



# What's Happening at the MCSESC!

January 23, 2009

Volume 8, Number 17

- > MCSESC Employee Spotlight
- > Teacher of Excellence Deadline
- > Master Teacher Initiative
- > Did You Know?
- > "Technology Today"

- Mission Statement: The Medina County Schools' Educational Service Center will be the leader in providing services and products that promote excellence in education.

## MCSESC Employee Spotlight



### Ken Rinehart, Alternative School Director



This week we get to meet our Alternative School Director, Ken Rinehart. Ken works cooperatively with the other teachers to provide a successful learning experience for the student who attend our Alternative High School.

Ken was previously employed at Spencerville High School as a social studies teacher. He was also a football and basketball coach. At Ontario High School, Ken was a guidance counselor and a football and basketball coach. He was Director of Guidance at Shelby High School. At Ashland High School and Buckeye High School, Ken was a guidance counselor.

Ken proclaimed that his most valuable work/employment experience was on a dairy farm where he learned a lot about long hours, responsibility, endurance, and perseverance.

His personal interests include excitement about American history, as well as Cleveland and the Ohio State sports.

Ken's wife, Dr. Barbara Schmidt-Rinehart, is a Spanish professor at Ashland University. Their sons and daughters-in-law (Tim, Lindsay, Mark, and Laurie) are all public school teachers and coaches. Ken and Barbara have two grandsons, Jay and Caleb.

His hobbies include reading, traveling with family, and working out.

"My goals," Ken says, are "4 miles in 32 minutes" and "develop a workable plan for 'paying forward.'"

We are very proud to have Ken Reinhart on our staff here at the ESC. He provides his students an opportunity to continue and finish their high school education experience with us. You may contact Ken at either [krinehart@medina-esc.org](mailto:krinehart@medina-esc.org) or 330-723-6393, Ext. 220.

*Ed Knowles, Sr. Technician/AV*  
[eknowles@medina-esc.org](mailto:eknowles@medina-esc.org)

"The tragedy in life doesn't lie in not reaching your goal.  
The tragedy lies in having no goal to reach." – Benjamin Mays

## Teacher of Excellence Deadline



This is a reminder that **Monday, February 2**, is the deadline for applications for the Medina County Schools' Homer B. Smith Teacher of Excellence award. We would like to include a candidate from each district and building within the three local school districts of Medina County. **Remember, a teacher may be nominated more than once.** If you have any questions, please call Dan Vincent at 330-723-6393, Ext. 113.

*Dan Vincent, Ph.D., Director of Curriculum*  
[dvincent@medina-esc.org](mailto:dvincent@medina-esc.org)

## Master Teacher Initiative

**Medina County Consortium Formed for Master Teacher Initiative as Required by ODE/ORC.** Ohio Senate Bill 2 directed the Educator Standards Board to define a "Master Teacher" in a manner that can be used uniformly by all districts and to adopt criteria to use in determining whether a person is a Master Teacher. Under SB2, school districts must report the number of Master Teachers they employ into the Education Management Information System (EMIS) beginning in fall of 2008. The Ohio Department of Education is required to include the number of Master Teachers employed by each district on the district's and building's local report cards.

School districts were offered the choice to administer this process individually or to form a consortium of districts to share the work. The advantages of a Master Teacher consortium include the obvious reduction of task duplication, improved communication, and a central repository to compile the applications and documentation.

At a meeting held in the fall of 2008, the following school districts formed a consortium to meet the requirements of the Master Teacher initiative as required by the Ohio Board of Education and Ohio Revised Code: Highland Local, Buckeye Local, Wadsworth City, and Cloverleaf Local.

**The Master Teacher Class.** The committee decided to offer the application as an online activity, with the option available for the applicant being eligible to qualify for one, two, or three semester hours of graduate credit for his/her participation in the extensive application. There are a total of 45 instructional hours involved. For those applicants not interested in credit, the application can also be completed with no credit/university obligation.

The Master Teacher application process for 2009 begins February 3 and continues through May 15, 2009. The complete workshop will consist of 15 sessions. All sessions will be held in the online classroom.

A Website was developed for Master Teacher applications. It may be viewed at <http://masterteacher.medina.oh.us>. Highland Local Schools is sponsoring the course. The instructor is Laurie Boedicker, Director of Curriculum and Instruction for the Highland Local School District. She has a master of education degree from Ashland University and is an Ashland University adjunct.

*Dan Vincent, Ph.D., Director of Curriculum*  
[dvincent@medina-esc.org](mailto:dvincent@medina-esc.org)

# Did You Know?

## Sleeping at School

- In a home in which children are permitted to stay awake too late, having to wake up at 6 or 7 a.m. to get to school on time leaves them lacking sufficient sleep to satisfy the developmental needs for their age.
- Children who are not getting sufficient sleep are sleepy during the day, usually right after lunch, but sometimes even before noon!
- Lack of sleep can vary from not paying attention to nodding, putting their heads down on their desks, and falling sound asleep at school!
- Some children fall asleep as a reaction to stress!
- Stress-induced sleep is seen in students who are unhappy in school because of poor academic achievement or poor social adjustment.
- Narcolepsy is an organic disorder with sudden onset of sleep. True Narcolepsy is very rare.
- Emotional reactions causing a student to sleep in school is most often seen in the third to fifth grades.
- Students who fall asleep in class from insufficient sleep are generally below the third grade level.
- Students who have insufficient sleep usually fall asleep at about the same time each day.
- Medication is rarely used as a treatment for students with sleeping difficulties. The underlying causes need to be addressed, as well as emotional support and educational management provided.



## Facts About Sleep

- ✓ While it used to be believed that the sole function of sleep was rest, studies show that the brain is far from inactive during this time.
- ✓ Sleep is defined as a state of relative unconsciousness and reduced body movement.
- ✓ Relatively little is known as to the exact function of the phenomenon of sleep, despite the fact that we spend around a third of our lives sleeping.
- ✓ In sleep the sensory part of the brain is depressed. However, we are still aware of external stimuli, which is why we can be woken.
- ✓ Sleep allows the skeletal muscles to relax and our energy levels to be replenished.
- ✓ The body requires more sleep after great physical exertion or illness.
- ✓ By monitoring brain activity, scientists have identified two states of sleep, non-rapid eye movement (NREM) and rapid eye movement (REM).
- ✓ Most dreaming occurs during REM sleep.
- ✓ It is hardest to wake somebody during REM sleep, but if awakened and dreaming, they will remember the details of their dream.

- ✓ During REM sleep, brain activity increases considerably. This is thought to be a time when the brain assimilates useful information learned during the day.
- ✓ A theory about the function of brain activity during sleep suggests that REM sleep gives the brain the opportunity to analyze the day's events, discard useless information and process useful information, and work through emotional problems in dreaming.
- ✓ While a baby can require as much as 16 hours of sleep a day, the average adult will require only 7 hours.
- ✓ In old age, the amount of sleep required declines, with people over 60 years of age requiring shorter spells of sleep, often taken more frequently by napping during the day.
- ✓ Sleep patterns also change throughout life: the amount of REM sleep declines from birth and often disappears completely in people over 60. This is why older adults wake up more often during the night because they are not able to attain the profound depths of REM sleep.

Lori Hogue, Director of Nursing Services  
[lhogue@medina-esc.org](mailto:lhogue@medina-esc.org)

## "Technology Today"



Hello everyone and welcome to "Technology Today." This week we will be taking a look at new and used printer cartridges and the importance of reading the user's manual first! Here we go!

I just recently changed printer cartridges in the printers in our office. We use new cartridges, since we have the best of luck with them.

### Let's Take a Look at a New Toner Cartridge

- All the parts inside a new toner cartridge meet all of the manufacturer's specifications.
- The correct amount and type of toner is inside the cartridge.
- The life expectancy of these new cartridges will be greater than that of a refurbished one.
- Using the manufacturer's recommended cartridge will not affect the warranty of your new printer.
- Cleaner, clearer copies will be made.
- A new toner cartridge will cost more.
- Normally, a return label is enclosed for returning the empty toner cartridge.



### Let's Take a Look at a Refurbished Toner Cartridge

- Your remanufactured cartridges may not have all the parts replaced inside and, in fact, may only be refilled. This could allow the toner to leak out and the quality of your printing to be poor due to the wear of the inside components.
- The wrong type of toner may be inside the cartridge and would void the manufacturer's warranty of your new printer.

**Newsletter staff:**

**William Koran**  
**Ed Knowles**  
**Michelle McNeely**  
**Gloria Schultz**  
**Denise Valerio**  
**Dan Vincent, Ph.D.**  
**Brenda Zacharias**

Medina County  
Schools' ESC  
124 West Washington  
Medina, OH 44256

Phone:  
(330) 723-6393

Fax:  
(330) 723-0573

E-mail:  
bzacharias@medina-  
esc.org

We're on the Web!  
www.medina-esc.org

- Should a leak develop, you could damage your printer and allow the toner to enter the environment.
- This type of cartridge costs less and you can recycle your old cartridges.

When replacing toner cartridges in your printers, please try to stay with the new original replacement cartridges. They are designed to work properly and not damage the internal components of your printer. Remember to keep your printer clean inside, and always follow the manufacturer's instructions for cleaning and toner replacement.

### **New Equipment Tip**

At home I recently purchased a new informational radio. In order to program and operate this radio, I had to read the owner's manual.

#### **Learn how to operate your equipment properly by reading the owner's manual first!**

Many of us will open up a new piece of equipment, plug it in, and try to operate it for the first time without reading the owner's manual. Sometimes this is okay to do. Other times you can get yourself into trouble.

- It is important to know how to operate your equipment. Read the user's manual first.
- Being aware of potential problems and how to resolve them is part of the operational process of any electronic piece of equipment.
- Remove all packing materials before operating your new equipment for the first time!
- Use the customer service support lines or the Internet to receive additional assistance from the manufacturer's Website.

### **Your AV Repairs Are Always Welcome**



All of your AV repairs are always welcome to be sent it to our service department. Please remember to use a **blue** service tag. Most equipment repairs are covered under the technology funds your district has pre-purchased. If you have any questions, please feel free to contact me or your school district's technology department.

Have a great day and thank you for reading this week's Internet newsletter.  
Stay warm!

*Ed Knowles, Sr. Technician/AV*  
[eknowles@medina-esc.org](mailto:eknowles@medina-esc.org)

## **Thank You**

We appreciate the opportunity to share with you the events and the latest services that our ESC offers. Through this newsletter, you are learning about our ESC and what type of services we can provide to you, our customers.

***What's Happening at the MCSESC!*** is a service of the Medina County Schools' Educational Service Center and may be copied and distributed to everyone.