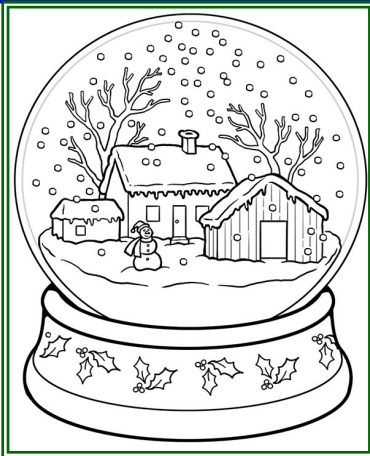




News 4 You

Keeping ROE 40 districts and staff informed

DECEMBER 2022



***ROE 40 Offices
will be Closed for
Winter Break,
starting at
Noon on Wed.
Dec. 21st, 2022
and returning at
8am on Wed.
Jan. 4th, 2023.***

ROE 40

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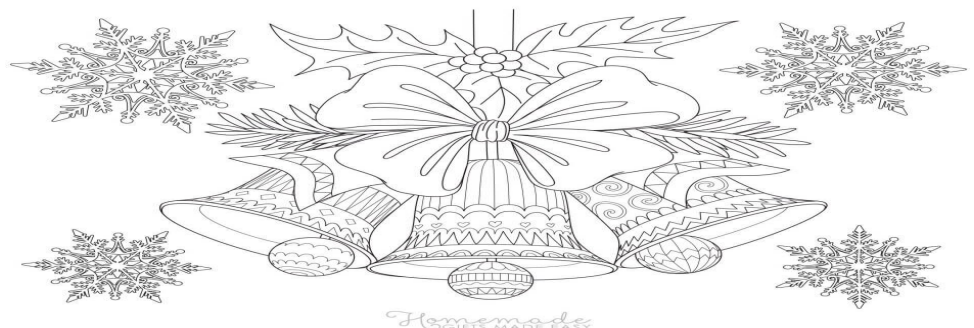
WWW.ROE40.COM

STATE BOARD CALLS FOR GREEN RIBBON SCHOOLS APPLICATIONS GREEN RIBBON AWARD CELEBRATES SCHOOLS TAKING A COMPREHENSIVE APPROACH TO ENVIRONMENTAL EDUCATION AND MANAGEMENT

SPRINGFIELD – The Illinois State Board of Education (ISBE) today announced a call for applications for the 2022-23 Illinois Green Ribbon Schools Award. The program recognizes schools, districts, and higher education institutions with active programs, actions, and dedication to sustainability.

“Schools that devote time, attention, and resources to green initiatives play such an important role in our students’ education and in their future,” said State Superintendent of Education Dr. Carmen I. Ayala. “I am proud to celebrate schools that have demonstrated progress in reducing environmental impact, improving health and wellness, and offering sustainability education. These programs teach Illinois students to be good stewards of our home and to be active participants in preserving the world around us.” “We’re excited to partner with ISBE to support Illinois schools in this program,” said Katie Kaluzny, associate director at Illinois Green Alliance. “We need green schools to support our healthy buildings, a better learning environment, and build climate and sustainability stewardship in the next generation.”

Continued on page 2...



MONDAYS JAN– MAY Mindfulness Mondays 22-23 (Winter/Spring)

Fri Jan 20th - Health Life Safety Compliance: A Guide to the Fundamentals - (Admin academy credit also available, AA #3700)

Wed Jan 25th - Level Up Your IEP Knowledge/ Understanding Behavior (K-8)

Fri Jan 27th - Implementing Trauma Informed Practices in Schools - AA #1863

Mon Feb 6th - Recognizing and Alleviating Math Anxiety

Fri Feb 10th - PEP Con - Featuring Jon Gordon, Carla Tantillo Philibert & Gerry Brooks

Thu Feb 23rd - 10 Techniques to Get Students Talking

Fri Mar 24th - Creating a Culture of Care Through Mindful Practice

Tues Mar 28th - Google Level 1 Certification Boot Camp

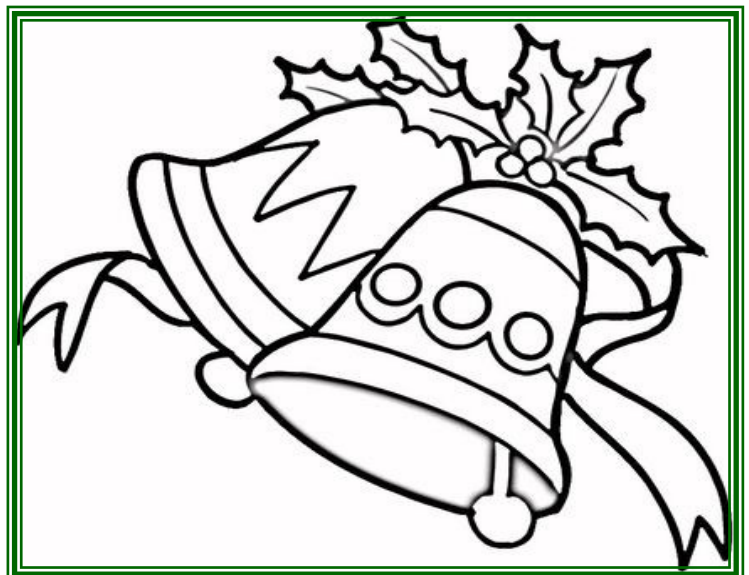
Thurs Mar 30th - Keep Them on the Edge of Their Seat!

Thu Apr 13th - The Power of Positive Teams - FREE!!!

Continued from page 1

ISBE sponsors the award in partnership with the Illinois Green Alliance and the Illinois Board of Higher Education. Schools that have utilized best practices in energy efficiency, water and waste management, healthy school environments, and environmental education can apply. ISBE will submit recipients of the Illinois Green Ribbon Schools Award to the U.S. Department of Education's Green Ribbon Schools program for consideration for national recognition. The U.S. Department of Education typically announces its winners on Earth Day, April 22, and invites awardees to an award ceremony in Washington, D.C. Last year's Illinois awardees included Community High School District 99 in Downers Grove. It was honored for its innovative efforts to reduce environmental impact and utility costs, as well its efforts to improve health and wellness and ensure sustainability education. The district's energy management program and expansion

of instructional and extracurricular environmental education opportunities were integral to the district's impressive application. The Illinois Green Ribbon Schools Award application and an information session video recording can be found on the ISBE website. Application materials must be submitted no later than 5 p.m. Jan. 9. Submission materials and questions about the awards program should be sent to greenribbon@isbe.net.





Hello Administrators and Principals

We are doing our next admin meetings a little differently in January. Save the date for **January 17th** for our next combined ROE 40 supt/principal/admin meeting.

Location/details/registration form will be shared after the first of the year.

- We will be discussing the format options for next year's County Institute and whether your district will participate in the region wide version or if you're planning to do it on your own. If you have any questions in the meantime please let me know.
- Our PD speaker for the meeting will be Dr. Kelly Stewart who is a certified Jon Gordon coach and she will be doing a mini-PD session on The Energy Bus to get you motivated for 2nd semester. She is also doing 2 admin academies for us in January and March and this will be a great preview of what you could expect.

Have a very Merry Christmas and a Happy New Year!

Physical Education Assessments for the Diverse Classroom

Physical education offers a valuable opportunity to impact all areas of child development (i.e., physical, mental, social, and emotional). As such, the purpose of this presentation is to provide Physical and Adapted Physical Education teachers with a variety of processes and instruments to be used to measure the present level of performance and progress of students with special needs in physical education class. Participants will be exposed to the assessment instruments commonly used in the United States. The purpose of these instruments is to assess the fundamental skills (e.g., running, throwing, catching) of school-age children. Even though there are limited assessment instruments to measure Social Emotional Learning (SEL), strategies to assess and modify the PE curriculum to attend this area will be presented (E.g., Teaching Social Responsibility Model). The audience will be actively involved in a variety of physical to accommodate students with varying ability levels and diverse backgrounds in individual and integrated settings. In addition, this workshop will provide participants with strategies, activities, and documents that can be easily modified and implemented in the physical education curriculum when conducting assessment(s). Lastly, participants will be able to write short and long-term goals according to the current level of performance of the students.

Continue to next page,

Physical Education Assessments for the Diverse Classroom, cont.

Presenter: Luis Columna, a native of San Juan Puerto Rico, is currently an Associate Professor in the Kinesiology Department at the University of Wisconsin at Madison. He teaches in the new Health Equity and Health Promotion Program. He received a master's degree in Physical Education from the Interamerican University of Puerto Rico in 2003 and a PhD in Kinesiology (Adapted Physical Education) from Texas Woman's University. He joined the UW-Madison Kinesiology faculty in January 2019.

Prior to coming to Madison, Professor Columna was an Associate Professor at Syracuse University, NY. His research focuses on ways to increase the participation of families (especially Hispanic) of children with disabilities in physical activity and also his research focuses on ways to better prepare physical activity professionals and physical education teachers to work with diverse populations. To address the physical activity needs of children with disabilities and their parents, Dr. Columna developed the Fit Families Program (<https://www.youtube.com/watch?v=tUSu-MX80X8>). Fit Families is a physical activity program that brings together children with disabilities (e.g. visual impairments: autism spectrum disorders), their parents, college students, and in-service professionals in the fields of adapted physical education, special educators, orientation & mobility (O&M), psychologist, physical education, and exercise science, among others. This workshop is free thanks to the ISBE SEL Hub grant and co-sponsored by the Area 5 ROEs (ROE 3, 40, 41, 45, 50) Any questions, please contact: Ryan Wamser rwamser@roe40.com

REGISTER NOW

Mindfulness Mondays 22-23 (Winter/Spring)

Join ROE 40 for Mindfulness Mondays where we will learn, explore, discuss, challenge boundaries, and move with intention. Come prepared to write a little bit, join in online discussions, learn what it means to be human, and participate in self-care strategies including breathwork, meditation, mindfulness, and yoga. Registered Yoga Teacher and ROE 40 Mindfulness/SEL Coach Matt Weld will lead these one-hour virtual sessions brought to FREE you by the ISBE SEL hub grant. Participants will receive an hour of PD for each session they attend. Each session will be different so feel free to attend as many as you'd like.

**January 9 and 23, February 6 and 27, March 6 and 20, April 3 and 24, & May 1 and 8.
3:30 - 4:30 p.m.**

REGISTER NOW

Thank you for registering. The Google Meets link will show up on the screen after registering. If you are an Illinois resident, your usual ISBE Session Evaluation and Evidence of Completion form will be emailed the following Tuesday based on the attendance report from Google Meets. Any questions? Contact Matt Weld: mweld@roe3.org.



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Let the games begin!



Secret message, just for you.

Can you solve the Cypher?

| A | B | C | D | E | F | G | H | I | J |
|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | |
| K | L | M | N | O | P | Q | R | S | T |
| | | | | | | | | | |
| U | V | W | X | Y | Z | | | | |
| | | | S | | | | | | |

X Z Y X M B' X I H Z Z O Q B I X
 S _____ S _____ ' S _____ S _____
Y B N F Y H R F Q X I Z X M A
 _____ S _____
F Z S S B Z X X A M H O I Q X
 _____ S _____ S _____ S _____
I M S Q N Y D U H Z Y E A H M R

Y S S M A W X Y O H M Z 1 2.
 _____ S _____ 4 0.

Christmas Word Scramble

Unscramble the following words...

Merry Christmas!

kalfenswo _____ aolrcs _____

fel _____ snrtsepe _____

eshgli bslel _____ omnwsna _____

diahlyo _____ iotlestme _____

aycnd eanc _____ pulhord _____

geg ong _____ yrrme stahcismr _____

iftg _____ ahewrt _____

ntgisoksc _____ mnrsoaetn _____

etre _____ ecreedbm _____

natas alcsu _____ eoln _____

eernedri _____ nierwt _____

Illinois Area 5
Regional Offices of Education
Social-Emotional Learning Hub



❄️ SNOWFLAKE ❄️ SUDOKU

Instead of numbers, use these letters to fill in the grid just like a regular sudoku:

S N O W F L A K E

There is only one rule to sudoku: Every row, column and box of 3x3 cells must contain each letter shown above exactly once. Good luck!

EASY

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| S | K | | | A | | N | | |
| | W | O | N | E | | L | | K |
| | N | | | | | | W | F |
| | A | | | O | | S | | |
| | | | K | W | | | | |
| F | | E | | N | | | | K |
| L | O | | E | | | | | A |
| N | | A | | L | O | K | E | |
| W | | K | | S | | | L | O |

HARD

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | E | | | | K | A | |
| A | | | | K | | | O | |
| | O | | E | | | L | | F |
| | | W | | F | | | N | |
| E | | L | S | N | | O | | K |
| | | | | O | | | | |
| | N | F | | W | | E | | |
| | A | | | | O | S | | |
| S | | | | | L | | | |



Name: _____

Date: _____



WINTER WORDS

Word Search Puzzle



r h p x b k g m s n o w f l a k e s f f s d
 v h f b w y r e i j u m t o n c w t z d h d
 s k a t i n g k l t d c f e t h z e t s d c
 z i i v k l a g f a t r v b f i f l b f r b
 e h j c s j s l i p p e r y b l l k z k w o
 t r a s o w a n s a a a n x s l u c e d i o
 c v t w h v t v g d y i t s i y r g l n n t
 r y h x x k f e b r u a r y m q r w r r t s
 n t o b o g g a n o f s o u c c i t b s e s
 z a l f n h r m m f h e r w s d e c a h r h
 m p i f g l o v e s m j w p s n s o q o v o
 i j d w w i w v f r e e z i n g k l l t s v
 e l a d d r g k j a n u a r y a v d y c b e
 x m y h b s r d w f t o h u f r o s t h e l
 r u s x c d e c e m b e r s b t h s n o w a
 c e s l e d d i n g c a h w a p p w f c n v
 s c a r f r s n o w m a n a i a v x c o o u
 r z r a m j x v k b j y k y t r j m e l o i
 o a r i l y f i r e p l a c e k f x i a a c
 y u r p n l q d s l u s h p m a a l f t z e
 e i c i c l e t v f b t m w e h z v n e z f
 i d h i b l i z z a r d w t z b a w x m k e



Find these words.

fireplace
 snowflake
 blizzard
 icicle
 boots
 parka
 sledding
 gloves

hat
 ice
 cold
 slippery
 chilly
 snowman
 December
 toboggan

hot chocolate
 slush
 January
 freezing
 skating
 scarf
 holidays
 frost

mittens
 shovel
 snow
 flurries
 February
 winter



(The words may be hidden vertically, horizontally or diagonally.)