

# PANTHER PRIDE

School Principals: Shawna Coplen, Lynn Cragg

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

## 1<sup>st</sup> Quarter (Elem. & MS) Honor Roll

### “A” Honor Roll

#### Elementary (3-5 Gr.)

Hunter Kelley  
Stephanie Story

#### Middle School (6-8 Gr.)

Dayton Baccus  
Angel Cozort  
Katelynn Zampella

### “B” Honor Roll

#### Elementary

Treysen Brown  
Hayden Bruzzini  
Jaylee Burnside  
Payton Crum  
Avery Dollar  
Noah Dougan  
Braylen Fuller  
Blake Priddy  
Quanté Sellers

#### Middle School

Julia Cisneros  
Josie Cox  
Lorie Cox  
Emileigh Jackson  
Skyler Moore  
Mannon Moore  
Ocie Webster

## Oklahoma School for the Blind

2019 - 2020, Issue 2

10/30/2019

Editor: Maggie Mattox

Next Edition scheduled for: 12/18/19

### Special points of interest:

- Space Camp
- White Cane Day
- Bus Travel
- Socks for Soldiers
- Field Test Recruitment Flyer
- Jr./Sr. Fundraiser
- Nutrition Info

### Students of the 1. Qtr.

Elementary: Hayden Bruzzini  
Middle School: Lorie Cox  
High School: Kaylee Ragon



**Note: High School receives semester grades only, therefore will also have semester Honor Roll only.**



## Teacher of the Year 2018-2019

From Left to Right:  
Tony Pivec, ICTC Director,  
Senator Dewayne Pemberton,  
Representative Avery Frix,  
**OSB Teacher of the Year Laura Leatherman**, Shawna Coplen,  
OSB Elementary Principal,  
Rita Echelle, OSB Superintendent



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# 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"

- ◆ Jacelynn Shields – for helping another student on the computer and with traveling skills.
- ◆ Jaylee Burnside – for helping out an adult doing a good deed.
- ◆ Noah Dougan - for being patient by waiting on another student.
- ◆ Shannon Winter - for helping out in the cafeteria for a student.
- ◆ Chris Shepherd - for helping another student with their work in Environmental Science.

Social Services Department  
Sylvia Sterling

## Parent Corner

### "How to Boost Your Child's Confidence"



Children rely on us to interpret their world. They believe everything we say.

1. See you child's best self. When you see something powerful tell them specifically what they are doing at the time. "You're working hard on that

assignment." or "I notice that you are learning how to clean your room."

2. Empower your child by encouraging them to problem solve. Try not to use statements such as "You always forget to do that". Instead you might say "How can you help yourself remember tomorrow?"
3. Keep failure in perspective. Reframe the situations. Instead of saying "No you can't spell" try using these statements. "You are really disappointed in this Spelling test." "What can you do next time?" This is only a

temporary situation. Give them support and actions that can help them.

4. Empowerment comes when a child overhears an adult saying something positive about them to another person. Examples might be "He and his sister are working the situation out", or "He is so helpful today". Children believe everything we, as adults, say.



# Word of the Month for November & December



The word of the Month for November and December is

## **FRIENDSHIP.**

Real friendship is shown in times of trouble.

Making friends is tough. It takes time, trust, and a little bit of luck, but the right friend can be life-changing.

### **Six Signs of a Strong Friendship**

Philosopher and author Alain de Botton explains how a good friend can enrich our lives, even when we're at our lowest.

BY NICOLE BAYES-FLEMING NOVEMBER 16, 2018 RELATIONSHIPS

#### **1. They trust you**

True friendship is about trusting one another. While acquaintances or work colleagues may hide their shortcomings from you, a friend confides in you.

"They show how much they trust us by confessing failings and sorrows which would open them up to possible humiliation from the world beyond," de Botton says.

A friend gives you the gift of vulnerability, which allows you to be vulnerable in return.

#### **2. They like you for the real you**

As humans, we are never perfect. Maybe you're a bad driver, or always show up 15 minutes late to weekend plans, or have a weird eating habit (really, who puts pineapple on pizza?). Whatever your thing is, a true friend likes you

not despite it - but because that's what makes you, you.

"They're not judgmental - they don't come down harshly and critically on our weaknesses," de Botton says.

#### **3. They allow space for your freak-outs**

When you get flustered, frustrated and can't keep it together, a friend is there for you.

"They don't just flatter; they understand how easily we lose perspective, panic and underestimate our own ability to cope," de Botton explains.

In hindsight, it's probably not the end of the world that you locked yourself out of your house; but when you start sobbing about it over the phone, you can rely on your friend to calm you down and show up with a set of spare keys.

#### **4. They're a beacon during moments when you lose your way**

On days or weeks when you're not sure about anything in your life, the right friend listens.

As de Botton says: "We get agitated or defensive, and we don't really know why. We find it tricky to pin down our goals. We might have some strong opinions, but it can be difficult to explain really why these ideas matter to us."

You might not be able to make sense of yourself, but your friend knows who you are and is there to support you.

#### **5. They remind you what you're capable of**

Sometimes, your self-confidence crashes. You may doubt your ability to run the

marathon you've been training for; or you may feel you'll never get that job promotion, and don't even want to apply.

When that happens, a friend is there with the tough love and support to push you to do what they know you're capable of.

"They see the potential in what we're saying, when we can't," de Botton says.

#### **6. They believe in you**

The truth is, we're often not very good friends to ourselves: we focus on our flaws, beat ourselves up for our mistakes, and grow anxious that we aren't doing enough with our lives.

"We need a friend, because we're liable to be so very unfriendly towards ourselves," de Botton explains.

Our friends trust us, like us, comfort us, understand us, and strengthen us, even - and especially - when we can't do any of those things for ourselves. It is their belief in us that keeps us going, even when they aren't right there to comfort us.

"They continue to inhabit our brain, even when we haven't been in touch for a while, or when they are far away," de Botton says. "They are always with us."



# Space Camp Adventure 2019

Written by: Shannon Winter, John Duong, & Cheryl Daniels



The students that attended Space Camp were John Duong, Shannon Winter, Benjamin Middleton and Audrey Debrosky.



John Duong explained "Advanced Academy focuses on

space exploration and astronomy. Aviation Challenge focuses on flight in the military.

Benjamin Middleton went along with me to **Advanced Academy**, our experience was life changing and fun.



Some of the things we did were climbing up a 35 foot pamper

pole, zip lining, scuba diving,



simulated space missions, and riding the moon shooter."

Shannon Winter said "Audrey and I went to the **Aviation Challenge** on the other side of Space Camp,.

We went on patrols, fighter jet simulators, water zip lines, the pamper pole, and the land zip line."



The group flew into DFW (Dallas Fort Worth) where they rode the tram and huge escalators to the next gate.

From there it was on to Huntsville, Alabama. After landing, a 12 minute bus ride took the group to the U.S. Space and Rocket Center.

Shannon thinks the most fun thing on the AC (Aviation Challenge) side was patrolling. On the AA (Advanced Academy) side John says his favorite thing was the moon shooter.

Students attending SCIVIS (Space Camp for Interested Visually Impaired Students) were from Canada, New Zealand, Australia, Belgium, India, Ireland, and all over the U.S. This special camp ran from September 28<sup>th</sup> to October 4<sup>th</sup> and is only for kids who are visually impaired.

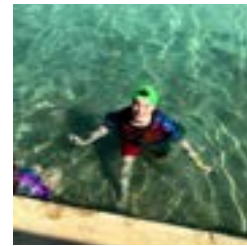
The camp celebrated its **30<sup>th</sup> Anniversary** this year.



Each spring, OSB Students in the 9<sup>th</sup>-12<sup>th</sup> grade are asked to apply to attend the following fall.

Each student must write an essay, be recommended by a teacher or staff member, maintain good grades, have no significant behavior issues, have adequate Orientation & Mobility (O&M) skills, and pass a simple independent living skills (ILS) checklist to be considered.

Space Camp is made possible by the generous donations from the Zarrow Foundation and the Oklahoma Foundation for the Education of Blind Children and Youth. THANK YOU!



# Special Olympics “Bowling”

by Tera Webb

On Wednesday, October 23<sup>rd</sup>, the Special Olympics team traveled south to McAlester’s **Great Balls of Fire** bowling alley.

They competed against other area teams like McAlester and Glenpool.

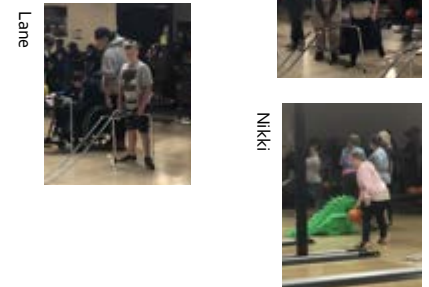
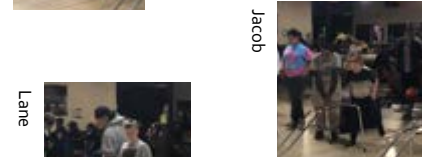
Mrs. Thomas, Ms. Woods, Mr. Bynum and Nurse JoAnn worked hard to make sure these kids had fun and were successful in their endeavors!

After competition, our group traveled to Chadick Park in McAlester for a picnic lunch and despite the windy atmosphere, we had fun!

## Here are the Results:

- Heat 1: 2<sup>nd</sup> place  
Kesslee Travis
- Heat 1: 3<sup>rd</sup> place  
Genevieve Fitzgerald
- Heat 3: 2<sup>nd</sup> place  
Anicka Weller
- Heat 4: 1<sup>st</sup> place  
Jacelynn Shields
- Heat 5: 1<sup>st</sup> place  
Jacob Nash
- Heat 6: 2<sup>nd</sup> place  
Lane Sutterfield
- Heat 11: 2<sup>nd</sup> place  
Nikki James

**CONGRATLUATIONS!!!  
JOB WELL DONE !!!**



# 8th Grade History class - Broom Making

by Mr. Paul Butler

The 8<sup>th</sup> Grade American History Class is reading a book entitled **“If You Were There in 1776”** by Barbara Brenner, which portrays what life was like for teenagers in 1776.

Teenagers in 1776 had to pitch in to help with the chores and work on the farm, but in their spare time they often knit or made brooms to sell, so they could earn extra income to help their family make a living. Not a Minute was wasted in 1776.



Lorie & Emileigh

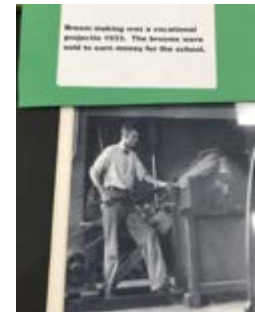
To get a feel for what it was like, the 8<sup>th</sup> Grade American History class thrashed broom straw corn

which means “removed the seeds from the straw” and then made a home-made broom.



Priscilla (front), Katelynn (back), and Gerry.

Come to find out, back in 1933 they made brooms here at OSB to earn extra money for the School. I think this is pretty cool.



# Boys Bash 2019

by Paul Butler, MS/HS teacher

On October 1<sup>st</sup>, I accompanied some of our middle school young men to “Boys Bash 2019”, which was held at Fort Gibson’s Field House.

“Boys Bash” is an annual event that is sponsored by the Crisis Pregnancy Center. It is an event where 7<sup>th</sup> thru 9<sup>th</sup> grade young men from public schools all over

this area gather for educational lessons concerning sex and sexuality. By my estimation there were several hundred young men in attendance from various schools.

I personally felt that the information shared was very informative and relevant for the young men and hopefully will aid

them in making wise personal choices in their future.

OSB’s students seemed to be attentive and seemed to enjoy the BBQ lunch, which was provided as part of the event.

Those attending this year were: Mykel Eagle, Adan Duran-Gonzalez, Gerry Rodriguez, and Rayce Phillips.

# White Cane Awareness Day

By Kaylee Ragon



White Cane Day was made not only to celebrate this simple tool that gets us around independently. It was also made to celebrate the accomplishments of people who refused to let their limited vision, limit them. If it wasn't for this simple invention, improved by James Biggs and Richard Hoover between the two World Wars, who knows where we would be today. Among other things, the white cane helps us to avoid obstacles, find steps and curbs, locate and step over cracks in the sidewalk, find puddles, and safely get into vehicles.

So why the White Cane? The white cane wasn't always white. After watching blind veterans attempt to cross the street with a black cane that was barely visible to oncoming cars, the local Lions Club painted canes white because it made them more reflective and visible to drivers. The red on the end of the cane helps visibility and, of course, is the universal sign for stop. This reminds drivers of the need to yield to blind pedestrians.

White Cane Safety Day became an official national day in 1964.

Thanks to my white cane, I feel as though I have become a very successful individual. I've traveled to all kinds of places, met people from all around the world, and have loads of confidence in my

abilities to travel wherever I choose. Some kids start using canes very young and others start using them later in life. No matter the story, the white cane is a tool that grants us all the greatest gift. The gift of independence.

Many people are under the impression that each state's White Cane Law contains a provision that requires drivers to stop for and/or yield to pedestrians who are carrying white canes. This is not correct. The laws in each state vary widely and drivers do not always reliably stop for pedestrians who carry white canes. When drivers see pedestrians who are carrying white canes:

- ◆ Some states require that drivers yield; others require drivers to come to a full stop.
- ◆ Some states require only that drivers exercise caution when in the presence of pedestrians with white canes; others provide no special rights and protections to pedestrians who are carrying white canes that are not provided to all pedestrians.
- ◆ **Oklahoma law requires** drivers to yield 15 feet from a blind pedestrian with a cane or dog guide. No person except those who are legally blind may carry or use a cane which is white or white-tipped with red. People who violate this law are guilty of a misdemeanor and could be fined.

Knowing the laws where you live is so important and by following

them you are helping us to travel independently and without fear. When I'm trying to walk across my college campus alone, I want nothing more than to feel safe. I want nothing more than to feel like every other student on campus, and any other sighted individuals everywhere else. Because after all, we are just like everyone else, just seeing the world a little differently.

Remember that your white cane is your ticket to independence. You can safely navigate the world when you use it properly. Days like today give us the opportunity to teach others about its importance and that will make the world safer for us to travel in.

Thank you for joining us in celebrating White Cane Day.



## White Cane Awareness Day activities incl.:

- ◆ Information Tables
- ◆ Jazz Band performance
- ◆ Speeches by students
- ◆ A "white cane walk" through the lower level of the Mall
- ◆ Interviews at Tulsa's Channel 6 & 8 prior to the event to advertise and to inform (see next page)

# White Cane Awareness Day (continued)

By Kaylee Ragon



Having a platform to talk about what's going on in our world is super important. It gives us the chance to talk to people who might not normally interact with someone who is blind or visually impaired.

On Oct 10<sup>th</sup> and 14<sup>th</sup>, we had the perfect chance to do just that!



On Oct. 10<sup>th</sup> Mrs. Charles and I appeared on KOTV-DT **Tulsa's Channel 6** to talk about White Cane Day.

The following Monday, Oct. 14<sup>th</sup>, Gabby King, Mrs. Cragg, and I spoke again on KTUL



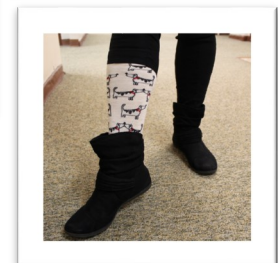
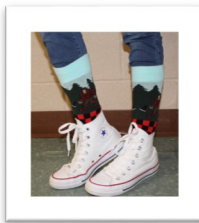
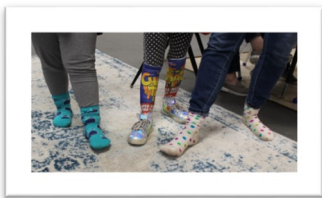
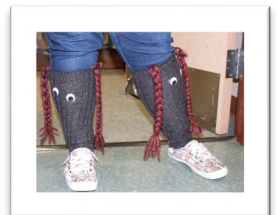
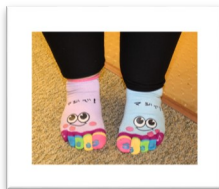
**Tulsa's Channel 8** about the upcoming event and how important the white canes are to us.

This was such a great experience and a perfect opportunity to talk about what White Cane Day is and what it means to us.

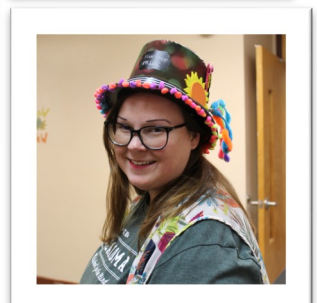
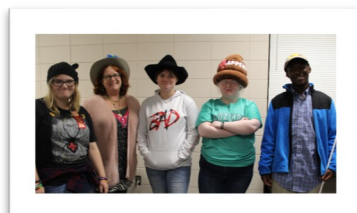
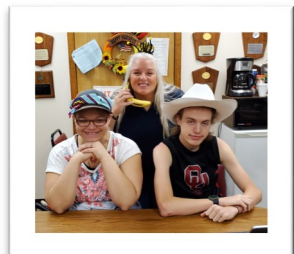
It was a great experience that I would definitely do again. We were able to spread the message about the white cane, our stories, and show everybody once again that we can do whatever we set our minds to.

# Red Ribbon Week - Take a stand against Drugs

Monday, Oct. 28<sup>th</sup> was the beginning of our Red Ribbon Week and we started out with **CRAZY SOCK DAY— Sock it to drugs.**



Tuesday, Oct. 29<sup>th</sup> was **CRAZY or FAVORITE HAT DAY— Hats off to being drug free.**



Thank you Everyone for participating!

# Braille Club

by Ruby Barker

Another year is here and the Braille Club has finally started their time together with fun games, activities, and education of braille knowledge and skills.

We come together every two weeks on Mondays at 12:35 p.m., and we have a nice group of students that have Elementary Braille Classes that will complement their learning of braille.

## Attending students are:

Avery Dollar, Eric Enzenauer, Hayden Bruzzini, Jaylee Burnside, Payton Crum, Quanté Sellers, Hunter Kelley, and Stephanie Story.

We have a curriculum now that seems to be working for our students and teachers.



# 7th Grade Science – Classroom Randomness

Mrs. Ann Page's 7<sup>th</sup> Grade Science class made models of a plant cell.

The pizza box is representing the cell wall of an individual plant cell. Then they used a variety of materials to represent the different organelles within the cell.

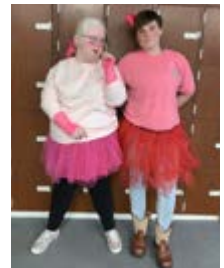


What a cool idea to make Science fun.

# Oct. 24 “Pink Out Day” for Breast Cancer Awareness

Just some random pictures of our “Pink Out Day” ... there was Pink everywhere on campus that day.

Thank you to everyone who participated.





# The Wheels on the Bus go Where?

By Kaylee Ragon

One of the many perks of being a senior is getting to take a day off of school, go with our awesome Orientation & Mobility (O&M) instructors, and learn to ride public transportation.

On October 8<sup>th</sup> and 9<sup>th</sup> all 8 of our seniors had the chance to travel to Tulsa, plan their destinations, and travel on the Tulsa buses.

The first group consisted of Zoie, Gabby, Kentrell, and Emma. They were blessed with a sunny and warm day, so waiting for the bus was really pleasant. They went to Woodland Hills Mall and enjoyed a leisurely lunch at the food court. The hardest part of the day was choosing which stores to visit in their limited time in Tulsa. They learned that planning a bus route before a trip is probably the most important step of a trip.

Then the next day was another great trip with Dee, Chris, Allen, and myself. This was a day that taught us not only how to manage time when it came to bus

schedules, but what to do when plans change.

We started off at Hurts Donuts to enjoy some breakfast. Then we had planned to go to the Gathering Place, however it started to rain and we had to come up with a plan B!

Another great skill we learned was communicating with the bus driver, because if you don't, you may just miss your stop like we did.

## Important Bus Travel Tips

- ◆ **Plan In advance!** There are plenty of apps that can help you find the closest bus stop that will take you where you want to go!
- **Triple check!** Maybe your app tells you that you're in the right spot, maybe the manager at the bus station told you where to go, but **ALWAYS ask the bus driver** these three questions:
  - Is this the bus going to \_\_\_\_\_?



- Can you please announce the stop?
- When you exit the bus make sure it's the correct stop.

- Keep your friends close, and the bus driver closer! Sit close to the front of the bus so you can clearly hear all of your stops, get off the bus easy, and communicate



with the driver. They are the best source of information.

- The early bird gets the worm! If your bus leaves at 1:40, be at the stop there no later than 1:30, even though busses won't often come earlier than scheduled, this allows you to make sure you're in the right spot and ready to go!



# Service Learning Class / FCCLA - SOCKS FOR SOLDIERS

by Julio Valdez

The service learning class in conjunction with FCCLA are collecting **socks for soldiers**.



This is being done as part of the service projects for the upcoming Veterans Day.

We are collecting adult size socks for men and women. **All socks donated must be new.**

All donations will be delivered to the VA hospital in Muskogee.

Donations must be delivered to OSB **by November 14, 2019**

and may be dropped off at the FACS lab / Ms. Garner's room. There will also be a box by the front office.

Thank you!



# FCCLA District Meeting

By: Julio Valdez

The OSB FCCLA chapter attended the annual District Conference in Tahlequah.



The members listened to a guest speaker and interacted with other FCCLA district members in fun

activities, including rock-paper-scissors.

After the conference was over, the chapter had the opportunity to have lunch off campus.

This is my first year being a FCCLA member, thus my first opportunity to attend the FCCLA event. Speaker Kelly Barnes expressed the importance of being present and taking advantage of opportunities. I learned to be more confident and to try out new things.

## Attending members were:

Audrey DeBrosky, Emileigh Jackson, Lorie Cox, Angel Cozort, John Duong, Tyler Duong, Ben Middleton, Julio Valdez, Zoie Zavala, Kaylie Minter, and Tyanna Culley



# Cane Quest

by Faye Miller



By the time you read this, Cane Quest will be only 2 weeks away.

This is the **7<sup>th</sup> Annual Regional Cane Quest** and the 33 contestants who registered are ready to compete.

Believe it or not, there will be over 60 volunteers here to help us pull this event together. Those volunteers are your teammates or shadows and they are also scoring you at each station. So,

make sure you thank each one of them for spending their day with you to make this event successful.

There are also many sponsors to thank. They donate items for your gift bags and money to purchase t-shirts, prizes, and medals. Make sure you read the list below and thank the sponsors for their donations.

As you are practicing your Cane Quest skills, remember good human guide skills, different cane techniques, and for those older

students, good street crossing skills.

Good luck to all the contestants!

## **2019 Oklahoma Regional Cane Quest Sponsors:**

Oklahoma School for the Blind; NewView Oklahoma; Braille Institute of America; Liberty Braille; Frank Dirksen; NanoPac; Oklahoma AER; Oklahoma Council of the Blind; Ruth Kelly Studios; OG&E; Reliant Rehabilitation; SERVPRO; OSU Extension; National Beep Baseball Association

# Middle School trip to NSU Oklahoma College of Optometry

by Faye Miller

It is almost time for another trip to teach optometry students about what we do here at OSB.



Grades 6-8 will be traveling to Tahlequah on **November 19** to spend the morning with 3<sup>rd</sup> year optometry students.

We'll talk about the accommodations, specialized classes, and all of our extracurricular activities.

We'll also teach them braille, using body braille, and we'll use a slate and stylus to draw a braille picture.

Pati Nix and the Nix Foundation buy lunches for us. That is the same Foundation that buys monoculars, magnifiers, and glasses for many of you.

So, middle school students, don't forget to dress nicely so you represent yourself and OSB well.

# Recreation Activities

by Nancy Brice,  
Recreation Director

This month the kids made ghosts and pumpkins. We hung them up and down Carter Hall (Happy "Hall-oween"), and also in the Rec. Center.

October birthdays were very special... we had DONUTS!



The first annual Scavenger

hunt was a great success! We had 26 students participate in the event. They were to remember Mr. Chance's gecko's name, look for clues, and sing to Mr. Howard. The Champions were Angel, Julia, Josie, Delilah, and Quanté. I want to thank Mr. Brice and all of the evening staff for making this event possible. Also thanks to Kaylee, Austin, Chris and Allen for being the hall monitors. Great job everyone!



A Big thanks to the Muskogee Round-Up Club for hosting the October Party for us at the Club's Rodeo Grounds.

The club provided hot dogs, chips and drinks, plus all the great games.



They had a Bouncy House



and animals to pet. They also provided a treat bag for each student to take home. We can't wait to do it again next year!!

We had a Movie Night in our own "Movie Theater" (auditorium).

We went to Woodland Hills Mall to participate in the White Cane Awareness Day.



And we went to the Circus in Stigler, which was a lot of fun.



The Costume Contest and the Fall Festival did not make the deadline for this newsletter but I will be sure to give you a full report in our next edition (right before Christmas Break). All the staff have been working very hard to make it a great time for the kids, so I will have a lot to report and lots of great pictures!!!

## GOING THE EXTRA MILE -



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

Thank you Brent for helping me, when I was stranded on the road with a flat tire for 2½ hours, miles from anywhere. Thank you for staying on the phone with me until I felt safe.

Sherry Holder

Thank you...

Tonya Givens for helping me out with Space Camp requisition questions.

Rosie Coomer for emailing class details when I was out.

And Susanna Jackman for helping Service Learning with cool ideas for the "littles".

Cheryl Daniels

Thank you Mrs. LaRue, Mrs. Page and Mr. Carden for helping out when a teacher suddenly got sick. They helped cover the classes and made sure the students still got the education as scheduled.

Kathy Barrett

Thank you to Mr. Butler for giving Ukulele lessons to our students outside his regular work hours. The students sure enjoy making music together. Thank you.

Thank you Mrs. Page and Mr. Carden for giving up their

planning periods to help prepare for & cover the classes of a sick teacher.

Becky LaRue

Thank you Mrs. Tonya Givens for helping others on a continuous basis.

Sylvia Sterling

**Thank you guys for going the extra mile. It is highly appreciated.**



# Birthdays November

## Students

Sellers, Quanté	11	1
Smith, Levi	11	10
Rodriguez, Gerry	11	12
James, Haidyn	11	14
Enzenauer, Eric	11	19
Cisneros, Julia	11	25
Kelley, Hunter	11	25
Harrington, Kyler	11	27



## Staff

Jessica Mattson	11	20
Rita Echelle	11	21
Jeremy Jackman	11	23
Barbara Collins	11	27

# Birthdays December

## Students

Shields, Jacelynn	12	1
Crum, Payton	12	3
Hitchcock, Xerek	12	4
Sutterfield, Lane	12	4
Lewis, Trinity	12	7
Travis, Kesslee	12	15
Anderson, Jimmy	12	22



## Staff

Amy Pittser	12	1
Ana Ledezma	12	3
Kathy Barrett	12	13
Jana Ross	12	14
Lynnette Cooper	12	17
Cammeron Brice	12	19
Allison Garner	12	21
Brent Webster	12	29

# Nutrition Department - Helpful Tips # 3



United States Department of Agriculture

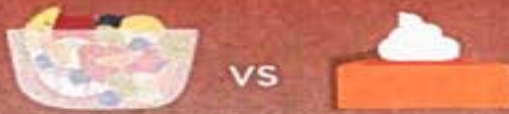


## MyPlate Holiday makeover



visit [choosemyplate.gov](http://choosemyplate.gov) for healthier options during the holidays

### tweak the sweets



fruits make delicious desserts

### cheers to good health



drink water to manage calories

### bake healthier



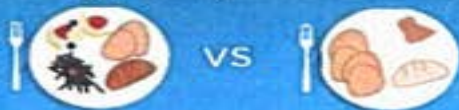
use recipes with pureed fruits instead of butter or oil

### spice it up



use spices and herbs instead of sugar and salt

### brighten your meal



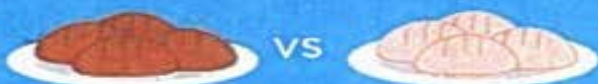
fill half your plate with fruits and vegetables

### skim the fat



try skim evaporated milk instead of heavy cream

### swap the grains



choose whole wheat flour instead of white flour

### go easy on the gravy



a little bit of gravy goes a long way

USDA is an equal opportunity provider and employer.

## Jr/Sr Class

# T-Shirt Fundraiser

*All proceeds go towards the Jr/Sr Trip.*

**Design 1**



**Design 2**



Both designs are on the soft Bella Canvas shirt.

Design 2 will be without the "Jr/Sr Class 2020" imprint.

**Sizes Youth to Adult XL = \$18.00** - Add \$2 for 2XL, \$3 for 3XL, etc.

Please fill out the order form below and include payment with your order.

Return all orders to the Jr/Sr class by Wednesday, November 20th, 2019.

Name: \_\_\_\_\_ Sold by: \_\_\_\_\_

Shirt Style	Size	Quantity	Total Sales




## Recreation Activities

### NOVEMBER 2019




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 <b>Dorms Open</b> Open Rec	4 Open Rec 6:30-9:30 pm	5 Open Rec 6:30-9:30 pm	6 Craft Night Making Turkey Headbands 6:00 - A2&B2 6:30 - all others Open Rec	7 <b>Home Going</b>	8	9
10 <b>Dorms Open</b> Open Rec	11 November Birthday Party! Open Rec to follow	12 Spaghetti Dinner at Masonic Lodge Starting 5:00 pm	13 Skate Night for everyone 6:30-8:30 pm	14 Cane Quest Good Luck! <b>Home Going</b>	15	16
17 <b>Dorms Open</b> Open Rec	18 Open Rec 6:30-9:30 pm	19 ESA Pizza Party for Jr High & High School 6:30-8:00	20 Turkey Stomp Dance 6:30-8:30	21 <b>Home Going</b>	22	23



**Nov. 24 - 30**

**THANKSGIVING BREAK**

**- NO SCHOOL -**






**Recreation - 918-781-8200 - Ext. 8278**



# November 2019

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

 Dorms Open    
  NO School    
  School In Session

## Schedule of Events

Date	Time	Event
Nov. 3-8		Close Up Washington D.C.
Nov. 4	4:06-6:06	Open House / Parent Teacher Conference
Nov. 12	5:00	Spaghetti Fundraiser @ Masonic Lodge, Muskogee
Nov. 13		World Kindness Day
Nov. 14	all day	Cane Quest
Nov. 19	all day	MS NSU Optometry Field Trip
Nov. 21	all day	FCCLA District STAR Events, Sallisaw
<b>Nov. 25-29</b>		<b>Thanksgiving Break—NO School</b>



# November



### Upcoming December / January Events:

Dec. 1	Dorms Open / Bus Routes Run
Dec. 2	CLASSES RESUME
Tbd	Elementary Caroling
Dec. 19	Christmas Program
<b>Dec. 20—Jan. 3</b>	<b>Christmas Break—NO School</b>
Jan. 5	Dorms Open / Bus Routes Run
Jan. 6	CLASSES RESUME
Jan. 15	Lyric Theatre of Oklahoma @ OSB
Jan. 20	Martin Luther King Jr. Day - NO School / Dorms Open / Bus Routes Run
Jan. 23-26	SCASB @ Austin, TX



# Field Test of 4to24: App for Youth and Parents to Focus on Employment

The NRTC on Blindness & Low Vision at Mississippi State University is recruiting participants for a field test of our app, "4to24," developed for youth with blindness or visual impairment and their parents, to help focus on and prepare for employment starting from an early age.

We are seeking:

- Parents of children or youth who are blind or visually impaired, ages 4 to 24
- Youth or young adults who are blind or visually impaired, ages 16 to 24

The field test will entail creating an account in the app and using the app features for a period of 6 months, as well as completing a series of surveys. Surveys will ask questions about preparation for future employment and expectations for the future, as well as seek feedback about how the app fits your needs.

The app will provide information and resources to support families in fostering independence and building skills toward employment. It will send modules of information about different topic areas such as academics, technology, and social skills, based on the youth's age and skill levels. Modules will include a list of suggested activities that parents and youth can do to build skills related to each topic.

We will ask you to use the app as you normally would, and to complete surveys related to our study before, during, and after the 6-month trial period. The surveys should take between 10 and 35 minutes each, for a total of about 1.5 hours of time on surveys. Participants who complete the final survey of the study will receive a thank-you gift card for \$35.

If you're interested in becoming a field tester for the app and participating in our study, please fill out the information form at this link: <https://www.research.net/r/MSUAppRegistry>.

For assistance or further information, contact Anne Steverson ([acc155@msstate.edu](mailto:acc155@msstate.edu)) or Karla Antonelli ([kantonelli@colled.msstate.edu](mailto:kantonelli@colled.msstate.edu)).



MSU HRP  
Full Accreditation  
Association for the Accreditation of Human Research Protection Programs, Inc.  
Approved: 06/18/19  
Expires: 06/17/24  
IRB #18-262

## 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:

Connie Merrill, Nursing Service Supervisor, effective  
Oct. 28, 2019

**Welcome on board. Glad to have you !**



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

- Nov. 4 Open House / Parent-Teacher Conference
- Nov. 12 Spaghetti Fundraiser Dinner @ Masonic Lodge
- Nov. 14 Cane Quest
- Nov. 25-29 Thanksgiving Break—NO School**
- Dec. 19 Christmas Program
- Dec. 20—Jan. 3 Christmas Break—NO School**

