Digging for Meaning; Teaching Text Comprehension.** *Cost \$55.* Participants must have attended Module 1 previously.

**October 14, 2019- Paraprofessional Training: The Power of Positive Thinking and Early Numeracy for the Primary Grades.** Free. Five credit hours for paras.

**October 16, 2019- Local Task Force Meeting.** Parents of children with special needs and district special education coordinators are encouraged to attend. **This is not available on Eventbrite.**

**October 18, 2019- Transition Council Meeting.** Free.

**October 30, 2019- Foundations of Reading: Advanced Phonological Awareness.** Free.

**November 6 or 8, 2019- IEP Goal Training.** Free. Choose one day.

**November 13, 2019- Beaver County YES (Youth Employment Skills) Academy.** **This is not available on Eventbrite.** Contact Melissa Lanious for more information; [melissa.lanious@bviu.org](mailto:melissa.lanious@bviu.org).

**November 15, 2019- Transition Council Meeting.** Free.

**November 20, 2019- Local Task Force Meeting.** Parents of children with special needs and district special education coordinators are encouraged to attend. **This is not available on Eventbrite.**

**November 25, 2019- Training and Networking Day for County SLPs and TDHHs.** Free. **This event has not yet been posted for registration.**

**November 26, 2019- LETRS Module 9: Teaching Beginning Spelling and Writing.** *Cost \$55.* Participants must have attended Module 1 previously.

**December 4-5, 2019- CPI 2-Day Foundation Course.** *Cost \$23.* Must attend both days.

**December 9, 2019- CPI Refresher Course.** *Cost \$23.* For staff who have taken the training since December 2016.

**December 16, 2019- LETRS Module 10: Reading Big Words: Syllabication and Advanced Decoding.** *Cost \$55.* Participants must have attended Module 1 previously.









