

# High School Newsletter



## IMPORTANT DATES

### January 4

Resume classes at 8 a.m.

### January 4, 5, 6

Review for final exams

### January 7,8,11,12

Final Exams

### January 13-16

Clerc Classic at Fremont Deaf School

### January 15

End of 1st semester

### January 18

No school—Martin Luther King Day

### January 22-23

National Deaf Prep Wrestling at Maryland Deaf School

### January 27-30

CSSD Tournament at ISD

### February 6

Basketball homecoming

### February 15

No School—professional development day



**THE SUBJECT IS SUCCESS!!**



## Wear A Hat—Help the Poor

High School students were given the chance to wear a hat during school, if they paid one dollar. The money collected goes to Gleaner's Food Bank. They take care of feeding poor and homeless. This charity drive was a win-win for all!

## Lucero Shares His Navajo Indian Culture

Danny Lucero, new school-to-work coordinator, spoke to Bob Kovatch's U.S. History's classes about his Indian culture. Wedo (his official Indian name) shared his life in New Mexico, showed a traditional Indian drum and dance, displayed his native clothes and showed how burning white sage summons the spirits for strength, power, protection and wisdom. The students were mesmerized by his speech. The class is currently studying Indians and recently watched the movie, "Dances With Wolves".

## Academic Bowl Team Hard At Work

Everyone knows our sport athletes are hard at work, practicing, playing games, wrestling hard and cheering their lungs out, but did you know our "Brain Athletes" are hard at work during school and after school gearing up for the Academic Bowl Regional? The team members are hard at work getting ready to compete. The regional will be in February at Oklahoma Deaf and will include teams from mainstreamed and residential Deaf programs.

## Lion's Club Presentation

Senior, Joshua Ralstin, and sophomore, Meg Katter, recently gave a presentation to the Lion's Club, who financially supported their trip to Youth Leadership Camp (YLC). One of the Lion's Club members is retired ISD teacher and coach, Merle Goldman. Joshua and Meg attended YLC this past summer. It lasts the entire month of July and is held in Oregon.

## ASLE—Teach Me English in ASL

We recently heard about a new video system, Teach Me English In ASL. It is a new tool for teaching English. Check out their website, <http://www.asle.tv>

## Fifth ASLfilm to be Filmed at ISD

Mark Wood, writer/director of 4 ASLfilms, has announced that his next film will be produced here in Indianapolis, and will be using our campus for some of the filming. His work will not affect our education and not impact any of our programming. The production dates will be from the first week of March through the end of May. The work will happen after school hours. He will contribute to the construction of stage set in the auditorium, to be shared/used by Judy Catron's next spring play.

## ***From the Supervising Teacher's Desk . . .***

### ***Greetings from High School!***

I'm not sure what happened to August, September, October and November. And now December is 1/2 way through with semester exams and Clerc Tournament right around the corner in January. There never seems to be enough time to do all of the things we want to get accomplished!!

### **Following is the exam schedule for January:**

<b>Thursday, January 7<sup>th</sup></b>	8:00 and 11:20
<b>Friday, January 8<sup>th</sup></b>	9:40 and 12:45
<b>Monday, January 11<sup>th</sup></b>	8:50 and 2:25
<b>Tuesday, January 12<sup>th</sup></b>	10:30 and 1:35

There will be no opportunity for a "make up" day for exams. Report cards may be held, if necessary and with parent notification, if a student misses an exam due to illness.

### **ABSENCES/TARDIES**

As the weather gets colder, and the flu takes hold, student absences become inevitable. Such absences are certainly excused, but they still do count toward attendance in the classroom. This semester we have had a number of students missing a number of days at school. The H1N1 flu has not been on our side, for sure. Distance makes it difficult for some families to return students to school mid-week.

However, ISD is accountable to the state Department of Education, as well as to each student, to ensure an appropriate education. When students enter the High School, much like college, credits count. In order for a student to earn a credit for a course, he/she must meet all of the course expectations. Extensive absences make it very difficult to meet those expectations. As I explained in the last news letter, the Audit Policy has been implemented this year to help ISD meet the Department of Education accountability measures. It is critical that each student attend school daily to learn all that is being offered and to earn credits toward graduation from High School.

Likewise, tardies are a concern. If a student attends school, but regularly misses a class (for example, the first class of the day), this is considered an absence from that class and potentially will place a student in audit status, as well.

We are required by law to have a case conference when a student is absent 10 days. This is why we issue letters of concern after 4 and 8 days of absence. Home and school have a partnership of support for our students and we thank you for encouraging your child to be present at school to the greatest extent possible.

Just a reminder, please return the drug testing consent forms as soon as possible. You should be receiving midterm reports in the mail. Encourage your child to talk with their teacher if they don't understand the grade they received.

We had an excellent presentation on *huffing* last Wednesday. Make sure you read the information in this newsletter about it. Parents need to be aware of what teens, Deaf and hearing, can get involved in outside of school.

The High School staff wishes each family a joyous holiday Stay warm, enjoy your time together and we will see you on January 4<sup>th</sup>.

Until next time,

Mary Glenn Rinne, Interim Supervising Teacher  
mgrinne@isd.k12.in.us

**THE NEWSLETTER WILL BE PRINTED EVERY TWO WEEKS.**

**Watch for the next issue: Friday, January 15, 2010**

**Submit information to sbaker@isd.k12.in.us Deadline for the next issue: Wed., Jan. 13th**

## On the Health Front . . .

The High School department is in need of Kleenex and hand sanitizer. If you can donate a box of Kleenex or a bottle of hand sanitizer, please send them to Meli Ward-Potter, the department secretary. Thanks!!



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## Huffing

On Wednesday, Dec. 9th, high school students watched a presentation about ***huffing***. The presenter works at Fairbanks hospital and also lost his son 8 years ago to huffing. The videotape showing his son and others who died from huffing was quite moving and informative. Following the video and informative facts, he opened it up for questions. Several students and teachers asked excellent questions and everyone learned a lot of new information.

### From Wikipedia

A **whipped cream charger** (also called **whippits** or **nangs**) is a steel cylinder or cartridge filled with **nitrous oxide** (N<sub>2</sub>O) that is used as a whipping agent in a **whipped cream** dispenser. The dinitrous oxide in whipped cream chargers is also used by recreational drug users as an **inhalant** for its psychoactive effects.

### Description

The cylinders are about 6.3 cm (2.5 inches) long and 1.8 cm (0.7 inches) wide, and they are rounded at one end with a narrow tip at the other end. The chargers' walls are about 2 mm (about 1/16 inch) thick to withstand the great pressure of the gas contained within. Their interior volume is 10 **cm<sup>3</sup>** and most brands contain 8 **g** of N<sub>2</sub>O under pressure. Used chargers are non-refillable but 100% recyclable, where steel recycling programs exist.

**Nitrous oxide** (N<sub>2</sub>O) is a **dissociative** drug that can cause **analgesia**, **depersonalization**, **derealization**, **dizziness**, **euphoria**, and some sound distortion.<sup>[12]</sup> Research has also found that it increases **suggestibility** and **imagination**.<sup>[13]</sup>

Since the earliest uses of nitrous oxide for medical or dental purposes, it has also been used recreationally as an **inhalant**, because it causes euphoria and slight hallucinations. Only a small number of recreational users (such as dental office workers or medical gas technicians) have legal access to pure nitrous oxide **canisters** that are intended for medical or dental use. Most recreational users obtain nitrous oxide from compressed gas containers which use nitrous oxide as a propellant for whipped cream or from automotive nitrous systems.<sup>[citation needed]</sup>

Users typically inflate a balloon or a plastic bag with nitrous oxide from a tank or a one-use 'charger', and then inhale the gas for its effects. Highly compressed liquid expelled from a tank or canister is extremely cold, and should not be inhaled directly, thus for medical and recreational use it is decompressed into something else, such as a balloon, first. Mis-cracked canisters can cause skin damage due to freezing temperatures. Users may also inhale nitrous oxide directly from pre-packaged whipped cream canisters, where it is used as propellant.<sup>[citation needed]</sup>

Recreational users typically do not mix it with air or oxygen and thus may risk injury or death from **anoxia** if they tie plastic bags around their heads or otherwise obstruct their breathing.<sup>[citation needed]</sup>

Nitrous oxide can be habit-forming because of its short-lived effect (generally from 0.1 – 1 minutes in recreational doses). Long-term use in excessive quantities has been associated with **vitamin B<sub>12</sub>** deficiency **anemia** due to reduced **hemopoiesis**, **neuropathy**, **tinnitus**, and **numbness** in extremities, unless **vitamin B<sub>12</sub>** supplements are taken to counteract this. Pregnant women should not use nitrous oxide as chronic use is **teratogenic** and **foetotoxic**.

### Legality

In the **United States**, possession of nitrous oxide is legal under federal law and is not subject to **DEA** purview.<sup>[40]</sup> It is, however, regulated by the **Food and Drug Administration** under the Food Drug and Cosmetics Act; prosecution is possible under its "misbranding" clauses, prohibiting the sale or distribution of nitrous oxide for the purpose of **human consumption**.

### Fundraising and Upcoming Events:

~ **Don't Forget these Wonderful Present Ideas: Nan Fonseca, the Fundraising Chair, and PTCO** are still selling awesome **car magnets** designed with the new school logo for \$5 and **T-shirts** for \$10. As always, all the money we raise goes to support the classroom and technology needs of our students. Contact Nan Fonseca at [baby-cake1@tmo.blackberry.net](mailto:baby-cake1@tmo.blackberry.net) if you would like to arrange to buy something.

~ **HOORAY! We had to empty the recycle bin again! Every time we do, it means money for ISD students.** You can put almost any paper items (magazines, scrap paper, junk mail, catalogs, newspapers) in the green and yellow bin in the front parking lot every time you drive to ISD. The only things they will not accept are plastic, cardboard or phone books. The contact person is Chris Moody at 317.579.0223 or [PTCOSecretary@isd.k12.in.us](mailto:PTCOSecretary@isd.k12.in.us).

~ **Congratulations and a big THANK YOU to Bonita Ewan!** Our **Gerald fundraiser was a huge success!** It was wonderful to see the entire Deaf community there to support our fundraising efforts. Thanks to everyone who bought a ticket.

~ Tickets are on sale now for the **Deaf is Beautiful** event coming on February 6th. You will not want to miss this opportunity to be entertained by the Deaf actor, Terrylene Sacchetti! The contact person for this event is Adrienne Greigor at [agree-gor@sprint.blackberry.net](mailto:agree-gor@sprint.blackberry.net).

~ Look for the next General Meeting of the PTCO (open to all parents and guardians) to happen on a Saturday morning in January. This is your chance to get informed. More to come....

As always, we welcome your participation and ideas and we need your help. Feel free to contact us at [PTCO@isd.k12.in.us](mailto:PTCO@isd.k12.in.us) or [PTCOsecretary@isd.k12.in.us](mailto:PTCOsecretary@isd.k12.in.us) any time.

### Let's Say Thanks!!

Information from HS math teacher Rita Mowl: I read about a wonderful program sponsored by Xerox in support of the troops called the "Let's Give Thanks" program. If you visit the website, you can choose a postcard illustrated by a child and then you can customize the card with a message. Xerox prints all of the cards and sends them to troops serving in Iraq and Afghanistan. All you have to do is take a minute and enter your information -- you can even choose one of their default messages! The website also has feedback from soldiers who have received these messages and they all sound so grateful. So, for the holidays, will you all please visit this website: [www.letssaythanks.com](http://www.letssaythanks.com) and send a message to our troops?? (Ms. Mowl lost her nephew to injuries sustained in the war.)

Ms. Baker's English class wrote messages in English class as a writing assignment, selected a design and sent them. Those written message were given to Ms. Judy Catron, ASL teacher.

Ms. Catron's ASL class read the written messages, discussed them and translated them into ASL. She videotaped the students signing them and plans to put them on ISD-TV. (to be shown after we return from winter break)

Check out the website: [www.letssaythanks.com](http://www.letssaythanks.com) and send a message. It only takes a few minutes. Even if you don't have a loved one in the service, many here at ISD do, and every card or note is greatly appreciated by the troops.



## Boy's Basketball

**Varsity Coach:**

**Junior Varsity Head Coach:**

**Assistant Coach:**

Thursday, January 7

Tuesday, January 12

January 14 – 16

Tuesday, January 19

Thursday, January 21

January 28 – 30

**Keith Westhoelter**

**Troy Truelove**

**James Bingham**

International

Indy Metro Academy

Clerc Classic

Indpls. City Tournament

Baptist Academy

CSSD

Home 6:00/7:30

Away 6:00/7:30

Away (CSDF) TBA

TBA TBA

Home 6:00/7:30

Home TBA

## Girl's Basketball

**Head Coach: Amanda Huser**

**Asst. Coach: Paul Maucere**

Thursday, January 7

Monday, January 11

January 14 – 16

Tuesday, January 19

Wednesday, January 20

Tuesday, January 26

January 28 – 30

Tindley

Edinburgh

Clerc Classic

Liberty Christian

International (JV)

Greenwood Christian

CSSD

Home 4:30

Home 6:00/7:30

Away (CSDF) TBA

Home 6:00

Away 5:00

Away 6:00

Home TBA

## Wrestling

**Head Coach: Bill Warnock**

**Assistant Coaches: Corey Wascher and Scott Harper**

Saturday, December 19

Monday, January 4

Thursday, January 7

Thursday, January 14

Saturday, January 16

January 22 – 23

Saturday, January 30

City Meet at Howe Academy

Faith Christian

Ritter

White's

Eastern Hancock Invitational

National Deaf Prep Invitational – Maryland

Sectionals at Decatur Central

Away 9:00

Home 6:00

Home 5:00

Away 6:00

Away 9:00

Away TBA

Away TBA

## Cheerleading

**Head Coach: Jennifer Clupper**

**Assistant: Lottie Fears**

Competitions: Clerc Classic and CSSD

## Tournament Information for 2010 (2nd semester)

**-Clerc Classic Basketball @ Fremont, California on January 14-16, 2010**

(basketball and cheerleading)

**-National Deaf Prep Wrestling @ Maryland on January 22-23, 2010**

(wrestling)

**-CSSD Basketball @ Indiana on January 28-30, 2010**

(basketball and cheerleading)

**-Basketball Homecoming on February 6, 2010**

(basketball and cheerleading)

**-Hoy Tourney Baseball & Softball @ Texas on April 23-24, 2010**

(baseball and softball)

**-Berg/Seeger Track @ MSSD on April, TBA**

(track)