

PANTHER PRIDE

School Principals: Shawna Coplen, Lynn Cragg

<http://osb.k12.ok.us/>

WELCOME BACK

Welcome back to a new school year, filled with lots of great activities and some awesome, informative newsletters again.

I wanted to let you all know about some exciting changes related to our Panther Pride Newsletter.

This year we have a **NEWS / REPORTER TEAM !!!**



Welcome back, Fellow Panthers !!!!

By Ms. Trinity Lewis

Welcome back to OSB! This year, we are bringing it back with some great new



Ms. Goins and her Advanced Writing class students Raven, Jake, Joey, Richelle, Trinity, Thomas and Tai, will be assisting me this year with my newsletters and will be writing most of the articles.

Throughout the year the students will be learning about

- how to write proper articles for newsletters
- how to gather information related to specific events

clubs and activities for everyone to enjoy and have fun with.

This year is going to be great, so don't forget there are lots of activities to join!

Everyone is glad to be back and glad to see you with joy and

- how to interview people
- how to create a good layout, incl. adding pictures, clipart, etc.
- and many more important aspects involved in putting together an informative and good newsletter.

I am very excited about this opportunity and I am looking forward to working with the students.

THANK YOU NEWS TEAM !!!

Maggie Mattox

enthusiasm and ready to learn and be connected and reunite as a family.

Be good and be great, because your dreams are in your hands.

GO PANTHERS!

Oklahoma School for the Blind

2018 - 2019, Issue 1

September 25, 2018

Editor: Maggie Mattox

Special points of interest:

- Clubs & Organizations
- Jazz Band
- Cane Quest
- Scouts
- Book Club
- Rec Activities
- Nutrition Tips
- Upcoming Highlights - SAVE THE DATES!

Inside this issue:

Clubs & Organizations	2
Soc.Sec. News	2-4
Question of the Month	4
Jazz Band	5
Student Council	6
Manufacturing Day	7
Cane Quest	7
Academic Team	8
Scout Programs	8
Running Club	9
Book Club—NEW !!!	9
Ukulele Club	9
Rec. Activities	9-11
Ask a Senior	11
Going the Extra Mile	12
Growing Family - New Staff	12
Nutrition Tips	13
Birthdays	14
Calendars	15-16
Highlights at a Glance	17

Clubs & Organizations

By our News Team

OSB offers many clubs and organizations that students can join in order to enhance their social experiences on- and off-campus.

These clubs and organizations meet several times throughout the year and participate in a variety of activities. If you are interested in joining an OSB club or organization, please contact the club sponsor for information.

A feature article about one of the clubs will be included in the Newsletter each month. Watch for updates!

Academic Team **Sponsor:**
Laci Goins

OSB Book Club **Sponsors:**
Laci Goins/
Richelle
Zampella



Jazz Band

Sponsor:
Chris
Ferrell

FCCLA

Sponsor:
Allison
Garner

Braille Club

Sponsor:
Ruby
Barker

Wrestling

Sponsor:
Rob Culie

Cheer

Sponsor:
Tera
Webb

Special Olympics

Sponsor:
Tera
Webb

Track & Field



Sponsor:
Tera
Webb

DECA

Sponsor:
Susan
Young
Mock

Student Council **Sponsor:**
Susan
Young
Mock

Running Club **Sponsor:**
Susan
Young
Mock

Ukulele Club **Sponsor:**
Paul
Butler

Teens for Christ **Sponsor:**
Paul
Butler

Venturing Club **Sponsor:**
Barbara
Collins

Scouts **Sponsor:**
Becky
LaRue

Goal Ball Team **Sponsor:**
Belinda
Thomas

Aha! Caught You!

By Tai Yauri Thomas

It's time to start our **2018-2019 Character Counts** program!



The Character Counts program allows us to celebrate people whom we have observed going above and beyond throughout the year.

If a student is "**Caught Being Good**", then they are rewarded with a wristband, laminated fish, and are mentioned in the newsletter.

Adults can be recognized "**Going the Extra Mile**" and will be mentioned in the newsletter as well.

If you catch someone you think deserves to be recognized, please contact **Mrs. Sterling (for students)** or **Ms. Maggie (for adults)** and let them know how proud you are of the individual.

So let's start swimming "the extra mile", so we can be "caught being good!"

Social Services Department - News, Tips, etc.



It's never too late to be caught being good....
So keep up the good work students!!
We are proud of you all!

"Caught Being Good for August & September", by being Proactive.

- ◆ Malerie Levens, Gabby King, Joseph Rodriguez, John Duong, Tyler Duong, and Zoie Zavala
- for helping to clean the recreation center after pizza.
- ◆ Priscilla Diaz – for helping to clean the dorm.
- ◆ Angel Cozort – for picking up trash and helping another student find her way throughout the school.
- ◆ Samantha Six – for pulling trash bags in the dorm.
- ◆ Josie Cox – for helping dorm mates find their way.
- ◆ John Duong – for helping another student.
- ◆ Jerelyn Black – for reading to another student.
- ◆ Lane Sutterfield – for reading to another student.
- ◆ Malerie Levens – for helping fellow students in the cafeteria.
- ◆ DePoris Willis and Malerie Levens
– for volunteering to help with students on an off-campus activity.
- ◆ Rudy Hunter – for helping other students at school.

Sylvia Sterling,
School Psychologist

Word of the Month for August & September

Aha!!! What's that word?

By Raven Decker

The word of the month for August and September is **"PROACTIVE"**, which means taking conscious control over your life.



ing for opportunities.

Setting goals and working on achieving them instead of reacting to events and wait-

You have to go out and create your own opportunities so that you can make mistakes and learn from them.



Word/Phrase of the Month for October



The "Phrase of the Month" for October is: **"Make a plan"**, which means to think carefully about a series of actions that you need to take in order to

achieve something specific, e.g. HS graduation, college, job, etc.

If you make a plan and stick to it, you can achieve your goals faster, as you cut out all the distractions and "detours".

Sylvia Sterling



Social Services Department - News, Tips, etc. (continued)

We will be implementing a program from the book **"Seven Habits of Happy Kids"** by Sean Covey this year at OSB. The first habit that was introduced for the months of August and September was **"Be Proactive"**. You are in Charge.

Parents' Corner

I can't count how many times kids have whined, "Dad, we're so bored. There's nothing to do.", as if their boredom were somehow my fault. I'll respond with something like, "So what are you going to do about that?" This usually keeps them out of my hair, at least for a little while.

The point is: It's vital to teach kids to take responsibility for their own lives, for their own fun or boredom, for their own happiness or unhappiness.



This is **Habit 1 - Be Proactive**. In other words, take charge of your own life and stop playing the victim.

Baby Steps:

- ◆ The next time you feel bored, do something nice for someone else.
- ◆ Try doing something today that you've always been scared to do. Make a new friend, raise your hand in class, or clean the toilet.

- ◆ The next time you get mad and want to say something mean or rude, bite your tongue and don't say it.
- ◆ If you do something wrong, say you're sorry before someone asks you to apologize.

Also we will continue the "Caught Being Good" program this year using the "Seven Habits of Happy Kids" as the foundation of our program.

Let's have a great year. Thanks for sharing your children with us!

Sylvia Sterling,
School Psychologist

Boys Bash

The **2018 Boys Bash** will be Thursday, **October 25th** from 10:00 a.m. to 12:00 p.m. at the Ft. Gibson High School Auditorium.

BBQ lunch will be served.

Steve Moss will be our speaker bringing honesty and truth about boy / girl relationships while challenging the young men to choose abstinence until marriage.

This event is for Junior High students only. There will be

forms sent home to the according students, which need to be **returned to me by the 19th of October.**

Sylvia Sterling,
School Psychologist

Question of the Month #1: The Good Old Days

By Raven Decker, Thomas Raines, and Richelle Zampella

Welcome to "Question of the Month", a lighthearted column that will appear in each newsletter where we can share our opinions on the burning questions of life at OSB.

This month we visited with Blake Priddy, Noah Dugan, and Payton Crum in the Elementary, Lorie Cox and Priscilla Diaz in the Middle School, as well as with some high schoolers and teachers.

Elementary: Are you glad to be back at school, why?



Noah: "Kinda, because I am tired of being at home." His favorite subject is reading.

Blake: "Yes, because I want to see all of my friends." His favorite subjects are: Math, Reading and Flash Cards.

(Continued on page 5)

Question of the Month #1: The Good Old Days (continued)

(Continued from page 4)

Payton: "Yes, I like doing homework. It makes me smarter."

Middle School: What do you miss from Elementary School?

Lorie: "I miss taking a nap. I'm tired."

Priscilla: "Nothing." After further thought, she added that she will kind of miss going on good-behavior trips.

High School Retrospect

By: Thomas Raines

Time goes on, it doesn't stop and as it goes on people must move on with their lives, which means



they have to say goodbye to things they enjoy, like these listed individuals:

Richelle Zampella misses being able to see her friends as often, misses the field trips she was allowed to go on and misses not having homework.

Nick Jackson-Morrison misses nap time, going to lunch early, having longer recess and the field trips.

Jake Marsh misses when he didn't have to be as responsible.

Trinity Lewis misses nap time in preschool.

Tai Thomas misses the easy work and going on field trips, snack time.

Raven Decker misses show and tell, sleeping time, plays and class parties.

Teachers' Responses

By Richelle Zampella

Mr. Jackman: "I miss having more planning periods."

Ms. Goins: "I miss having less ornery students!"



Jazz Band



Bring the Jazz

By Joseph Owens

Are you ready to make some music? The Jazz Band definitely is.

OSB's Jazz Band started off with a bang and is already preparing for White Cane Day, which will take place on **October 15th**.

There are many parts to a band, and we've got plenty of members: Six saxophones,

four trombones, and four trumpets make up the horn section, rhythm section, two drummers, one guitarist, bassist and pianist.

For this year, say hello to **Bruno Mars**, a new artist for our fellow players, who is quite popular. Expect many great tunes from Mr. Ferrell and his aspiring musicians.

Get ready to cheer for the band when October comes around! OSB's Jazz Band will be performing at the Masonic

Lodge on **October 9th**. This event is known as the **Spaghetti Dinner**, a fundraiser for the South-Central Association for Schools of the Blind (SCASB) wrestling, cheerleading, and performing arts competition coming up in January.



October 9 — Save the date !

Student Council (STUCO): Your Voice is Our Voice



By: Ms. Trinity Lewis

Welcome back fellow panthers! We started this new year with a Student Council Election for President and Vice-President.

This year there were two candidates who ran for office: Ms. Raven Decker and Ms. Trinity Lewis. Elections were held on Wednesday, August 29th.

The winner of the election and new **President for 2018-19** is **Ms. Trinity Lewis** and the **Vice President** is **Ms. Raven Decker!** Good luck to the both of you guys in leading our Student Council!

Also good luck to the following Student Council members that joined us after class meetings:

Jr. / Sr. class – Sponsors:
Cheryl Daniels & Laci Goins

President: Malerie Levens
Vice President: Kaylee Ragon
Secretary/Treasurer:

Richelle Zampella
STUCO Reps: Malerie Levens & Dee Willis

Sophomore class – Sponsor:
Carla Cotney

President: Levi Smith
Vice President: Morgan Hudson

Secretary: Garrett Kennedy
STUCO Rep: Garrett Kennedy

Freshman class

– Sponsor: Paul Butler

President: John Duong

Vice President: Gianna Loepf

Secretary: Ben Middleton

STUCO Rep: Shannon Winter

6-8th Grades have STUCO Reps only.

8th Grade: Kaylie Minter

7th Grade: Lorie Cox

6th Grade: Ocie Webster

CONGRATULATIONS Everyone!

National Manufacturing Day

By Jake Marsh

This year OSB will be participating in an event called **“Manufacturing Day”**.

This will be the second year OSB will be participating.

Manufacturing Day is a **national event** where students across the country explore careers in the manufacturing field.

Manufacturing Day's purpose is to give people an opportunity to overcome their challenges and

learn about different jobs in the manufacturing business.



On **October 17th**, high school students will be going to **NewView Oklahoma** manufacturing plant in Oklahoma City. We will be leaving school at 7:45 AM and will be returning at 4:00 PM.

We will take a tour of the manufacturing plant, eat lunch with the employees, learn

hiring practices at NewView, and learn about other programs NewView has to offer.

Students should dress in business casual and be prepared for a day of learning about opportunities in the field of manufacturing.



Annual Cane Quest

By Richelle Zampella



OSB's annual Cane Quest will be here before you know it! The Quest is scheduled for **Thursday, November 15** and will last from 10:00 AM to 2:00 PM. Students in grades 3-12 can see Mrs. Miller to sign up. Forms will be accepted through **October 1st**.

There are different groups based on age...

3-6 graders (Scouts): Scouts compete on campus and perform tasks including human guide techniques, finding dropped objects, and basic cane skills.

7-9 graders (Explorers) and 10-12 graders (Trailblazers): These groups follow a route off-campus, demonstrating skills such as crossing intersections, navigating obstacles, and using different cane techniques in appropriate situations.

Volunteers are greatly appreciated, too! Scorers must

be certified O&M instructors or CTVIs, but the teammates and "Shadows" - the volunteers who work directly with the contestants - come from all over the community.

If anyone has additional questions or wishes to volunteer, they can contact Mrs. Miller via phone at 918-381-8200, ext. 8220 or email fmiller@osb.k12.ok.us.



Academic Team The A-Team is BACK!



By Richelle Zampella



OSB's Academic Team is excited to be breaking out the buzzers

again in preparation for the 2018-2019 competitions.

Their first practices were held on August 28-29, during which the team discussed the season

and scrimmaged each other to demonstrate for the new members how the games are played.

The first competition will be District Seeding, to be held on **October 8**.

This year's team is: **returning members** Kaylee Ragon, Garrett Kennedy, Jillian Matthews, Ariana Richardson, Malerie Levens, and Richelle Zampella, and **newcomers** Raven Decker and Levi Smith.

They will also go to below listed competitions:

Regionals on **November 10**, Area on **January 12**, and State on **February 2**, so watch for updates!



A Pack of Bears - Scouts Programs

By Joseph Owens

Are you interested in expressing your inner bear? What about going camping and experiencing nature? All OSB students have the opportunity to do just that.

If you are interested in joining a wild bunch of adventurers, please contact Mrs. LaRue or Mrs. Amanda.



Ages 6-12 can join **Cub Scouts**, which is free to the public and offers many different activities that all can enjoy. Ranging from BB shooting and archery, canoeing, zip lining, fishing,

pinewood derby and so much more! The Cub Scouts meet every **Monday from 5:30 to 6:45 pm.**

Venturing

Venturing is open to all students **ages 14-21**. They meet every **Tuesday night at 5:30 pm.**

BOY SCOUT



Boy Scouts is also available for boys **grade 6th through**

18 years of age. The Boy Scouts are already going strong by having a fundraiser for new camping gear for the crew members and paying yearly registrations.

If you like expressing your wild side make sure to participate and most importantly - have fun!



Running With the Panthers - OSB's Running Club

By Thomas Raines



**Ready,
Get Set,
Go!**

The OSB Running Club is hitting the track once again. The club meets at **4:15 pm daily.**

The goal of the OSB Running Club is to provide a way for students and staff to increase endurance and strength in

order to compete in the annual Panther Prowl 5K run.

All that is required to join the running club is to simply talk to Ms. Susan Young Mock.

Currently, there are **23 members** participating in the OSB Running Club.

Members this year are:

Allen Alender, Angel Cozort, Dee Willis, Elbin Carrillo, Garrett Kennedy, Gianna Loepp, Jake Marsh, Joey Owens, Johnnie Davidson,

John Duong, Katelynn Zampella, Kaylee Ragon, Morgan Hudson, Nick Jackson-Morrison, Ocie Webster, Preston Fenton, Priscilla Diaz, Raven Decker, Stephanie Story, Thomas Raines, Trinity Lewis, Tyler Duong and Xerek Hitchcock.



Turning A New Page - OSB's Book Club ! - **NEW, NEW, NEW** -

By Richelle Zampella

Are you a bookworm looking for new reads? Contact Richelle Zampella if you're interested in joining the **OSB Book Club!**

It is open to **9-12 grade students** and will meet once a month. Dates of the book club meeting will be on the Recreation Calendar.



The book for the month of October is "**Changeling: A Novel of Sorcery and Society**" by Molly Harper, a story of a young girl's experience trying to control magical abilities she shouldn't have.

The book is available on Bookshare or can be purchased from another source as a digital or hard-copy edition.

Uke make me happy! - OSB's Ukulele Club

By Raven Decker

The Ukulele Club has over 10 members that joined the beginning of this school year, but there are many more to come and join.

To join, you are required to pay \$10 and have your parents sign a form in order for you to be able to check out a ukulele.

The members practice **every Tuesday after school.**

They meet up in Mr. Butler's classroom where they learn new songs.

We have 2 different sessions in our class, the **beginners** and the **advanced**, but we all come together and learn new songs that Mr. Butler teaches us, so that we can learn the finger patterns.

He gives us the time to check out a ukulele and we may take it and practice any song that

we want, but if something was to happen to the ukulele, the teacher keeps the money and we will be forced to leave the club, so make sure you take good care of it.

Note: Keep it simple and watch your times.



Don't Wreck The Rec

By Jake Marsh

OSB is happy for a new year of fun activities for all students to enjoy.

Since school has started they've already had a lot of fun activities such as swimming,

bowling, the circus, and a dance.

To Everyone: **GREAT JOB !!!**



Recreation Activities - By Belinda Thomas

14 Aug 2018 - Welcome Back Dance

WELCOME BACK PANTHERS !!!!!!!!!!!!!!!!!!!!!!!



This dance started the new school

year off with a **BANG!** It was festive, all the students got up and danced the night away, and enjoyed punch, hot wings, and a mountain of cookies!

15 Aug 2018 - Swimming at Swim and Fitness



When the Oklahoman days get so hot that it feels as if you are walking on the face of the sun, we here at OSB retreat to our favorite indoor oasis at Muskogee Swim and Fitness. We imagine swimming with mermaids, water bending, pirate ships in an epic battle to the high seas, and so much more!



22 Aug 2018 - MS & HS Bowling at Green Country Lanes - Movie for Elementary



Staff and students yelled to the sky with excitement and escaped to go bowl at our local spot. We bowled, played arcade games, and ate carbs, smothered in carbs. It was an amazing night!



28 Aug 2018 - Happy Birthday August / Open Rec

HAPPY BIRTHDAY AUGUST!!! The month named after Augustus Caesar, dedicated to the zodiac sign, Leo the lion and Virgo the maiden. This month's birthdays are creative, popular, faithful, successful, and clever students that are now one year older!

29 Aug 2018 - ELM Bowling at Green Country Lanes - Movie for MS & HS

A few staff members and the elementary students here at OSB got to escape campus and truly relax at our local bowling alley. We all got to play multiple games against each other, got to sit and eat great fried foods covered in more fried food, and laugh.



11 Sep 2018 - Impromptu Movie Night for MS & HS at Roxy Theater.



"Three Rivers Museum and The Roxy Theater's Classic Movie night, **"The Outsiders"** and Danny O'Connor (Lead Rapper from the group House of Pain) are proud to present the showing of The Outsiders movie by S.E. Hinton in honor of its 35th Anniversary."

17 Sep 2018 - Shriner's Circus in Tahlequah

OSB traveled to the far reaches of the Quah to enjoy the **Bedouin Shriner's Circus!!!** From the very first, students and staff got to feast on the ever flowing fountain of red and blue snow cones, the mountain of pink and blue cotton candy, hot dogs, burgers, and chips, OH MY!!!!



And the entertainment, oh where do we start: acrobatics, Indiana Jones' brother



(Continued on page 11)

Recreation Activities - By Belinda Thomas - continued

(Continued from page 10)

with his whip stunts, elephants dancing, a clown driving the most haunted car in existence, jugglers, dancing bears, trick dogs jumping hoops, clowns with skunks, Ironman taking pictures, epic student balloon fights, death defying motorcycle stunts, and students dancing to the music in glowing masks and wielding glowing swords! After the circus ended, we loaded the bus and sailed back to school



to sleep off the sugar and relax for the night.

18 Sep 2018 - Impromptu Freddy's Restaurant

Since we condensed the Circus days into one, our students were able to go to Freddy's Restaurant and help support our school with the **Lion's Club Fundraiser!** And of course we dipped all our food (except the ice cream) in fry sauce!



25 Sep 2018 - Team Trivia Battles - Open Rec

Information and/or pictures were not available yet at time of printing.

26 Sep 2018 - Happy Birthday September - Open Rec

Information and/or pictures were not available yet at time of printing.

Way to start out this new school year.

Teens for Christ

By our News Team

Are you looking for spiritual fulfillment?

Are you looking for a welcoming place where you feel you belong?

We have the group for you!

OSB's Teens for Christ meet every **Wednesday morning at 7:20 am** in the auditorium.

Join them for fellowship, bible study and songs of praise.

Each week they gather to worship and be positively motivated.

Hope to see you there!



Ask a Senior

By Tai Yauri Thomas

Do you have a question?

A question that you feel just needs to be answered?



Well, you're in luck; come and ask a senior.

We, the class of 2019, are here to help you!

Contact any of the following students by email or see them in person:

- ◆ Raven Decker
- ◆ Trinity Lewis
- ◆ Jake Marsh
- ◆ Joey Owens
- ◆ Thomas Raines
- ◆ Tai Yauri Thomas
- ◆ Richelle Zampella

GOING THE EXTRA MILE -



Following employees were nominated for their devoted support of our students, staff and school...

I would like to nominate and thank below listed staff:

- ♦ Ms. Coplen for being proactive with a student.
- ♦ Mrs. Johnston for being proactive by creating an “Emergency Forms notebook” for all supervisors.
- ♦ Mr. Baccus for helping out a fellow employee.
- ♦ Mr. Culie for going beyond the call of duty by

being proactive with his kids.

Sylvia Sterling

I would like to thank all of our sponsors for the clubs and organizations offered here at OSB. **THANK YOU** Laci Goins, Chris Ferrell, Allison Garner, Ruby Barker, Rob Culie, Tera Webb, Susan Young Mock, Paul Butler, Barbara Collins, Becky LaRue, and Belinda Thomas. Without you guys and your willingness to spend your free time with our students, those activities would not be possible.

I would also like to thank Karen Reed for the endless hours she works to get all the IEPs ready, especially with a system that gives us headaches left and right.

You are highly appreciated.

And a HUGE Thank you to Tonya Givens and Ronna Johnston for helping out, so I can enjoy some time off. You are appreciated.

Maggie Mattox

Thank you Speedy (Dwayne) for helping staff members fix things that help in every day life, like front doors and air conditioners.

And thank you Brent for spray painting this year's cat statues for the Silent Auction.

Belinda Thomas

Thank you guys for going the extra mile.

It is highly appreciated.



A Growing Family

By Joseph Owens

OSB has the honor of gaining many new employees for our workforce. More people being a part of our little family.

Give a warm welcome to the new faces of OSB!

- Mrs. Samantha Charles, Teacher

- Mr. Quenten Woodard, Transportation Officer
- Mrs. Helen Wilson, Direct Care Specialist (DCS)
- Mr. Jordan Hurst, Direct Care Specialist (DCS)
- Mrs. Zevia Selner, Direct Care Specialist (DCS)

- Mr. Colin Satterfield (from OMES), IT Department

If you happen to see any of these people, don't hesitate to give them a warm welcome and thank them for wanting to be a part of our little family.



10 tips
Nutrition
Education Series

cut back on your kid's sweet treats



10 tips to decrease added sugars

Limit the amount of foods and beverages with added sugars your kids eat and drink. If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

1 serve small portions
It's not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

2 sip smarter
Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.



3 use the check-out lane that does not display candy
Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

4 choose not to offer sweets as rewards
By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

5 make fruit the everyday dessert
Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie desserts.



6 make food fun
Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

7 encourage kids to invent new snacks
Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow kids to choose what they want in their "new" snack.



8 play detective in the cereal aisle
Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar.

9 make treats "treats," not everyday foods
Treats are great once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

10 if kids don't eat their meal, they don't need sweet "extras"
Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.



This material was developed by the USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to eligible low-income individuals, families, and groups. For more information, visit www.fns.gov. USDA is an equal opportunity provider. USDA also provides information on the USDA's Food and Nutrition Assistance Programs. For more information, visit www.usda.gov.



Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 13
June 2011
USDA is an equal opportunity
provider and employer

Birthdays

August

Students

Xane Allen	Aug.	2
Treysen Brown	Aug.	8
Gianna Loepp	Aug.	10
Ocie Webster	Aug.	12
Gabriella Henderson	Aug.	18
Kaylie Minter	Aug.	20
Jaylee Burnside	Aug.	22

Staff

Karen Bryan	Aug.	2
Dennis Read	Aug.	2
Rhonda Hines	Aug.	6
Robert Miller	Aug.	10
Munekia Moore	Aug.	10
Jordan Hurst	Aug.	20
Ruby Barker	Aug.	21
Lisa Yochum	Aug.	26



September

Students

Madilyn Gray	Sept.	3
Hayden Bruzzini	Sept.	9
Samantha Six	Sept.	18
Malerie Levens	Sept.	20

Staff

Karen Reed	Sept.	4
Miles Beverage	Sept.	8
Avonda Harris	Sept.	14
Billy O'Neal	Sept.	18
Chris Carden	Sept.	19
Coday Stewart	Sept.	21
Howard Ashwood	Sept.	24
Shawna Coplen	Sept.	26
Jennifer Eckerson	Sept.	26
Teresa Young	Sept.	26
Cassie Shelton	Sept.	28

October

Students

Preston Fenton	Oct.	5
Kennedy Sullivan	Oct.	8
Kolten-Scott Pennington	Oct.	19
Lorie Cox	Oct.	25
Richelle Zampella	Oct.	25
Avery Dollar	Oct.	26
Noah Dougan	Oct.	27




Staff

Karla Cunningham	Oct.	3
Dwayne Estep	Oct.	3
Donald Baccus	Oct.	21
Mark Miller	Oct.	25
Rob Culie	Oct.	25
Carla Cotney	Oct.	26



October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

 Dorms Open
  NO School
  School In Session

Schedule of Events

Date	Time	Event
Sept. 29 - Oct. 5		Space Camp, Huntsville, AL
Mon., 10/01	1:00 pm	Jostens here for cap/gown presentations
Mon., 10/08		Academic Team - OSSAA District Seeding
	8:00	School Pictures
Tue., 10/09		Spaghetti Fundraiser @ Masonic Lodge
Wed., 10/10		Class Meetings
Thur., 10/11	all day	FCCLA District Leadership Conference, NSU Tahlequah
	2:45 pm	Teacher's / PLC Meeting
Mon., 10/15	all day	White Cane Day, Woodland Hills Mall, Tulsa
Wed., 10/17	all day	HS Field trip to Manufacturing Day NewView in OKC
	9:00-2:00	Special Olympics "Bowling", McAlester
Thur., 10/18		END OF 1. QUARTER !
	2:45 pm	Teacher's / PLC Meeting
Tue., 10/23		OSB Fall Festival

Upcoming November Events:

Nov. 12	School Picture Retakes
Nov. 15	Cane Quest FCCLA District STAR Events, Sallisaw
Nov. 19-23	Thanksgiving Break—NO School
Nov. 26	CLASSES RESUME

Recreation Activities

OCTOBER 2018

Sunday	Monday	Tuesday	Wednes-	Thurs-	Friday	Saturday
	1 Boy Scouts 5:30-6:45 pm Medieval Monday and Open Rec	2 Open Rec 6:30 pm	3 Movie Night 12 and under at 6:30 pm Open Rec for rest	4 Home Going	5	6
7 Dorms Open Open Rec	8 Boy Scouts 5:30-6:45 pm Open Rec	9 Spaghetti Dinner at 6 pm	10 Movie Night 13 and up at 6:30 Open Rec for rest	11 Home Going	12	13
14 Dorms Open Open Rec	15 Boy Scouts 5:30-6:45 pm Open Rec	16 Open Rec 6:30 pm	17 Autumn Round Up Club Outing at 6:15 pm	18 Home Going	19	20
21 Dorms Open Open Rec	22 Annual Halloween Costume Contest 6:30 pm Open Rec to	23 Fall Festival 6-9 pm	24 Open Rec 6:30 pm	25 Home Going	26	27
28 Dorms Open Open Rec	29 Boy Scouts 5:30-6:45 pm	30 Happy B-day October 6:30 pm Open Rec	31 The Monster Bash 6:30-8:45 pm			

Recreation - 918-781-8200 - Ext. 8278

ALL Calendars are "subject to change". - Please visit our website <http://osb.k12.ok.us> for updates.

Oklahoma School for the Blind

3300 Gibson Street
Muskogee, OK 74403

Toll Free: (877) 229-7136
Voice/TTY: (918) 781-8200
Fax: (918) 781-8300

It takes more than sight to have vision!

Please check out
our website at:



OSB Employee / Staff Changes:

New Hires:

- ◆ Mrs. Samantha Charles, Teacher
- ◆ Mr. Quenten Woodard, Transportation Officer
- ◆ Mrs. Helen Wilson, Direct Care Specialist (DCS)
- ◆ Mr. Jordan Hurst, Direct Care Specialist (DCS)
- ◆ Mrs. Zevia Selner, Direct Care Specialist (DCS)
- ◆ Mr. Colin Satterfield (from OMES), IT Department

Welcome on board. Glad to have you !



UPCOMING HIGHLIGHTS !!! - Save the Date/s !!!

Sept. 29 - Oct.	Space Camp, Huntsville, AL
Oct. 1	Jostens at OSB for cap and gown presentation
Oct. 8	SCHOOL PICTURES !!! Academic Team—OSSAA District Seeding
Oct. 9	Spaghetti Fundraiser Dinner !!!
Oct. 11	FCCLA District Leadership Conference
Oct. 15	White Cane Day at Woodland Hills Mall, Tulsa
Oct. 17	Manufacturing Day at NewView, Oklahoma City (HS only) Special Olympics "Bowling", McAlester
Oct. 23	OSB Fall Festival
Nov. 12	School Pictures—Retakes!
Nov. 15	Cane Quest FCCLA District STAR Events, Sallisaw
Nov. 19-23	Thanksgiving Break—NO School