

MCAS Communicator

an e-newsletter for the staff of the Michigan City Area Schools

May 2016

(Please post for/share with those employees who do not check email!)

Thank You, Teachers!

THIS WEEK is national Teacher Appreciation Week! Thank you to our dedicated teachers and other certified employees - you are awesome!

Thank You, Food Service!

THIS WEEK is also School Nutrition Employee Week, and May 5th is School Lunch Hero Day. Please remember to thank food service employees this week for being the Super Heroes they are, each and every day.

Thank You, School Nurses!

Next Wednesday, May 11 is National School Nurse's Day (This is celebrated annually during National Nurse's Week, which includes Florence Nightengale's birthday). We appreciate our nurses for all they do to ensure the health and well being of our students!

Appreciation Deals This Week

- <http://chipotle.com/teacherappreciation> - Buy one get one 3pm-close on May 3!
- Tommy Hilfiger (Lighthouse Place Outlets) has dropped off coupon books for all staff. Look for them in your mail room/staff lounge area.
- Papa John's is offering educators 50% off any order placed online this week. Here is the coupon:
<http://educatemc.net/cms/lib5/IN01001792/Centricity/Domain/85/Teachers%20A%20pr.%202016.jpg>
- Wednesday May 4 is Michigan City Area Schools Day at Taltree Arboretum & Gardens. Admission for anyone affiliated with MCAS is just \$1 on our special day. Taltree is also celebrating LaPorte County Appreciation Day May 12 with an admission price of \$10 per car load. Kids 12 and under also get in free on Mother's Day and the weekend of May 14 and 15. Taltree is located at 450 West 100 North in Valparaiso. Learn more at www.taltree.org.

Wall of Fame/Retirement Dinner

The MCAS Retirement & Wall of Fame dinner will be on Tuesday, May 24 at Blue Chip. Cost will be \$35; registration forms are at the link below. We will be honoring distinguished retirees and inducting four into this year's Wall of Fame: Fran Booth, Norm Bruemmer, Robert Robinson, and Judy Stark. HURRY! RESERVATION DEADLINE FOR THE DINNER IS FRIDAY, MAY 13th!

<http://educatemc.net/cms/lib5/IN01001792/Centricity/Domain/85/retirement%20dinner%202016.pdf>

Summer Professional Development

Wow! Check out the MANY professional development opportunities scheduled for MCAS teachers this summer! Registration is online... also at the link below.

<http://educateMC.net/PD>

Wellness Screening

Wellness screening tests are available for all MCAS employees, retirees, and family members. They will take place on May 20 at Michigan City High School in the library from 6 to 8:30 a.m. - enter through Door M (side of building). (Note: In the event you would like to bill your insurance, the slip you receive will have the codes for you to send to the insurance. Working Well does not bill insurance.) Questions? Contact Linda Bechinski at lbechinski@educateMC.net. All sign up information can be found at the link below: http://educatemc.net/cms/lib5/IN01001792/Centricity/Domain/85/MCAS_Wellness_2016.pdf

On a Related Note....Do You Know Your Numbers?

Why is it important that you know your health screening "numbers"? Because the better you understand what "standard" screening levels should be (like glucose, cholesterol, and blood pressure), the more likely you are to take the correct action to stay healthy and/or improve your overall healthy lifestyle. Here's a flyer from Franciscan St. Anthony that gives you a "snapshot" of the most basic (and important) screenings: <http://educatemc.net/cms/lib5/IN01001792/Centricity/Domain/85/KnowYourNumbers.pdf>

Free and Confidential Mental Health Services

Did you realize that as an employee of MCAS, you qualify for 6 FREE mental health counseling sessions for you and your immediate family members? This is part of our "EAP" (Employee Assistance Program). Click on the link below for more information on this important service, which is available to you all summer, not just during the school year: <http://educatemc.net/cms/lib5/IN01001792/Centricity/Domain/85/Happy%20posterMCAS.pdf>

May EAP Topic: Emotional Manipulation

Are you feeling like a puppet on a string in your relationship? Emotional manipulation is a form of influencing and taking advantage of people who have strong needs for love, affiliation and kindness. Recognize the characteristics of manipulators so you do not become or remain their willing victim: <http://educatemc.net/cms/lib5/IN01001792/Centricity/Domain/85/2016%20May%20EAPNewsletter.pdf>

EAP May Webinar

Register for "Manipulation" and "Making A Healthier Behavior: I Know What I Need To Do, I Just Can't Seem To Get There" on May 18, 2016 12:00 PM CDT at: <https://attendee.gotowebinar.com/register/3242987927500499714>

Safe Harbor Summer Adventure Camp

It's time to register for Safe Harbor Summer Adventure Camp! Students will have a fantastic experience participating in a wide variety of activities from Slip N' Slide relays to robotics coding. <http://educatemc.net/cms/lib5/IN01001792/Centricity/Domain/85/2016%20summer%20camp%20flyer.jpg>

First Friday - This Friday

The Safe Harbor team is proud to be a part of the May First Friday Art Walk in Michigan City's Uptown Arts district on May 6th. They will have fun crafts for the kids to make....and maybe a mother's day gift for mom! Look for them on the corner of 7th and Franklin and make this First Friday a family night.

Summer Feeding Program

Food Service will once again be participating in the USDA Summer Feeding program, June 6 - August 5. Watch the MCAS website for specific times and locations.

Summer School & Camps

Visit the MCAS web site for info on summer school, MCHS sports camps, and community camps. It's all here!

<http://educateMC.net/summer>

Save the Date

The Citywide Back to School Rally will be held on Thursday, August 11 @ Elston Gill Field, from 3-7pm. Watch the MCAS website or the Rally facebook page for more info, coming soon!

Free Eye Exams, Glasses for Kids in Need

"Sailing for Sight" will be in Michigan City again this summer, on Saturday, August 13th. This organization provides free eye exams and glasses for children and teens in need. If you know of a student who would benefit, contact Linda Bechniski, lbechinski@educateMC.net. More info is here:

http://educatemc.net/cms/lib5/IN01001792/Centricity/Domain/85/sailing_for_sight.pdf

Queens Alumni Event

Queen of All Saints school is having an alumni day at the parish festival on June 12. There will be an alumni mass at 11:30, and an alumni tent will be open from 1-5 near the information booth. First 100 visitors will receive an alumni t-shirt.

School Year Calendar

Looking for a handy one-page calendar for the 2016-17 school year? Here it is:

<http://mcas.schoolwires.net/cms/lib5/IN01001792/Centricity/shared/calendars%20and%20map/MCAS%20Calendar%20201617.pdf>

Healthy U @ Work Newsletter

Hormone imbalances, generic vs. non-generic meds, swiss chard recipes, and more!

http://www.workingwellsite.org/images/newsletter_april2016.pdf

CPR Class

A CPR class for teachers in need of license renewal is scheduled for May 17. Training is at 3:30 at Mullen, which is at 100 Manny Court, adjacent to Lake Hills Elementary. The fee is \$40 cash or check, payable to Dolphin Solutions. The certification lasts two years. Important: Please contact Linda Bechniski (lbechinski@educatemc.net) to sign up.

Elementary Art Show

The MCAS elementary art show is on display at the Lubeznik Center through May 16. Be sure to stop by and view the work of our talented students!

Runnin for Prestin- MCAS Discount

The 4th annual "Runnin' for Prestin" 5K and 10K race will be held on September 17, 2016 in Washington Park. (The run was initiated in support of Prestin Butcher, a LaPorte county boy who was diagnosed with an aggressive brain cancer at age 10 but is now cancer free; proceeds now support Riley's Children's Hospital's pediatric cancer research team.) MCAS employees can get a reduced registration fee of \$20 for the 5K and \$25 for the 10K by entering the promo code HERO4ZERO at: <http://www.runninfoprestin.com>. Questions? Contact info@runninfoprestin.com or (219) 309-0572.

Joy "Viking Run"

Joy Elementary School is holding a 5K and "fun run" this Saturday, May 7th, to support improvement of their playground and grounds. Early Bird discount and a free t-shirt for those who sign up by May 5th. Visit the event site here to download an entry registration form: <http://educateMC.net/vikingsontherun>

Bicentennial Parade Information

Schools, organizations, bands, musical groups, teams, etc. are invited to take part in the Michigan City "Star Spangled Bicentennial Parade" on July 2. Former Elston principal Warren E. Jones is grand marshal this year, and many units will honor Indiana's 200th birthday. Information is here:

<http://educatemc.net/cms/lib5/IN01001792/Centricity/Domain/85/parade.pdf>

BGC Open House

The Boys & Girls Club of Michigan City will hold a ribbon cutting ceremony and open house on Wednesday, May 18, from 5:00 - 7:00 p.m. to showcase their new Elston location. Programming at Elston now includes a STEM lab, an arts and crafts lab, a learning center, a computer lab, and much more. All are welcome!

Tree Planting

The Michiana Lions Club invites community residents to help plant seedling trees to start an arboretum at Krueger on Monday, May 9 from 9:30 a.m. to 1:30p.m. Eighth grade Krueger students will be working with Lake Hills third graders and Lions Club members to plant over 110 seedling trees, and they will take part in an educational program that revolves around tree growth and care.

Krueger Community Day

Please spread the word: On Monday, May 16th - Krueger Middle School will be hosting a Community Day. All pathways and trails will be open from 9:00 - 11:00 a.m. for guided tours by Krueger students - including the Bird Habitat Trail, the Forest Trail, the Wetlands Boardwalk, and the Bringing History to Life trail. Community members, parents, members of the media - *all* are invited.

Barker Craft Fair

Barker Middle School is having a Spring Craft Show to help fund BNN studio equipment and future STEM projects. The show will be Saturday May 21 from 9-2pm in the Barker gym. (For vendor info contact Kristi Steinhiser at ksteinhiser01@mcas.k12.in.us or call 219-877-7263.)

Municipal Band Performance

The Pine Elementary Chorus will be performing on Thursday, June 9th for the opening concert of the summer season with the Michigan City Municipal Band in Washington Park @ 7:30 pm. The band will be accompanying students LIVE for an awesome concert!

WAY TO GO!

Congratulations to Michigan City High School science teacher **Stephanie Dege**, who received an NEA Foundation Grant in the amount of \$5,000 for an Early College student service learning project involving removing invasive species next fall at Hansen Park behind Blue Chip.

Congratulations to Springfield Food Service manager **Bette Johnston**, who recently received the Indiana School Nutrition Association's 2016 Star Award! Bette was recognized at the State Food Service meeting with a trophy and \$150 check.

Congratulations to Krueger Science Teacher **Kevin Jones**, who has been accepted to attend the Keystone Science School's Key Issues Institute in Colorado this summer, funded by ALCOA. The Key Issues Institute is an international teacher professional development program that provides teachers with a curriculum and materials to educate students about sustainability and earth science.

Congratulations to **Clausell Harding**, Adult Education Director for the A. K. Smith Center, for receiving the Indiana Association of Adult Educators (IAACE) 2016 Outstanding Administrator Award!

Give Backs

- Tuesday, May 10 @ Five Guys (for Pine Elementary School). Be sure to bring the following flyer:
<http://educatmc.net/cms/lib5/IN01001792/Centricity/Domain/85/FGposter1PM.pdf>
- Tuesday, May 24 @ Pine. Papa John's will be selling Pizza, Bread and Cookie Pizzas at Pine prior to and following the school's artifact night/sixth grade showcase; people can drive into the parking lot - place and order, pay for it and leave. More info is here:
http://educatmc.net/cms/lib5/IN01001792/Centricity/Domain/85/Papa%20John_Pine.pdf

Community Backpack - New on <http://educateMC.net/communitybackpack>

- Spring & Summer Slam Basketball Leagues
- Beach, Water, and Pier Safet Expo on May 27 (**Great field trip opportunity!**)
- MC Sports League Summer T-Ball, Baseball, Softball
- Kiddie Prom for Soul Steppers (Friday, May 6)
- LaPorte County Parks Summer Programs
- And more!