

Quality Service on a Personal Level

ESC

SCOOP

NOVEMBER 2023 • A newsletter from the Fairfield County Educational Service Center

Message from Marie



Dear Fairfield County ESC Staff and Community,

At a recent Schlechty Leadership Network Session, I had the privilege of learning from two exceptional authors, Greg Behr and Ryan Rydzewski. This dynamic duo shares a special connection to the Pennsylvania neighborhood where the beloved Fred Rogers lived, and together, they have penned an extraordinary book titled, "When You

Wonder, You're Learning: Mister Rogers' Enduring Lessons for Raising Creative, Curious, Caring Kids."

I'm sure many of you remember watching Mister Rogers as children, and I encourage you to take a moment to reflect on how he made you feel. His gentle demeanor and profound wisdom had a unique way of touching our hearts, fostering a sense of wonder, and inspiring us to embrace our imagination. These are feelings we can bring back to life, not only in our schools but also in our homes.

The book by Behr and Rydzewski encapsulates Mister Rogers' remarkable teachings and offers valuable insights for educators and parents alike. It explores how to cultivate creativity, curiosity, and caring in children by infusing the lessons we learned from the iconic television host into our daily lives.

One of the key takeaways from the book is the importance of fostering an environment of acceptance and understanding, much like Mister Rogers did. We can use these lessons to create safe spaces for our children, where they can freely express themselves without fear of judgment. By embracing the power of imagination and empathy, we can instill a deep sense of curiosity in the younger generation, encouraging them to question the world around them.

The book also emphasizes the significance of fostering a love of learning, nurturing a spirit of inquiry, and inspiring a sense of wonder. As educators and parents, we can create opportunities to kindle the flame of curiosity within the hearts of our children. Encouraging them to wonder and explore will not only improve their academic achievements but also instill the values of caring for others and fostering a creative, empathetic, and inquisitive society.

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DID YOU KNOW?

In 2022, for every \$1.00 in state subsidy, ESCs identified and secured an average of \$6.10 in federal, state and local grants for school districts.

In 2022, ESCs spent 94% of expenditures on direct services to Ohio schools and only 6% on overhead.



ESC WEBSITE



Fairfield County
Educational Service Center

Message from Marie

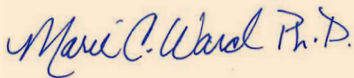
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I challenge all of you to infuse these valuable lessons from "When You Wonder, You're Learning" into your schools and homes. Imagine the impact we can have on the future generation by incorporating the essence of Mister Rogers into our educational and family settings.

As we embark on this journey to infuse wonder into our lives, let's ponder how this infusion might impact the creativity, curiosity, and caring of those around us. Our collective effort can create a brighter future, one where children grow up to be creative, inquisitive, and compassionate individuals.

Wishing you a safe and
WONDERFUL Thanksgiving.

Warm regards,



Marie C. Ward, Ph.D.
Superintendent

Career Navigators

By: Kari Stone, Career Navigator

We are excited to share that our team of Career Navigators has grown this year. We currently have four Career Navigators in Fairfield County working with our high school students on career readiness and career exploration.

We are so happy to have welcomed Julie Brunner, formerly of Pickerington Local Schools, as our newest Career Navigator. Julie brings a wealth of knowledge with her to this new role. She is currently working in her previous district with students at Pickerington Central and Pickerington North High Schools, as well as Pickerington Academy. She has already started working with her students on the Career Readiness Endorsement and is making great connections for these students and providing opportunities to explore career options after high school. Julie also assisted in the recruitment of students to the 2023-2024 Fairfield County Workforce Center Pre-Apprenticeship program this year.

Beth Mingyar returns for her second year as a Career Navigator. Beth is currently working with students pursuing the Career Readiness Endorsement at the following school districts: Fairfield Union, Liberty Union, Amanda Clearcreek, Walnut Township and Lancaster City Schools. Beth's students are already busy exploring career opportunities, making connections with local employers and beginning the resume building process. Beth was also a very integral part of the process in recruiting students from her districts that displayed interest in the Fairfield County Workforce Center Pre-Apprenticeship program.

Crista Blower is also returning in her second year as a Career Navigator with the Lancaster City Local School District. Crista did a fantastic job last year with building our K-8 programming and introducing our younger students to career opportunities with the help of the Lancaster High School Career Technical programs. Crista is busily preparing her new group of career tech seniors to help motivate our younger students to explore their options at middle school job fairs and presentations where students get to experience what the industries are like first-hand with the help of our high school students and business partners.

Karie Stone has been with the Fairfield County ESC as a Career Navigator and is going into her fifth year working with high school seniors. Karie has spent several years working with various groups on Career Readiness, but in the last several years Karie has taken on the role of Pre-Apprenticeship Career Navigator full time at the Fairfield County Workforce Center. Karie just welcomed her newest class of pre-apprenticeship students the week of Oct. 16, 2023. Each year the pre-apprenticeship programming continues to grow. This year, the program has over 90 students that will be attending. That is the largest group of seniors the program has ever experienced. Karie's students are coming from all districts throughout the county and are entering programs in Skilled Trades, Healthcare and Manufacturing. Pre-apprenticeship is also a partnership with local businesses, as well as Hocking College and Ohio University. Karie is busy setting up business partnerships for on-the-job training where students will go out and work every other week during their school year to help them build up their soft skills, create top notch resumes, and be well prepared for the workforce after graduation.



Mental Health

By: Cristin O'Riordan, Coordinator of Mental Health & Competency-Based Education

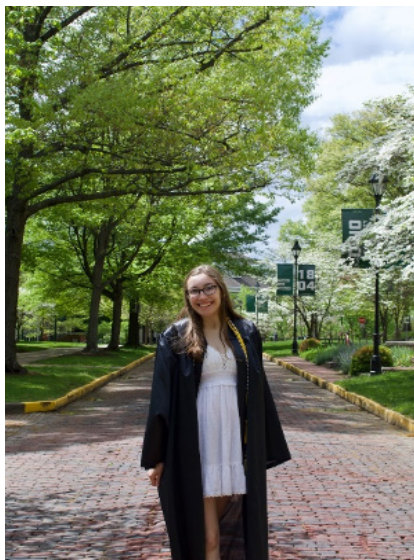
The reality is that we will face difficult emotions, and when we do, we often try to find ways to change how we feel or outthink the emotional experience. When facing difficult emotions, we have the power to care for them and see the situation with clarity; however, it does take time and practice. This will help you handle difficult emotions, as opposed to pushing them away or letting them take over. It takes patience and compassion when tending to these moments, but when we care for the painful experience versus putting our attention elsewhere, we allow ourselves to feel it and see it with clarity.

[Dealing with Difficulty](#)

For more videos, check out the series on the [ESC Staff Matters page](#). If you are looking for more in-depth practice and information on how to support your own and others' mental health needs, please view the [PD courses](#) being offered. Personalized cohorts can be arranged. Please reach out to Cristin O'Riordan for more information: co'riordan@fairfieldesc.org.

STAFF SPOTLIGHT

Meet Hannah Reho!



A recent graduate from Ohio University, Hannah joined the ESC Team in 2023 as a Preschool Teacher at Walnut Township. Excited to use her education in Early Childhood and Elementary Education, Hannah expressed her personal goal of supporting preschoolers in their academic journey, social interactions, and emotional growth. While Hannah is a big advocate for relationship-building, she is eager to expand her network to create positive experiences with students, fellow staff members, and families in her educator role. She carries that energy into her personal life, noting that she enjoys spending quality time with family, friends, and the kittens she fosters from the humane society. This enjoyment resonates with her love of

Christmas, as she participates in the Angel Tree donations and helping with the local shelters. In her free time, Hannah explores her creativity by diamond painting or curling up with a good book, enjoying their benefits of relaxation.

STUDENT SPOTLIGHT

Rose B.



Hi, I am Rose! I am currently at Bloom-Carroll High School in Mr. Hammond's class. On Thursday, October 5, I got my driver's license. I was excited about passing it because I was the most worried about the maneuverability part of the test. I worked on Zooms to pass the written part of the test at Millersport High School last year. I had to work hard with OOD. I have not driven by myself yet. The first place I will drive myself will probably be Millersport Coffee. I am proud of myself for passing the test!



ESC FACEBOOK



ESC TWITTER



ESC INSTAGRAM



Fairfield County
Educational Service Center

Professional Learning & Leadership Team

Staci Peters, Coordinator of Professional Learning & Leadership
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Jen Sayre, Director of Applied Technology
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Caitlin Hughes, Gifted Coordinator/
Professional Learning Specialist
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Cristin O'Riordan, Coordinator of Mental Health & Competency-Based Education
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Heidi Deyo, Professional Learning Specialist/Gifted
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Professional Development Opportunities

MENTAL HEALTH & WELLNESS

10/30 - 11/17 Improving Student Grit

[Register Here!](#)

Attention Educators

join our mental health and wellness course

Improving Student Grit & Resilience

This course offers educators the opportunity to gain insight, reflect on, learn, and apply practices to improve student grit and resilience.

Join us for this "learn at your own pace" course.

Time: 15 hours CEUs: 1.5 **\$99**

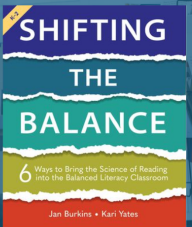
OCTOBER 30 - NOVEMBER 17


InnevAto EDU

ESC BOOK STUDY – SHIFTING THE BALANCE


To join the next session, email pd@fairfieldesc.org

JOIN US FOR A BOOK STUDY OF:
SHIFTING THE BALANCE K-2:
6 WAYS TO BRING THE SCIENCE OF READING INTO THE BLENDED LITERACY CLASSROOM






This book study is a guide to spark new thinking and to provide high-leverage instructional routines to support reading instruction.




Cohorts Forming Now
15 hours - CEUs 1.5
Ashland credit available upon request
\$89 member districts
\$99 non-member districts



Contact pd@fairfieldesc.org for more information or to join our next session

InnevAto EDU



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Professional Development Opportunities

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ANYTIME, ANYWHERE PD COURSE

[Click here](#) to see our full catalog of self-directed courses that can be completed in three weeks, spending only 20 minutes a day.



Anytime, Anywhere

Professional Learning On Your Time, At Your Pace

[Explore our Current Catalog](#)

All courses are just \$12 and can be completed in three weeks spending only 20 minutes a day. Earn 0.5 CEUs



Fairfield County Educational Service Center Welcomes Back Parade of Bands during Fair Week

The 173rd Fairfield County Fair, known as the last and best of the season, returned for a week of entertainment, along with the much-anticipated Parade of Bands. This lively music program, consisting of eight high school bands from across the county debuted their talents in front of the grandstands on Oct. 12.

The fair ran Oct. 8-14, attracting crowds across Ohio to join in the festivities. The Parade of Bands has become a hallmark of the Fairfield County Fair since its beginning in 1940, with spectators enjoying the array of performances and marching routines. The bands' preparation, which begins in the spring and extends through the summer, showcases their musical and marching talents, adding to the cheerful atmosphere of this event.

"The success of this event is a testament to our community's rich tradition and generated an incredible level of excitement, driving people to the grandstands in anticipation of outstanding performances," said Will Kirby, Assistant Superintendent of Fairfield County Educational Service Center.

Audiences witnessed a diverse range of musical genres and intricate marching routines, as each of the participating high school bands brought their unique flair to the stage. Among the participating schools were Berne Union, Amanda-Clearcreek, Walnut Township, Bloom-Carroll, Lancaster, Liberty Union, Fairfield Union, and Fisher Catholic.

The Baltimore VFW Post 3761 also made a special appearance during the first band's performance of "The Star-Spangled Banner," with veterans participating in the flag-raising. Lancaster City Schools maintenance department provides support in lining the performance area each year to assist the bands in adjusting the smaller performance area at the fairgrounds as compared to a football field.



The Most Common Cyber Attack

By: Austin Dennis, Technology Supervisor

According to the Cybersecurity and Infrastructure Agency (CISA), 91% of all cyber-attacks begin with phishing, a form of fraud that attempts to persuade a person to interact with a message in a way that the attacker gains sensitive information. This could be accomplished in a variety of ways, coaxing someone to provide their credentials, download a specific file, or navigating to a website that will corrupt the computer with viruses.

All of us have probably experienced some form of a phishing attack before, especially if you have a Facebook account. In the last few years, it was quite common to receive a message from an account you were friends with saying something along the lines of, "Is this you?" to give the impression that a friend of yours saw a potentially embarrassing photo or video. Most people would click on the link, which would open a new tab and ask you to input your Facebook credentials so you could see the photo or video. Upon doing this, you may have been directed to a random photo or a page that said, "media not found." Meanwhile, all your friends would be sent the exact same message because the attacker got your credentials when you typed them in the login screen.

How did this happen? Without getting too technical, it is very simple for an attacker to hide their own website in a link pretending to be a website you use. In the instance referenced above, the credentials weren't sent to Facebook, they were sent to someone else who would eventually use them to take over your account. While there are a wide variety of phishing attacks, they all typically come from a certain vantage point to persuade you to do something.

HERE ARE THOSE THINGS:

- 1. Impersonation of Trusted Entities:** Attackers may impersonate well-known and trusted organizations, such as banks, government agencies, or reputable companies. This tactic leverages the trust individuals have in these entities to trick them into providing sensitive information.
- 2. Position of Authority or Hierarchy:** Phishers might pose as figures of authority within an organization, such as CEOs, managers, or IT administrators. By leveraging the perceived power dynamic, they aim to pressure targets into taking action without questioning the legitimacy of the request.
- 3. Technical Support or IT Personnel:** Some phishing attacks involve impersonating IT support staff, claiming there is an urgent issue with the account or device. They may request login credentials or ask the target to download malicious attachments or click on links.
- 4. Colleague or Co-Worker:** Attackers may use social engineering to gather information about colleagues within an organization. They then use this information to craft convincing emails or messages that appear to come from a trusted co-worker. This tactic aims to exploit the familiarity and trust between colleagues.
- 5. Customer or Client Interactions:** Phishers may pose as clients or customers of a business, seeking to exploit the desire for good customer service. They may request sensitive information or payment details, taking advantage of the expectation to be helpful and responsive.

IN ORDER TO PROPERLY RECOGNIZE THESE:

1. Check for grammatical errors in the email.
2. Be sure to check the email address an email is coming from.
3. Be skeptical of all links and files you are asked to click on or download.
4. Adopt a "zero-trust" mindset with your email and those you interact with.
5. Be aware that organizations like ours are targeted on a regular basis with these attacks.

In an era where 91% of cyber-attacks initiate from phishing schemes, being vigilant is crucial. Remember, even trusted entities can fall prey to these deceptive tactics. As an organization, we have to constantly be on the lookout for these attacks, continuously ensuring our security.



PAX Tools

By: Sheri McClurg, Executive Director of Student Services; Michelle Huff, Literacy Specialist

If you have been around the Fairfield County ESC for the last five years, you've likely heard discussions surrounding "PAX." What is PAX, exactly? PAX, Latin for "Peace, Productivity, Health, and Happiness," is rooted in the principles of positive psychology and focuses on creating a classroom environment that promotes well-being and effective communication.

Fast forward a few years and the Fairfield County ESC now offers professional development in PAX Tools, a versatile and innovative set of strategies designed to enhance communication, collaboration, and problem-solving skills for any person in Fairfield County who works with young children. Developed with the aim of fostering positive interactions and building stronger relationships, PAX Tools offers a variety of techniques and strategies that can be applied in various settings such as schools, workplaces, and within families.

One of the key elements of PAX Tools is the implementation of teaching and learning strategies that encourage positive behavior and social-emotional growth. These strategies are designed to empower individuals to develop self-regulation skills, empathy, and problem-solving abilities. By utilizing these techniques, PAX Tools can help individuals build emotional intelligence, improve conflict resolution skills, and enhance their overall social interactions.

PAX Tools also emphasizes the importance of creating a positive and inclusive environment. It provides guidance on establishing clear rules and expectations, as well as techniques for reinforcing positive behavior and addressing challenging situations.

In addition to its focus on social-emotional development, PAX Tools also offers practical techniques for improving productivity and organizational skills. It provides strategies for effective time management, goal-setting, and problem-solving, ensuring that individuals can maximize their efficiency and achieve their objectives. By equipping individuals with these skills, PAX Tools can help them overcome challenges, reduce stress, and enhance their overall performance.

One of the remarkable aspects of PAX Tools is its adaptability to different contexts and age groups. Whether you are a teacher looking to enhance your classroom environment, a manager seeking to improve team dynamics, or a parent wanting to foster positive communication within your family, PAX Tools offers practical and easy-to-implement strategies for all.

Fairfield County ESC offers multiple opportunities for professional development in PAX Tools at no cost to Fairfield County residents and/or those who work in the county. Future dates are listed as (please check the ESC website for registration information):

11/16/2023 (virtual) 6pm-8pm

12/05/2023 (virtual) 6pm-8pm

01/11/2024 (virtual) 6pm-8pm



PARENT GUIDANCE

MENTAL HEALTH SERIES



In response to parent concerns about student health and well-being, Fairfield County ESC is partnering with ParentGuidance.org to deliver presentations developed by licensed therapists. This series will be virtual, interactive, and is designed to help parents and caregivers support students. Registration, attendance and interactions are kept totally anonymous from other viewers.

TIME: 7:00-8:00 PM via Zoom

To Register Early...scan the QR code or click the link

MON. AUG 14, 2023

"Helping
Your Child
Manage
Anxiety"

<http://cookcenter.info/Aug14Frld>



MON. SEP 11, 2023

"Your
Child's
Mental
Health"

<http://cookcenter.info/FrldSep11>



MON. OCT 9, 2023

"How to
Support
Your
Child's
Mental
Health"

<http://cookcenter.info/Oct9Frld>



MON. OCT 23, 2023

"Building
Your
Child's
Resilience"

<http://cookcenter.info/Oct23Frld>



MON. NOV 13, 2023

"What Parents Need to Know
About Suicide Prevention"

<http://cookcenter.info/Nov13Frld>



MON. DEC 11, 2023

"Depression: You're Not
Alone"

<http://cookcenter.info/Dec11Frld>



MON. JAN 8, 2024

"School Avoidance"

<http://cookcenter.info/Jan8Frld>



MON. JAN 22, 2024

"How to Motivate Your
Child"

<http://cookcenter.info/Jan22Frld>



MON. FEB 12, 2024

"De-escalating Cycles of
Conflict"

<http://cookcenter.info/Feb12Frld>



MON. MAR 11, 2024

"Everyday Happiness"

<http://cookcenter.info/Mar11Frld>



MON. APRIL 8, 2024

"Establishing Healthy
Boundaries"

<http://cookcenter.info/Apr8Frld>



MON. MAY 13, 2024

"Social Media - Protecting
Your Child"

<http://cookcenter.info/May13Frld>



For registration information, contact
Cristin O'Riordan at co'riordan@fairfieldesc.org



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