UPCOMING EVENTS
DCIU is introducing a new health initiative for employees coming up in March.

DIGITAL LEARNING DAY
Teaching, Learning, and Innovation sponsored a Digital Learning Day photo contest.
MESSAGE FROM THE EXECUTIVE DIRECTOR

What a month! A lot happened at DCIU in February, and with Spring fast approaching, things will only get busier.

February kicked off the season of student events and competitions hosted by DCIU with the Governor’s STEM Challenge, which there is more detail about later in this newsletter.

There are also a number of upcoming fun and exiting student activities hosted by DCIU in March, including Reading Olympics, the Delaware County Science Fair, and the Delaware County Spelling Bee. These student competitions inspire students to learn and grow in fields they are interested in and showcase students' talents and achievements.

Also in February, Head Start students celebrated Black History Month, DCTS Medical Careers students practiced taking blood pressure on DCIU staff in honor of American Heart Month, and Teaching, Learning, and Innovation sponsored a Digital Learning Day photo contest for all Delaware County Schools.

The fact that so many great student events are able to happen is a true testament to the hardworking staff at DCIU. From the Business Office to classroom teachers, everyone at DCIU is working to advance students' education in some way, and I thank each of you for your role in that important endeavor.

Maria Edelberg Ed.D.
Executive Director, DCIU
CONTENTS

03  UPCOMING EVENTS
04  GOVERNOR'S STEM CHALLENGE
04  DIGITAL LEARNING DAY
05  CHUCK E. CHEESE FUNDRAISER
05  BLACK HISTORY MONTH PRESENTATION
05  CULTURAL HERITAGE DAY
06  HEALTH FAIR
06  AMERICAN HEART MONTH
07  DCTS STUDENTS REPAIR GOLF CART
08  TECH TIPS
09  WING BOWL
10  HR HEALTH & WELLNESS CORNER
**NEW HEALTH INITIATIVE**

DCIU is offering an opportunity for employees to receive a biometric screening. There is no cost to employees and you will receive your personal health information in a confidential setting.

This non-fasting biometric screening includes a lipid panel (total cholesterol, HDL, LDL/TC Ratio, triglycerides), glucose, blood pressure, and BMI.

The event will take place on March 16, 2018 between 1:00PM and 5:00PM at Marple Education Center.

To sign up:
1. Go to https://maximwellness.bioiq.com
2. Click “Sign-Up Now!”
3. When prompted enter the Invitation Code: DCIUScreens2018
4. You will receive a confirmation email once registration is complete.

---

**CAREER HEROES SUMMER CAMP**

Registration for the Career Heroes Summer Camp at DCTS Folcroft is now open! Please spread the word.

The camp takes place from Monday, June 18 to Friday, June 22 from 9AM-3PM. Offerings include Glam Squad (Cosmetology), Culinary Creators (Culinary Arts), Woodworkers (Carpentry), Health Guardians (Health Careers), and Motor Mania (Automotive).

The camp is for those ages 11-14. The deadline to register is May 21, 2018.

To find out more about the camp or to register, please visit delcotech.org/summer-camp-2018.
GOVERNOR'S STEM CHALLENGE

Check out these fantastic student projects from the Governor's STEM Challenge at DCIU on February 23, 2018!

JUST CAN'T WEIGHT
The Garnett Valley High School Students built a safety device for lifting weights. It prevents a person from becoming trapped under the lifting bar with a winch system that is button activated.

HAN DY CANE
Ridley High School students created a pocket organizer that clips directly onto a person's cane.

BIOGAS DISASTER
West Catholic students build a tank to convert food waste organic material into methane gas that may be converted into energy.

DIGITAL LEARNING DAY

DCIU’s Teaching, Learning, and Innovation (TLI) department sponsored a photo contest for national Digital Learning Day on February 22.

Schools and teachers from around Delaware County entered by Tweeting pictures of digital learning in the classroom to @delcoSTEM using #delcoSTEM. There were over 140 entries ranging from gym and music class, to english and history class, to math and science, showing that there can be a place for technology in any classroom or subject.

The winner of the photo contest was Mrs. Piecara's photo of her seventh grade math students at Springton Lake Middle School using Quizziz. TLI will provide 25 teachers at Springton Like Middle School a free, in-house STEM professional development for winning.

Other interesting Digital Learning Day activities included using a green screen so elementary students could step into the pages of a book, practicing coding with Dash and Dot robots and Code.org, and using 3D printers!

FOR MORE LIKE THIS, FOLLOW @delcoSTEM
HEAD START

CHUCK E. CHEESE FUNDRAISER
Families, teachers, and staff of Marcus Hook Head Start participated in a parent fundraiser at Chuck E. Cheese's for Marcus Hook Head Start.

BLACK HISTORY MONTH PRESENTATION
CTE Folcroft's Head Start celebrated Black History Month with a presentation for families featuring the adorable students.

CULTURAL HERITAGE DAY
Yeadon Head Start celebrated Cultural Heritage Day.
**DCTS MEDICAL CAREERS**

**HEALTH FAIR**

On February 7th, the DCTS Medical Careers classes at Mercy Fitzgerald Hospital (Mrs. Flanagan's class) and Delaware County Memorial Hospital (Mrs. Quigley's class) presented a health fair to their classmates at Monsignor Bonner and Archbishop Prendergast High School.

The topics the DCTS Medical Careers students covered in their health fair for their peers is as follows:

- "Effects of Alcohol on High School Students"
- "Stress and Mental Health"
- "Childhood Cancer"
- "Effects of Smoking and Vaping"
- "Alcohol Abuse in the Underage Drinker"

---

**DCTS HEALTH SCIENCES**

**HEART MONTH**

On Monday, February 25, the DCTS Health Science Medical Assistance students practiced taking blood pressure on DCIU employees at DCIU Morton in honor of American Heart Month.

The students also sold homemade baked goods
DCTS STUDENTS REPAIR GOLF CART

A few students from DCTS’s Collision Repair program approached the Sun Valley High School Athletic Director, Patrick Rafferty, with the idea of painting and refurbishing their athletic department’s golf cart.

Sun Valley High School was thrilled with the idea and were excited to see the finished project. The students picked up the cart on their trailer, sent pictures throughout the process, and delivered the final product.

Above are before and after pictures of the golf cart.

"To say that we were happy with the work would be an understatement," said Rafferty. "They really did an amazing job in turning an old, beat up golf cart into the new prized possession of our athletic department. From the paint job, to the new bumper, to the front shield, and the back rack... everything was perfect."

We’re proud of our students not only for their skilled hard work, but also for the initiative they took in doing something nice for the Sun Valley High School Athletic Department!

"The Delaware County Technical High School is an amazing program and I am so thrilled with the work the students did for us."

PATRICK RAFFERTY, ATHLETIC DIRECTOR, SUN VALLEY HIGH SCHOOL
TECH TIPS.

THE IT HELP DESK

When having workplace tech trouble, please remember to use the DCIU IT Helpdesk. You can submit a ticket online at:
https://delawarecountyintermediateunit.formstack.com/forms/streamline_form
or by phone at 610-938-9393 or extension 3393 internally.

As the IT department continues to provide help desk support, it is important to remember when requesting technology assistance to use the ticketing system procedure. The ticketing system helps with the timely processing of requests as well as tracking technology-related issues. If you are locked out of your computer, email, or the website, a phone call is easier and quicker.
Haverford Best Buddies had another successful Wing Bowl facilitated by DCIU's Peggy Difrancesco and the members of Haverford's Best Buddies Club. On Friday, February 2, teachers and students competed to eat the most wings to win a personal trophy, $100, and to have their name engraved on the school's Wing Bowl trophy with all the past winners.

The event started with the student round: five students eating as many wings as they can in 10 minutes. The winner, Shane, ate 23 wings! The teachers followed suit in round two and Mr. Lutes won by one wing with a total of 27 wings in 10 minutes.

Shane and Mr. Lutes battled it out in the third round for five minutes, and for the first time in 12 years the final round ended in a tie!

In the one minute tie breaker - a real nail biter - Shane won by just one wing.

Everybody had a great time cheering on the students and faculty. The Haverford HS principal, Mr. Donaghy supplied all the students with an underdog mask in spirit of the upcoming Super Bowl. After Shane's win he led the school in the EAGLES cheer.

The MC, Mr. Mullen, helped to pump up the crowd with trivia questions and tossing goodies (like free t-shirts) into the crowd.

For the first time at the Wing Bowl, there was also a Promposal. Best Buddies Peer Buddy Carly made a sign and brought Eagles cupcakes to ask her buddy Emein to the Junior Prom. Emein said yes!
HR Health & Wellness Corner

Love Your Heart

February is American Heart Health Month - Take These Steps Towards a Stronger Beat

Move More. Meet recommendations for required exercise, but continue to remain physically active throughout the rest of your day. Statistics show a definite correlation between hours spent sitting idle and risk of heart disease.

Make Fitness a Priority. Aerobic exercise helps decrease inflammation, lower blood pressure, and burn calories, which helps the heart function better.

A vigorous workout also helps reduce stress, anxiety, and anger along with their toxic effect on heart health.

Get Checked. Be proactive in your health. See your physician for annual physicals. Get routine testing done according to recommendations. Follow up with diagnostic tests when needed. Know your numbers - cholesterol, triglycerides, and blood pressure.

Weekend Workout

Bridges

Area worked: Abdominals
Benefit: Great for core stabilization and activation of glutes
- Lie supine on the floor with your knees bent, feet hip-width apart, arms at side and your abs contracted. Contract your glutes and raise your hips until they are in line with torso.
- Hold at the top for 20-60 seconds. Return to the starting position.
- To increase difficulty, place your heels on top of a stability ball with your legs extended.
- Repeat for 3 sets.