"We are what we repeatedly do. Excellence then, is not an act, but a habit."

ARISTOTLE

THANK YOU TO ALL DCIU EMPLOYEES WHO STRIVE FOR EXCELLENCE!

MESSAGE FROM THE EXECUTIVE DIRECTOR

As we enjoy the springtime, we are quickly entering the home stretch of the school year. Students in various programs will soon be celebrating this year’s accomplishments with events like the Family Center’s End of the School Year Celebration and students in the Class of 2018 will soon be celebrating in various program graduation ceremonies.

But, this is also a time of year to celebrate and congratulate the DCIU staff for your dedication and commitment to education and our students.

The Employee Recognition Dinner will take place on Tuesday, May 15. I hope you can join us in honoring almost 75 staff members for their service to DCIU.

Lastly, thank you to all staff for all you do for the Delaware County Intermediate Unit.

Maria Edelberg, Ed.D
Executive Director
03 **UPCOMING EVENTS**
And important announcements.

04 **TCA BASKETBALL CHAMPIONSHIPS**

05 **AUTISM AWARENESS MONTH**
DCTS Emergency & Protective Services students protect the town of Delcoville.

06 **A DAY IN THE LIFE**

07 **C-CAP COMPETITIONS**
DCTS Culinary Arts students win scholarship money at the C-CAP Competitions.

08 **TECH TIPS**
What's a person to do when they forgot to hit "save?"

09 **ENGLISH LANGUAGE RESOURCE FAIR**

10 **CHILDREN'S MENTAL HEALTH AWARENESS DAY**
And recognition for the DCIU Crisis and Response Team.

11 **HR HEALTH & WELLNESS CORNER**
EMPLOYEE RECOGNITION DINNER

The annual Employee Recognition dinner will take place on May 15, 2018. DCIU will be honoring nearly 75 staff members for Years of Service, Awards of Excellence, STARS, Excellence in Teaching, and our retirees.

Please RSVP to Rebecca Smith (rsmith@dcIU.org) no later than May 4, 2018.

HERO BOWL

The 42 Annual Delaware County Hero Bowl is May May 31. DCIU is a proud sponsor of the Hero Bowl, which helps provide scholarship aid for the children of police officers, firefighters, and emergency medical personnel who have given their lives in the line of duty. All are invited to attend. Tickets are $5 and can be purchased at the gate or at Delaware County Police and Fire locations.

KEYSTONE SCHOLARS

Pennsylvania is investing in the Keystone Scholars program. This program is for every baby born or adopted in 2018 and 2019, whose family lives in Delaware County, and is provided regardless of parental income. The program invests $100 to use for the baby’s higher education expenses. Parents or guardians have until the child’s first birthday to claim. More information is available at dciu.org under Headlines.
On April 14, the students and teachers at TCA filed into the gym to cheer on the TCA basketball team in the Alternative League's championship game.

School spirit was electric! Posters and signs for the team decorated the gym and school hallways and the students rallied from the stands.

The team didn’t win – the final score was 56-49, but until the end it was an incredibly close game and TCA led for most of it.

In addition to making it to the championships, TCA has one player who was second in the league for number of free throws, third in the league for number of three-point shots, and the second highest scorer in the league. Another player was fourth in the league for three-point shots. Both are eligible for the A-team, and we wish them good luck!

TCA's basketball coach, Coach Mike Davis also received the Alternative School Basketball League's Coach of the Year award!
April is Autism Awareness Month. Marple Education Center hung the poster above in their hallway to encourage visitors to share thoughts on what someone with Autism has taught them.

People shared inspiring thoughts, like "love is love despite difference," "acceptance," and "hope."

Marple also hosted an Autism Awareness Resource Fair on April 26.

Thank you to all the staff at Marple who went above and beyond in April to celebrate Autism Awareness Month!
The Emergency and Protective Services (EPS) program at DCTS held their "A Day in the Life of an Emergency Responder" exercise on Friday, April 6. The EPS class simulated the town of "Delcoveville" on the grounds of the Emergency Services Training Center.

The students filled the roles of firefighters, police and EMTs as they responded to realistic scenarios in various locations on the grounds. Assisting as mentors were area police, fire and EMS personnel who volunteered their time and expertise. Thank you to all those who came out to help!

To the right, DCTS student Robert Root (in the black) put out a car fire with assistance from mentoring firefighter Shawn Evans.

Other emergency scenarios included an active shooter, a domestic disturbance, a high-rise fire, an ATM robbery, a suspicious vehicle with possible IED, a gunshot wound, and several more. There was a lot going on all day!

"They get exhausted after a while," said Kelly McHugh, a captain with Darby station 21. "Overall it was positive. They all learned something today."
DCTS CULINARY ARTS STUDENTS WIN OVER $260K IN SCHOLARSHIPS!

All three Delaware County Technical School (DCTS) campuses - Aston, Folcroft, and Marple - had students compete in the recent Careers through Culinary Arts Program (C-CAP) competitions in Philadelphia. The award ceremony was held on April 3, when these students were awarded $263,648 in scholarships! "We are beyond proud of these students for their hard work and success during the competition and wish them all the best as they further their culinary careers," stated Karen Pflugh, Director, DCTS.
TECH TIPS

SO YOU FORGOT TO HIT “SAVE”

Recovering unsaved Microsoft Office files:

We have all done it at some point. You click to close your document in a Microsoft Office application and you end up accidentally clicking the option NOT to save your document. Luckily, by default, Microsoft Office applications automatically save temporary backups of your open files every ten minutes.

If you would like to retrieve the unsaved (backup) file - try the following steps:

1. Open the program (like Microsoft Word) where the file wasn’t saved.
2. Go to the File tab on the Ribbon at the top of the screen.
3. From there, click Info.
4. Click the Manage Document drop-down and select Recover Unsaved Documents.
5. You should then be inside the UnsavedFiles folder, simply find the file in question and click Open.

This process should also be useful if your computer or application crashes and you didn't save your recent changes to the file. For additional help with recovering and configuring your AutoRecover options, open the Microsoft Office application and then press the F1 key to access Microsoft Help. You can then search for the topic you need assistance with.
ENGLISH LANGUAGE

RESOURCE FAIR

On Saturday, April 14, DCIU’s English Learners Program hosted an English Language Resource Fair.

The event had everything from face painting to a motivational speaker. The kids at the event even got to hang out and take some pictures with a local superhero – Delco Spider-Man!

There were also many different resources available for English Learners in addition to the fun activities. Resources included adult literacy information, citizenship and immigration advocates, local libraries, and preschool information.

Thank you to Cindy Barnes and all of the other DCIU staff who helped to make this great event a success! A special thanks to CCRES for the generous grant to help make this event come to fruition!

"I had a blast at the Delaware County Intermediate Unit’s ELL Family Fair in Morton, PA. Many, many thanks! We were all there for knowledge and equality. These children are learning the language and culture here as they grow into inspirational adults. They all knew Spidey and Spidey had the one common communication tool, the power of imagination. Many thanks to the fantastic staff at the DCIU in Morton. Some special people doing some motivating work."

- Delco Spider-Man
May 11, 2018 is Children's Mental Health Awareness Day. On April 25, Delaware County Council proclaimed May 7-13 as Children's Mental Health Awareness Week.

Also at the April 25 Delaware County Council meeting, DCIU’s Crisis and Response Team received recognition as part of the Delaware County System of Care. Pictured above, DCIU’s Tracey Wise represents the IU with the Delaware County System of Care and Delaware County Council.

The Delaware County System of Care is a collaborative network of partners – including the DCIU Crisis and Response Team – working to ensure that children and youth have access to effective services that support their mental health.
Solace From Stress

Stress can creep up on all of us, whether we know it or not. Sometimes we recognize the hard times while they’re happening; other times we don’t realize things are getting out of control until we feel overwhelmed.

Fortunately, people aren’t locked into a certain level of stress management at birth - managing, reducing, and productively addressing stress are skills that can be learned. Keep these principles in mind and try to practice them every day, even when you feel in control.

Stress Management Tips

- **Talk to people you trust.** Sharing concerns with someone else helps you feel better, even if the problem can’t be solved immediately.

- **Be physically active throughout the day.** What that means could be different for everyone, but a consistently active lifestyle reduces mental tension and your risk of depression.

- **Plan and organize.** A little preparation goes a long way. Create to-do lists, plan out your time, and prepare in advance to make your day go a little bit smoother.

- **Sleep - and give up other bad habits.** It really is incredible how much poor habits influence a person's stress level.

- **Let yourself laugh.** Even when you’re by yourself. You don’t win any awards for not laughing, so you might as well have a little fun.

- **Donate time to others.** Helping others is a great way to help yourself. Selfless acts improve a person's immediate outlook and, with regular practice, sense of self-worth.

- **Keep perspective.** In the long-term, it really doesn’t matter if you mow the lawn today. When you feel the tension rising, ask yourself what tasks need to be taken care of and what tasks can wait.

- **Find time for yourself.** It could be as simple as 5-15 minutes each day. Find a pocket of time where you can be alone, then use that time for quiet reflection, or to practice deep breathing techniques and empty your mind.