

# Terrier Times

February 2012



Washington School for the Deaf

## From the Principal's Desk

Bill Newell, Principal

Happy New Year! From myself and all of the staff in the Academic department at WSD, we wish you and yours a very happy and successful New Year. Let's hope 2012 is a better year for all of us.

Research tells us that parent support in the home for schools, holding children to high expectations, and reading practices are CRITICAL to success in school and in life. Language/communication skills development and reading are keys to success in school. YOU are very important to your child's success in reading and in school.

What parents can and should do . . . read with your children. Read in front of your children. Read for pleasure. Read to accomplish tasks. Have lots of books, magazines, newspapers in your home and read, read, read. Demonstrate that you enjoy reading and make time for reading daily. Make reading a part of your family's daily schedule. Turn off the television and read.

From birth, read aloud daily with your child for pleasure. And as your child grows, be sure to continue reading aloud and setting aside time daily for silent reading. WSD has many resources to assist you. Ask our Librarian, Ginger Speranza, at [ginger.speranza@wsd.wa.gov](mailto:ginger.speranza@wsd.wa.gov) for assistance. Make reading in your home and with your child your New Year's resolution.

### Support Our Academic "Athletes"

As I mentioned last month, we have two teams preparing for academic competitions: the **Deaf Academic Bowl**, held at Gallaudet University in March, and the **National Middle-School Math Competition** sponsored by NTID at RIT in Rochester, NY. If you are able to support our academic athletes with a donation in any amount, this is greatly appreciated. If you have connections to an organization in your church or community that would be interested in donating or sponsoring our academic athletes, please pass this request on to them. WSD, as a state agency, cannot use our operating budget to support activities like this. We depend on fundraising and the generous support of our parents and others interested in the success of our students. Given these events are coming up very shortly, we need to raise additional money to be able to send our students. Otherwise, we will forfeit the opportunity for this school year. If you wish to donate or if you pass along this appeal to others, please let them know it is as simple as sending a check to the Washington School for the Deaf and on the memo line noting: Support for DAB or Support for MS Math Competition or Support for WSD Academic Athletes. Thank you so much.

Finally, I am checking at mid-year to be sure you are receiving in your email weekly the Deaf Culture Question of the Week. This email goes out weekly to our families. You should be receiving it if you have an email address on file with us. Please let me know at [bill.newell@wsd.wa.gov](mailto:bill.newell@wsd.wa.gov) if you are not receiving this weekly email.

Again, Happy New Year to all of our families, friends and supporters.



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*"Make reading a part of your family's daily schedule."*



### Nurse's Corner

Joyce Sjoberg, RN, Jon Tannler, LPN, Linda Meier, RN (on-call)



#### PICKY! PICKY! PICKY!

*“Research has been shown that kids can make positive changes in their diet when they are exposed to healthier eating with their peers.”*

Picky eaters are everywhere! How do you know if they are eating healthy or not? Are they underweight or overweight? Are they eating more sugar/salt or fat than normal? Are they avoiding fruits and vegetable (especially VEGETABLES!)? These are the kind of questions all parents have to look at to see if their children are eating healthy or unhealthy. Malnutrition and obesity are the leading causes of health concerns for children. They can cause problems at school, with their friends, their health, their family and their futures. Whether you have a toddler or a teen, here are strategies to improve nutrition and encourage smart eating habits:

1. Serve a variety of healthy foods and snacks.
2. Be a role model by eating healthy yourself.
3. Avoid battles over food.



Eating healthy is not easy when everyone is juggling busy schedules and convenience food, such as fast food, which is so readily available. Avoid going to the convenience markets to get the quick snacks such as Doritos, cola, and candy. Pack up some fruit rollups, celery sticks, nuts butter (almond butter is my favorite-more healthy, too!), bottled water and the likes from the health food store and stock up in the house as well as in the car to avoid stopping at the convenience markets.



When kids eat with healthier eaters, they pick up the cues (hints) and follow them. Research has shown that kids can make positive changes in their diet when they are exposed to healthier eating with their peers.

Lastly, avoid battles over food...avoid too many choices! Homes of obese families were shown to have more than half of their food as junk food (and no fresh fruits and vegetables). If you limit the choices of foods available to your children and encourage them to lean on fruits and vegetables, you can have the whole family **WIN** the battle!

### WSD After School Program

Auto Mechanics



## February 2012 Calendar!

February 7, ASP Spring Quarter Starts

February 14, Valentine's Day

February 20, Presidents' Day

Travel Days 3,5,10,12,17,20,24,26

**SAVE THE DATE**



**Statewide Open House**

May 10-11, 2012

### Attention

Deaf & Hard of Hearing  
Students throughout  
Washington!

(5th-12th grade)

Parents/School staff welcome!

Free overnight lodging for students (meals provided for all participants.) Watch for more information in February 2012!

Contact Judy Smith for more information at 360-696-6525 x0401 or judy.smith@wsd.wa.gov



## Flying Hands! Poetry Competition

March 8, 2012

Register **EARLY!**

Preschool-5th grade at  
9:30-11am/6th-12th grade at  
12:30-2:45pm-Hunter Gym  
WSD - 611 Grand Blvd.

Vancouver, WA-  
Registration Deadline  
February 3, 2012

Contact [kelly.moore@wsd.wa.gov](mailto:kelly.moore@wsd.wa.gov) or 360-696-6525 x4362 for more information about how to register.



### WSD Boys & Girls Basketball

2/2 - vs. Three Rivers Christian

Playoffs

2/14 - Boys - TBA

2/15 - Girls - TBA



WSD Student volunteers!  
Zachary Descloux, John Smart,  
Maria Preciado & Mateo Denton



The Giving Tree

## Independent Living Skills (ILS)

Toni Stromberg, ILS Coordinator

WSD's **Independent Living Skills (ILS)** program (all Juniors and Seniors) and WSD Staff sponsored the Adopt-a-Family Program. The Adopt-a-Family program gives us an opportunity to help less fortunate families with food and gifts at the holiday time. We adopted two families and both families have deaf members in the family. The students set up a **Giving Tree** in Clarke Hall's lobby with families' wishes on tags. We received generous donations from our WSD students, families, staff and community. ILS students and staff wrapped all the gifts and delivered them to the families before our winter break in December. ILS had two charity fundraising events (milkshake sale and a movie) and they had collected over 500 items such as canned food, personal items and household items. Most of those were donated to the Share House in Vancouver.

We want to thank all of you who donated and supported our adopt-a-family program!

Find **three** WSD staff members hidden throughout this issue of "Terrier Times" - unable to find them?

Email [kelly.moore@wsd.wa.gov](mailto:kelly.moore@wsd.wa.gov) for locations. (Nancy Sinkovitz, Residential Services; Lorana Myers, Nutrition Services; Mark Lee, Technology)

## Washington Reading Corps

Junior Kargbo

February is a month full of celebrations. We encourage you to take time this month to talk with your kids about history. Some important topics could include presidents of the United States, in particular George Washington and one of my favorites, Abraham Lincoln. And of course don't forget Black History Month.

What is Presidents' Day? Originally known as Washington's Birthday, this holiday falls on the third Monday of February. This year Presidents' Day is on February 20, 2012. George Washington, the very first president of the United States from 1789 to 1797, was born on February 22, 1732. He was said to have been six feet and two inches tall. He was a planter, a farmer, and a soldier before becoming president.

The 16th president of the United States, Abraham Lincoln, was born on February 12, 1809. At 6 feet and 4 inches tall, he was a store clerk, rail splitter, and lawyer. He was president from 1861 to 1865.

### Fun facts

Lincoln was the tallest president and he still is. There were only 16 stars on the US flag after Washington left office; after Lincoln, there were only 36 stars on the US flag. The population was 31,443,321 when Lincoln became president; when Washington's term began, the population was 3,929,214. Did you know that Washington would have communicated with his friends by letters while Lincoln would have communicated with his friends by letters and telegraph?

### Fun questions

- 1) How old would Washington and Lincoln be if both were alive today? (Washington would be 280 years old. Lincoln would be 203 years old.)
- 2) What kind of transportation did Washington and Lincoln use in their time?
- 3) How old were Washington and Lincoln when they became president? (Washington - 57 years old, Lincoln - 52 years old)

### Black History Month

Make learning fun and enjoyable this month by sharing some interesting and fun facts with your children. For instance:

-**Jackie Robinson** was the first African American professional baseball player in the Major League from 1947 to 1956. He played for the Brooklyn Dodgers. He was also first African American to be inducted into baseball hall of fame.

-**Curtis Pride** was the first deaf African American to play in professional baseball in the mid 1990's. He is currently head baseball coach at Gallaudet University in Washington, DC.

-Before Michael Jordan and LeBron James, there was another famous basketball player that paved the way. His name was **Harry Lew**. He was the first African American to play in professional basketball. He was known as a brilliant defensive player.

-Of course, most of us know who Tiger Woods is; however, do we know who **Charlie Sifford** was? He was the first African American to win a PGA tournament in 1967.

By encouraging children of all ages to read books and find interesting facts about famous historical figures, we are opening them up to the world around them. Seeing their positive examples will encourage them to live up to their dreams and also help them to realize there is no limit to their potential. Take time to go to the public library and find books to read with your child today.



*Presidents' Day  
February 20, 2012*



*Curtis Pride*



*Harry Lew*