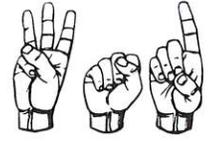




Between Us...



... a monthly communication newsletter with and for our parents.

October 4, 2013 Vol. 32, No. 01

Dates Of Special Interest

October

- 4 Student departure day
Parent Teacher conferences
- 5 WSD Homecoming w/Open House for
Chesebro Hall
- 6 Students return PM
- 11 Student departure day
- 13 Students return PM
- 18 Student departure day
- 20 Students return PM
- 25 Student departure day
- 27 Students return PM
- 31 Thurs Student departure day**



November

- 1 staff work day
- 3 Students return PM
- 8 Student departure day
- 10 Students return PM
- 15 Student departure day
- 17 Students return PM
- 22 Student departure day
- 24 Students return PM
- 27 Weds Student departure day**
- 28-29 Thanksgiving break**



December

- 1 Students return PM

Message from the Superintendent



Alex H. Slappey

Here We Go Again!
Off to a New School Year

Now that I've finally had a chance to catch my breath we're already into the 4th week of the 2013-2014 school term. Feels just like yesterday that we graduated the Class of 2013.

As you're all aware we have a new high school building that we're very proud of. We had a great grand opening and dedication ceremony with State Superintendent Dr. Tony Evers and a host of other dignitaries on Sept 4th. The new Chesebro Hall is a beautiful building designed specifically for educating the deaf.

Chesebro Hall links the Pie Hall complex with Neesam gym and allows us to secure all the buildings for the first time. Students don't need to go outside to get from the gym or dining room to the classrooms. This is also nice when the weather isn't so nice.

WSD will be having an open house on Oct 5 during our Homecoming activities. This is an excellent opportunity to visit the new Chesebro Hall as well as enjoy volleyball and football games against the Iowa School for the Deaf. Lots of events such as a silent auction, merchandise sales, and other fun activities will be occurring.

One of the cool aspects of Chesebro Hall is the open courtyard. The courtyard is paved with bricks and WSD is offering an opportunity to order a brick of your own for the courtyard. Bricks can be engraved with up to two lines, 18 characters per line, with your

name or as a memorial. Don't miss this opportunity to make your mark on WSD!

I had a really cool experience this morning on my rounds. In the breezeway between Pie Hall and Robinson Hall I came upon 4 small tricycles parked neatly in a line against the wall. Each tricycle had a small paper bag attached to the front of the handlebars.

Later I spotted a few kindergarteners peddling the tricycles around the new patio area behind Chesebro. There were little road signs placed in the patio and on the sidewalk and the little tikes were learning about road signs while enjoying a ride outside on a fine fall morning. Our staff does an amazing job of creating innovate ways to teach the kids!

There's quite a lot happening right now, there is a new staff evaluation system being implemented and on top of that WSD is part of a pilot for the Educator Effectiveness program. The Educator Effectiveness program is an educator specific evaluation system that's being adopted state-wide in Wisconsin.

We know we will be very busy this term with preparing our program for the Common Core Standards. We've been prepping for this change for a while now and will soon implement it.

I'm really looking forward to this year; it's an exciting year at WSD.

WSD Birthdays



September

- 6 Robert Paul
- 8 Ka Youa Xiong
- 11 Darius Payne
- 12 Kori Koss
- 13 Wyatt Stoller
- 19 Alicia Arispe
- 23 Keisha Payne
- 29 Jasmine Perkins

October

- 1 Lyssa Matsche
- 2 Katie McClyman
- 3 Michael Lawson

- 10 Brandaun Carter
- 11 Faith Sims
- 13 Charlotte Fleege
- 19 Jazmin Victorino
- 22 Lucero Uriostegui
- 26 Montaro Walker
- 29 Markia Beyer

November

- 6 Jordan Gatch
- 8 Caitlyn Pocza
- 9 Wyatt Keller
- 18 Jesus Romero
- 22 Kadedra Jackson
- 23 Michael Schultz
- 26 Veronica Duran
Donovan Sullivan



A Note from the Health Center

Fall 2013

Dear Parents/Guardians,

We will be giving the flu vaccine soon. It is FREE of charge for your child. If you have not signed your child up and want to do so, if you are not sure, or if want to change your mind, please call the Health Center at 262-728-7144 or email us at diane.nelson@wsd.k12.wi.us.

A second booster shot is required for children 4-8 years of age if they have never received the vaccine before. The booster shot will be given in mid November. If your child is under 4 years old, please see your doctor.

If you wish to have your child receive this vaccine, please read the Vaccine Information Statement and fill out the Vaccine Administration Record form. Please sign and date the format the bottom and return to the Health Center.

Influenza Vaccine

What You Need to Know

(Flu Vaccine,
Inactivated)

2013-2014

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis.

Hojas de Información Sobre Vacunas están disponibles en Español / en muchos otros idiomas. Visite www.immunize.org/vis.

1 Why get vaccinated?

Influenza ("flu") is a contagious disease that spreads around the United States every winter, usually between October and May.

Flu is caused by the influenza virus, and can be spread by coughing, sneezing, and close contact.

Anyone can get flu, but the risk of getting flu is highest among children. Symptoms come on suddenly and may last several days. They can include:

- fever/chills
- sore throat
- muscle aches
- fatigue
- cough
- headache
- runny or stuffy nose

Flu can make some people much sicker than others. These people include young children, people 65 and older, pregnant women, and people with certain health conditions—such as heart, lung or kidney disease, or a weakened immune system. Flu vaccine is especially important for these people, and anyone in close contact with them.

Flu can also lead to pneumonia, and make existing medical conditions worse. It can cause diarrhea and seizures in children.

Each year **thousands of people in the United States die from flu**, and many more are hospitalized.

Flu vaccine is the best protection we have from flu and its complications. Flu vaccine also helps prevent spreading flu from person to person.

2 Inactivated flu vaccine

There are two types of influenza vaccine:

You are getting an **inactivated** flu vaccine, which does not contain any live influenza virus. It is given by injection with a needle, and often called the "flu shot."

A different, **live, attenuated** (weakened) influenza vaccine is sprayed into the nostrils. *This vaccine is described in a separate Vaccine Information Statement*

Flu vaccine is recommended every year. Children 6 months through 8 years of age should get two doses the first year they get vaccinated.

Flu viruses are always changing. Each year's flu vaccine is made to protect from viruses that are most likely to cause disease that year. While flu vaccine cannot prevent all cases of flu, it is our best defense against the disease. Inactivated flu vaccine protects against 3 or 4 different influenza viruses.

It takes about 2 weeks for protection to develop after the vaccination, and protection lasts several months to a year.

Some illnesses that are not caused by influenza virus are often mistaken for flu. Flu vaccine will not prevent these illnesses. It can only prevent influenza.

A "high-dose" flu vaccine is available for people 65 years of age and older. The person giving you the vaccine can tell you more about it.

Some inactivated flu vaccine contains a very small amount of a mercury-based preservative called thimerosal. Studies have shown that thimerosal in vaccines is not harmful, but flu vaccines that do not contain a preservative are available.

3 Some people should not get this vaccine

Tell the person who gives you the vaccine:

- **If you have any severe (life-threatening) allergies.** If you ever had a life-threatening allergic reaction after a dose of flu vaccine, or have a severe allergy to any part of this vaccine, you may be advised not to get a dose. Most, but not all, types of flu vaccine contain a small amount of egg.
- **If you ever had Guillain-Barré Syndrome** (a severe paralyzing illness, also called GBS). Some people with a history of GBS should not get this vaccine. This should be discussed with your doctor.
- **If you are not feeling well.** They might suggest waiting until you feel better. But you should come back.



4 Risks of a vaccine reaction

With a vaccine, like any medicine, there is a chance of side effects. These are usually mild and go away on their own.

Serious side effects are also possible, but are very rare. Inactivated flu vaccine does not contain live flu virus, so **getting flu from this vaccine is not possible.**

Brief fainting spells and related symptoms (such as jerking movements) can happen after any medical procedure, including vaccination. **Sitting or lying down for about 15 minutes after a vaccination can help prevent fainting and injuries caused by falls.** Tell your doctor if you feel dizzy or light-headed, or have vision changes or ringing in the ears.

Mild problems following inactivated flu vaccine:

- soreness, redness, or swelling where the shot was given
- hoarseness; sore, red or itchy eyes; cough
- fever
- aches
- headache
- itching
- fatigue

If these problems occur, they usually begin soon after the shot and last 1 or 2 days.

Moderate problems following inactivated flu vaccine:

- Young children who get inactivated flu vaccine and pneumococcal vaccine (PCV13) at the same time may be at increased risk for seizures caused by fever. Ask your doctor for more information. Tell your doctor if a child who is getting flu vaccine has ever had a seizure.

Severe problems following inactivated flu vaccine:

- A **severe allergic reaction** could occur after any vaccine (estimated less than 1 in a million doses).
- There is a small possibility that inactivated flu vaccine could be associated with Guillain-Barré Syndrome (GBS), no more than 1 or 2 cases per million people vaccinated. This is much lower than the risk of severe complications from flu, which can be prevented by flu vaccine.

The safety of vaccines is always being monitored. For more information, visit: www.cdc.gov/vaccinesafety/

5 What if there is a serious reaction?

What should I look for?

- Look for anything that concerns you, such as signs of a severe allergic reaction, very high fever, or behavior changes.

Signs of a severe allergic reaction can include hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, and weakness. These would start a few minutes to a few hours after the vaccination.

What should I do?

- If you think it is a severe allergic reaction or other emergency that can't wait, call 9-1-1 or get the person to the nearest hospital. Otherwise, call your doctor.
- Afterward, the reaction should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your doctor might file this report, or you can do it yourself through the VAERS web site at www.vaers.hhs.gov, or by calling 1-800-822-7967.

VAERS is only for reporting reactions. They do not give medical advice.

6 The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines.

Persons who believe they may have been injured by a vaccine can learn about the program and about filing a claim by calling 1-800-338-2382 or visiting the VICP website at www.hrsa.gov/vaccinecompensation.

7 How can I learn more?

- Ask your doctor.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call 1-800-232-4636 (1-800-CDC-INFO) or
 - Visit CDC's website at www.cdc.gov/flu

Vaccine Information Statement (Interim)
Inactivated Influenza Vaccine

07/26/2013

42 U.S.C. § 300aa-26

Office Use Only



VACCINE ADMINISTRATION RECORD

Information collected on this form will be used to document authorization for receipt of vaccine(s). Information may be shared through the Wisconsin Immunization Registry (WIR) with other health care providers directly involved with the patient to assure completion of the vaccine schedule. Information collected on this form is voluntary and the Social Security Number will be used by parent or guardian to access the Wisconsin Immunization Registry.

CHART NUMBER

Patient's Name (Last, First, Middle Initial) Include maiden name if married.		Mother's Maiden Name (Last, First, Middle Initial)	
Address		City	State
P. O. Box		County	Zip Code
Email address (if applicable) ()		Work Telephone Number (Include extension number) ()	
Social Security Number		Date of Birth (mm/dd/yyyy)	Patient Birth State/Country
Race (Check one)		Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	
<input type="checkbox"/> African American <input type="checkbox"/> White <input type="checkbox"/> Other <input type="checkbox"/> American Indian or Alaskan Native <input type="checkbox"/> Asian <input type="checkbox"/> Native Hawaiian / Pacific Islander		Ethnicity (Check one) <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Non-Hispanic or Latino	

Name of Physician		Name of School or Day Care (if applicable) WSD	
Name of Parent or Guardian Responsible for Patient (Last, First, Middle Initial)		Relationship to Patient	
Okay to share immunization data with Wisconsin Immunization Registry (WIR)? <input type="checkbox"/> Yes <input type="checkbox"/> No		Would you like reminder/recall sent to you? <input type="checkbox"/> Yes <input type="checkbox"/> No	
I have been given a copy and have read, or have had explained to me, information about the disease(s) and vaccine(s) to be received. I have had a chance to ask questions that were answered to my satisfaction. I understand the benefits and risks of the vaccine(s) requested and ask that the vaccine(s) be given to me or to the person named above for whom I am authorized to make this request.			
Wisconsin Medicaid restricts billing recipients for any covered service(s). I understand that if I am a Medicaid/BadgerCare recipient I cannot be charged an administration fee or asked for any type of donation for the administration of any vaccine that is being provided.			
SIGNATURE - Person to receive vaccine or person authorized to sign on the patient's behalf.		Date Signed	

X

For Kids & Teens: The Story on Self-Esteem

BEHAVIOR & EMOTIONS

You can't touch it, but it affects how you feel. You can't see it, but it might be there when you look at yourself in the mirror. You can't hear it, but it's there when you talk about yourself or when you think about yourself.

What is this important but mysterious thing? It's your self-esteem!

What Is Self-Esteem?

Self-esteem can have a big part to play in how you feel about yourself and also how much you enjoy things or worry about things.

To understand self-esteem, it helps to break the term into two words. Let's first take a look at the word **esteem** (say: ess-**teem**), which means that someone or something is important, special, or valuable. For example, if you really admire your friend's dad because he volunteers at the fire department, it means you hold him in high esteem. And the special trophy for the most valuable player on a team is often called an esteemed trophy. This means the trophy stands for an important accomplishment.

And **self** means, well, yourself! So put the two words together and it's easier to see what self-esteem is. It's how much you value yourself and how important you think you are. It's how you see yourself and how you feel about the things you can do.

Self-esteem isn't about bragging, it's about getting to know what you are good at and not so good at. A lot of us think about how much we like other people or things, but don't really think much about whether we like ourselves.

It's not about thinking you're perfect, because nobody is perfect. Even if you think some other kids are good at everything, you can be sure they have things they're good at and things that are difficult for them.

The most important thing to know about self-esteem is that it means seeing yourself in a positive way that's realistic, which means that it's the truth. So if you know you're really good at piano but can't draw so well, you can still have great self-esteem!

Why Self-Esteem Is Important

Self-esteem isn't like a cool pair of sneakers you really want but can wait until your next birthday to get. All kids have self-esteem, and having healthy or positive self-esteem is really important. It can help you hold your head high and feel proud of yourself and what you can do, even when things don't seem to be going so well.

Self-esteem gives you the courage to try new things and the power to believe in yourself. It lets you respect yourself, even when you make mistakes. And when you respect yourself, adults and other kids usually respect you, too.

Having positive self-esteem can also help you can learn to make healthy choices about your mind and body. If you think you're important, you'll be less likely to follow the crowd if your friends are doing something wrong or dangerous. If you have positive self-esteem, you know you're smart enough to make your own decisions. You value your safety, your feelings, your health — your whole self! Positive self-esteem helps you know that every part of you is worth caring for and protecting.

How Kids Get Self-Esteem

Babies don't see themselves in a good or bad way. They don't think, "I'm great!" when they let out a big burp or worry, "Oh, no, this diaper makes my legs look weird!" Instead, people around a baby help him or her develop self-esteem. How? By encouraging the baby when he or she learns to crawl, walk, or talk. They often say, "Good job. Good for you!" Or, they might just smile and look proud. When people take good care of a baby, that also helps him or her feel loved and valuable.

As kids get older, they can have a bigger role in developing their own self-esteem. Working hard to finish a project or assignment, getting a higher grade on a math test, or trying out for a new sport are all things kids can be proud of for trying. Some kids are not very athletic, but they might be good readers or know how to do magic tricks or are really good friends or help other people out — these are all accomplishments that help kids feel good about themselves.

A kid's family and other people in his or her life — like coaches, teachers, and classmates — also can boost self-esteem. They can help a kid figure out how to do things or notice his or her good qualities. They can believe in the kid and encourage him or her to try again when something doesn't go right the first time. It's all part of kids learning to see themselves in a positive way, to feel proud of what they've done, and to be confident that there's a lot more they can do.

A Little on Low Self-Esteem

Maybe you know kids with low self-esteem who don't think very highly of themselves or seem to criticize themselves too much. This can also be called negative self-esteem, and it's the opposite of positive self-esteem. Maybe you have low self-esteem sometimes and don't always feel very good about yourself or think you're important.

Sometimes a kid will have low self-esteem if his mother or father doesn't encourage him enough or if there is a lot of yelling at home. Other times, a kid's self-esteem can be hurt in the classroom. A teacher or other kids might make a kid feel like he or she isn't smart, or maybe there are mean kids who say hurtful things about the way a kid looks or acts.

For some kids, classes at school can seem so hard that they can't keep up or get the grades they'd hoped for. This can make them feel bad about themselves and hurt their self-esteem. When some kids do well and win prizes and awards, other kids might feel like they're not as good or there's something wrong with them.

Some kids have positive self-esteem but then something happens in their lives to change that. For example:

- If a kid moves and doesn't make friends right away at the new school, he or she might start to feel bad and think they are not a good friend.
- Kids whose parents divorce might find that this can affect self-esteem. They may feel bad when a parent can't give them attention or come to their game, or they might feel that if they had behaved better or kept their room clean, their parents would not have split up.
- Kids who look different from other kids may not feel good about themselves because they feel "different" or someone makes fun of them.
- A kid who's dealing with an illness, such as cancer, diabetes, or asthma, might feel different and less confident than before.
- Kids who have learning differences or know they have trouble reading a book report aloud might start losing confidence and focus too much on things they're not good at.
- Even going through the body changes of puberty — something that everybody does — can affect a kid's self-esteem.

Boosting Your Self-Esteem

Of course it's OK to have ups and downs in your feelings, but having low self-esteem isn't OK. Feeling like you're not important can make you sad and can keep you from trying new things. It can keep you from making friends or affect how hard you try at school.

Having strong self-esteem is also a very big part of growing up. As you get older and face tough decisions — especially under peer pressure — the more self-esteem you have, the better. It's important to like yourself.

If you think you might have low self-esteem, try talking to an adult you trust about it. He or she may be able to help you come up with some good ideas for building your self-esteem.

Self-esteem can improve when you start trying things you thought were too hard and then do well at them, or when a parent, family member, or other adult encourages you, is patient, and helps you get back on track. When you start to do well, self-esteem will skyrocket!

Here are a few other things that you can try to increase your self-esteem:

- **Make a list of the stuff you're good at.** It can be anything from drawing or singing to playing a sport or telling a good joke. If you're having trouble with your list, ask your mom or dad to help you with it. Then add a few things to the list that you'd like to be good at. Your mom or dad can help you plan a way to work on those skills or talents.
- **Give yourself three compliments every day.** Don't just say, "I'm so great." Be specific about something good about yourself, like, "I was a good friend to Jill today" or "I did better on that test than I thought I would." While you're at it, before you go to bed every night, list three things in your day that really made you happy or that you feel thankful for.
- **Remember that your body is your own, no matter what shape, size, or color it is.** If you are worried about your weight or size, you can check with your doctor to make sure you're healthy. Remind yourself of things about your body that are cool, like, "My legs are strong and I can skate really well."

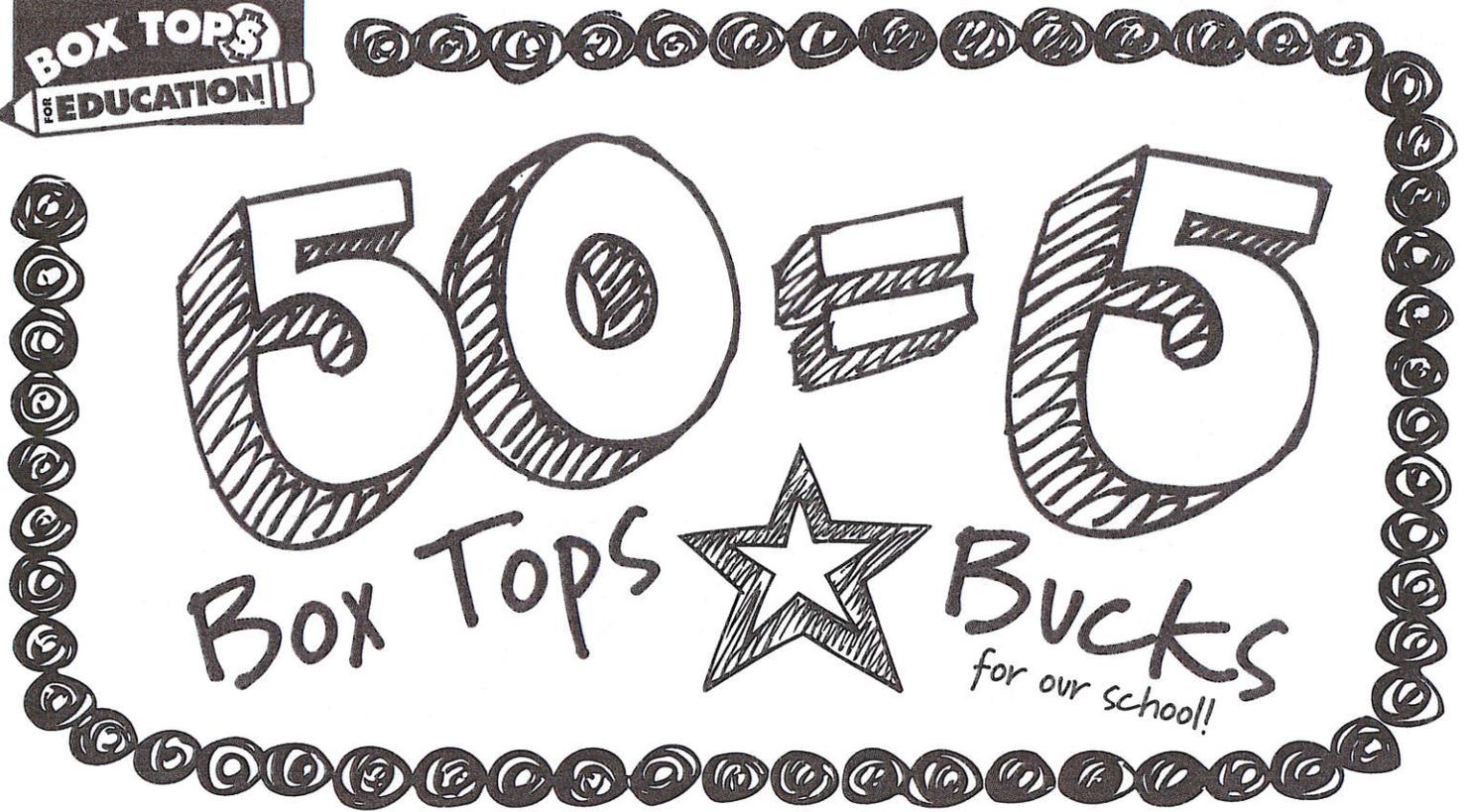
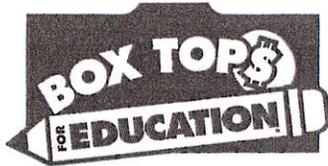
- **Remember that there are things about yourself you can't change.** You should accept and love these things — such as skin color and shoe size — because they are part of you.
- **When you hear negative comments in your head, tell yourself to stop.** Remind yourself of things you're good at and if you can't think of anything, ask someone else! You can also learn a new skill (for example, karate, dance, a musical instrument) so you can feel good about that!

By focusing on the good things you do and all your great qualities, you learn to love and accept yourself — the main ingredients for strong self-esteem! Even if you've got room for improvement (and who doesn't?), knowing what you're good at and that you're valuable and special to the people that care about you can really help you deal with growing up.

Part of growing up is learning to focus on your strengths and to accept and work on your weaknesses — and that, in a nutshell, is self-esteem!

Reviewed by: Michelle New, PhD

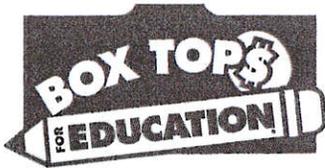
Date reviewed: April 2012



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Every Box Top is worth 10¢ for our school, and we can use that money to buy the things our school needs. You can help by clipping Box Tops and bringing them to school - look for them on over 300 products!

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Thanks for your help!



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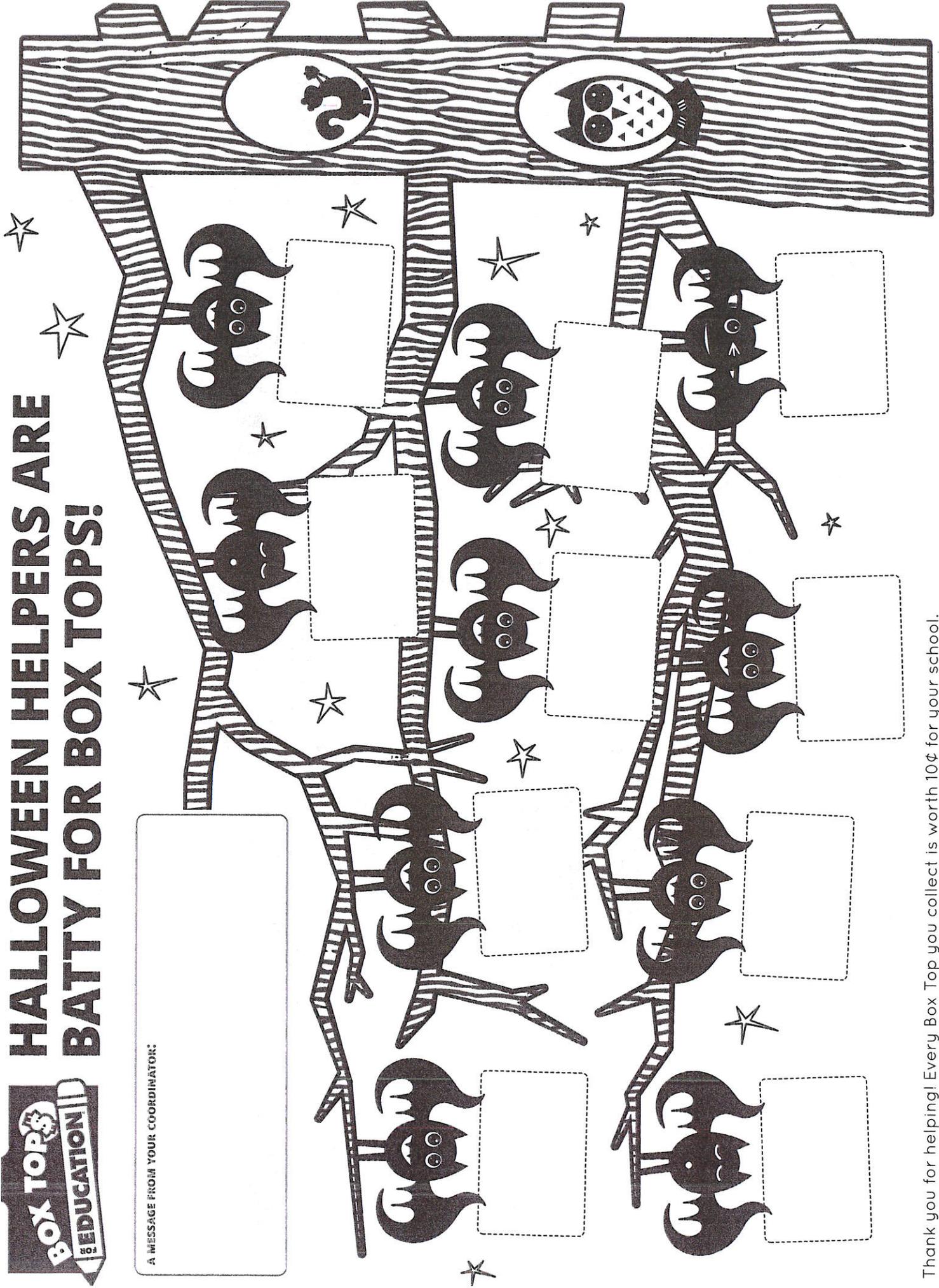
Cada Tapa de Caja vale 10 centavos para nuestra escuela, y podemos usar ese dinero para comprar las cosas que nuestra escuela necesita. Puede ayudar recordando las Tapas de Caja y trayéndolas a la escuela - ¡búsquelas en más de 300 productos!

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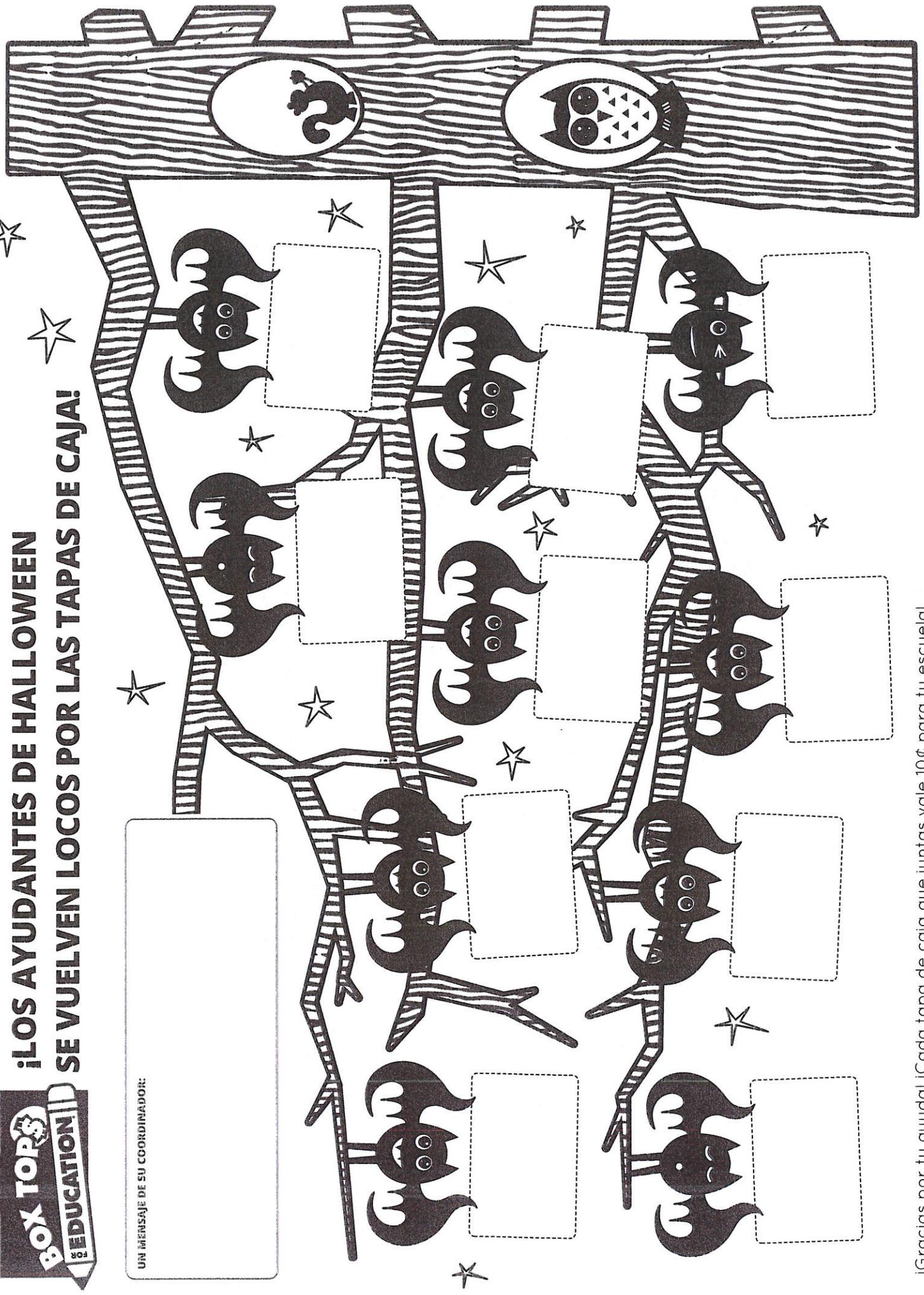


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¡LOS AYUDANTES DE HALLOWEEN SE VUELVEN LOCOS POR LAS TAPAS DE CAJA!

UN MENSAJE DE SU COORDINADOR:

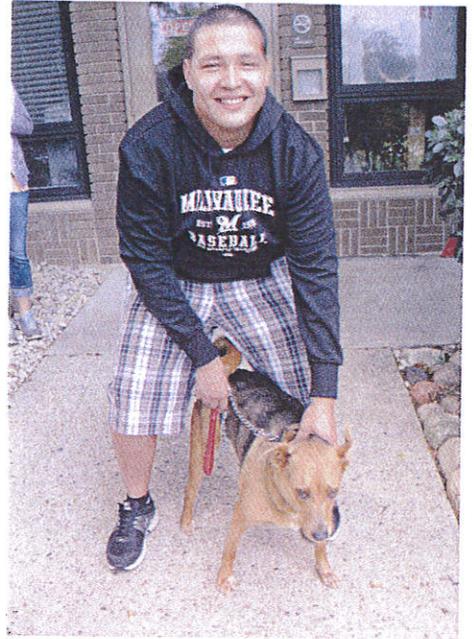


¡Gracias por tu ayuda! Cada tapa de caja que juntas vale 10¢ para tu escuela! Para ver más maneras de ganar dinero para tu escuela, puedes ir a btfe.com.

WSD and the Lakeland Animal Shelter

WSD high school students have been volunteering at the Lakeland Animal Shelter in Elkhorn since March thanks to the help of dorm and school staff. Students who volunteer attend the shelter on Wednesdays in groups of twos. Their responsibilities include walking the dogs, cleaning up after them, and playing with them. Volunteering at the shelter is such a hit with the students that we currently have 29 students (more than half of the HS) signed up to volunteer at the shelter!

Now, we need help from you! The Lakeland Animal Shelter needs the help of donations from people in the community. Listed below are all the items needed by the shelter. Those listed in red are items that the shelter is in dire need of. Donations can be brought to WSD and dropped off at the High School office, outside the high school science room (PIE 23), or in the dorm. Monetary donations can be made directly to the shelter. Thank you for your support!



Items Needed:

- * Paper Towels
- * Bleach
- * Jolly Balls—10", 8", 6", or 4.5"
- * Nylabones
- * Dish Soap
- * Kitten food
- * Garbage Bags— Tall Kitchen to Heavy Duty
- * Distilled water
- * Dry cat food
- * Liquid laundry soap
- * Canned cat food
- * Baby Blankets (for cat cages)
- * Martingale-style collars—all sizes needed!
- * Extra small martingale collars
- * Adopt me Harness
- * Adopt Me Leash
- * Training Leash
- * Check or Cash Donations are Accepted!

Send to: Lakeland Animal Shelter

ATTN: Donations

P.O Box 1000



Wisconsin School for the Deaf
309 West Walworth Avenue
Delavan, WI 53115