

# Terrier Times

Center for Childhood Deafness & Hearing Loss - Washington School for the Deaf

February 2013



Washington  
School for the  
Deaf



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## From the Principal's Desk

Bill Newell, Principal

Students at WSD are gearing up for two very important events that are coming up on the school calendar. At the end of January our WSD athletes and cheerleaders will be competing in the Western States Basketball and Cheerleading Classic in Phoenix, AZ. This is an exciting event that students look forward to each year. Both boys and girls varsity basketball teams and our cheerleading squad will be traveling to Phoenix for three days of competition leading to crowning this year's champions. We wish our students the best and know they will represent WSD well.

We are also gearing up for the Deaf Academic Bowl competition. WSD will be a host school for the regional competition occurring on President's Day weekend, February 15-18, 2013. Mark your calendars and plan to come to WSD for this exciting event.

Western States Basketball  
&  
Cheerleading Classic



Our first semester ended on January 22. When you are reading this we are beginning our second semester of the school year. Please renew your contact with your student's teachers. Parent to teacher communication is essential to the success of your child in school. Your child's teachers should be sending home the course syllabus for 2nd semester which contains his/her email address. Nevertheless, it is easy to contact your child's teacher by email. At WSD we use the following format for staff email; [firstname.lastname@wsd.wa.gov](mailto:firstname.lastname@wsd.wa.gov). If you know your child's teacher's name you can easily compose an email to him or her using this format. Please do make contact and maintain good contact with your child's teachers.

Also you should be aware that you can check your student's grades and assignments at anytime using our Skyward Parent Access system. The link to Skyward is on our website. If you need assistance with getting into Skyward do not hesitate to contact [david.martin@wsd.wa.gov](mailto:david.martin@wsd.wa.gov). This is an excellent way for you to know if your child is maintaining good grades and completing his/her assignments.

Go... Terriers  
Lady Terriers  
&  
WSD Cheerleaders!

Thanks once more for entrusting your child's education to us at WSD. We take this responsibility very seriously and we appreciate your family being a part of our family.

## Northrop Elementary Updates

Shauna Bilyea, Assistant Principal

We have several new faces in the Northrop Halls these days. Two new interns have joined our staff: Dana Hoover from Boston University is doing her internship with Raye Schafer in the K/1st grade classroom and Marleah Jacobson from Utah State University is joining the 3rd/4th grade classroom with Shannon Anderson. We are excited to be a part of their journey to teaching careers. Make sure you ask your child how they are making Marleah and Dana feel welcome at WSD. Both student teachers will finish up their internships in the spring and will have increasing amounts of teaching responsibilities during their stay here. We also welcomed a new Washington Reading Corps (WRC) member to our ranks: Amanda Kehler. Amanda is an Oregon native and is working with our students across all grade levels. We are happy to have her.

Family Academy Night (FAN) continues to be a success. If you haven't been able to join us so far this year, please make a point to do so before May! We had some wonderful math activities and games for the January FAN night. February FAN is February 21st and is tentatively scheduled to include a panel of Deaf adults. It will be an informative night! Please check your child's backpack regularly for reminders and communication from the school. We will also post reminders for FAN on the WSD Elementary Facebook page, so "like" the page if you haven't already!



Family Academy  
Night  
**FAN**  
3rd Tuesday of  
every month!



### December

#### Students of the month!

##### Astounding Attending

Juan Gayton Arroyo

Patrick Saturay

##### 3 R Superstar

Jessane Rogers

Jonah Winninghoff

##### Stupendous Spirit

LaSinda Rivas

Miquel Peregrino

Kayla Girard

##### Positively Prepared

Cheyenna Clearbrook

Nicole Morgan

##### Momentous Motivation

Maggie Perez

Nicole Morgan

##### Character of the Month-Respect

Jonah Winninghoff

##### Inspiring Improvement

Jacob Tufton

Hilda Beltran-Lopez

##### Super Supportive

Mai Truong

Hilda Beltran-Lopez

Samantha Rowland

## Introducing Amanda Kehler, Washington Reading Corps (WRC)

Amanda Kehler, Washington Reading Corps (WRC)

Hi, my name is Amanda Kehler. I have just started working as a reading tutor at WSD and am very excited to help the students improve their reading skills.

I was born in Oregon and moved to Washington eight years ago. I was homeschooled up until my junior year in high school and then I was able to attend Clark College in the Running Start program. I graduated high school with both my high school diploma and my Associate of Arts degree.

I have four younger siblings and have always loved working with kids. I also love to read, rollerblade, and ice skate. I started playing the violin when I was thirteen, but have recently not been able to play much because of school and work. I have been able to volunteer at my home school co-op and help teach ASL to some of the younger children there. I have a love for languages and, along with English and ASL, know some Spanish, and am learning Chinese.

In the future I hope to marry my best friend, Nathan, who recently just shipped out for Air Force boot camp and training in San Antonio, TX. Also, if it is possible, I hope to become a teacher or a sign language interpreter.



*"I have a love for languages and, along with English and ASL, know some Spanish, and am learning Chinese."*



## February Calendar

January 30-February 4 - Western States  
Basketball & Cheerleading Classic (WSBCC)

February 3- WSDs 127th Birthday!

February 14-Valentine's Day

February 15-17 Deaf Academic Bowl (DAB)

February 18- President's Day

February 21- Family Academy Night (FAN)

Travel Days: 1,3,8,10,15,18,22,24

**Happy Birthday WSD!**



## Library News

Ginger Speranza, Librarian

### National Novel Writing Month

Since 2003, WSD has participated in NaNoWriMo and this year was no different. Every year I enjoy December when I get the chance to read student books. This year the competition was tight and the word counts were big. Thank you to all of our writers and the teachers that work hard daily to support them.

### 2012

Elementary School	4,342
Middle School	51,363
High School	78,484
Graphic Novel Pages	275
Our school wide total is	134,189

### Elementary

Most Creative-Neela Behrens  
Best Fiction-Alayna Tracy  
Most Dedicated-Charolette Conant

### Middle School

Most Creative-Mai Truong  
Best Fiction-Brandy Pietsch  
Most Dedicated-Juan Gaytan-Arroyo

### High School

Most Creative-LaSinda Rivas  
Best Fiction-Miguel Peregrino  
Most Dedicated-Wyatt Hurd

Best Graphic Novel-Juan Aust  
Up and Coming-Evan Stromberg  
Highest Word Count-Cassie Tracy  
Most Likely to publish-Cheyenna Clearbrooke

## Families' Role in Education Gallaudet University Website

Cathy Bennett, Curriculum and Assessment Coordinator

Parents and guardians of deaf and hard of hearing children know their child better than anybody else. They have the greatest investment in - and the greatest responsibility for - their child's success.

To be effective advocates for their children, parents and guardians need to do the following:

- Know your child's strengths and needs
- Learn as much as you can about your child's disability
- Learn about how deaf and hard of hearing children are educated (placement options, support services and accommodations, etc.)
- If your child has disabilities other than deafness, learn about these disabilities and the corresponding educational supports
- Build a good relationship with your child's school
- Know your rights and responsibilities. Understand your role in the IEP development process and be an active member of the IEP team.

Parents and guardians have the awesome responsibility of making many decisions about their deaf and hard of hearing children in areas that range from communication methods in the home to hearing technology decisions to school placements. Many organizations provide support for parents of deaf and hard of children and ways for parents to connect. We have identified some of these organizations and provided links to their Web sites, below.

The American Society for Deaf Children is a non-profit organization advocating for deaf children's rights and education. [www.deafchildren.org](http://www.deafchildren.org)

Hands and Voices aims to provide unbiased information about deaf and hard of hearing children. Their website provides articles on parent-professional collaborations and family perspectives on raising deaf and hard of hearing children. [www.handsandvoices.org](http://www.handsandvoices.org)

DeafInx.com describes public laws that affect deaf education and outlines what parents need to know. [www.DeafInx.com](http://www.DeafInx.com)

The Clerc Center outlines recommended practices that help families become more involved in their children's education. "We are Equal Partners: Recommended Practices for Involving Families in Their Child's Educational Program." [http://www.gallaudet.edu/Clerc\\_Center.html](http://www.gallaudet.edu/Clerc_Center.html)

## Nurses' Corner

Jillian Bain, RN, MS, FNP-BC and Jon Tannler, RN

### EXERCISE! PLAY! HAVE FUN!

When we think about exercising, we typically think about formally “working out,” jogging, or going to the gym; but exercise includes playing and being physically active in any way. It is especially easy for kids to get exercise everyday! Kids are getting exercise when they have physical education class (P.E.) at school, running from class to class, during recess, during after-school programs, while riding bikes, or when playing tag. There are Many Benefits of Exercise!

Everyone can benefit from regular exercise. Kids who are active will:

- Have stronger muscles and bones
- Have a leaner body because exercise helps control body fat
- Be less likely to become overweight
- Be less likely to have serious health problems later in life (like diabetes or heart disease)

In addition to enjoying the health benefits of regular exercise, kids who are physically fit generally feel better (get sick less often), sleep better, learn better, and are better able to handle physical and emotional challenges – which includes everything from running to catch a bus to studying for a test.

The **three elements of fitness are endurance, strength and flexibility**. Parents should encourage their kids to do a variety of activities so that they can work on all three elements.

**Endurance** is developed when kids regularly engage in aerobic activity. During aerobic exercise (things like basketball, soccer or swimming), the heart beats faster and a person breathes harder. When done regularly, and for extended periods of time, aerobic activity strengthens the heart and improves the body's ability to deliver oxygen to all its cells, so you can better endure longer periods of exercise.

Improving **strength** doesn't have to mean lifting weights. Although some kids benefit from weightlifting, it should be done under the supervision of an experienced adult who works with them. Push-ups, stomach crunches, pull-ups, and other similar exercises, help tone and strengthen muscles. Kids also incorporate strength activities in their play when they climb, do a handstand, or wrestle.

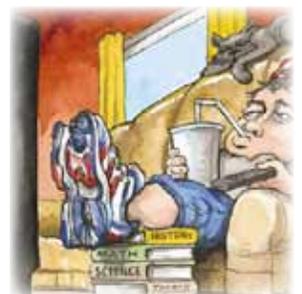
Stretching exercises help improve **flexibility**; improving circulation to the muscles, and allowing muscles and joints to bend and move easily through their full range of motion. Kids can find opportunities every day to stretch, from doing something as simple as trying to get a toy just out of reach, practice a split, or do a cartwheel.

### NEWS ALERT!!!!!!!!!!!!!!!!!!!!!!

The percentage of overweight and obese kids and teens has more than doubled in the past 30 years. **THIS IS ALARMING INFORMATION!!** Although there are many factors (reasons) for this epidemic, it is largely related to children becoming more sedentary (non-active). In other words, they're sitting around, without activity and exercise, a lot more than they used to. According to the Kaiser Family Foundation, kids from ages 8 to 18 years old watch about 4.5 hours of TV a day; and the average kid spends 7 hours a day on all screen media combined (TV, videos, and DVDs, computer time outside of schoolwork, and video games). That is A LOT of hours being sedentary!! If you add an average of 7 hours of screen time a day with time needed for school/learning/work, and the hours needed to sleep, this does not leave a lot of additional time in the day for any activity or exercise.

How Much Exercise Is Enough?

Parents should really encourage, and make sure that their kids get enough exercise. So, how much is enough? Kids and teens should get at least 60 minutes of physical activity daily. The use of computer, TV, and video games should be monitored and limited - **MAKE THEM PLAY!** And, **PLAY WITH THEM!** Help each other out! When is the last time you played tag? Families that play together are exercising together! Make it Fun!



*“The percentage of overweight and obese kids and teens has more than doubled in the past 30 years.”*