



Idaho Distance Education Academy

Planting the seeds of tomorrow, TODAY.

August 2010

Northern Region Newsletter



In This Issue:

- From the Director 1
- Parent to Parent 1
- Teaching the Food Pyramid 2
- Online Curriculum 2
- Community Events 3
- Parent, continued 4
- Book-It! 5

From an Administrator

~Contributed by Jason Bransford, Director

As 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 increased 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 —Approaches to Teaching

~Contributed by Karen Ashenbrenner, Northern Community Coordinator

August is the month for planning. ILP's are open; student funds are available, curriculum can be chosen, and resources can be requested. Parents build the school year keeping the students learning style in mind; but, as a home educator will you take into consideration what your teaching style or approach is or, will be?

Sometimes parents will embrace several styles. Many

homeschoolers develop their homeschool style over time. It's a process of learning about and trying out new styles and then incorporating or eliminating aspects that don't suit your family. Many homeschooling parents find that the approach they start out with may not look anything like the approach they use years later.

Here is an overview of teaching approaches that

you may find helpful when discovering your own approach to teaching. If you have questions or would like more information feel free to let me, or you Contact Teacher know.

What are the approaches to teaching?

Eclectic: When we talk about the eclectic homeschool we often talk about choosing among a variety of resources, but it

Cont. pg 4

Teaching the Food Pyramid

Jana Schafer, 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 18th.** 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. Subscriptions required for students in grades 5-12. High school students in I-DEA English 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

Community Events



Sandpoint ILP Workday and Meet n' Greet

Where: Sandpoint
When: August 4, 2010
Time: 10am-2pm

10 am Sandpoint Library: Contact Teachers and Karen Ashenbrenner will be available to answer any questions you might have about ILP's.

12pm Sandpoint City Beach: Bring a lunch and meet IDEA staff and local families.

IDFY Park Day

Where: Kiwanis Park
When: August 9, 2010
Time: 4-6pm

Students 6-12th Grades are invited to join us to see what IDFY is all about.

Kiwanis Park 4176 E Weatherby Ave, Post Falls, ID

Kindergarten Screening & ELLA Workshop

Where: PFRCC
When: August 11, 2010
Time: 1pm

If you have a student in Kindergarten that is struggling to read, this workshop will help. Contact Teacher, Gwynne Fleener will be hosting. There will be tips and demonstrations on exercises that will help your student become a better reader.

Moodle Orientation

Where: PFRCC
When: August 31, 2010
Time: 9am-2pm

For incoming 9th graders and all new 10-12th graders. 9am-2pm. Students should bring a lunch. In addition to Moodle Orientation, students will be able to meet with Deb Pence and Melissa Johnson, who will talk about high school testing (PSAT/ACT/SAT/COMPASS). Contact Stephanie Childress: 208-661-5597 for more information.

Palouse School Park Day

Where: Hereth Park, Lewiston
When: September 10, 2010
Time: 1pm

Come join Susie MacPherson, Community Coordinator and other IDEA staff for a fun filled afternoon at the park.

Hereth Park, 1534 Powers Avenue, Lewiston, ID 83501

North School Park Day

Where: Kiwanis Park
When: September 10, 2010
Time: 11am-1pm

Come join Karen Ashenbrenner, Community Coordinator and the Post Falls Resource Center staff at Kiwanis Park for a fun filled day. Bring a sack lunch.

Kiwanis Park, 4176 E Weatherby Ave, Post Falls, ID

**IDAHO DISTANCE
EDUCATION
ACADEMY**

**Post Falls Resource Center
761 N Thornton
Post Falls, ID 83854**

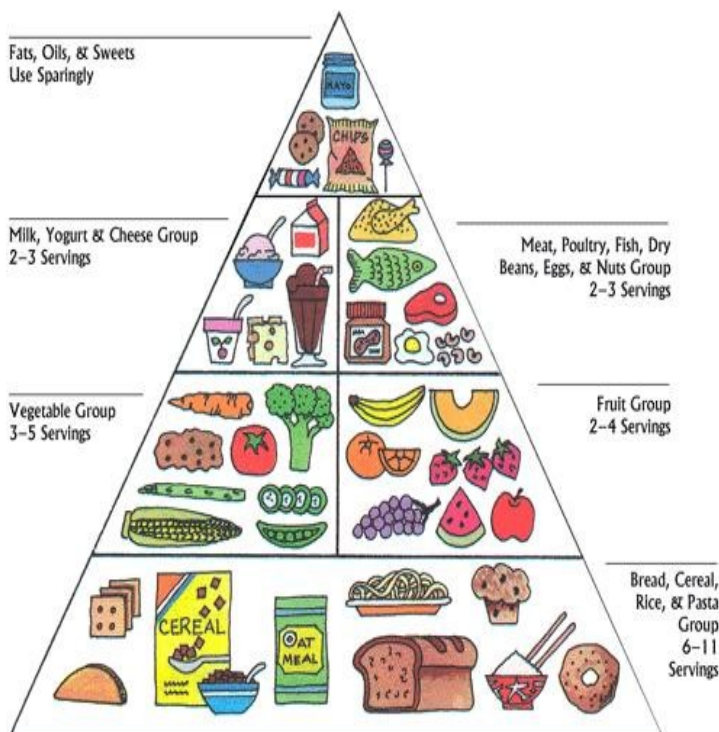
**Phone: 208-457-1019
Fax: 208-457-1713**

North Community Coordinators

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



U.S. Department
of
Agriculture
Food Pyramid



Approaches to Teaching, Continued from pg.1

is also true that eclectic homeschoolers often use a variety of schooling styles. For some families, a single style can be the perfect way to homeschool, but often families find that mixing styles works better for their unique situation or lifestyle.

Traditional Textbook: Those who are traditional textbook style homeschoolers may or may not be attempting to replicate the school classroom at home. Even those who are stout defenders of using a complete curriculum often do not attempt to do school at home. This style of homeschool depends largely on teacher led learning with heavy use of traditional style textbooks and teacher's manuals. Many homeschoolers start here knowing nothing else and quickly move on or begin altering their studies.

Unit Studies: Unit studies are topic or theme based studies that incorporate as many of the academic subjects as possible into the study. Unit studies can be done together by all children of a family because they allow children to work at their own level on specific projects while covering the same topic as their siblings. Lesson preparation becomes easier because the homeschool parent doesn't have to be current in more than one history or science subject. Unit studies can be effectively used to cover even a high school course of study by covering sufficient topics in biology, chemistry or American history to grant credits for those subjects.

Classical Method: This method believes that learning is divided into three stages based on a child's cognitive development: concrete thinking during grade school or the Grammar stage, analytical thinking during middle school or the Logic stage, and abstract thinking during high school or the Rhetoric stage. The teaching methods used during each of these stages are designed to facilitate learning by maximizing the child's learning strengths at that stage.

Charlotte Mason Method: The Charlotte Mason theory believes that children learn best from real things. Thus, she advocated nature study and the use of good books in children's education. She also believed that children learn best by doing. She advocated the use of nature notebooks, in which children are trained in scientific skills like observation and record keeping. Each of the specific learning activities she promoted was meant to inculcate good habits in the child.

Montessori Method: The Montessori movement, founder Maria Montessori believes as un-schoolers that children are natural learners and don't need to be forced to learn. However, she believed that they learned best in an ordered environment that offered them the tools and resources to make the most of the drive to learn. She also believed that learning was a process that followed a particular pattern with all children. At certain ages children have sensitive learning issues that must be addressed in their environment. When a child reaches the age with a particular sensitive learning issue his environment needs to include the tools that will allow him to work on that learning issue.

Thomas Jefferson Education-Leadership education: Is the foundation of a Thomas Jefferson education. According to Van De Mille, such leaders have historically been homeschooled, then moved on to quality schools where they studied the **classics**, guided and taught by **mentors**. In a homeschool setting, the parents are the mentors for their children. They set the example by being students of the classics themselves, and leading the children in daily discussion of the reading. It will follow, according to Thomas Jefferson philosophy, that the children will develop a love of learning. Accordingly, they are given a great deal of freedom in pursuing their own educational interests.

WALDORF- A "holistic" education, through an arts-based, multi-sensory curriculum, educators attempt to address each individual child's developmental level, gifts, talents, temperament, and learning style. The arts, practical skills, movement activities, and academics are integrated throughout the curriculum. Each is considered equally essential to healthy human growth and development.

Un-schooling: This method has been defined as child led learning or delight led learning. Un-schoolers believe that children are naturally inclined to learn. They don't need teachers or textbooks to learn because their own natural drive will lead them to discover and learn on their own. This means that they don't believe in lessons, assignments, schedules, or tests. Un-schoolers don't plan their children's learning but they do facilitate it.



Pizza Hut Book-It Reading Program

If you wish to sign up for the Pizza Hut Book-It Reading Incentive Program, please send the following information **and a self addressed stamped envelope** to:

Susie MacPherson
1190 Brush Creek Rd
Deary, Idaho 83823

Information needed:

- 1) Name and grade of each student K-6 who wants to participate in the Pizza Hut Book-It reading program.
- 2) Name, address and phone number of I-DEA parent.

Pizza Hut coupons will be awarded on a first-come first-serve basis until Sept. 15th



Good children's literature appeals not only to the child in the adult, but to the adult in the child.
~ Anonymous ~

