

# **American Heart Association Courses Offered**

The Medina County Schools' ESC is offering three American Heart Association courses. The dates are: March 8, March 15, and April 26. Select this link for more information: <u>http://www.medina-esc.org/Downloads/AHA%</u> <u>20Brochure%202014.pdf</u>.

The American Heart Association's "Go Red for Women" movement and its latest Hispanic movement, "Go Red Por Tu Corazón," work to beat heart disease, the number-one killer of women. Each year cardiovascular diseases claim the lives of nearly half a million women—almost one per minute. On February 7 people across the nation were encouraged to show their support by wearing red on National Wear Red Day for thousands of women who are choosing to reduce their personal risk for heart disease.

It may not be at the top of most women's to-do lists, but caring for your heart through a healthy diet and regular physical activity is the secret weapon to preventing heart disease. While many may assume that popping a few pills that their healthcare provider prescribed is enough to quell symptoms or prevent a heart attack, the real preventative power lies with real changes to your lifestyle – which can reduce the risk for heart disease by as much as 80 percent.

<u>Contact</u>: American Heart Association | 888.MY.HEART (694.3278) <u>www.goredforwomen.org</u>.

# North Coast Shared Services Alliance (NCSSA)

The North Coast Shared Services Alliance (NCSSA), a four-partner shared services consortium which includes MCSESC, the Educational Service Center of Lorain County, the Cuyahoga County Educational Service Center, and Rachel Wixey and Associates, continues to experience success at the end of its first year in existence. NCSSA employs more than 700 substitutes who are placed in 12 districts. Almost 100 percent of the member districts who used Aesop in the past are experiencing increased substitute fulfillment rates with NCSSA.

This spring teachers in several districts will be notified of the need to update licenses and background checks, which will be available on-site with each participating district

The MCSESC personnel office is currently managing the search for a superintendent at the Medina County Career Center. Interested applicants should contact Cari Wiley at cwiley@medina-esc.org.



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SUPERINTENDENT William J. Koran

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### **Summer Enrichment Program**

Planning has begun for our second year of Summer Enrichment at the ESC. The Summer Enrichment Program is for middle school age students who would benefit from a structured and relevant small-group environment with a focus on building personal and social confidence. Our program is structured to provide students who struggle with social situations a vehicle to practice social skills within a small-group setting and opportunities to generalize those skills in the community. The six-week program is classroom-based three days per week and community-based one day per week. Instruction is focused on "learning by doing" and features real-life social situations. Students will have the opportunity to work with an intervention specialist, BCBA, speech, and occupational therapist. Enrollment is open. For more information, contact rkrauss@medina-esc.org or (330)723-6393. The program will run from June 16 to July 24.

# **Spelling Bee**

Medina County Schools' Educational Service Center hosted the 2014 Medina County Spelling Bee at Medina High School on February 12, 2014. Thirty seven students from Medina

County participated in the Spelling Bee. Of the 37 students, the top six finalists were:

David Bartlett	6 <sup>th</sup> grade	Brunswick City
Madeline Cramer	6 <sup>th</sup> grade	Brunswick City
Ryan Holdman	6 <sup>th</sup> grade	Ohio Virtual Academy
Cassidy Green	7 <sup>th</sup> grade	Brunswick City
Patrick Skelton	8 <sup>th</sup> grade	Medina City
Shawn Tahajod	8 <sup>th</sup> grade	St. Frances Xavier



Congratulations to all of the students for participating in the Spelling Bee. The top six finalists are advancing to

the Akron Beacon Journal Regional Spelling Bee on March 8, 2014. Good luck to our six finalists'.

# **Ohio Educators' Symposium**



The Medina County Schools' ESC is excited to present our second annual Ohio Educators' Symposium during the summer days of June 9-12. This professional development opportunity will bring in top presenters from all over the state of Ohio to present dozens of breakout sessions, as well as keynote speaker Bruce Boguski. The four days of in-service will be available for both credit or non-credit. One or two graduate credit hours will be available from The University of Akron and Ashland University. This four-day event will take place

at the Medina County University Center and is open to all professional educators in Ohio. More details will be coming soon!

#### Inspirational Quote

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