



Idaho Distance Education Academy

Planting the seeds of tomorrow, TODAY.

August 2010

Southeast Region Newsletter



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From Jason Bransford, I-DEA 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 with Karen Bartlett

Welcome back to all of our returning families! To all of our new families, welcome to our school! For the new families, my name is Karen Bartlett. I have two boys (11, 7) that I school at home. I am also your Community Coordinator. I am here to help you and plan activities for our children.

I would like to share some helpful tips to get your school year started in the right direction:

- Grab your calendar and head to our website. On our home page, if you scroll down you will see a list of activities, testing dates, teacher help sessions, portfolio conferences, and monthly progress due dates.

These are all very important dates for you, so please mark them down on your calendar. Remember, these dates may be changed for a number of reasons so be sure to check back periodically.

- We all have trouble remembering to turn in our MPU's by the last day of the month. The month has a way of getting away from us when we are focused on school. If you save a copy to your desktop you can keep it up to date as you go or at least pick a day on your calendar the week before it is due to get it done. Don't wait until the last minute. It may bring you a phone call from your teacher to turn it in.
- Keep and show up to

appointments and testing on time. This is very important!!! Your teacher has other families to work with each day and deadlines she has to meet.

- Please read your newsletter carefully, especially the Community Events page. If you are asked to RSVP to an event, please do so by the date listed. I use this information to gather supplies or make reservations with a third party. If you wait, you may not be able to participate.

Please do your part to make this a great year for your family! I am looking forward to seeing you all at our Back to School Picnic coming in September – again, watch the Community Events

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% 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 okay 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 2010-11 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 must 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 are 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



Paperwork Workshop

Where: SERC
When: August 10, 2010
Time: 10:00 - 3:00pm

Need help with filing out your paperwork? Forms like the Instructional Request or the Correspondence Request forms can be confusing. Stop by the Southeast Resource Center and Karen will give you a hand.

Moodle Day

Where: SERC
When: August 17, 2010
Time: 8:00 - 4:00pm

Michelle Righter, Contact Teacher/Science Teacher/Moodle Administrator, will be hosting a Moodle Workshop Day at the Southeast Resource Center. If you have questions about Moodle or want help completing the online Moodle orientation, please stop by.

ELLA Workshop

Where: St. Pauls, Idaho Falls
When: August 24, 2010
Time: 6:00 - 8:00pm

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

ELLA Workshop

Where: SERC
When: August 25, 2010
Time: 6:00 - 8:00pm

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

Back to School Picnics

Where: Twin Falls
When: September 9, 2010

The dates are set but the details are not. More information will be in the September newsletter. Be sure to grab some plain white T-shirts for a tie-dye project!

Where: Blackfoot

When: September 10, 2010

Reminder!!!

Please remember to complete the Permission to Participate in I-DEA Community Outings form. It can be found on our website under the forms tab. You can bring it to the next outing or scan it in and email it to Karen. Any questions, please call Karen.

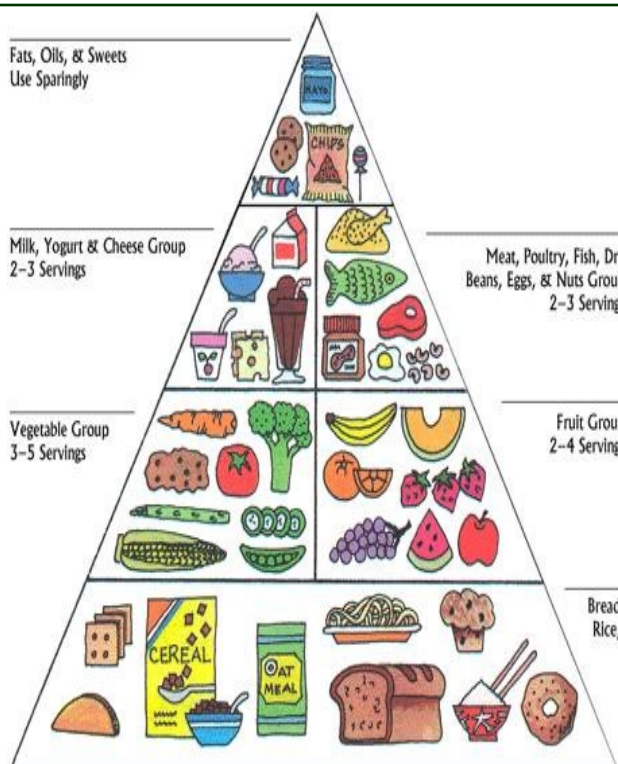
**IDAHO DISTANCE
EDUCATION
ACADEMY**

Southeast Resource Center

Karen Bartlett
Community Coordinator
(208) 251-9597
karenbartlett@idahoidea.org

Want to help??
Ideas for activities or outings and
volunteers are always welcome!
Please contact Karen Bartlett or
call the
Southeast Resource Center.

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



U.S. Department of Agriculture Food Pyramid

There will be a limited number of posters and flyers available at the Southeast Resource Center. If you would like one, please come by and pick one up!

