



# Idaho Distance Education Academy

Planting the seeds of tomorrow, TODAY.

August 2010

Boise Region Newsletter



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## From an Administrator

Jason Bransford, I-DEA Director

**A**s the Director of Idaho Distance Education Academy, I welcome you to the 2010-2011 school year. Whether you are new to I-DEA, or returning for another year, we are excited to work closely with you in the education of your children, and hope that this school year will bring academic success to your children.

I would like to speak with you about the mission statement of I-DEA and how we work together to accomplish that mission. For those of you who may not be familiar with the mission statement, it reads: **“Through technology and partnership between parents and educators, the Idaho Distance Education Academy promotes and**

**supports a modern education system that delivers innovative, relevant, and rigorous education to each child”.**

I-DEA teachers have done an excellent job of implementing the tenets of our mission statement. Our team of teachers is dedicated and knowledgeable, working diligently to ensure that every child receives the best education available.

In order to truly accomplish the objectives in our mission statement, our teaching staff and administration will be increasing our focus on remediating students who have academic deficits, and will develop a comprehensive plan for each student to address those deficits. This in-

creased attention to skill deficits and instructional emphasis will not be optional, but will ensure that all I-DEA students receive the skills necessary for academic success. These measures will give teachers more tools to ensure that every I-DEA student receives the benefits of every pledge of the mission statement. Finally, as we begin the process of preparing for the 2010-2011 school year, I want to thank you for your dedication to your children. I-DEA would not exist if it were not for parents devoted to giving their children an individualized, high quality education.

## Parent to Parent

Lisa Bown, Community Coordinator

**I**t's that time again! Time to dive into new curriculum orders, plan our schedules, consider our activities and events... it can be a busy time, but a time I really enjoy. Gearing up for a new year means I can explore new options with my kids and give them a chance to offer ideas and opinions. By allowing them to share in the planning, I find that my kids respond better to their school experience, they

feel valued, and they become more thoughtful. It's interesting to hear their feedback, and look at resources from the perspective of the child who will learn from them. When planning a schedule, some kids have distinct preferences about the order of study. My son, for instance, was frustrated by having his most challenging subject area first in our day. When we switched it with an easier subject, he was far more

content and willing to engage in the harder subject, possibly because he'd been bolstered by a sense of accomplishment early in the day. If you have the chance, I'd encourage you to involve your kids in the process of gearing up for the new year!

## Teaching the Food Pyramid

*Jana Schaefer, Family & Consumer Science Teacher*

Start the school year off with nutritious eating habits. Based on recommendations from the U.S. Department of Agriculture, planning well balanced nutrition is easy when using the food pyramid. Use the pyramid diagram and the following information to teach your students about healthy eating choices.

**Fruits:** Fresh fruit is best, but frozen and dried fruits also count toward the 2-4 servings kids need a day. Juice is popular with kids but lacks the fiber found in whole fruit, so limit kids' juice intake to a half of a cup a day of 100-percent juice.

**Vegetables:** Vegetables can be a tough sell for kids, but they're packed with essential vitamins and minerals children need to be healthy. Make sure your children get 3-5 servings a day.

**Grains:** Fiber keeps your digestive system regular, and eating whole grains is the best, and most natural, way to consume it. Research has also shown that grains can help prevent heart disease later in life. Children need 6-11 servings daily.

**Dairy:** Offer your kids dairy daily, and look on the lighter side for children over age 2. (Serve full-fat milk to kids age 2 and younger -- their bodies need the fat for optimal growth and development.) Skim milk provides the same amount of calcium and vitamin D as 2-percent and whole milk. Children need 2-3 dairy servings a day.

**Meat and Beans:** Portion control is as important as what they eat, so start children off right with kid-size servings. Three ounces is all kids ages 3-6 need to meet the USDA's daily recommendation for meat and beans. That includes fish, beef, poultry, beans, eggs, nuts, and seeds. Children need 2-3 servings daily.

**Fats, Sugars, and Salts:** Sure, fats, sugars, and salts are OK in moderation, but it's easy to go overboard since these ingredients lurk in many foods that might otherwise seem healthy. Read your labels carefully and choose wisely!

**Exercise:** It's easy to hit the playground when the sun is shining, but kids need exercise every day. Don't let television or video games rule rainy days. Pump up the volume with an afternoon dance party. Burn off the excess energy and calories! Be creative—exercise comes in many forms and is great fun for all!

For additional food pyramid information and to set up a personalized food pyramid, please visit the following site:

<http://www.mypyramid.gov/>

See Bottom of Page 3 for Food Pyramid

## Online Programs

*Diane Neal, Online Curriculum Supervisor*

It's that time of year...time to think about whether you want to use online programs to enhance your instruction. I'm looking forward to assisting you with your questions and helping you use the online resources that we provide to help supplement your curriculum and instruction. We have some online resources that we provide to I-DEA students at no charge, and several that are available as a subscription that can be deducted from your allotment with no out-of-pocket expense. **Please be sure to order those annual online subscriptions by August 18<sup>th</sup>.** As soon as we renew our subscriptions for the 10-11 school year, I will send you passwords so that you may access the websites. Watch your email for more information. Here are the resources that we offer at no additional cost to you:

BrainPop, BrainPop Jr., BrainPop Espanol	Educational videos, quizzes, and activities linked to Idaho Standards
Apangea Math	Interactive, standards-based math tutorials. Students earn points toward prizes such as gift cards and donations to charity
eCIS	Career Information System – A great resource for post high school and career planning for high school students
Hot Math	Math Tutorials tied to most math textbooks for middle school and high school students. Includes videos.
Learn360	This is a great site where you can access streaming videos, images, and audio tied to standards in all curricular areas. You can search by subject and grade level.
EDUSS	Online math and English assessment and tutorials.

The following resources are available for order through our catalog:

Learning A to Z products including Reading, Writing, Vocabulary, and Science	Printable books and lessons that are standards-based and leveled by grade. Great for students in K-6
ALEKS	Interactive math tutorials and lessons to supplement your math curriculum.
Explode the Code Online	Interactive phonics lessons for students in grades K-4
My Access	Online writing program for students in grades 5-12. High school students in I-DEA English and Career Explorations classes need to order this program.
Creativity Express	Animated art education for students in K-6
Rosetta Stone	For use with high school foreign language courses

Your contact teacher can help you determine if any of these products is right for you. I am also available to answer questions, and look forward to doing so! My phone number is (208)672-1155 ext. 3008. You can also email me at [dianeneal@idahoidea.org](mailto:dianeneal@idahoidea.org)

## Community Events

### Jumpstart Your Year

Where: BRC  
When: Wed., August 4, 2010  
Time: 1:00 - 2:30pm

Homeschooling Forum—get ideas for meeting the needs of the parent, school, and student! Swap Ideas! Explore new approaches to recurring homeschool challenges. For new or experienced homeschoolers. No sign-up necessary—room for all!



### Love & Logic

Where: BRC  
When: Tuesdays  
August 17, 2010  
through  
September 21, 2010  
Time: 7:00 - 8:30pm  
Cost: \$5 (for manual)  
**RSVP:** Mary at 672-1155 or  
[mwhitworth@idahoidea.org](mailto:mwhitworth@idahoidea.org)

### ~ Love and Logic ~

Wouldn't it be nice to have fewer hassles with your kids... so at the end of the day you actually had energy left over? Love and Logic is dedicated to providing practical, easy-to learn techniques for creating homes where kids enjoy cooperating and working hard toward personal goals.

Love and Logic is a parenting program that is designed to give parents practical skills that can be used immediately; skills that help parents deal calmly with real life situations. It is never too early, nor too late to embrace the Love and Logic philosophy and the techniques that offer guidance to help raise loving, respectful, responsible kids.

### Moodle Orientation

Where: BRC  
When: Tues., Aug. 17, 2010  
Time: 1:00 - 3:00pm

For Teaching Parent & Student  
The Moodle Orientation class opens on August 3. The due date is September 16. This workshop is for any 9th graders and other high school students who are new to I-DEA. If you struggled with Moodle last year, feel free to come. We are going to talk about student e-mail accounts, parent access to Moodle, how to do the orientation and more!!!!  
**RSVP:** Mary at 672-1155 or [mwhitworth@idahoidea.org](mailto:mwhitworth@idahoidea.org)

### ELLA Workshop

Where: BRC  
When: Wed., August 18, 2010  
Time: 1:00 - 2:00pm  
**OR**  
Time: 6:30 - 7:30pm

All Kindergarten Students and their Parents  
Families will be provided with a tote bag full of materials to strengthen Kindergarten literacy skills.  
**RSVP:** Mary at 672-1155 or [mwhitworth@idahoidea.org](mailto:mwhitworth@idahoidea.org)

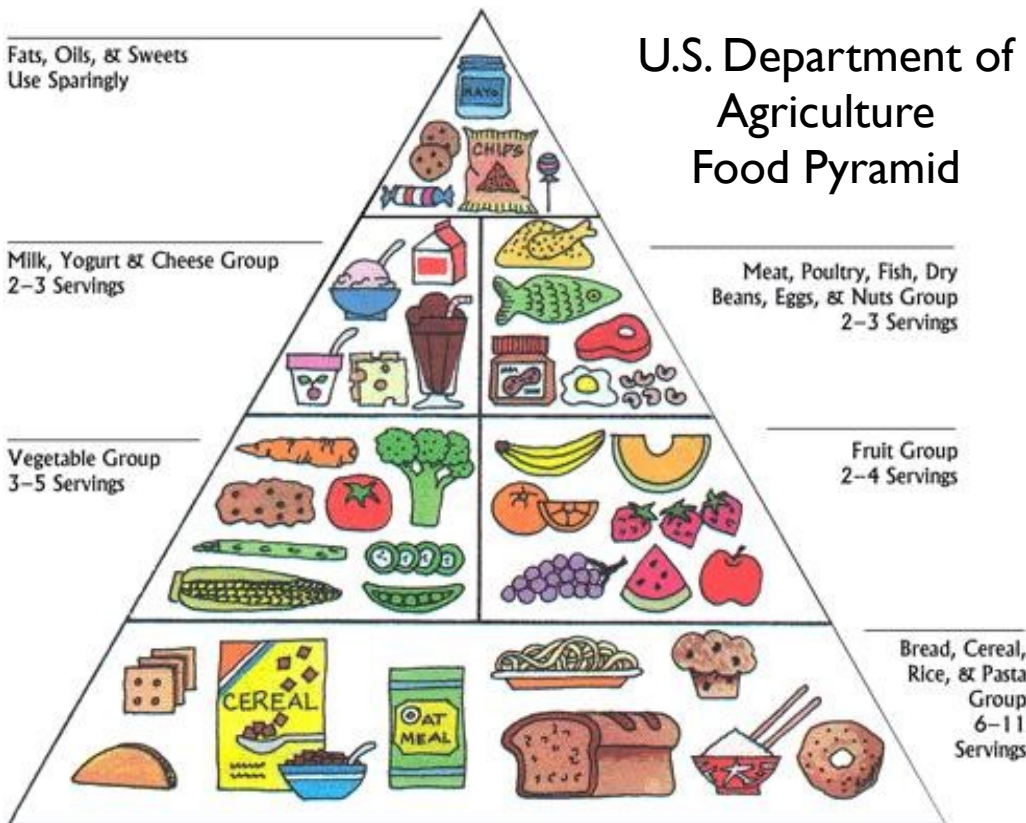
Fats, Oils, & Sweets  
Use Sparingly

Milk, Yogurt & Cheese Group  
2-3 Servings

Vegetable Group  
3-5 Servings

Bread, Cereal, Rice, & Pasta Group  
6-11 Servings

## U.S. Department of Agriculture Food Pyramid



### Boise Resource Center

8620 W. Emerald, Suite 190  
Boise, ID 83704

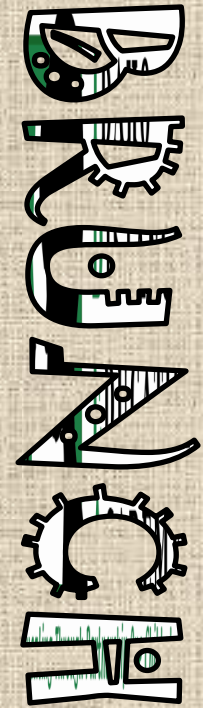
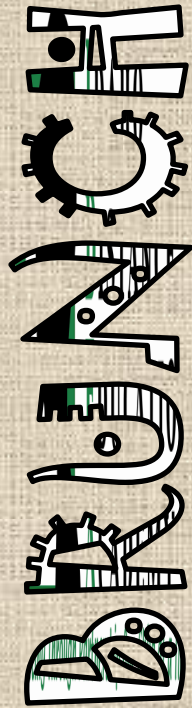
Phone: 208-682-1155  
FAX: 208-321-4757

### Boise Community Coordinators

**Jill Call**  
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208-585-7390  
**Lisa Bown**  
[lisabown@idahoidea.org](mailto:lisabown@idahoidea.org)  
208-890-4147  
**Patti Boliou**  
[pattiboliou@idahoidea.org](mailto:pattiboliou@idahoidea.org)  
208-585-7244

Getting involved in Community Activities helps students stay interested in school.





## I-DEA BACK TO SCHOOL BRUNCH

WHEN: FRIDAY, SEPTEMBER 10, 2010

Meet  
Staff

WHERE: Meridian Settlers Park  
3245 N Meridian Road  
(Corner of W Ustick Rd & Meridian Rd)

Meet  
I-DEA  
Families

TIME: 10:00 am - 12:30 pm

### WHAT TO BRING - ACCORDING TO LAST NAME

A - L: Main Dish/Casserole

M - S: Fruit Dish

T - Z: Bread/Pastry

FUN!!!

Games

# Celebrate a New School Year!!!

## Calling All Artists!



We're inviting all students to participate in the first annual Boise Resource Center art contest! The center has new carpet and fresh paint and is begging for some beautiful student artwork to make our decorating complete! **This year our theme is "Living and Learning in Idaho"**. Your child may submit photographs, drawings, paintings, poetry, or other media suitable for framing (we don't have space to display sculpture). We will choose winning entries from each grade level (K-12). Winning entries will be framed and displayed for the school year at the Boise Resource Center. See rules below:

### Rules:

1. All students may participate
2. Art may be 5X7, 8X10, or 11X14.
3. Projects are due in the Boise Resource Center on or before September 15.
4. 2-3 entries per grade level will be selected for display at the center.

