

# Terrier Times

January 2011

Washington School for the Deaf

HAPPY  
NEW YEAR  
2011

## From the Principal's Desk

Bill Newell, Principal



Wishing everyone in our WSD family a very Happy Holiday season. I trust you are spending time with friends and family.

During the winter break is a great opportunity for you to help your children whether deaf or hearing maintain the skills they have been learning and practicing during the first half of school. Spend some time each day talking with your child about what they have been working on in school. Let your children show you examples of their school work. Praise and reinforce the importance of doing well. Show your pride in their accomplishments. Family support for education is the key to success. Showing your interest is very important.

Why not use the holiday to visit your local library, take a trip to the zoo, a museum, a botanical garden or an historical park or recreational area? With younger children you can prepare them by showing pictures from a website of where you will visit or obtaining a brochure. Talk about the future plan. What day you will be leaving? How you will get there? What you will do? Ask your child what interests he/she has related to the activity. Is there something special he/she wants to do? If you have been to this place before, talk about the past. "Remember when we visited \_\_\_\_\_ last year? What did you see? What did we do? What did you like best?"

For older children, take your older student to work with you. Talk about what you do at work. What kind of training or education is required of your job or other people that work with you.

Conversation with significant adults in your child's life is critical to building background knowledge. Background knowledge is critical to learning to read. Use your time together over the holiday to engage in conversation.

After the Holidays...

When we return to WSD in January, we will have about 3 weeks of school remaining in 2nd quarter and 1st semester. If your child has not been doing well in a particular class, please contact his/her teacher to see how you may be able to support your child. In our secondary program (6th - 12th grades) we will have semester exams beginning January 19 and continuing in various classes through January 25. Our basketball teams (girls and boys) and our cheerleading squad will head to Utah January 26 through the 29th for the Western States Basketball Classic tournament.

Good luck Terriers!

### Contents

From the Principal's Desk	1
Nurses' Notes	2
WSBC/WSCC	2
PSO Party	2
Upcoming Events	3
WSD Artists	3
Terriers Rock	3
Brain Buzz	3
Martin Luther King Facts	4

### Good News to Share

The CDHL report to the legislature is finished and delivered!

To view the complete report, use the following url:  
<http://www.wsd.wa.gov/CDHL/book.swf>

# Nurses' Notes



## Why do I need sleep?

Every creature needs to rest. Giraffes, little babies, elephants, dogs, cats, kids, koala bears, grandparents, moms, dads, and hippos in the jungle - they all sleep! Just like eating, sleep is necessary for survival.

Sleep gives your body a rest and allows it to prepare for the next day. It's like giving your body a mini-vacation. Sleep also gives your brain a chance to sort things out. Scientists aren't exactly sure what kinds of organizing your brain does while you sleep, but they think that sleep may be the time when the brain sorts and stores information, replaces chemicals, and solves problems.

The amount of sleep a person needs depends a lot on his or her age. Babies sleep a lot - about 14 to 15 hours a day! But many older people only need about 7 or 8 hours of sleep each night. Most kids between the ages of 5 and 12 years old are somewhere in between, needing 10 to 11 hours of sleep. Some kids might need more and some need less. It depends on the kid.

Skipping one night's sleep makes a person cranky and clumsy. After missing two nights of sleep, a person will have problems thinking and doing things; his or her brain and body can't do their normal tasks nearly as well. After five nights without sleep, a person will hallucinate (this means seeing things that aren't actually there). Eventually, it becomes impossible for the brain to give its directions to the rest of the body without sleep - the brain needs to spend time in bed and catch its ZZZs!



## WSBC/WSCC January 26-30, 2011

**Western States Basketball Classic, a basketball tournament and cheerleading competition to be held in the beautiful mountains of Salt Lake City, Utah.**

**The purpose of this tournament shall be to support, foster, aid and enhance the lives of youth throughout the West.**

**Get more information at [www.wsbc2011.com](http://www.wsbc2011.com).**



## PSO Holiday Party



*Thanks so much* to our wonderful **Parent-Staff Organization (PSO)** for sponsoring its annual holiday party for the students December 15th. Students were treated to hot chocolate and cookies in the Kastel cafeteria, and the highlight was getting a book from a signing Santa. It was a great way to start the holiday season.

PSO is always looking for more members. If you are interested in getting involved, contact Heidi Redford at [Heidi@redfords.net](mailto:Heidi@redfords.net) or Tricia Feik at [rtjsmtfeik@msn.com](mailto:rtjsmtfeik@msn.com). PSO is a tremendous support to the students and staff at WSD.





## Upcoming Events for January!

January 17-Martin Luther King Jr. Day (No School/Travel Day)  
 January 26-30-Western States Basketball/Cheerleading Classic (Utah)  
 January 27-WSD Winter Quarter Ends  
 Travel Days - January 2,7,9,14,17,21,23,28,30

## WSD Artists

Special thanks to **Billy Miles** and some of his elementary art students for their work in providing art for WSD's holiday greeting card. The card, which was designed by Kelly Moore, was sent electronically to all schools for the deaf in the U.S., to Washington State legislators, to school districts in the state, and to hundreds of other stakeholders. *Featured artists included: Morgan Burger, John Smart, Ella Stromberg, Nic Moore and Izzy Zachary.* We are proud of our students!



*“Unlocking the  
 Doors of  
 Opportunity”*

The Deaf Education Advocates Foundation (D.E.A.F.) is a 503(c)3 nonprofit organization dedicated to supporting WSD through enhancements to its current programs and activities. Please keep them in mind as you think about your charitable giving for 2011. Donations are tax deductible. For more information see the D.E.A.F. link on the WSD website.  
[www.wsd.wa.gov/deaf-wa/index.aspx](http://www.wsd.wa.gov/deaf-wa/index.aspx)

## Terriers Rock!

The 2010-11 basketball season is in full swing. The Terriers got off to a good start in December, and they have a number of home and away games during January. The highlight of the season will be participation in the Western States Basketball Classic in Utah at the end of January. The basketball schedule is on WSD's website and can be found at [www.wsd.wa.gov/documents/schooldocs/2010BasketballSchedule](http://www.wsd.wa.gov/documents/schooldocs/2010BasketballSchedule). If you are able to attend a game or two, it would mean a lot to the students to have you in the stands!



## Brain Buzz!

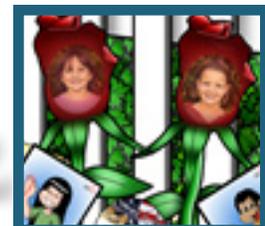
What are freckles?

Freckles are just pigment cells (cells that contain color) that are contained within the skin in small batches. Freckles are usually tan or light brown, flat, and very small (smaller than the head of a pin). Sometimes they overlap and run together, so they may look larger.

## Websites of Interest!

ASL Rose [www.aslrose.com](http://www.aslrose.com)

ASL Rose promotes the highest standards in ASL English bilingual-bicultural materials development to foster academic excellence in ASL, Deaf Studies, and Deaf education programs.



## Martin Luther King Quick Facts

Birth: January 15, 1929. Atlanta, Georgia, USA

Death: April 4, 1968. Memphis, Tennessee, USA (assassination by gunshot)

Known for: Leading the civil rights movement in the United States and advocating nonviolent protest against segregation and racial discrimination

1955-Received his Ph.D. in systematic theology from Boston University

1955-1956-Led a successful effort to desegregate Montgomery, Alabama, buses

1957-Helped found and served as the first president of the Southern Christian Leadership Conference (SCLC)

1958-Published *Stride Toward Freedom: The Montgomery Story*

1963-Wrote 'Letter from Birmingham Jail,' arguing that it was his moral responsibility to disobey unjust laws

1963-Delivered his 'I Have a Dream' speech to civil rights marchers at the Lincoln Memorial in Washington, D.C.

1964-Won the Nobel Peace Prize

1965-Organized a mass march from Selma to Montgomery, Alabama, that created national support for federal voting-rights legislation

1968-Was assassinated at the Lorraine Motel in Memphis, Tennessee



Quote: *"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."* August, 1963, in a speech to civil rights supporters at the March on Washington.

Washington School for the Deaf  
611 Grand Blvd  
Vancouver, WA 98661