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VCASE Leadership



A Message from President Dr. Mike Asip

Dear VCASE Colleagues,

Happy 2016! The New Year rolled in with a powerful snowstorm that rocked our world for a few days. Here's to calmer weather and a great second semester ahead!

As we look forward, please plan to join us for our **VCASE Spring Conference *Improving Student Outcomes Through Targeted and Focused Interventions* in Virginia Beach from May 25-27, 2016**. Registration information is posted on our website that highlight the instructional intervention focus of our conference with Keynote Speaker Margaret Searle. We thank John Eisenberg and the VDOE team for their continued collaboration to keep you informed and gather your input regarding future directions for the Department of Education.

The President's Pen continued:



Your VCASE Executive Committee has been very involved in multiple statewide task forces where we represent your voice. These include stakeholder groups reviewing restraint & seclusion regulations; parentally placed students in residential programs; CSA-funded placements; regional programs; Indicator 8 survey development; and legislation and policy involving the General Assembly. I want to reassure you that your voice is at the table as these topics are discussed and we will keep you informed, especially if we discern that your action is needed to intensify communication with statewide leaders or elected officials.

I would like to thank Past President **Jim Gallagher**, President-Elect **Angela Neely**, Secretary **Jessica McClung (Roanoke)** and Treasurer **Leorie Malloy (Brunswick)** for their executive leadership of VCASE. We have been fortunate for the support of **Sheila Carr (King William)** and **Lisa Pennycuff (Prince George)** for their leadership of our Policy & Legislative Committee. Our Executive Director, **Sheila Bailey (Hopewell)** has done a tremendous job with planning our conference, coordinating changes in our newsletter, and leading efforts with Jessica McClung to change our website. We hope you find our digital resources helpful!

Again, have a great second semester. We will stay in touch and see you at the BEACH in May!



**VCASE
Goes
Gold!!!**

**We are now a
CASE Gold
Unit
Patron !!!**

**We Support Our
National
Organization!!!**

⌘ RESTRAINT & SECLUSION UPDATE ⌘

by Mike Asip

In March 2015, Governor McAuliffe signed into law a bill passed by the General Assembly, that directed VDOE to write regulations governing restraint and seclusion that would apply to all Virginia school children in public schools.

The Process

This fall John Eisenberg convened a stakeholder group that included advocates, special education leaders, school administrators and school board representatives to provide input on draft regulations. John Eisenberg shared that the plan is to present draft regulations to the Virginia Board of Education at its February 25, 2016 meeting, where there will be extensive public comment. After that meeting, the Board of Education will plan 4-6 onsite public hearings as well as scheduled public comment periods to offer opportunities for further community input. We expect that there will be a wide divide of public comments between school-based staff and advocates. The Board of Education then may revise the draft regulations before submission to the Attorney General and Governor's Office for final approval. VDOE anticipates that the planned timeline for finalization will take much longer than the original goal of Fall 2017.

The Issues

The law states that regulations need to be consistent with the [USDOE Resource Document on Restraint and Seclusion](#). VCASE's perspective is that "consistent" does not mean absolute conformity to the words of federal guidelines, which are for the most part reasonable.

Student Safety

Special education leaders welcome regulations that help maintain the safety and well-being of students. We seek regulations that balance individual student safety, but do not limit school staff from reasonable interventions that promote the well-being of other students and staff. We welcome further training and dissemination of Positive Behavior Interventions and Supports (PBIS), de-escalation strategies, and other strategies that can help reduce student suspensions and the need for physical restraint and seclusion.

Definitions and Prohibitions

- "Physical restraint means personal restriction that immobilizes or reduces the ability of the student to move freely."
Impact: Is this definition too vague? Could this interfere with staff members' abilities to assist with situations?
- School leaders have concerns with the definition that restraint is appropriate when "the student's behavior poses an imminent danger of serious bodily injury to self and others; and other interventions are ineffective."
Impact: This raises the threshold of situational danger from the common current standard of behavior that's "harmful to self or others". With this revised standard, general education teachers and administrators may be reluctant to break up a fight or remove students from a disturbance if they cannot clearly discern "an imminent danger of serious bodily injury." In addition, school staff trying to maintain a safe environment may not be aware whether "other interventions are ineffective" because they may not know the students' behavioral histories.
- Prone restraints and mechanical restraints are prohibited.
Impact: There was consensus among all that these should be restricted, with clear definition as to what constitutes a "prone" restraint.

Restraint and Seclusion continued...

Training Required

Draft regulations have noted that “only those individuals who have received second tier or higher training as set forth in 8 VAC 750-80 may employ physical restraint or seclusions.”

- First tier training focuses on positive behavioral support, conflict prevention, de-escalation and crisis responses.
- Second tier training focuses on the safe use of physical restraint and seclusion.

Impact: The requirement for second tier or higher training will be expensive (VDOE estimated \$21 million cost annually for training 1-2 people per building in Virginia) and must include any school staff member who restrains or secludes a student. A teacher or administrator without tier two training may be prohibited from breaking up a fight, if doing so might involve restraint or seclusion!

Policy/Communication/Notification

- Each school division shall *annually* provide parents *and students* with a copy of its policies and procedures regarding restraint and seclusion.

Impact: School divisions are concerned with this extensive annual communication requirement for parents and students.

- Requires notification of parent the same day using telephone and other means.
- Principal or designee will review the incident with the student within 2 school days after the incident involving restraint and seclusion.

Multiple Uses of Restraint

The draft guidelines have provided strict procedures and timelines that exceed the federal guidelines pertaining to students whose behavioral incidents result in multiple uses of restraint.

Impact: We are concerned about the prescriptive nature of these procedural and timeline requirements, especially given already extensive IDEA-driven procedural timelines.

Conflict with Corporal Punishment Law

Draft regulations governing restraint and seclusion conflict with existing state law prohibiting corporal punishment, but protecting staff from being prosecuted for reasonable physical interventions with students that promote student safety, known as “Good Samaritan” provisions.

The law states that the ban on corporal punishment does not apply to the use of:

- "Incidental, minor, or reasonable physical contact" necessary to maintain order and control in the classroom or school grounds.
- "Reasonable and necessary force" that may be required to quell a disturbance (a fight, for example) or to remove a student from the situation.
- "Reasonable and necessary force" to prevent a student from harming him or herself.
- "Reasonable and necessary force" to defend oneself or others.
- "Reasonable and necessary force" to gain control of a dangerous weapon

Impact: There must be a resolution of this conflict between existing law permitting educators to use reasonable and necessary force to maintain safety and new regulations that will restrict this professional capacity.

VCASE appreciates the hard work VDOE is doing to gather input from multiple stakeholders, including VCASE membership, to develop restraint and seclusion regulations that effectively balance student safety with safe and effective school operations. VCASE is collaborating with superintendent, school board, and school administration groups to advocate for regulations that reflect this balance. VCASE will keep you informed regarding this rollout, soliciting your active participation in public comment as needed.

Mike



**VCASE Seeking Award Nominations for:
The James T. Micklem Award of Excellence;**

Dear VCASE Members:

We believe that the hard work and dedication to improving the lives of students with disabilities should be recognized and celebrated. VCASE is in search of nominees for the James T. Micklem Award of Excellence, named after the first State Director of Special Education in recognition of his outstanding service and leadership. This is our organization's highest award that is presented in May at our Spring Conference.

Please take a moment and consider nominating an outstanding colleague for this award. The nomination should include background information regarding the nominee and the reason for why you are nominating the candidate. Yes, a region can nominate a director in their area.

CRITERIA:

- Is a current member of VCASE with at least three years of active membership,
- Holds a special education supervisory or administrative position in a public school division, or a position which meets the current requirements of active membership, and
- Has had a positive impact and influenced the education of students with disabilities at the local, regional, and/or state levels.

As you think about the contributions of the outstanding Directors of Special Education working in the Commonwealth of Virginia, please take action and send me a letter(s) of recommendation. Send your nomination for the *James T. Micklem Award of Excellence* to Jim Gallagher at jgallagher@amherst.k12.vs.us by **March 25, 2016**.



**VCASE is pleased to announce the
The Marylou Wall Award of Excellence
for Early Career Special Education
Administrators**

Marylou Wall, our previous VCASE Executive Director, recognized the need to foster an environment of support and acknowledgement for those who had chosen to pursue a career in special education administration. She has worked tirelessly on the national, state and local levels to promote successful experiences and increase longevity in the field.

The Early Career Special Education Administrator Award will be presented to a Special Education Administrator who is a member of **CEC/CASE/VCASE** and in their first three years administering special education programs and/or services, and who embraces all five of the pre-selected values.

The Values were created by members of **Executive Committee** in an effort to recognize those qualities most important in their staff members and members of the community. Members of VCASE are invited to nominate a Special Education Administrator in their district/school who exemplifies these Values by telling their story, describing how they support their teachers enabling them to go above and beyond for children with disabilities.



The winner will be selected by the VCASE Awards Committee. This award represents a special thank you to this selected administrator for striving for excellence and working to better support their teachers to enable them to make a difference in the lives of the students they serve. Nominations should be sent with a detailed description of why this person is being nominated for the award and how they exemplify the 5 pre-selected values. Nominations will be directed to the VCASE Awards Committee Chair for consideration.

VALUES (Please include a narrative that details the nominees commitment to and embodiment of the listed values)

1. Those around the nominee know that they are passionate and committed to the field of special education.
2. The nominee leads by example. They have integrity and are willing to pitch, volunteer and assist whenever possible. They focus on doing what's right, even if it's not popular at the time.
3. The nominee is known to be honest in their work with staff, students, parents and colleagues.
4. The nominee is not afraid to forgo traditional approaches that are not always the best and be willing to use alternative methods and to try new things. They are known to be creative and imaginative.
5. The nominee promotes and fosters authentic collaboration. They are known to listen first before reaching conclusions. They seek to fully understand alternative opinions and perspectives, then partner in developing and agreeing on solutions. The nominee strives to clarify concerns and expectations; respect other people's differences and utilize each other's' strengths and expertise; and seek out alternative ideas or perspectives. They model the collaborative approach in working together to find the best possible solution.



Send your nomination for the first ever *Mary Lou Wall Award of Excellence for Early Career Special Education Administrators* to Jim Gallagher at jgallagher@amherst.k12.va.us by **March 25, 2016**.

*** We look forward to seeing you at the beach. The VCASE Spring conference May 25-27, 2016, *Improving Student Outcomes Through Targeted and Focused Interventions*, looks to be outstanding!**

Mary Lou Wall Award Nomination Form

NAME of CEC/CASE/VCASE MEMBER NOMINEE: _____

Email: _____

Telephone #: _____ CASE/CEC ID: _____

Name of Nominee: _____ Email: _____

Nominee's Position: _____ School: _____

Address of School: _____

Telephone # : _____ Yrs. in Education: _____

Attach the narrative and any supporting letters and/or documents.

Submit to: Jim Gallagher, VCASE Past President on or before March 25, 2016 via email or mail:

jgallagher@amherst.k12.va.us

or to,

Jim Gallagher

Amherst County Public Schools

P.O. Box 1257

Amherst, VA 24521



**Your VCASE Team
representing
YOU
at the
Fall 2015 CASE Conference
in Atlanta**

President-Elect Angie Neely

Members of the VCASE executive committee travelled to Atlanta, GA at the end of October to attend the CASE Board of Directors' Meeting and Fall Conference. (left to right, Executive Director, Sheila Bailey, President, Mike Asip, Secretary, Leorie Mallory and President-Elect Angie Neely) Our three days in The Big Peach were well spent as we participated in committee work, legislative policy updates, networking with special education directors and CASE members from across the country and in a variety of professional development sessions relevant to both our roles as VCASE officers and as special education directors in our local divisions.

At the CASE board meeting, we were reminded of the advantages and importance of membership in the Council of Exceptional Children (CEC) and CASE. CASE is a division of the CEC, and an international professional organization that provides leadership and support to members by influencing policies and practices to improve the quality of education. Just as membership in VCASE provides special education administrators with the Virginia perspective, CASE provides the federal perspective and allows members to access to information, training, and technical assistance on a wide variety of special education and policy issues. Over the next several months, we will be urging VCASE members to consider a "unified membership" with VCASE, CASE, and CEC and offering incentives to help you take the plunge into this exciting professional opportunity!

Another highlight of both the CASE board meeting and fall conference was the opportunity to meet and interact with special education directors from all over the country. Directors from New York, Alaska, Michigan, and everywhere in between are experiencing the same issues and challenges in educating students with disabilities as we face here in Virginia. Although the issues of dyslexia, disproportionality, funding, and accountability are common in every corner of the nation, the approaches to addressing these challenges are varied and we enjoyed rich collegial conversations with fellow CASE members.

Finally, the VCASE executive committee members spread out to attend as many professional development sessions as possible with the goal of locating high quality presenters addressing topics of interest for upcoming VCASE conferences. The conference theme was *Continuing to Take Care of Business* and the session options were plentiful and the topics varied. In addition to keynote speakers Dr. Francis Stetson, Dr. David Bateman, and Dr. Martha Burns, there were over 40 breakout sessions on relevant topics such as intensive instruction, implementing a multi-tiered system of supports, and ELLs and special education. We returned to Virginia armed with inspiration, strategies, and resources for providing VCASE members with top-notch professional development.

***The Virginia Council of Administrators of Special Education
and
The Virginia Department of Education
present***

***“Improving Student Outcomes Through
Targeted and Focused Interventions”
May 25-27, 2016***



at the
Wyndham Virginia Beach Oceanfront
5700 Atlantic Avenue, Virginia Beach, VA 23451
(757) 428-7025 (877) 999-3223

Oceanfront \$135.00 per night
Non-Oceanfront \$125.00 per night
(taxes and daily \$2 resort fee not included)

**Spring 2016 VCASE
Keynote Speaker
Margaret Searle**

Author of

**“Causes and Cures in the
Classroom”**

**“What Every School Leader Needs
to Know About RTI”**

**“What To Do When You Don’t
Know What To Do”**

**“Treasure Chest: Standards-Based
Instruction for All Learners”**



Be sure to plan to join us at Spring VCASE for exciting and informative presentations!

Teachers often overlook executive function as a root cause of some of the most mystifying academic or behavioral issues. We often misread the problem of missing and incomplete assignments as signs of not caring about learning. Students labeled as lazy, unmotivated or disruptive may simply need interventions that specifically target deficits in executive function skills.

What teachers need are insights and strategies for helping students who struggle with reading and writing because of delayed executive function skills like poor organization, weak focusing skills, memory problems and impulsive behaviors. Addressing these deficits early, before frustration and discouragement escalate into behavior problems is the key to many students' success.

*Our sessions will help you explore ways to diagnose root causes of student problems, develop specific interventions and a practical 3-step action plan. This problem-solving protocol has helped hundreds of schools transform their intervention team meetings into productive sessions that involve students and their families in a positive way. You will be stunned by the results of this intervention process with students experiencing executive function deficits!- **Margaret Searle***



SPRING CONFERENCE ATTENDEE REGISTRATION FORM
***“Improving Student Outcomes Through
 Targeted and Focused Interventions”***
 May 25-27, 2016
 Virginia Beach, Virginia

PLEASE PRINTName (for Name Tag):
_____Affiliation/School Division:
_____Mailing Address:

Email Address: _____ Zip Code: _____

Phone Numbers: W: _____ H/C: _____ (for emergency use only)

LOCATION. Wyndham Oceanfront Resort, 5700 Atlantic Ave, Virginia Beach.
 Call 877-999-3223; direct 757-428-7025 for special rate: \$125 non-oceanfront,
 \$135 oceanfront (taxes and daily \$2 resort fee not included) **before** 4/24/2016.

REGISTRATION FEE. Includes complimentary membership for 2016-2017, Wednesday President’s reception, Thursday continental breakfast, Thursday business lunch, Friday President’s breakfast, all refreshment breaks, conference sessions and program guide.

_____ \$285, postmarked on or before May 9

_____ \$300, postmarked after May 9, or if register onsite

METHOD OF PAYMENT. Make checks payable to **Virginia Council of Administrators of Special Education** (please do not draw check to Sheila Bailey). Registration cannot be honored without check or PO number on the form. **Unfortunately, we cannot accept credit cards or facsimiles.**

_____ Check # _____

_____ Purchase Order # _____ (Please include all names on PO. **Include contact person.**)**AMOUNT ENCLOSED:** _____

Cancellation Policy. A full refund will be issued upon written request received by Sheila Bailey, Executive Director, at the address provided below **by May 9, 2016.** No refunds will be issued for cancellations received after May 9, 2016 due to hotel commitments.

Accommodations. Please indicate required participation accommodations (diet, seating, etc) on this form.

PLEASE SEND COMPLETED REGISTRATION FORM TO:

Sheila Bailey, Executive Director
Virginia Council of Administrators of Special Education
5409 Silver Fox Court
Prince George, Virginia 23875 Phone: 804-931-5589
Email: sheilabaileyVCASE@gmail.com



VCASE Annual 3K Wellness Walk and the Nash Dash

The Virginia Council of Administrators of Special Education 3K Wellness Walk is open to individual runners and walkers. Again this year we have the 4-mile Nash Dash, named after Tom Nash, a Past President of VCASE, and an ardent runner!

Join the fun!

- Don't delay, register today!
- Network with your colleagues on a beach walk!



General Information

- **Distance:** 3K (1.25 Miles) or four-mile Nash Dash
- **Date:** Friday, May 27, 2016
- **Start Time:** 6:15 AM
- **Location:** Patio of the Wyndham Oceanfront Hotel
- **Capacity:** 100 participants

Registration

Participants may register for the Virginia Council of Administrators of Special Education 3K Wellness Walk or Nash Dash by completing the form with their conference registration. There will be **NO REGISTRATION** at the conference.

ENTRY FEE. The registration fee for the walk or dash is **FREE!** Don't wait, register today!

PLEASE NOTE. When the race has reached maximum capacity, we will close registration.

VCASE Seventh Annual Wellness Walk / Nash Dash

Friday, May 27, 2016

Time: 6:15 AM

Registration and Release Form

To register for the Walk or Dash, complete this form and send it with your conference registration prior to May 9. **DO NOT MAIL AFTER MAY 9, 2016.** Please submit a separate form for each entrant (copies accepted). Unfortunately, entries submitted without signature **will not** be processed.

Name: _____ Tee Shirt L XL XXL XXXL

Are you a Conference Attendee or Guest (If guest, print Attendee's Name): _____

Address: _____ Female Male

City: _____ Zip: _____ E-mail: _____

Phone (day): _____ (Emergency): _____

Race Waiver and Release (Must be signed by each entrant)

I fully understand I am forever giving up in advance any right to sue or make any claim against the parties I am releasing if I suffer such injuries or damages even though I do not know what or how extensive those injuries and damages might be and am voluntarily assuming the risk of such injuries and damages. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I am over 18 years of age.

3K Wellness Walk **or** **Four Mile Nash Dash**

Signature of Entrant _____ Date _____

Finding Support During Challenging Times

Dr. Jessica McClung

The Council of Administrators of Special Education (CASE) is an international professional educational organization affiliated with the Council for Exceptional Children (CEC) whose members are dedicated to the enhancement of the worth, dignity, potential, and uniqueness of each individual in society. Their mission is to provide leadership and support to members by shaping policies and practices that impact the quality of education.

Now, more than ever, your membership in the CASE organization can assist you as you grow professionally and develop services at the state and local level for students with disabilities.

Are You Retiring In 2016?

As is our custom, VCASE honors retirees at the luncheon meeting at the Spring conference with special recognition and a gift, the historic Jefferson cup. The retiree must attend Spring VCASE to receive the recognition.

In 1810, President Thomas Jefferson commissioned a silversmith to make eight cups from his own design. Exquisitely simple, extremely versatile, they are suitable for serving festive drinks as they are for holding earrings or cufflinks. Jefferson cups have become a symbol of achievement and honor ~ a trend begun by the gentleman from Monticello. VCASE continues the tradition by presenting each retiree with a boxed Jefferson cup.

If you are retiring this year, please email your region representative or VCASE Executive Director, Sheila Bailey, sheilabaileyVCASE@gmail.com.

This year's luncheon will be held Thursday, May 26th, at the Wyndham Oceanfront Resort in Virginia Beach.

Why join a professional organization like CASE?

- Membership in CASE is an **investment in your professional credibility**.
- CASE provides opportunities to meet and **network** with other special education leaders.
- CASE keeps members **up to speed**.
- CASE **educates** members with the most current research and best practices.
- CASE provides numerous **professional development** opportunities.
- CASE allows special education leaders to **stand out in the crowd** and show our commitment to special education.
- CASE is our **built-in support group**. What could be better than having other special education administrators to share background and perspective with you?

When you join CASE, you receive the benefits of both CASE & CEC...journals, discounts, resources, professional development opportunities, and more!

Special education is unique and rewarding but still remains litigious, challenging and ever-changing. We all need the support of a reputable organization like CASE. What's stopping you from joining?

Go to WWW.CASECEC.ORG to join now!



The Book Corner

Submitted by
Dr. Sheila Carr

Mindset: The New Psychology of Success – How We Can Learn to Fulfill Our Potential

By Carol S. Dweck, Ph.D.

Ask yourself, are you a person with a *fixed* mindset or a *growth* mindset? Well, you may be both! Or, you may have yet to find out!! This book is filled with stories laced with research. Still, it is a very easy read. Dr. Dweck defines each type of mindset using her own personal life story as well as famous (or infamous) personalities in sports, business, and education. She does a fabulous job of making the reader reflect upon their own style as a person, teacher, and learner. She even goes so far to give parents advice on how to develop their child's ego and perception so they are not thwarted by the adult's own limitations of mindset. Coaches are given food for thought on what promotes winners versus losers. After reading this book, it is likely that you will walk away with a new or, at least, modified definition of ability, accomplishment, and possibly a changed mindset. Yes, you can actually *grow* a mindset. Dr. Dweck will get you started, if you dare. Are you ready?



The Happiness Advantage – The Seven Principles of Positive Psychology that Fuel Success and Performance at Work.

By Shawn Achor

As you read this book, you will discover the *Happiness Advantage* through osmosis. Yes, it is catching - if not contagious. Besides, who doesn't want happiness? It is the human experience to seek happiness. You will be happy to know, that research shows that happiness reduces stress. And, stress is something we all know, too well, in the business of special education. So, take Mr. Achor's friendly, not so hard steps (or principles), to increase your happiness:

- Positive brains have a biological advantage – so retrain your brain!
- Your mindset impacts your power to be more fulfilled and successful.
- We can all get stuck in brain patterns. Learn to spot possibility and opportunity.
- Create new brain pathways to cope. Reframe defeats/failure into happiness and success.
- Don't let emotions run away with your brain power. Regain control & refocus your energy.
- Replace bad habits by making small energy adjustments. Open the door for new and healthier habits to roost in your world.
- Invest in friends, peers, and family. No need to go it alone. Investing in social support networks is the best predictor of excellence and success.

“Happiness is not the belief that we don't need to change;

it is the realization that we can” – p. 24

In short, you can capitalize on the *Happiness Advantage* and change your performance in all areas of your life by changing your *Mindset!*

☞ VCASE Regional Representatives ☜

- Region I** Kristin McLaughlin, Powhatan County Public Schools
- Region II** Doris Feltman, Ed.D., Poquoson Public Schools
- Region III** Sheila Carr, Ed.D., King William
County Public Schools
Pam Steinkoening, Fredericksburg City Schools
- Region IV** Elizabeth Germer, Falls Church City Public Schools
- Region V** Jelisa Wolfe, Staunton City Public Schools
Twila Brown, Rockbridge County Public Schools
- Region VI** Julie Baker, Botetourt County Public Schools
- Region VII** Patricia Bowers, Bristol City Public Schools
Laura C. Goad, Ed.D., Carroll County Public Schools
- Region VIII** Christy Pepper, Mecklenberg County Public Schools

☞ VCASE 2015 - 2016 Officers ☜

- Mike Asip, Ed.D, President, Chesterfield County Public Schools
- Angie Neely. President-Elect, Culpeper County Public Schools
- James Gallagher, Past President, Amherst County Public Schools
- Jessica McClung, Ed.D., Secretary, Roanoke County Public Schools
- Leorie Mallory, Treasurer, Brunswick County Public Schools
- Sheila Bailey, Ph.D, Executive Director



SAVE THE DATE

Fall VCASE

Thursday and Friday, October 20-21, 2016

Hilton at Short Pump

