

# Terrier Times

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

January 2013



## From the Principal's Desk

Bill Newell, Principal

When you read this newsletter, you will be in the midst of your winter holiday celebrations. From the teachers and all of our WSD school staff we wish you and your family a very successful **New Year**. It is hard to get used to saying and signing 2013. We have already completed a decade plus 3 years in the 21st century. Time flies.

WSD's student athletes in our high school program are eagerly looking forward to a big annual winter event: The Western States Basketball and Cheerleading Classic. This regional tournament will take place at the Phoenix Day School for the Deaf in Phoenix, Arizona, from January 30 - February 3. WSD will be competing in the tournament with both our girls and boys basketball teams and our cheerleading squad. Look for additional information elsewhere in this newsletter. Wish our boys and girls good luck. Go Terriers!

Physical fitness, athletics and other recreational activities are important aspects of our WSD program. Students of all ages are actively involved in our After School Program (ASP). This involves recreational activities that run the gamut from organized team sports to arts and crafts. In our academic program students from pre-school through 12th grade have physical education and instruction in health, nutrition and, as appropriate, sex and drug education.

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



**FYI - The contractors have started work on WSD's Lloyd Auditorium!**



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# ASP

After School  
Program

### Free ASL Classes

Contact Kris Ching for more information at [kris.ching@wsd.wa.gov](mailto:kris.ching@wsd.wa.gov) or 360-696-6525 x4292

# Parents & Terrier Pups!

Shauna Bilyea, Assistant Principal

Check out our awesome **Terrier Pups Top 3** School-wide expectations poster!

The pictures were drawn by our librarian's husband, David Speranza. Elementary staff had varying ideas of how to portray the school-wide expectations, and we think that David did a great job incorporating all of them! These expectations are posted in our hallways and all around campus wherever Terrier Pups may be.

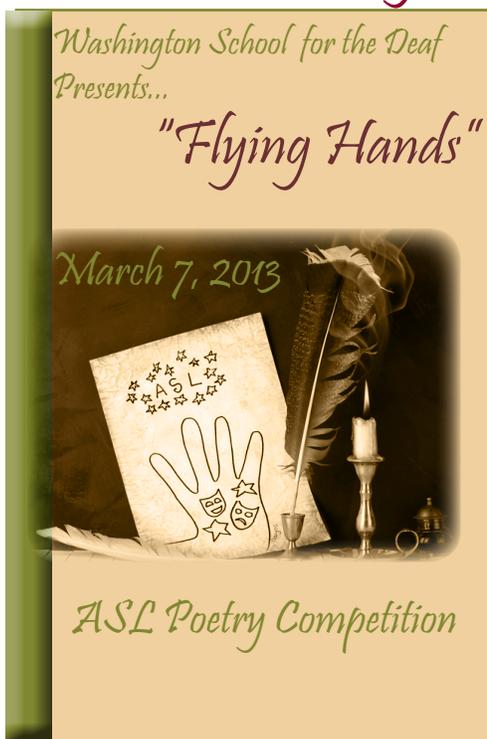
Take a moment and quiz your child to see if he/she knows what the Terrier Pups Top 3 are! We are signing it as "T-3" (The fingerspelled letter "T" and then the number "3").

You may have seen or heard, but our **Terrier Pups T-shirts** are a huge hit! The kids wore them for the pep rally on December 4th and they were super cute! Each Terrier Pup will bring home their t-shirt at the end of the school year free of charge, but for now we are only wearing them to school events such as pep rallies and field trips as a way of identifying our students so they are staying at school (students wear them over their school clothes). We are however selling these shirts as a fundraiser for our PAW prizes.

If you or someone else in your family would like them (or if your child wants one for home), contact Molly McMullen at [molly.mcmullen@wsd.wa.gov](mailto:molly.mcmullen@wsd.wa.gov). They are only \$7.00! We are selling them through the end of January. Cash or checks made out to WSD are accepted.



## Registration Deadline is January 25, 2013



For more information and registration packet contact Kelly Moore at [kelly.moore@wsd.wa.gov](mailto:kelly.moore@wsd.wa.gov) 360-696-6525 x4362

"Flying Hands"  
"Flying Hands"

## Western States Basketball & Cheerleading Classic (WSBCC)

Ron Spratlen, Athletic and Recreation Director

Our Terrier and Lady Terrier basketball teams and cheerleaders have been working hard in practices and have played a few games so far this season. We are excited to be attending The Western States Basketball & Cheerleading Classic (WSBCC) in Phoenix, Arizona, this year. The tournament will be held at The Phoenix School for the Deaf Wednesday, January 30 - Sunday, February 3.



## September-October-November

## Students of the month!

Astounding Attendance

Cheyenna Clearbrook  
Tredynn Selvog  
Cristian Martinez-White  
Moniquea Harvey  
Harland Ontiveros-Meza

3 R Superstar

Cristian Martinez-White  
Trevor Dockter  
Cheyenna Clearbrook  
Harland Ontiveros-Mezza  
Etasha Stone  
Trevor Dockter

Stupendous Spirit

Jadzia Ingram  
Crissy Gelderd  
Cristian Martinez-White  
Madelione Forbes  
Morgan Burger

Positively Prepared

Sarah Lasco  
Salina Lozier  
Lexie DiCapua  
Hilda Beltran-Lopez  
Jackie Wiles

Momentous Motivation

Maria Preciado  
Cheyenna Clearbrook  
Luis Herrara-Guerrero  
Brandy Pietsch  
Wyatt Hurd  
Maggie Perez

Character of the Month

Hajer Ameen  
LaSinda Rivas  
Brandy Pietsch  
Jonah Winninghoff

Inspiring Improvement

Nicole Morgan  
Lexie DiCapua  
Haili St Louis  
Andy Fick  
Ivonne Castillo-Garcia

Super Supportive

Patrick Saturday  
Jessane Rogers  
Nicole Morgan  
Emilie Ford  
Yessica Arco-Jimenez  
Mai Truong

# January Sports Calendar

## Lady Terriers!

January 8 vs. Washougal 5:30pm  
January 10 @ Three Rivers Christian 5:30pm  
January 15 vs. Columbia Adventist 5:30pm  
January 16 vs. OSD 5:30pm  
January 22 @ Washougal 5:00pm  
January 24 vs. Three Rivers Christian 5:30pm

## Terriers!

January 8 vs. Washougal 7:00pm  
January 10 @ Three Rivers Christian 7:00pm  
January 15 vs. Columbia Adventist 7:00pm  
January 16 vs. OSD 7:00pm  
January 22 @ PJII 7:00pm  
January 24 vs. Three Rivers Christian 7:00pm  
January 28 vs. Firm Foundation 7:30pm

## Need for Parent Involvement in Deaf Children's Education

Cathy Bennett, Curriculum and Assessment Coordinator

Parental involvement in deaf children's educational programs is a significant positive predictor to early reading. In this study, the communication skills and the child's hearing loss were the strongest predictors for language development. The study's findings indicate that parental involvement in their deaf child's education program can positively contribute to academic performance, and parental communication with the child is a significant predictor for positive language and academic development. It is well established that deaf children with better language and communication skills perform better academically (Marschark, 1993), and there is strong evidence for a connection between children's social emotional development and academic outcomes (Greenberg & Kusche, 1993). Increases in children's reading scores, more constructive use of classroom teaching time, and better social and academic problem solving resulted when deaf children reached higher levels of social-emotional competence and language and communication skills.

There are several events, services, and organizations that exist to support families with deaf and hard of hearing children at WSD. They are Parent Staff Organization (PSO), Shared Reading, ASL classes, Family Academy Night (FAN), home visits, open house, IEP's, volunteering at school, attending school events and sports activities, maintaining communication with your child's teachers and others. For more information, check [www.wsd.wa.gov](http://www.wsd.wa.gov).

## Nurses' Corner

Jillian Bain RN, MS, FNP-BC, Jon Tannler, LPN,  
Linda Meier, RN (on-call)

### Water is important!



*“In addition to being an important part of the fluids in your body, each and every cell in your body depends on water to function normally.”*

What do you, the trees, fish, and a dog have in common? Give up? You all need water. All living things must have water to live; whether they get it from a water fountain, a glass or bottle, a lake or stream, a rain cloud, or a dog bowl.

Without water, your body would stop working properly. Water makes up more than 50% of your body weight, and a person can't live for more than a few days without it. Why? Your body has lots of important jobs, and it needs water to do many of them. For instance, your blood, which contains a lot of water, carries oxygen to all the cells of your body. Without oxygen, those tiny cells would die and your body would stop working. Water is also part of your immune system, which helps you fight off illness. You need water to digest your food and get rid of waste, too. Water is needed for digestive juices (from stomach), urine (pee), and poop - and you can bet that water is the main ingredient in perspiration (also called sweat).

In addition to being an important part of the fluids in your body, each and every cell in your body depends on water to function normally.

Your body doesn't get water only from drinking water. Any fluid you drink will contain water; but water and milk are the best choices. Lots of foods contain water too. Fruit contains quite a bit of water; which you could probably tell if you've ever bitten into an apple or orange and felt the juices dripping down your chin! Vegetables, too, contain a lot of water – think of slicing into a fat tomato from the garden, or crunching into a crisp stalk of celery.

#### How Much Is Enough?

When your body doesn't have enough water, that's called being dehydrated (dried up). Dehydration can keep you from being as fast and as sharp as you'd like to be. A bad case of dehydration can make you sick or cause headaches.

Since water is so important, you might wonder if you're drinking enough?



Each person should consume between 1 and 2 liters of water a day, and hardly any of us do that and get enough water!! We should drink water regularly throughout the day, not just when we are eating a meal or feel thirsty!! When we feel thirsty, that is our bodies' way of telling us we are in desperate need of water, so we shouldn't wait that long. Additionally, when it's warm (or dry) out, or you're exercising or playing sports, you'll need more than 1-2 liters of water. If you're going to sports practice, a game, or just working out or playing hard, drink water before, during, and after playing. Don't forget your water bottle. You can't play your best when you're thinking about how thirsty you are! So, keep that water bottle handy all the time, so you can avoid dehydration! Not only does water fight dehydration, but it's awfully refreshing and has no calories.

You can help your body by drinking regularly every day, and by drinking extra when your hydration needs are greater. Your body will be able to do all of its wonderful, waterful jobs and you'll feel great!