



School Mail Newsletter

for students and their families
January 13, 2012

Correction

Students were Omitted from A/B Honor Roll

Four names were mistakenly omitted from the 2nd Qtr. A/B Honor Roll that was posted in last week's newsletter. Here is a corrected listing: (Elementary) **Mari Durrett, Jolean O'Connell, Kaylee Colgate, Michael Davis, and Logan Armstrong;** (MS) **Shane Lowe and Elizabeth Stephens** and (HS) **Demetrius Bell, DrueValley Collins, Meagan Cruse, Garrad Riley, Kayla Voskuhl and Jessie VanBruggen.**

Grades for the 2nd qtr. have not been received for KSB students who take classes at Jefferson County schools. If warranted, new names will be added and published once they are received.

Again, congratulations to all these students!

Your Box Tops Make a Difference

Box Tops for Education has helped America's schools earn over \$400 million since 1996. With your contribution of box tops, KSB has been able to tap into those funds.

This year, KSB was able to furnish a new theater room in the library. Comfortable, kid friendly chairs and curtains were purchased with Box Top dollars.



When you go shopping, please look for and purchase items with the Box Top for Education labels. Clip the

labels and send them to KSB with your child. The more labels that are collected mean more dollars for exciting educational projects and activities. In addition to clipping the labels, there are other ways to earn. For complete details, visit the Box Tops website at <http://www.boxtops4education.com/>.

The Box Tops labels should be turned into Denise Applegate in the classroom office.



The new theater in the library was furnished with chairs and curtains from the Box Tops for Education fundraising program.

Sports News

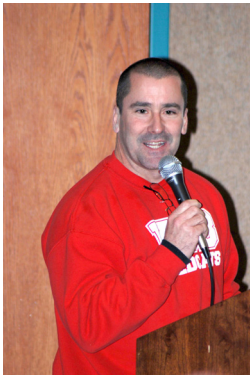
Teams to Compete in NCASB Conference Meet

Despite yesterday's rain and snow, the wrestling team and their coaches traveled to the Indiana School for the Blind (ISB) in Indianapolis to compete in the ISB Day Meet. The results from wrestlers **James Lewis, Jonathon McCarty, Kyle Givens** and **Brooke Berger** will be posted in the next issue of *KSB School Mail*.

Next weekend (Jan. 20-22), the wrestling and cheerleading team will head south to compete in the NCASB conference meet to be held at the Arkansas School for the Blind in Little Rock.

Tips for Parents

By: John Roberts, Director of Instruction



Identifying Money

There are many different ways to identify bills and it really doesn't matter how you do it as long as your method works for you. Some individuals prefer to separate their bills by denomination, then place the bills in different sections of their purse or wallet. Many people prefer a special billfold which has different sections for different bills. Other people like to fold their bills in a special way. If Your child decides to

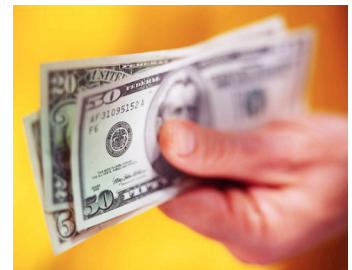
identify bills by folding (that's what we recommend), try this method:

- **leave 1 dollar bills completely unfolded**
- **fold the 5 dollar bills in half lengthwise**
- **fold the 10 dollar bill in half, end to end**
- **fold the 20 dollar bill end to end, then lengthwise**
- **fold the 50 dollar bill in half and in half again**

When your child receives money from others, ***have them ask*** what each bill is and fold it right away and place it in the special section of their wallet or purse. Please don't do it for them. We hope this helps!

(Adapted from the Canadian National Institute for the Blind)

Due to the M. L. King Holiday on Monday (school is not in session), KSB School Mail will not be distributed next week; look for it on Fri., Jan. 28.



Counselor's Corner

By: Elaine Hall, Guidance Counselor

Positive Self Talk

Happy Winter!! From this person who loves snow, I hope you are having a wonderful winter season. I am still hoping for at least one good snowfall!

I thought I would share one of my favorite tips for coping, for children and adults of any age. It is a technique called "Positive Self Talk." The messages we say in our own head really do make a difference. This is a technique to build confidence and courage for almost any situation. Rather than telling yourself what you are not good at, re-phrase the thought to what you can do well.

Kids of all ages need to tell themselves, "I can do really well on this test!" Kids need to tell themselves, "I am beautiful!" Kids need to tell themselves, "I can do this by myself!" Imagine having those sort of messages playing in your head all the time rather than the "I can't" statements.

From SchoolCounselor.org: "Science is showing that good feelings like appreciation can actually help your brain work better. When you feel nervous or anxious, try this. You can do it as many times as you need to or want to. Remember something that makes you feel good. Maybe it is your pet or how you felt when you got a big hug from your mom, or how you felt after a super fun day at the amusement park with your friends. After you remember how you felt, hold that feeling. Pretend you are holding it in your heart. Let yourself feel that feeling for 10-20 seconds or more. It's important to let yourself really feel that good feeling all over again. Practice this tool right before the big test."

<http://www.schoolcounselor.org/content.asp?contentid=283>

I was reminded of this one day recently when I was complaining about my lack of computer skills and was frustrated over a piece of technology. A young man told me, "That doesn't sound like positive self-talk to me...." He was right, and I was reminded of the need to practice what I preach.

Help your kids re-phrase out loud any negative things you hear them say. Help them orally learn how to verbalize the positive, so they can begin to do it internally. *It really does make a difference!*



School Activities for the Week of Jan. 16-21

- Monday, 16** **School is Not in Session** (Dorm Students Return at 4 PM)
Evening Recreation: 6-7 PM Activity Time (Elem.) and 7:30-9 PM Open Recreation (MS-HS)
- Tuesday, 17** **Evening Recreation:** 2:30-5 PM Radio Station (Elem.-HS); 4-5 PM Story Time (Elem.), 7-8 PM Venture Crew (HS) and 7:30-9 PM Bowling and Wii (MS and HS)
- Wednesday, 18** **Extended School Services (ESS), 2:45-3:30 PM**
Choir Practice, 6-7 PM
Evening Recreation: 2:30-5 PM Radio Station (Elem.-HS); 4-5:15 PM Air Bag (Elem.); 4:30-5:30 PM Boy Scouts (MS-HS) and 7:30-9 PM Roller Skating (MS/HS)
- Thursday, 19** **Extended School Services (ESS), 2:45-3:30 PM**
Evening Recreation: 2:30-5 PM Radio Station (Elem.-HS); 3:30-4:30 PM Swimming (MS); 4-5:15 PM Air Hockey and Open Play in Gym (Elem.) and 7:30-9 PM Trivia (MS-HS)
- Fri.-Sat., 20-21** **NCASB Conference Wrestling and Cheerleading Meet,**
Arkansas School for the Blind, Little Rock



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