



PA LEARNERS Online Regional Cyber Charter School

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“What Exactly is ADD and ADHD?” by PALO nurse, Sharon Rice

ADHD and ADD stand for Attention Deficit and Hyperactivity Disorder and Attention Deficit Disorder. They are both types of a behavioral disorder that affects 3-5 % of children worldwide.

Attention-deficit/hyperactivity disorder (ADHD) is a chronic condition that affects millions of children and often continues into adulthood. Problems associated with ADHD include inattention and hyperactive, impulsive behavior. Children with ADHD may struggle with low self esteem, troubled relationships and difficulty in school.

Signs and symptoms of inattention include:

- Often makes careless mistakes in schoolwork

- Seems not to listen even when spoken to directly
- Often has trouble organizing tasks or activities
- Frequently loses needed items, such as books, pencils, toys or tools
- Can be easily distracted
- Often forgetful

Signs and symptoms of hyperactive and impulsive behavior may include:

- Fidgets or squirms frequently
- Often leaves seat in classroom

- Talks, runs or climbs excessively
- Always seems on the go
- Frequently has trouble playing quietly

You may suspect your child’s behavior is caused by ADHD if you notice that these behaviors occur consistently, cause problems with relationships, last longer than six months, and regularly disrupt school and play. For more information, see www.mayoclinic.com.

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Did you know? Some very creative, successful people with ADHD include: Beethoven, Terry Bradshaw, Andrew Carnegie, Cher, Winston Churchill, Walt Disney, Henry Ford, Galileo, Michael Jordan, the Wright brothers, and Albert Einstein.

ADHD/ADD is very treatable.

If your child has symptoms that you think may be signs of ADHD, see your pediatrician. You may be referred to a specialist, but your child should have a medical evaluation first. There are medications that can help control the symptoms of ADHD, and many are taken just once a day.

Guidance Department Contacts

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*Now offering evening office hours on Tuesday and Thursday from 6:30 pm to 8:00 pm.

Guidance Corner

“Practical Parenting Tips”

Did you know...?

Did you know that you can check your PALO student’s most recent grades any day of the week, any hour of the day?

Did you know that your PALO student’s computer has an internet filter that prohibits them from visiting websites that are not educationally related?

Did you know that your PALO student’s daily attendance is monitored and PALO must receive a written excuse the student is marked absent?

Did you know that your PALO student’s counselor can help you with any of these topics and provide you with other tips on improving grades and organizational skills?

All you have to do as a parent or guardian is be involved and call us, we are here to help!

A Memo from Tech Support, Recap

Did you know that you can submit an electronic ticket to PALO tech support instead of calling?

- 1.) On the PALO homepage, click on the “Help” tab. (or click here: <http://216.151.110.70:8080>)*
- 2.) In the table, click on “Technical Support Form”.
- 3.) Enter your Blackboard username and password.
- 4.) Click on “New Request”.
- 5.) Enter the description of your technical problem and hit “Add Request”.

E-tickets may be submitted 24 hours a day, 7 days a week. A tech support specialist will return the request during business hours (8:00 am-4:00pm) Monday–Friday.

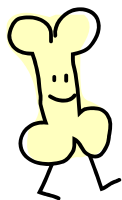
E-tickets will expedite the time it takes to place your request – and it’s easy!

*You may also access this form through Blackboard.

Wellness Notes from Mrs. Sharon Rice, R.N., M.S.N., C.S.N.

“The Importance of Calcium”

Calcium is one of the most important minerals in the body. We need it for our bones and teeth, normal clotting of the blood, and regulation of our hormones. It is so important to the body that when your levels are low, your body will pull it out of your bones, where it is stored. If you don’t get enough calcium in your diet, you can end up with weakened bones.



Lets love our bones! They have to last a lifetime. Our kids need plenty of calcium now to grow strong bones.

Milk is the main source of calcium in the typical American diet. Nearly 100% of the calcium in the body is in our bones, and during adolescence almost 40% of peak bone mass is accumulated. Even a 5% to 10% deficit in peak bone mass can mean a much greater chance of hip fractures later in life. Unfortunately, after the third grade, kids drink less milk and start drinking more soft drinks. They replace the calcium they need with extra sugar that they don’t. Soft drinks also contribute to obesity and cavities. Soft drinks should be a once in while treat, not something our kids drink everyday. Children ages 4-8 need 800 mg of calcium per day, and children 9-18 need 1,300 mg of calcium per day. A cup of milk has about 300 mg of calcium. For more info see www.acp.org

Did you know? Calcium is an element that is a soft, grey metal . It is never found free in nature since it likes to attach itself to other elements. Most of the elements that make up the solar system and also your body were originally created in a supernova explosion. We are all super-stars!



Wellness Notes, Continued

from Mrs. Sharon Rice, R.N., M.S.N., C.S.N.

Foods that are high in Calcium:

- Collard greens or beans and greens
- Peas- frozen tastes the best
- Almonds- great for snacking
- Spinach- fresh in salads or cooked
- Broccoli- kids love it with melted cheese
- Baked Beans- an easy canned side dish
- Okra- used in soups or side dishes
- Calcium fortified orange juice
- Calcium fortified breakfast cereal
- Tofu- takes on the taste of whatever it is cooked with



AIU3 Souper Bowl Challenge

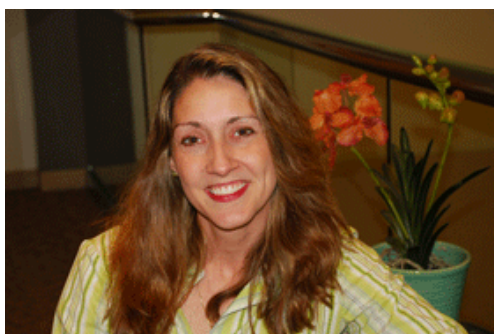
Last month, the AIU3 and its Green Bay counterpart, CESA #7, took part in a “Souper Bowl” contest of their own. Each educational agency collected soup cans that were donated by each agency’s staff, by the students, parents, and staff from local school districts, as well as donations from a variety of corporate sponsors.

On February 4th, 2011, each educational agency tallied up their soup cans and the final count was: AIU3- 86,093 and CESA- 8,718. Pittsburgh out collected Green Bay by 77,375 cans!

Thank you to all of those who donated and a special thanks to PALO elementary winter event attendees who collected 90 cans of soup! All proceeds benefitted local food banks and food pantries.



Teacher Spotlight, Dr. Leslie Wright



Dr. Leslie Wright
8th grade Language Arts teacher

Leslie Wright, 8th grade Language Arts teacher, has taught at PALO for the past five years. During her time here, she has been studying for her PhD in Instructional Management and Leadership at Robert Morris University. On February 10, 2011, Leslie successfully defended her dissertation and will graduate in May.

Dr. Wright has served in a variety of capacities while at PALO. In addition to being the 8th grade Language Arts teacher, she has also taught 7th grade, been the Middle School department chair, and

served on the school improvement committee.

Outside of PALO, Leslie enjoys spending time with her fiancé and her two dogs, Peaches (Chow Chow) and Salem (Siberian Husky). Leslie also enjoys reading and shopping, as well as going to the movies.

Congratulations

Dr. Wright!

Congratulations from PALO!

*PALO was recently identified as a school with a "High Growth Grade." Specifically, grade 5, reading, has been designated with the title of "High Growth." This means that PALO has scored in the top 20th % in the state for this test subject and grade. Nice work teachers and students!

*Congratulations to 8th grade Language Arts teacher, Dr. Leslie Wright, who successfully defended her dissertation this past month! Please check out this issue's "Teacher Spotlight" for more information about Dr. Wright's accomplishments!

*Eleventh grade PALO student, Katherine Dorohovich, of Greensburg has been inducted into the National Vocation Honor Society through Forbes Road. Katherine is currently in the cosmetology program. Congratulations to Katherine!

*Iman Benharrats, a 5th grader at PALO, was recently selected by the Fuel Up to Play program to possibly have her healthy recipe included in the White House Cookbook! The cookbook will be youth-focused and will feature numerous recipes submitted by students participating in the Fuel Up to Play Challenge. We wish Iman the best of luck as final submissions are selected!

*Mrs. Humbert's art students designed and handmade a variety of pins and magnets that have been sold throughout the past months in the lobby at the AIU3. Mrs. Humbert and her students have raised \$94, which has been donated to the Homeless Children's Initiative. Thanks to all who have participated!

*Have you won an award or contest or been recognized for an achievement? Contact Caitlin Start to share your good news at caitlin.start@aiu3.net!

Upcoming Events and Important Dates

* Students in grades 3, 4, 5, 6, 7, 8, and 11: please remember that PSSA testing is right around the corner. Testing begins on March 14 and will continue until April 15th. Please speak with your guidance counselor if you have any questions about testing dates, times, or locations.

*The end of the 3rd quarter is April 4th.

*Senior project presentations will begin this month, please contact Mrs. Fazio or Ms. Start with any questions.

*If anyone has suggestions on topics you'd like to receive more information/training on, please send an email to tina.tolkacevic@aiu3.net including your ideas!

* Know a student who wants to enroll for next year? Our admissions specialists are available to answer any questions students and parents have about PALO and the enrollment process. Call us today at 412-394-5733!

PALO's Vision

The students, families, and teachers will all be equal, collaborative partners in facilitating the development of life-long learning skills through a content rich curriculum that is delivered using technology as the tool. This community of learners at PALO will be personally connected via current multimedia. The daily utilization of technology provides educational opportunities previously unavailable. Students graduating from PALO will be prepared to enter the 21st Century workforce or collegiate setting with a skill-set second to none. Students of every learning style and learning rate will be challenged to meet high expectations. The teachers will use innovative methods to ensure the successful assimilation of knowledge for all students.

MANAGED BY:



SERVICES, RESOURCES, AND RESEARCH FOR EDUCATION



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