A Message from the Executive Director

Happy March! It's hard to believe spring is already around the corner, but as usual DCIU staff and students have been working diligently and never miss a beat. February was a short but event-filled month. We saw students compete in the Delaware County Spelling Bee, Governor's STEM Challenge, and Delco Hi-Q, which wraps up on March 6. Staff are busy as well with a variety of professional development trainings and conferences. Continuous education is the key to growth and we are excited to see students and staff embracing these opportunities!

Dr. Maria Edelberg, Ed.D
Executive Director, DCIU
Upcoming Events

Free Parent Workshop
March 7 | 6:00-8:00PM
DCIU Morton Building
This workshop will focus on ADHD in Adolescents. There is no cost to attend, but registration is necessary. To register for this session, contact Nora Connell 610-938-9000 ext. 2263 or email nconnell@dciu.org.

Coffee with the Exec
March 4 | 7:30AM | Marple
March 18 | 7:00AM | CTE
March 18 | 8:00AM | HS & EI
April 8 | 7:00AM | TCA
Please join Dr. Maria Edelberg for coffee and conversation!

STEM Design Challenge
March 22 | DCIU Morton
Students in grades 4-8 are challenged to build an object with a certain theme with K'NEX building materials. At the challenge, they will present a narrative report, submit blueprints/cost sheets, and build their object within a certain time limit.

The deadline to register is March 1, 2019. Click HERE for more information.

STEM Playground
March 26 | 12:00-6:00PM
DCIU Morton Building
Come experience the latest STEM tools on the market and get direct access to STEM consultants, manufacturers, and Troxell representatives.

Click HERE to register.

PA Media and Design Competition
April 2 | DCIU Morton
An annual event that highlights Pennsylvania students' application skills, creativity, and knowledge. The deadline to register is March 15, 2019. Click HERE for more information.

Save the Date: Employee Recognition Dinner
Tuesday May 14, 2019
Springhaven Club | 5pm
Nominations for Awards of Excellence are due April 5, 2019
The Biomedical Technology and Laboratory Sciences program is in its first year at the Delaware County Technical High School, yet the enthusiasm from the instructors and students would have you believe this program had been an established part of the curriculum for years. With the building of the new Aston Campus, DCTS was able to facilitate the birth of this new program and its future looks bright.

Led by Instructor Marnie Black, the program currently has twenty students and hopes to grow in the upcoming 2019-20 school year. It offers students with a diverse set of interests the opportunity to explore the different career paths that Biomedical Technology has to offer. Students enrolled in BioMed are often interested in careers in medical fields, crime scene investigation, or biomedical engineering. The crime scene in the BioMed lab is the backdrop for their studies and allows the students to explore the many technical components involved in biomedical technology.

Not only are the students hard at work in their laboratories, they are also given the opportunity to visit sites relevant to their topic of study. On January 28, the biomedical technology classes toured Globus Medical and observed all aspects of medical product development. After the tour, they came back to school for an afternoon listening to Mr. Joseph Vogelgesang talk about being a medical investigator for Delaware County.

At Globus, students were able to see the product development, machining, device testing, cadaver lab, and product room displaying their implants and tools. The students received hands-on instruction using their surgical robot and got to see how the system is used in a surgical setting with the instruments to repair the spine. Mr. Vogelgesang introduced them to medical investigation, showing the students all of the tools he uses in the field. He described different scenarios and how to properly handle evidence and went through proper crime scene evaluation. It was a great day for all!
Super Bowl Feast

On February 1, The County Alternative School held a Super Bowl Feast along with their first semester awards ceremony. Mike Cruice and the culinary students prepared chicken wings, pizza, hot dogs, and nachos for the students to enjoy. Students earned awards for honor roll – 85% average or above for the first two marking periods. Congrats to all of the students recognized!

Poconos Trip

On February 13, twelve students from TCA went snowtubing in the Poconos for their Rewards Trip. This was an activity earned with good behavior and no major incidents in school. The students loved the trip and had a wonderful time tubing. Thank you to Mike Cruice for organizing this trip each year!

Delaware County Community College Visit

On February 19, TCA students visited Delaware County Community College to explore programs offered including Nursing, Building Trades, and all academic programs. Students were also given a seminar on how to transition to community college with an IEP, and what supports are available in college compared to high school. The trip was a great way to get students to start thinking about the exciting options they have for their future!
**Spelling Bee**

DCIU’s 3rd annual Delaware County Scripps Spelling Bee was held on Saturday, February 23 at the Morton Campus. While nearly 60 students were registered to attend, the Bee started with around 50 spellers, representing 30 schools in the county. The Bee lasted 29 rounds with the final 16 rounds being an exciting match between the first and second place winners.

In the end, Phoebe Smith, 8th grader at Northley Middle School in the Penn Delco School District, was victorious. Her worthy opponent was Anirudh Bhat from the Garnet Valley Middle School, who took second place. Phoebe correctly spelled "forbearance" after Ani misspelled it, advancing her to the final round where she correctly spelled "chaplain." What’s even more exciting is that this was Phoebe’s 3rd year in a row winning the Spelling Bee! She will make her 3rd and final trip to the National Scripps Spelling Bee near Washington, DC in May. We congratulate Phoebe and all of the spellers who did an excellent job representing their schools. We also want to thank the DCIU staff who gave up their Saturday morning to help with the Spelling Bee in numerous capacities, from pronouncer (a very difficult job), to judge, to emcee to record keeper to overall coordinator. The event, which had a standing room only audience at one point (over 200 spectators), was well organized and was once again success.

**Haverford Wing Bowl**

On February 1, Haverford High School hosted its annual Wing Bowl! Students and staff created buckets and the five students and teachers that raised the most money received a spot in the event. There are two 10 minute rounds to determine the student and staff winners. The student winner was Andrew Borbi, who ate 32 wings, and the staff winner was Mr.Perez, who ate 30 wings.

After, the student and staff winners competed against each other in a 3 minute round, Andrew Borbi won with 10 wings, while Mr.Perez ate 7 wings. Our very own Robbie Manthrope and Chris Orsini both ate 26 wings! Best Buddies raised over $2,200 from this event.
Anxiety at School: Training for School Psychologists and Counselors

On February 15, the DCIU hosted a training for school psychologists and school counselors led by Dr. Tamar Chansky. The presentation, titled "Anxiety at School: Empowering Kids to Change the Conversation about Worry in their Minds, and in their Lives", was an opportunity for professionals in these fields to discuss the common types of anxieties they see in their students. Attendees learned ways to cope with students' needs while also providing them the necessary resources.

Dr. Tamar Chansky, a licensed psychologist, is the founder and director of the Children and Adult Center for OCD and Anxiety in Plymouth Meeting. Dr. Chansky is the creator of the educational website worrywisekids.org and the author of numerous books on the treatment of anxiety including the most recent Freeing Yourself from Anxiety: The 4-Step Plan to Overcome Worry and Create the Life You Want, Freeing your Child From Anxiety and Free Your Child From Negative Thinking.

Nurses Training

On February 15, the Academy of Pediatrics gave a presentation to school nurses at the Morton building. The presentation focused on signs of child abuse and the proper procedures to handle these cases. The instructor reviewed Mandatory Reporting policies and the attendees gave feedback as to how they handle the various scenarios they encounter at schools.
Delaware County Unites for Education

On February 2, the DCIU hosted Delaware County Unites for Education in conjunction with the PA Schools Work Campaign. The event brought together over 100 members of the community including students, parents, school board members, and educators.

The goal was to educate the community on the needs of our schools and how funding plays an important role in the success of our students. Attendees heard from students from Upper Darby High School as well as other special guests including Donna Cooper, Executive Director of Public Citizens for Children and Youth (PCCY), Dan Urevick-Aclesburg from the Public Interest Law Center, and Reynelle Brown from the Education Law Center. After learning about the impact of education funding, participants were then equipped with the tools needed to advocate for public education in their community.

The event was eye-opening for many of those that attended. Parents, students, and school board members all signed up for advocacy activities that fit their level of involvement and many were excited to begin connecting with their local legislators.

Know Your Benefits: 403(B) Enrollment

The DCIU offers all employees the opportunity to enroll in a tax sheltered annuity (403B) plan. A 403B is a retirement plan that allows public school employees to make tax deferred contributions to annuity contracts or custodial accounts. In other words, the plan allows employees to save for retirement and the contributions they make are not taxed until they are withdrawn upon retirement. If the plan an employee chooses permits after-tax Roth contributions, such deferrals may be designated as Roth contribution. Employees’ contributions are voluntary and they can choose the amount based on their retirement goals. Contributions are made to an approved vendor by use of a salary reduction agreement. To learn more about saving for retirement through a 403(b) plan, please go to the DCIU website, click on the Human Resources tab and the complete 403(b) plan information which can be found on the link on the left. Should you need further assistance, please contact Joanne Matteucci, DCIU Benefits Coordinator at 610.938.900 x2003 or jmatteucci@dciu.org.
Chinese New Year
On February 8, students at DCIU ED Center were treated to a sampling of Chinese food in honor of the Chinese/Lunar New Year. Students could choose from General's Chicken, Sweet and Sour Chicken, Egg Rolls, Honey Shrimp, Chicken Wings, Fried Rice and Chicken Lo Mein.

Students participated in this event based on safe, responsible respectful behavior.

New Student Advisory Committee
On February 8, the first meeting of the DCIU Education Student Advisory Committee was held. Similar to a student counsel, each middle school and high school class elected a representative and an alternative. The group will work with staff volunteers to organize events and activities for all of the students to enjoy.
Congratulations to Sergio Anaya, Director of Teaching, Learning and Innovation at the Delaware County Intermediate Unit (DCIU) for being named one of 31 ambassadors in the Pennsylvania STEM Ambassador Program!

The STEM Ambassador program aims to shape the future of STEM education in the commonwealth by targeting vital policy conversations to legislative leadership in the areas of STEM Learning ecosystems, computer science, state and federal policy for formal and informal education, and workforce needs.

In DCIU’s continuing efforts to uphold its vision to empower partnerships that drive, create, inspire and understand excellence in education, DCIU created the Department of Teaching, Learning, and Innovation (TLI) in 2017. This dynamic department focuses on supporting STEM learning throughout Delaware County and the region.

“The TLI department leads STEM, computer science, and innovative practices across our region,” state Sergio Anaya. “Our goal is to provide individuals, schools, and the community access to cutting edge research, practices and technology to prepare our stakeholders for the 21st century world. We help foster and inspire innovative students, teachers, administrators and school communities to fuse the uncommon, take risks and think big!”

Representing leaders and emerging leaders in corporate, PreK-12 and higher education, and afterschool programs from 22 counties, PA STEM Ambassadors have agreed to invest the next nine months in training and policy development to share expertise and content knowledge with influential stakeholders to help develop a stronger voice in shaping STEM education policy issues.

“DCIU is honored to be amongst this distinguished group of leaders and we look forward to not only contributing to such an important conversation, but also to driving the conversation in our region, and benefiting from Mr. Anaya’s growing expertise in STEM and technology innovation, and his exposure to like-minded change leaders in this arena,” stated Dr. Maria Edelberg, DCIU’s executive director.

PSAYDN collaborated with the Education Policy and Leadership Center (EPLC), the national STEM Education Coalition, the Afterschool Alliance, 2018 National STEM Ambassador Jeff Remington and staff from the Pennsylvania Department of Education, through the PA STEM Education Coalition, to provide training support to the ambassadors.
Jean McNealis is the Coordinator of Occupational and Physical Therapy Services. She has been working in schools with students for 37 years. She started at a private school in Wilmington, now known as the Centerville School, and moved on to the Intermediate Unit in 1984. She has worked with children in districts, private schools, homes, the Technical Schools and the multiple sites in which the DCIU provides services in Early Intervention and School-Aged programs. She has filled positions as an Occupational Therapist, Lead Therapist and Coordinator for the Occupational and Physical Therapy Department where she is constantly in awe of the commitment, professional skills and dedication of the IU staff with whom she has the opportunity to work.

Jean attended Elizabethtown College for her Bachelors' degree in Occupational Therapy. She enjoys reading, all types of food, sewing on rare occasions and collecting 'therapy toys.'

Guess Who

Time to guess again! Can you guess the administrator in this photo? He or she will be featured in our next Staff profile!

Click HERE to take your guess.
Wholesome Habits Lead to Holistic Heart Health

**Nutrition: Eat Right, Feel Right, Burp Less**

A nutritious diet helps maintain healthy cholesterol and blood pressure levels and reduces a whole host of health risks: heart disease, stroke, acid indigestion and more.

Your activity: Eat a fresh fruit or vegetable (unsweetened and fresh, non-canned food only) at every meal for four weeks.

**Education: Know Your Numbers**

To effectively fight heart disease, you need to know if you’re at risk. A great way to determine this is by having a doctor determine your cholesterol level, blood pressure and body mass index (BMI).

Your activity: If you haven’t visited a doctor in the past year, make an appointment for a basic check-up.

**Physical Activity: Sweat Your Way to Better Health**

Simply being active for 150 minutes each week can greatly improve your health. Brainstorm few active hobbies you enjoy (walking, running, biking, swimming, etc.) and add movement to your daily routine.

Your activity: Find time for 150 minutes of active movement or exercise each week for four weeks. If you’re not quite there yet, that’s okay—start with 25 or 50 minutes the first week, then add an additional 25 minutes each week for another three weeks (four total).

**Stress Management: Happy Heart, Healthy You**

Unpredictable or consistently high stress levels make your heart work harder, and the mental impact of ongoing anxiety often leads to additional unhealthy habits.

Your activity: Spend 5-10 minutes each day in a calm, quiet place and practice deep breathing. 1. Sit in a comfortable position with your feet on the floor or lie down. 2. Close your eyes and picture yourself in a peaceful place: a beach, under a comfortable blanket, whatever feels soothing to you. 3. Focus on your breathing: Inhale and exhale slowly and deeply. 4. Continue to breathe slowly for 5-10 minutes or more.