

PANTHER PRIDE

School Principals: Shawna Coplen, Lynn Cragg

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

2. Qtr. (EL&MS) / 1. Sem. (HS) Honor Roll

“A” Honor Roll

Elementary (3-5 Gr.)

Hunter Kelley
Braylen Fuller

Middle School (6-8 Gr.)

Skyler Moore

High School (9-12 Gr.)

Kaylee Ragon
Kaylie Minter
Abigail Norton
Julio Valdez



“B” Honor Roll

Elementary

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

High School

Lydia Bradley
Johnnie Davidson
Morgan Hudson
Gabrielle King
Benjamin Middleton
De’Poris Willis

Middle School

Dayton Baccus
Julia Cisneros
Josie Cox
Lorie Cox
Angel Cozort
Priscilla Diaz
Adan Duran-Gonzalez
Kyler Harrington
Delilah Howell
Emileigh Jackson
Mannon Moore
Lilith Pedersen
Abbygale Smith
Ocie Webster
Anicka Weller
Katelynn Zampella

Oklahoma School for the Blind

2019 - 2020, Issue 4

02/27/20

Editor: Maggie Mattox

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Special points of interest:

- SCASB
- Math & Eng. Competition
- Amazing Braille Race
- Lyric Theatre
- DRS Career Expo
- Chinese New Year
- Sapulpa Bean Dinner
- OSB Spelling Bee

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SCASB 2020 - Austin, TX



By Kaylee Ragon

On January 23rd, our cheer and wrestling teams, along with our jazz band headed down to **Austin, Texas** for the annual **SCASB** trip.



When we arrived at the **Texas School for the Blind and Visually Impaired** in Austin we were given the chance to explore their beautiful campus a little more.

The cheerleaders ran a practice while the band unloaded all their equipment into the performing arts center.

After we got all settled in at the school, it was time for dinner!

The team traveled to **Hula Hut**, a beautiful Mexican restaurant with a Hawaiian twist, right on the river. When they said everything’s bigger in Texas, they weren’t wrong! We left with very full stomachs and had a

(Continued on page 2)



SCASB 2020 - Austin, TX (continued)

(Continued from page 1)

great time laughing and looking at the sights. We were ready for the events to start the next day.

On Friday morning we woke up bright and early, excited for what the day would bring.

The wrestlers weighed in and we traveled to practices for the rest of the morning. Anytime we weren't in practice, we were able to take a break in Texas' recreation center. Equipped with games and a snack bar, we had a great time meeting lots of new friends.



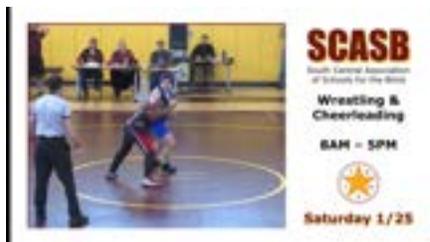
Finally, in the afternoon, it was time for the **performing arts show**. Each school brings something new and different every year. The performing arts isn't actually a competition so it's just a fun time for the schools to show off their talents.

That afternoon was full of drum lines, skits, choirs, and of course our **OSB jazz band!**



After all of the performances were finished, the cheerleaders headed to cheer clinic while the rest of the crew stayed in the rec center to mingle with their new friends.

Before we knew it, it was time to head back to the hotel and rest up for the big competition the next day!



Saturday morning was full of excitement and nerves from all of the competitors. The crowd's energy was high for the first two rounds of **wrestling** ...



and only got higher when it came time for the **cheerleaders** to take the mat.



The teams each presented their

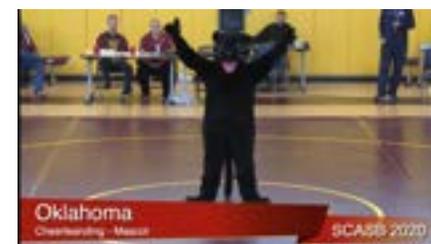
five minute routines packed full of cheers, stunts, and a dance.

Afterwards, the fierce wrestling continued until the next round of cheerleading.

Next was the individual cheer competition. One cheerleader from each school puts together their own routine to show off their school spirit. I was able to represent our school in this competition this year and it was a lot of fun.



Finally it was time for the mascot competition. **Zanther the Panther** ran out onto the mat and showed off his best dance moves.



At the end of the day we all dressed our best, enjoyed some good old-fashioned Texas dinner, and danced the night away before our return home the next morning.

"It was an amazing experience to meet other visually impaired people. I can't wait to go next year!" - Abby Norton

(Continued on page 3)

SCASB 2020 - Austin, TX (continued)

(Continued from page 2)

“Being a mascot was something I've never done before and something I never thought I'd do. However, it was an experience that I enjoyed and will never forget. Practicing the choreography only 2 weeks before SCASB was hard and

I was very nervous, but in the end I was able to get up on the mat and perform in front of the enthusiastic crowd. It was worth it!” - Levi Smith

Wrestling Results:

- ◆ Mykel Eagle 2nd place
- ◆ Allen Alender 3rd place
- ◆ Jerelyn Black 3rd place
- ◆ Kentrell Wallace 3rd place

- ◆ Elbin Carrillo 4th place
 - ◆ Katelynn Zampella 4th place
- Team finished 5th place.

The cheerleaders and mascot didn't get any trophies but had a great time and lots of fun.

Katelynn Zampella also placed 3rd in the girls division at the **Maverick Conference** tournament. This was the first year to have an all-girls division.

Math & Engineering Competition

by Cheryl Daniels

This year twenty-one (21) students from OSB competed in the **13th Annual Mathematics and Engineering Design Competition** held at the Muskogee Civic Center.



This year they either designed paper airplanes, rubber band powered cars or took different math tests.

The Civic Center floor was filled with speeding cars, as planes were thrown across the room – some spiraling out of control!



Ready - Set - Go!

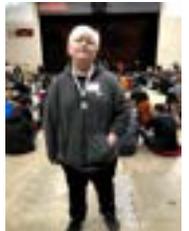
Planes were judged by distance and time aloft.



Last minute repairs.

Rubber band vehicles were judged on distance and speed.

6th grade students **Mannon Moore** (Muskogee) and **Dayton Baccus** (Muskogee) won **2nd place/Silver Medals** for their rubber band powered car in the lower division.



Mannon M.
(Dayton B. not pictured)

Congratulations to those two engineers!



The competition is hosted by the **Muskogee Area Educational Consortium**.



Each year, nineteen area schools bring **6th-12th grade students** to compete with each other.



Freshmen's "Kettle Corn" Fundraiser

By Paul Butler

The Freshmen Class would like to **Thank Everyone** for their support of the class' Kettle Corn Fundraiser. It was a Great Success!

A **Very Special Thanks** goes to Ms. Goins & Mr. Jackman for all their help and labor.

"JIMMY POPCORN & HE DON'T CARE" Anderson was cooling and

scooping the Kettle Corn, Elbin Carrillo was bagging it, and other students were delivering the bags as they were ready, so everyone could enjoy some "fresh" treat.

Thanks Again.

Mr. Butler

&

the Freshmen class of 2020



"JIMMY POPCORN & HE DON'T CARE" Anderson



Elbin Carrillo bagging Kettle Corn

Counselor Corner - 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"

January 2020

- ◆ Lane S. - For being friendly to other students in the hallway.
- ◆ Priscilla D. - For helping a fellow student.
- ◆ Jimmy A. - For helping a fellow student in the hallway
- ◆ Adan D. - For helping a fellow student in the hallway.
- ◆ Elbin C. - For helping a teacher in the classroom.
- ◆ Madilyn G. - For helping a fellow student on the playground
- ◆ Emileigh J. - For helping a student in the dorm.
- ◆ Kennedy S. - For holding the door while the other students came in from outside.
- ◆ Allen A. - For helping a fellow classmate in the hallway and in the cafeteria.
- ◆ Lydia B. - For reading to her classmates and helping them.

February 2020

- ◆ Branson L. - For waiting patiently in line for the swing.
- ◆ Gabby H. - For holding the door for the others to come in from recess.
- ◆ Gabby K. - For helping a fellow student.
- ◆ Ryan W. - For helping Ms. Lisa in the hallway.
- ◆ Hayden B. - For helping a fellow student to the gym.
- ◆ Mannon M. - For helping Mrs. Ross clean up after class.
- ◆ Audrey D. - For helping a fellow student in the hallway.
- ◆ Ocie W. - For helping Ms. Lisa in the hallway.
- ◆ Eric E. - For helping a fellow student in the cafeteria.
- ◆ Kaylee R. - For helping a student find her backpack.
- ◆ Tyler D. - For helping a student and a teacher after class.
- ◆ Emberlynn M. - For helping a fellow student come in after recess.

Kathy Barrett,
Counselor

Phrase of the Month for March - ... tell people "Thank You!"

Make it a habit to tell people thank you.

- Ralph Marston

Truly appreciate those around you, and you'll soon find many others around you.

Truly appreciate life, and you'll find that you have more of it.

Thank you
from the
bottom
of my heart



Make it a habit to tell people thank you.

To express your appreciation, sincerely and without the expectation of anything in return.



Braille Literacy Month - January

by Ruby Barker

January was **"Braille Literacy Month"** in honor of Louis Braille.

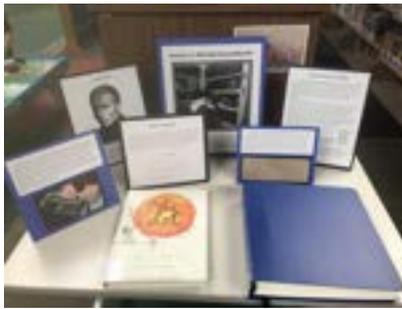
A **BIG THANK YOU** to Mrs. Susana Jackman for the Braille Display during the month of January at the Muskogee Public Library.

She displayed the history of Louis Braille, and had some very interesting books in Braille laid out.

The display got a lot of attention from the public, especially the kids.

The Muskogee Librarian said the kids wanted to check out the books, which were in Braille.

All the Braille students in Mrs. Barker's Braille classes watched a movie about Louis Braille titled **"Young Heroes"** and a movie by Helen Keller, titled **"Miracle Worker"**.



Braille Display at Muskogee Public Library

Young Heroes: Louis Braille

This video dramatizes the life of Louis Braille, including the events that caused him to become blind as well as the cause of his death in 1852 at the age of 43 of tuberculosis. The video illustrates the development of the Braille System, which he created in 1824 at the age of 15, and how it was at first rejected and even banned at the Royal Institute for Blind Youth (where Braille attended as a child and was later employed as a teacher).

Miracle Worker

by Helen Keller

Blind and deaf after suffering a terrible fever as a baby, young Helen Keller (Patty Duke) has spent years unable to communicate, leaving her frustrated and occasionally violent.

As a last chance before she is institutionalized, her parents (Inga Swenson, Andrew Prine) contact a school for the blind, which sends half-blind Annie Sullivan (Anne Bancroft) to teach Helen.

Helen is initially resistant, but Annie gradually forms a bond with her and shows Helen ways of reaching others.



The Amazing Braille Race

By Samantha Charles

OSB Students competed in an **Amazing Braille Race** in honor of Louis Braille's Birthday in January.

The students raced around the school to different stations where they had to complete a task in order to get their next clue.



Our students were able to show off their braille skills, cooking skills, Orientation

and Mobility Skills, as well as some Bowling skills.

The students seemed to have a great time competing and showing off what they know.



Congratulations to Mrs. Webb's team, Nathan England, Joseph Rodriguez, Kentrell Wallace, Gabby King, and Emma Saunders, for having the fastest time without any penalties!



Christmas Program 2019

By Laci Goins

This year the students celebrated the Holiday Break with a grand performance on December 19, 2019.



Before the official program started, Mrs. Rita Echelle welcomed all the parents and especially our great supporters from the Shriners, who were here to present our school with a check, following our very successful Spaghetti fundraiser in November. **With the Shriners' help**, we were able to **raise ~\$10,000**, which helped fund our annual SCASB trip.



THANK YOU SHRINERS !!!

The program began with performances by the Spanish I class, the Ukulele Club and the Gleeful Ringers Bell Choir. The Spanish class and the Ukulele Club opened the show with the

Blood Drive

By Allison Garner

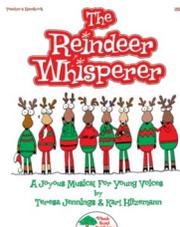
Thanks to everyone who supported our blood drive and donated!

The Oklahoma Blood Institute staff collected **12 units** during our drive on February 18th.

Holiday Classics "Feliz Navidad" and "Jingle Bells" (in Spanish).

The next number was performed by the Ukulele club, with singers Kaylee Ragon and Priscilla Diaz. Kaylee sang "Let It Snow" and Priscilla sang "Silver Bells" with the accompaniment of the Bell Choir. The Gleeful Ringers were next to perform with joyous version of "The Carol for the Bells" and sang a special rendition of "Deck the Halls".

This year the elementary students performed the musical **"The Reindeer Whisperer"** by Teresa Jennings and Karl Hitzemann.



As usual the crowd was delightfully entertained by the energetic elves and reindeer and of course the wisdom of Mr. and Mrs. Claus. The appearance of Cobb Salad, the reindeer whisperer, helped to teach the lesson that we should think about our words because they can hurt. It was a great

We hope to invite OBI next school year again; we would love to reach a goal of 30 collected units for the year.

We have the potential to earn a \$250 scholarship for a graduating senior.

Christmas lesson and the audience thoroughly enjoyed the play.

Ukulele Club:

Kaylee Ragon - Priscilla Diaz
Ben Middleton - Samantha Six
Anicka Weller - Delilah Howell
Braylen Fuller - Stephanie Story
Jaylee Burnside - Avery Dollar
Ryan Horton

Spanish Class:

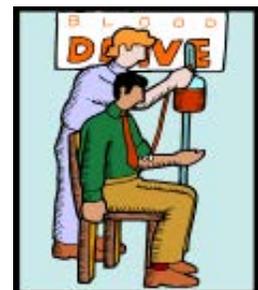


Kaylee Minter - Julio Valdez
Elbin Carrillo - Samantha Six
Jerelyn Black - Audrey DeBrosky

Gleeful Ringers:



Lydia Bradley - Lorie Cox
Ben Middleton - Priscilla Diaz
Emileigh Jackson - Tyler Duong



Lyric Theatre Performance “Cinderella”

By Maggie Mattox

The last three (3) years OSB was blessed with a fun and interactive performance from the **Lyric Theatre** cast out of Oklahoma City. This awesome group travels all over Oklahoma to perform at schools for **FREE!**

Each of their performances has an educational target, where they explain historical characters (*Call Me Madam, 2018 performance*), historical events (*Oklahoma!, 2019 performance*), or the building stones for a good drama (*Cinderella, performance 2020*).

They also involve the students into their play, which really makes it a fun experience for all ages. During the play they explain the various characters, events, terms, etc. and after the play they have a little Quiz for the students, to see if they paid attention. After each performance they also allow some time for questions the students may have and always answer them very patiently.



This year’s performance was “**Cinderella**”. During the performance the cast explained the various **stages of a drama**: Exposition, Inciting Incident, Rising Action, Climax, Falling Action/Denouement, and Resolution. They also introduced the **terms** for two **main characters**

in a drama: Antagonist and Protagonist.

As the story of Cinderella includes a “royal ball”, they also showed everyone the royal dance “**the Waltz**”. Some of the students received an invitation to this royal ball at the beginning of the play. When it came time for the ball to start, these students were asked to come up front, they received a crown and were invited to dance with the cast to a lovely waltz.

The “invited guests” sure seemed to have a great time and the rest of the audience was clapping and celebrating with them.

Later, on his search for the rightful owner of the “lost shoe”, the Prince tried the shoe on several of the students in the audience, but – of course – only Cinderella was a perfect fit.

We are very grateful for their annual visits and are always looking forward to the next performance.

THANK YOU LYRIC THEATRE CAST & Sponsors!



Terms addressed during the Play

Exposition: introduction to background information about events, settings, characters, or other elements of a work to the audience or readers.

Inciting Incident: an episode, plot point or event that hooks the reader into the story. This particular moment is when an event thrusts the protagonist into the main action of the story.

Rising Action: a series of relevant incidents that create suspense, interest, and tension in a narrative. In literary works, a **rising action** includes all decisions, characters’ flaws, and background circumstances that together create turns and twists leading to a climax.

Climax: the highest point of tension or drama in a narratives’ plot. Often, **climax** is also when the main problem of the story is faced and solved by the main character or protagonist.

Falling Action/Denouement: the resolution of the issue of a complicated plot in fiction. **Denouement** is derived from the French word denoue, which **means** “to untie.”

Resolution: the unfolding or solution of a complicated issue in a story. Technically, **resolution** is also known as a “denouement.” Most of the instances of **resolution** are presented in the final parts or chapters of a story.

Antagonist: a person who actively opposes or is hostile to someone or something; an adversary.

Protagonist: the leading character or one of the major characters in a drama, movie, novel, or other fictional text.

Waltz: a dance in triple time performed by a couple, who as a pair, turn rhythmically around and around as they progress around the dance floor.



DRS Career Expo

by Laci Goins

On February 11th the Jr. / Sr. classes ventured to Oklahoma City to participate in the **DRS Career Expo**.

The event titled **“Ready, Set, HIRED!”** brought together Oklahoma business leaders to meet with motivated job seekers.

Participants had the opportunity to learn new skills to help them land their next (or first) job and were able to network with community leaders. The event also hosted a variety of vendors who provide services for those who are seeking to join the workforce.

The juniors and seniors sat in on a panel discussion that included people whose job duties include interviewing prospective employees.

The panel included: Scott Mullins from Merrill Lynch; Sharon

Harrison, Manufacturing Alliance; Todd Pfeifer, Ebsco Springs; and Gregg Morgan, FAA.

The panel discussed questions that could be asked at an interview, what they are looking for in an employee, how important it is to have a resume, and not trying to hide your disabilities or setbacks in life.

The students learned a lot from this discussion that they took back with them to OSB. They can use that knowledge when they write their own resumes.

At lunch, the OSB Jazz Band was able to show off some of their skills by playing three of their favorite songs: **Treat You Better** by Shawn Mendez; **Sunflower** by Post Malone; and **Light ‘Em Up** by Fallout Boy.

It was a great day and we look forward to next year.



Band Dir. Chris Ferrell



Valentines and Socks for Vets

by Cheryl Daniels

On February 11th, students Jerelyn Black, Angel Cozort, and Anika Weller visited patients at the Jack C Montgomery VA Medical Center, where they delivered valentine cards made by students from OSB.



The students also gave away socks that had been donated last fall.

The veterans and staff LOVED the socks!

A big thank you to our tour guide for the day, Shantel McJunkins, Voluntary Service Specialist.



The cards had hearts, braille, and messages of love and gratitude.



Chinese New Year

by Cheryl Daniels

The Service Learning class helped the students at OSB celebrate the **Chinese New Year**, also known as the **Spring Festival** or **Lunar New Year**, by participating in the traditional lion dance.

According to the China Highlights webpage, in Chinese culture, **the lion symbolizes power, wisdom, and superiority.**



People perform lion dances at Chinese festivals or big occasions to

bring good fortune and chase away evil spirits.

The lion dance is one of the most important traditions at Chinese New Year. It is performed to bring

prosperity and good luck for the upcoming year.

Students John Duong, Tyler Duong, Abigail Norton, and Shannon Winter taught the younger students how to use chopsticks, showed them red envelopes, and helped them find out their Chinese horoscope sign by using the year they were born.



They also made paper lanterns and spent some time checking out the authentic lion/dragon head.



The lion/dragon was a gift from a friend in China to Mrs. Daniels many years ago.

Black History Month - February

By Maggie Mattox

February is Black History month, which means that every year we remember the African Americans who have made history and made America what it is today — often with little recognition.



Mrs. Daniels' Service Learning class put up a display in our auditorium foyer, recognizing



following historical personalities and giving us some insight in their accomplishments:

- ◆ **Madam CJ Walker** - Entrepreneur
- ◆ **Claudette Colvin** - Activist, Nurse's Aid
- ◆ **W.E.B. DuBois** - Sociologist
- ◆ **Maya Angelou** - Writer
- ◆ **Ruby Bridges** - Travel Agent, Foundation Founder, Advocate
- ◆ **Martin Luther King, Jr.** - Pastor, Activist
- ◆ **Rosa Parks** - Seamstress, Activist
- ◆ **Duke Ellington** - Musician



- ◆ **Stevie Wonder** - Musician, Singer
- ◆ **Mae Jemison** - Astronaut
- ◆ **Henrietta Lacks** - died of cancer; her cancer cells were first ever cells surviving in a lab and helping research; cells were used without her or her family's knowledge or approval;
- ◆ **John Lewis** - Civil Rights Activist
- ◆ **Ella Baker** - Human Rights Activist
- ◆ **Bessie Coleman** - Pilot



When is Chinese New Year?

8 DAYS - JAN 17th – 24th
Little Year
 Preparations for the New Year begin on Jan. 17th, and last until Jan. 24th / New Year's Eve.

11 DAYS - JAN 25th – FEB 4th
Spring Festival
 Chinese New Year officially begins on Jan. 25th, and ends on Feb. 4th.

4 DAYS - FEB 5th – 8th
Lantern Festival
 Preparations begin Feb. 5th, and the Lantern Festival is held on Feb. 8th.

2020 is the Year of the Rat

Red Pockets/Red Envelopes
 = Chinese New Year Lucky Money

Legend has it that red envelopes were filled with money and passed on from parents to their children, or from children to their elders, hoping to pass on a year of good fortune and blessings.

Other legends refer to a monstrous creature named Nian that would come once a year to devour entire villages. The red envelopes given to the children was meant to give the children something to bribe the monster or evil spirits with, so they would be spared.

Regardless the age, this activity is traditionally between close family and friends. However, nowadays, you can give red envelopes to practically anyone. Giving red envelopes to your co-worker's or higher-up's children is used for social networking. It's just for fun between friends and politeness between acquaintances.

<https://chinesenewyear.net/>

Sapulpa Bean Dinner 2020

By Faye Miller

OSB students supported the Sapulpa Lions Cub again this year at their Annual Bean Dinner.

Middle school students, Mrs. Daniels's Service Learning class, and FCCLA members joined the OSB 'Gleeful Ringers' choir in Sapulpa.



The Sapulpa Lions Club continues to support programs here at OSB, so it is nice to support their main fundraiser of the year.

The music provided to us by the OSB choir, the Gleeful Ringers, was a relaxing way for everyone to enjoy their lunch. They sang songs like Amazing Grace, America the Beautiful, God



Gleeful Ringers

We started our trip with enjoying a lunch of beans, chili, and all the fixings. This was a great way to find out what we liked and what we could recommend to the patrons.

Every student had a specific job to complete for the day to be successful.

Some students prepared the trays with cutlery and napkins, other kids brought drinks, corn bread and coleslaw to patrons.



Bless America, and Zip-A-Dee-Doo-Dah.

Many of the students took orders from patrons, then served them their requested types of beans. Of course, cleaning off trays and wiping down tables was part of everyone's job.



Thank you to all the adults who joined us on this trip. We needed Ms. JoAnn, Mr. Bynum, and all the teachers to make sure the day was a success.

THANK YOU LIONS CLUB

for your continuing support!



2020 Oklahoma School for the Blind Spelling Bee

By Mrs. Shelton

The **2020 Oklahoma School for the Blind (OSB) Spelling Bee** took place February 10th with **11 contestants** ready to go on the stage.

Students ranged in levels **3rd through 8th grade.**



Contestants did such a great job!

It can be a little nerve-wracking and intimidating standing on stage by yourself, but this is what

perseverance looks like! We are proud of our students for giving it their best. With every contest there is a winner, and that **winner is Braylen Fuller.**

Braylen Fuller walked away as the Grand Champion earning a large Hershey's bar and the opportunity to enter and compete in the **Eastern Oklahoma State Spelling Bee (EOSSB)** in Muskogee on **April 3rd** at the **Muskogee Civic Center.** *[Braylen, let me know what color you want that car to be.]*



Braylen Fuller (left) & Blake Priddy (right)

Runner-up belongs to **Blake Priddy.**

Blake also earned a candy bar of his choice and the chance to compete at EOSSB.

Congratulations guys!

I'll be seeing you at the next contest, and each day until then.



Recreation Activities

Can you believe how fast the School year is going? We had a great time in recreation this month!



We held our first **Family Feud** Game - Boys vs. Girls.

The Boys came from behind to take the win. A Big thank you to Mr. Brice for being our "Steve Harvey".

We had some super **craft nights**. The students made **wiki art in January**



and decorated **water bottles in February**.

In March, we are making slime! If anyone has

some suggestions for craft night please let me know.

The **Delta Gamma Girls from Ft. Smith, AR** came to join us for the **Valentine's Dance**.



These ladies have been coming to help us with our events all year

long. Our students really enjoy being with them. We look forward to them coming again soon.



The **ESA women** came to host **Bingo** for the Elementary students on the 18th of this month.

Every student won a little money. These ladies do some awesome things for our students. **Thank you.**

Celebrating **February birthdays** was a hit!



We had a delicious birthday cake.

Each of the last two weeks in February we went to Braum's. Our students enjoyed being able to eat out and socialize with each other. We all have probably gained a few pounds this month.

Nancy Brice,
Recreation Director

Art Class

by Shannon Winter

We had our **first ever art class** on February 17. An artist by the name Mrs. Sandy came to teach us.

One of the first techniques we learned was "**led tracing**". Which means you take a photograph that you want to draw and you do a layer of graphite on the back over the picture. Then you turn it over on another piece of paper and you just trace it. The pressure from the tracing will transfer the graphite onto the other piece of paper, only showing the parts that you are tracing.

The students that attended were:

- ◆ Jaylee Burnside
- ◆ Josephine "Josie" Cox
- ◆ Audrey DeBrosky
- ◆ Nikki James
- ◆ Samantha "Sam" Six
- ◆ Abbygale "Abby" Smith
- ◆ Shannon Winter

Also in attendance were:

Ms. Kaitlenn Rippetoe (intern) and Mrs. Nancy Brice.



Abby's picture



Shannon's picture

Birthdays March

Students

Story, Stephanie	3	1
Duong, John	3	4
Duong, Tyler	3	4
Pedersen, Lilith	3	6
Baccus, Dayton	3	9
Saunders, Emma	3	13
Cozort, Angel	3	18



Staff

Becky LaRue	3	4
Charles Nail	3	10
Helen Wilson	3	16
Marqueta Culver	3	20
Kimberly Thomas	3	28

GOING THE EXTRA MILE



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

Thank you ...

- ◆ Karen Bryan for lending a helping hand when needed with a student's problem.
- ◆ Laci Goins for always being willing to help the students and other teachers with a situation.
- ◆ Jeanna Jones for being patient and understanding with students in the cafeteria. And for helping elementary students at lunch and outside.

Kathy Barrett

Thank you Mrs. Charles and helpers for coming up with and implementing the idea of an "Amazing Braille Race" in honor of Louis Braille and in recognition of "Braille Literacy" Month. It was an "Awesome" way to include Braille and print students, encourage their sharing, and working together to read the print or Braille, and to have it available for them to read as well. I thought it was fun going from place to place and doing each task.

Ruby Barker

The Family and Consumer Sciences (FACS) classes love collaborating with Ms. Woods and Mrs. Miller! We enjoy applying what we learn in the FACS classroom and using our O&M skills to navigate the grocery store! Thank you ladies.

Your FACS Team/s

Much thanks to our Food Service friends for their willingness to accommodate staff and students! You're the best.

Allison Garner

A **HUGE THANK YOU** to our gifted Annette Wilson. Not just does she do an excellent job decorating outside the clinic, she also comes up with great ideas, like the Dr. Seuss Decorating Contest, to get the whole school engaged. **YOU ROCK !!!**

Maggie Mattox

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



Nutrition Department - Helpful Tips # 6 (Feb.)

**10
tips**

**Nutrition
Education Series**

add more vegetables to your day



10 tips to help you eat more vegetables

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1 discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2 be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.



3 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4 check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

5 stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



6 make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.



7 sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

8 while you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9 savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



10 try something new

You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.



This material was developed by the USDA Center for Nutrition Policy and Promotion. The information is for informational purposes only and does not constitute a recommendation. The information is provided as a service to the public. The information is not intended to be used as a substitute for professional advice. The information is not intended to be used as a substitute for professional advice. The information is not intended to be used as a substitute for professional advice.

Nutrition Department - Helpful Tips # 7 (March)

10 tips
Nutrition
Education Series

got your dairy today?

10 tips to help you eat and drink more fat-free or low-fat dairy foods



The Dairy Group includes milk, yogurt, cheese, and fortified soymilk. They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be low-fat or fat-free—to cut calories and saturated fat. How much is needed? Older children, teens, and adults need 3 cups* a day, while children 4 to 8 years old need 2½ cups, and children 2 to 3 years old need 2 cups.

1 "skim" the fat

Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change cuts calories but doesn't reduce calcium or other essential nutrients.

2 boost potassium and vitamin D, and cut sodium

Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt have more potassium and less sodium than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D.



3 top off your meals



Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream.

4 choose cheeses with less fat

Many cheeses are high in saturated fat. Look for "reduced-fat" or "low-fat" on the label. Try different brands or types to find the one that you like.

5 what about cream cheese?

Regular cream cheese, cream, and butter **are not** part of the dairy food group. They are high in saturated fat and have little or no calcium.

* What counts as a cup in the Dairy Group? 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

6 ingredient switches

When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try ricotta cheese as a substitute for cream cheese.

7 choose sweet dairy foods with care

Flavored milks, fruit yogurts, frozen yogurt, and puddings can contain a lot of added sugars. These added sugars are empty calories. You need the nutrients in dairy foods—not these empty calories.

8 caffeinating?

If so, get your calcium along with your morning caffeine boost. Make or order coffee, a latte, or cappuccino with fat-free or low-fat milk.

9 can't drink milk?

If you are lactose intolerant, try lactose-free milk, drink smaller amounts of milk at a time, or try soymilk (soy beverage). Check the Nutrition Facts label to be sure your soymilk has about 300 mg of calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic.

10 take care of yourself and your family

Parents who drink milk and eat dairy foods show their kids that it is important. Dairy foods are especially important to build the growing bones of kids and teens. Routinely include low-fat or fat-free dairy foods with meals and snacks—for everyone's benefit.





March 2020

Dorms Open
 NO School
 School In Session

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				

Schedule of Events

Date	Time	Event
Mon., Mar. 2		Dr. Seuss Day
Wed., Mar. 4		Braille Challenge @ Oklahoma City
		State E-Team @ OSB - Dr. Seuss Contest judging!
		8 th Grade Students tour ICTC
Tue., Mar. 10		Disability Awareness Day @ Oklahoma City
Wed., Mar. 11		Upper Elementary Field Trip to the Gathering Place, Tulsa
Thur., Mar. 12	12:00-2:00	Spring Tea (Middle School girls)
Mar. 16 - 20		SPRING BREAK - NO SCHOOL !
Sun., Mar. 22		Dorms Open - Bus Routes Run
Tue., Mar. 24	10:30-1:30	Counselor Day (SBVI/VS counselors meet with students)
Wed., Mar. 25	8:00-4:00	Special Olympics "Athletics"
Thur., Mar. 26	10:00-12:00	Sr. Pictures (Cap & Gown) @ Ruth Kelly Studios

Upcoming April/May Events:

Apr. 1	PROM
Apr. 2	Creek Co. Literacy Bee
Apr. 12-17	COSB - National Outreach Forum @ OSB
Apr. 16-18	SCASB Track, Mississippi
May 6	Upper Elem. "Good Behavior Trip" to Incredible Pizza
May 12	Upper Elem. Field Trip to Honor Heights Park
	Spring Concert / Activities Awards Banquet
May 13-14	Jr./Sr. Class Trip
May 20	Last Day of School
	Awards Assemblies (Elem., Middle School, and High School)
	Graduation



Recreation Activities

MARCH 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
1 DORMS OPEN / OPEN	2 Dr. Seuss Movie Night in the Rec / Open Rec	3 March & Dr. Seuss Birthday Party at 6:30 Open Rec	4 Wacky Crazy Game Night 6:30-8:00 Open Rec	5 HOME GOING	6	7
8 DORMS OPEN / OPEN REC	9 Open Rec 6:30-9:30	10 Craft Night! Making slime or foam A2 & B2 start at 6:00 All others at 6:30 Open Rec.	11 National Popcorn Day! Free Popcorn in the Panther Den all Night!	12 HOME GOING	13	14
15 	16 SPRING	17 	18 BREAK	19 	20	21
22 DORMS OPEN / OPEN	23 WI Bowling Tournament starts at 6:30 Open Rec	24 WI Bowling Tournament starts at 6:30 Open Rec	25 Skating 6:30-8:00 	26 HOME GOING	27	28
29 DORMS OPEN / OPEN	30 Outside Rec (if weather allows) OR Open Gym (if bad weather)	31 Bingo! 6:30-8:00 Panther Den opens at 8:00				

Recreation - 918-781-8200 - Ext. 8278 - ALL TIMES ARE 'PM' !!!

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

Bulletin Board / Door / Hallway Decorating Contest

\$2
Entry Fee

Decorate your door!

Or

Decorate your hallway!

Or

Decorate your bulletin board!

Decorate one & win!

See Annette Wilson

in Clinic to sign up!

Contest will be judged Wednesday,
March 4th by the State E Team.

WINNER TAKES ALL!!

\$2

Entry Fee



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:

- ◆ Brenda O'Brien, DCS, effective January 6th
- ◆ Rachel Butler, Teacher, effective January 6th
- ◆ Gena Bass, Food Service, effective February 3rd
- ◆ Melissa Graves, Secretary, effective February 4th

Welcome on board. Glad to have you !



Retirement:

Avonda Harris, effective Jan. 31.



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

March 10	Disability Awareness Day, Oklahoma City
March 12	SPRING TEA (permission slips are DUE now)
March 16-20	SPRING BREAK - NO SCHOOL - CAMPUS CLOSED
March 24	Counselor Day (Div. of Services f/t Blind & Visually Impaired)
March 25	Special Olympics "Athletics"
March 26	Senior Pictures (Cap & Gown)
April 1	PROM
April 2	Creek Co. Literacy Bee
April 16-18	SCASB Track, Mississippi
May 12	Spring Concert / Activities Awards Banquet
May 13-14	Jr. / Sr. Class Trip
May 20	Last Day of School Awards Assemblies (all) / Graduation