

JUNE 2017
ISSUE 06

DCIU UPDATE

DRIVE | CREATE | INSPIRE | UNDERSTAND

GRADUATION

Congratulations to the Class of 2017!

PROM

A fun-filled Hollywood-style night for the students at Marple Education Center!

FIELD DAY

Students at the Delaware County Juvenile Detention Center participate in a variety of fun activities.

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A Message from the Executive Director

I hope all of you had a happy and safe Fourth of July and are enjoying your summer so far!

The end of the school year, as you'll see throughout this issue, was packed with celebratory and fun-filled events for DCIU students. Thank you to each of you who played a role in the planning, coordinating, and executing these events for our students.

In other news, at the June 7th meeting, the DCIU Board of Directors approved a DCIU Innovation Fund proposal to develop before and after care services at Sharon Hill and Yeadon Head Start Centers. We're excited about and looking forward to the increased opportunity and flexibility this can provide young students and their families.

The 2016-2017 school year truly showed many aspects of how DCIU Drives, Creates, Inspires, and Understands through events and projects like those mentioned above. Imagine all the great things the 2017-2018 school year will bring!

Dr. Maria Edelberg





ANNOUNCEMENTS

JUL 1

ELECTRONIC LEAVE REQUEST

Effective July 1, all DCIU/DCTS employees will request vacation, sick, and personal days electronically, and leave banks for all staff will be converted from days to hours. All staff will be able to request time off in hour increments, eliminating the 1/4 day system.

AUG 30

THE INNOVATORS MINDSET

Author and speaker George Couros will discuss "The Innovator's Mindset" and share powerful examples of why this is so crucial for all educators. There are two chances to attend - cost is \$75. Register at <https://goo.gl/cmMGUh>.

AUG 28

BACK TO REGULAR SCHEDULE

Summer hours end on Friday, August 25. Hours for all DCIU staff will return to regular schedule on Monday, August 28.

AUG 31

OPENING DAY

DCIU's annual Opening Day will take place on Thursday, August 31 at the Drexelbrook.



GRADUATION

DCIU's Marple Education Center celebrated the commencement of the Class of 2017 on Wednesday, June 7th.

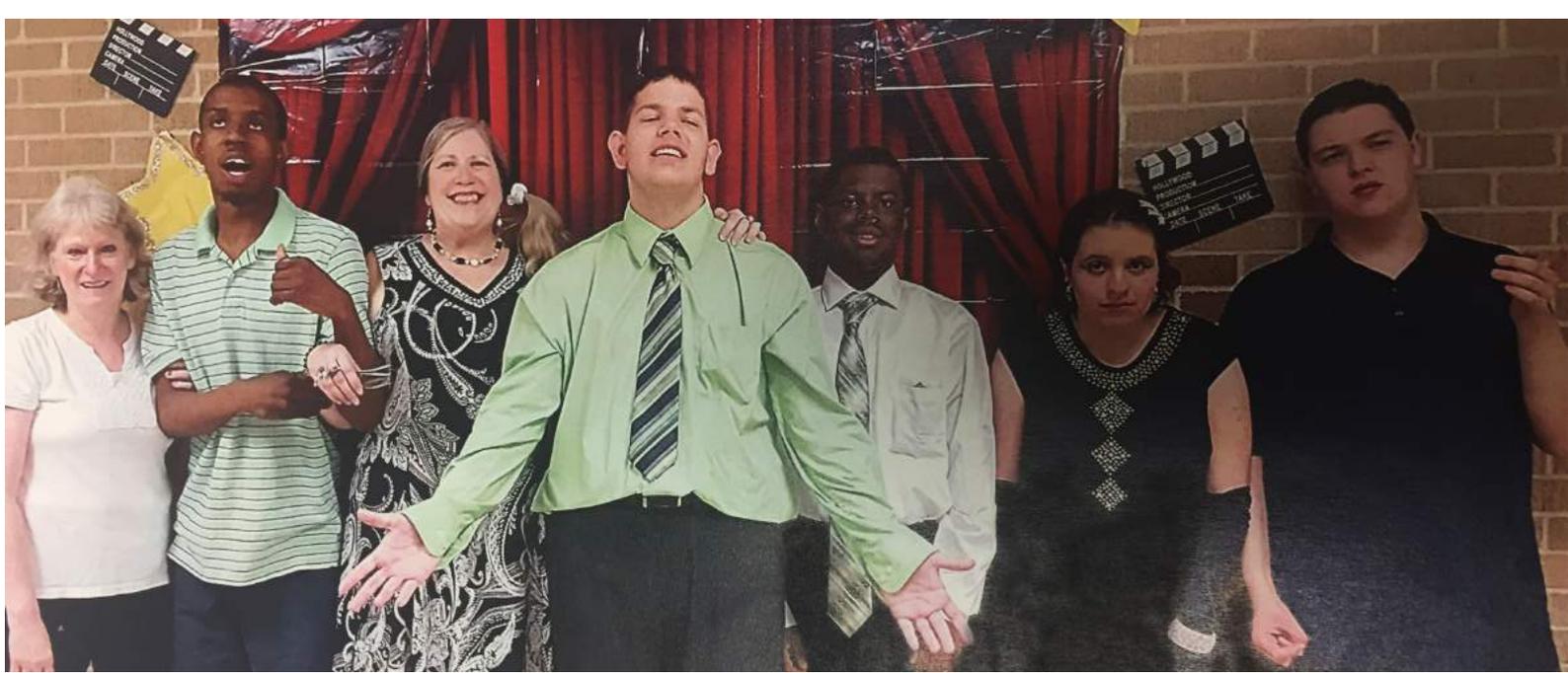
After the ceremony, they enjoyed a celebratory luncheon, complete with cake.

It was a wonderful opportunity for family and teachers to come together with the students to celebrate their success and their achievements. We're certainly very proud of the entire Class of 2017 and wish each of them the best of luck.



DCIU RECEIVES THE 2017 UNITED WAY CORPORATE CITIZENSHIP AWARD

The Corporate Citizenship Award honors excellence in corporate volunteerism by recognizing those companies who interact with United Way and are highly engaged in volunteer efforts.



Hollywood: Where Stars are Born

PROM AT MARPLE EDUCATION CENTER

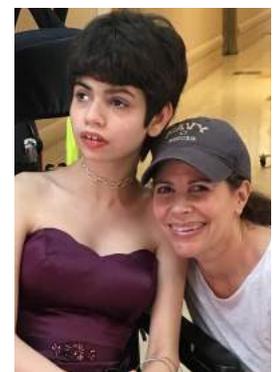
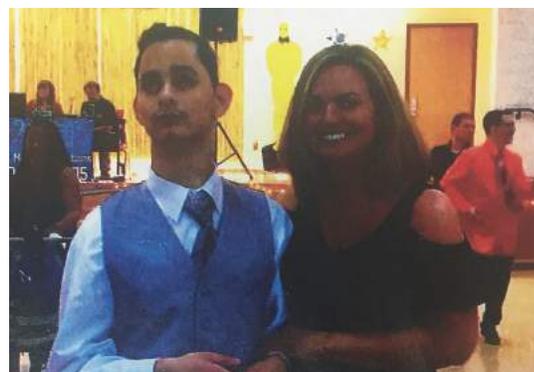
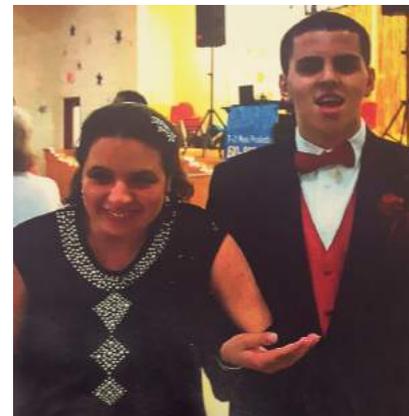
Marple's prom was a successful, red carpet, community outreach event.

Money was raised to hire a professional photographer, rent an open air photo booth, a popcorn machine, prizes, refreshments, gifts, decorations, and 166 t-shirts!

Fifty-six of MEC's secondary students, fourteen Newtown HS Life Skills students, eight MEC alumni, plus family and friends attended. They all had such a fun time that they wanted to stay even after prom was over!

Chris Stern helped to create a movie theatre where students could enjoy popcorn and candy in a quieter, dimmed room away from the DJ, music, and crowd. Many of the students in the Autistic Support program used and appreciated the opportunity to have a great prom experience in a quieter, calmer environment.

**It was a great night for all
in attendance!**



DCTS Student Spotlight

Da'Yon Johnson from Academy Park High School is a student at DCTS Aston in the Dental Technology Program. Da'Yon is a part of the Co-Op program at DCTS and is working at O'Donnell Dental Studio in Broomall. After a root canal he had done this year it was determined he would need a new crown. He was able to make his very own tooth crown at the dental lab where he works. Great job Da'Yon!

Pat and Robin O'Donnell are the owners of O'Donnell Dental Studio in Broomall. Both Pat and Robin were students at Delaware County Technical High Schools in 1974. Pat was in the Dental Technology program and his wife Robin was in the Commercial Art program.

As a birthday gift to Da'Yon the O'Donnell's paid for him to get a real gold crown!





FIELD DAY 2017

AT DELAWARE COUNTY JUVENILE DETENTION CENTER



Thursday, June 8 was Field Day at the Juvenile Detention Center. This collaborative effort involved teachers, detention officers, guidance counselors, kitchen staff, supervisors, and nursing staff.

Students participated in a variety of activities, including relay races, tug-of-war, football accuracy throw, giant Jenga, pipeline, domino toppling, and building a house of cards.

Students and staff enjoyed a special picnic lunch of hot dogs, baked beans, chips, and ice cream. Prizes were awarded to the first and second place winners.



*The day was a huge success
and fun for all!*



Healthy Grilling Secrets

HR HEALTH AND WELLNESS CORNER

America is a nation that loves to BBQ. Here's the bad news and the good news about that.

Charred beef, chicken, pork, and fish contain two things that tend to do damage to your body: heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs). HCAs form when the amino acids found in the meat's protein and the creatine (found in muscle) react to the high cooking temperatures. PAHs form in grill smoke that's created from meat drippings and then sticks to the meat's surface. Exposure to HCAs and PAHs can increase your risk of a number of cancers, including stomach, esophagus, bladder, breast, and

prostate. There's even some data to suggest that HCAs increase aging of your arteries.

The good news - marinating foods for at least five minutes prior to cooking appears to considerably lower the formation of HCAs. The amazing thing is it doesn't seem to matter what kind of marinade you use, as long as it's not water or sugar-based. Olive oil and vinegar are good choices. Meanwhile, the amount of PAHs can be reduced by grilling foods at a lower temp to avoid flare-ups. (Use a thermometer to make sure meat is thoroughly cooked. And yes, wash the thermometer after each use to avoid "reinfected" the meat.