

# July 2010



NMACD Ensures that Successful Teaching and Learning are a Priority for All New Mexicans

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ASCD Book Spotlight:  
Enhancing RTI: How to Ensure Success with Effective Classroom Instruction and Intervention

DOUGLAS FISHER,  
NANCY FREY



As a teacher, what does it mean to you to be healthy? Safe? Engaged? Supported? Challenged?

*Ladona Clayton, NMACSD President*

Throughout the 2010-11 school year, beginning with this edition of the NMACSD electronic newsletter, we will be seeking answers to these questions. This year's NMACSD fall conference centers on the theme *Whole Teacher/Whole Child—Building Bridges of Efficacy*. We believe it is teachers who must first be healthy, safe, engaged, supported, and challenged if they are going to effectively advocate for the Whole Child. Our newsletter will introduce each one of these concepts during a specific month and then pose a central question eliciting your feedback, which you can provide on our website at [www.nmascd.org](http://www.nmascd.org). Action researchers will gather your monthly responses from the website and identify the most salient points. The results will be reported back to you in the next month's edition of the NMACSD newsletter.

*July—Healthy Teacher, Healthy Child*

*August—Safe Teacher, Safe Child*

*October—Engaged Teacher, Engaged Child*

November—Supported Teacher, Supported Child  
December—Challenged Teacher, Challenged Child

Our fall conference, scheduled for November 4-5, 2010, at the Marriott Pyramid in Albuquerque will focus on these five tenets, as we seek to equip you with some key strategies, ideas, and information aimed at promoting the Whole Teacher/Whole Child.

Join the conversation! We want to hear from you!

Although Response to Intervention (RTI) is a necessity for all schools, the truth is that supplemental instruction can never compensate for inadequate core instruction. That's why you need this book's improved approach to RTI. Authors Douglas Fisher and Nancy Frey introduce you to a strengthened model of RTI that emphasizes formative assessment and refining core instruction rather than relying only on multiple layers of intervention. The components for this strengthened model—RTI<sup>2</sup>—consist of

- Using core instruction that is responsive, standards-based, and data-driven.
- Building Tier 2 and Tier 3 interventions that ensure continuity and alignment among all levels of instruction.
- Developing a three-way feedback loop that uses formative assessment results to inform the learner, establish progress benchmarks, and improve curriculum and instruction for all students.
- Establishing a way for educators and families to work together effectively.



## New Mexico Superintendent Models Healthy Educator Behaviors

Patricia Miller, Superintendent, Ft. Sumner Municipal Schools

*My personal journey toward becoming a healthy educator took a LONG time, but it directly enhanced my quality of life and allowed me to be the person on the outside I always felt I was on the inside. Through this*

*multi-year journey, I learned that the challenges inherent in wellness are powerful to both the individual and those watching. I know that my colleagues, friends, family and the students I serve are inspired to embrace a healthier lifestyle through lifelong fitness. Doors to pertinent, and frequently personal, conversations have been opened because I am willing to be transparent about my struggles and this journey. Here is my story.....*

*In January of 2009, I decided that completing a triathlon would be the perfect celebration of reaching my goal and losing 83% of my excess body weight by dropping 230 pounds. As I am fond of telling folks, "I've lost an overweight, adult male, and I am not doing a police report!"*

I knew the triathlon would require training in swimming, running and biking. Sprint distance triathlons usually consist of a 400-500 meter swim, a 12.5 to 16 mile bike ride, and a 5K (3.1 miles) run. I began my preparation by purchasing some books on triathlon training online, and bought a bike in Albuquerque. As the superintendent of the Fort Sumner Municipal Schools, I found I had lots of encouragement from high school athletes, many of whom were quite willing to share training tips and tricks. Nobody in my rural community of Fort Sumner had ever done a triathlon, but they all knew how to provide support. On May 9, 2009 I completed the Jay Benson triathlon with tears of joy streaming down my face, and no shame that I was the last one across the finish line. Over the rest of 2009, I completed five triathlons, ultimately setting my personal best for the season by being 3rd from the last finisher at the Patriot Tri in Rio Rancho.

During the winter months, I continued to train, and recruited school staff and community members into a "fitness posse" that meets weekdays at 5:30 AM to run, walk, and lift weights. This summer the school principals, Doreen Winn and Scott McMath, and I organized and hosted the inaugural Billy the Kid Triathlon held at Sumner Lake State Park. A third of the racers were first time triathlon participants.

Friends from Las Cruces, Albuquerque, and now Fort Sumner are doing triathlons because they believe my message that ANYONE can do a triathlon. I frequently tell people, "If I can do it, I know you can, and I will show you how." I share my passion for lifelong fitness

with others in a way that makes joining in fun because I know the pain and difficulty of living in a body that weighed 405 pounds, and I rejoice daily in my new ability to be an athlete. I train six days a week, about 10-12 hours per week, and will gladly share my training schedule with anyone who is interested.

So far this year I've participated in four triathlons and I have six more scheduled, as well as two half marathons and a duathlon. One thing that makes me smile broadly is that so far this season I've not been last in any triathlon and my time in each race has been better than the last. My mid-range goal is to do a half Ironman (1 mile swim, 52 mile bike, 13.1 mile run) within the next two years and a full Ironman distance race (2 mile swim, 104 mile bike, 26.2 mile run) within five. When I finish my Ironman distance race, I plan on getting an Ironman tattoo!

You can read more about my triathlon experiences in the notes section of my Facebook page at <http://www.facebook.com/patricia.d.miller>.

Patricia D. Miller, NBCT

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### ***Eating Healthy: Its Elementary!***

*Brian Peterson, Principal  
Sunrise Elementary  
Las Cruces*



Schools are changing. As the feds work to draft a more reasonable version of the Elementary and Secondary Education Act and high schools are being redesigned, districts are looking carefully at what we're feeding our students. With childhood obesity tripling in the last three decades, this new-found interest is critical.

Perhaps you've heard of Jamie Oliver's Food Revolution. You know... the show on ABC. Jamie Oliver, a passionate brit chef, and his band of merry producers have set up shop in Huntington, West Virginia, one of the unhealthiest cities in the United States according CDC data and Fox News. Jamie works with public school district officials, some rather testy cafeteria workers and skeptical students to change students' eating habits. Say what you will about Jamie Oliver's approach or show itself, he has caused millions to question what our students are eating.

I'm not sure if she watches, but First Lady Michelle Obama is also getting engaged in the healthy schools conversation with the retooled President's Council of Fitness, Sports and Nutrition, formerly the Council of Physical Fitness and Sports. The new council has added the nutrition component and vows to end the epidemic of childhood obesity within a generation.

These initiatives are not new to New Mexico as our Public Education Department has been concerned with healthy schools for ages (see [NMAC competitive food sales](#) and the [district wellness policy](#)) with its focus on a coordinated school health approach, physical activity and nutrition.

To bring it home, the students at [Sunrise Elementary](#) are the beneficiaries of free breakfasts, lunches, and a daily fruit or vegetable snack prepared by my cafeteria staff. We have done away with unhealthy foods as incentives or rewards, replaced instead with free and fun activities that actively engage students. Instead of a pizza party, we'll have a Wii Party. In lieu of cupcakes we opt for 100% natural frozen fruit bars. My staff and I believe that students must be healthy to be successful. We have changed our procedures at Sunrise Elementary and I'm wondering... what are you doing in your schools to ensure your students are physically healthy?

<a href="#">Ladona Clayton</a> <i>President</i> Clovis Christian School Superintendent	<a href="#">Kathleen Pittman</a> <i>Secretary</i> Eastern New Mexico University Faculty
<a href="#">Brian Peterson</a> <i>President Elect</i> Clovis Christian School Superintendent	<a href="#">Dr. Judith Tanner</a> <i>Executive Director</i>
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