

# The MSDB Student Life Newsletter

## Message from the Director

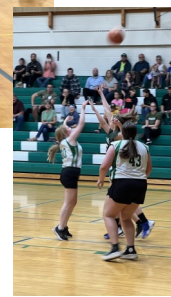
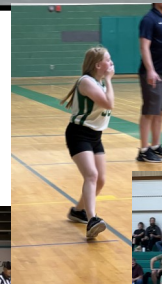
By Jim Kelly II

Parents,

The fall season brings out the beauty of the MSDB campus. The leaves are changing color and is really fun to see the transformation as we go further into the school year. Our students have been busy with all kinds of events. Fall also means football and the MSDB kids (both cottage and day students) have attended both the GFHS Homecoming game and the Homecoming football game at the University of Montana. This past Monday, our cottage kids also attended a sophomore football game to support one of their cottages peers who is on the GFHS team. When you receive this newsletter your child should be home with you. Please ask him/her/them about all the different activities they are involved with – they are too numerous to count!

## STUDENT HUB

MSDB does not currently have any sports teams. MSDB students are able to participate in sports through our local schools. Currently, one of our high school students is playing JV football for the Great Falls High Bison and one of the middle schools students has just finished playing basketball for the East Middle School Rams. As Jim Kelly said, students from the Cottage go to games to support their peers whenever possible.



### Weekly Student Life Clubs/Activities

- EOS (Mon/Wed)
- Swim Club and lessons (Mon)
- 4-H (alt. Mon)
- Goal Ball (Tues)
- SEL (alt. Tues)
- Student Life Social Hour (Wed)
- Student Council (Wed)
- Snack Shack (Wed/Fri)
- Swimming (Wed/Sun)
- VIP ((Thurs)
- Workshops (Thurs)



### FAMILY BINGO NIGHT

The MSDB Student Council members invite you to a night of Bingo, food and fun! 8 games will be played with door prizes between each game. This event will be a fun night out for friends and family while helping Student Council and the Student Life Program earn funds for their annual “fun day”!!!

When: Saturday, November 18  
Time: 6:30pm-8:30pm  
Where: Mustang Center (gym)

Email [efaulkner@msdb.k12.mt.us](mailto:efaulkner@msdb.k12.mt.us) for more information

## STAFF BUZZ: Embracing the Squiggle!

*For this year's Staff Buzz, we will be hearing from different staff about how they see success reflected in our students' efforts, mistakes and failures and not just in what goes "right" or "correctly". Success is not a straight line, but rather moves forwards and backwards and may take a winding path to our own, individual successes!*



Here in the cottage, I see success in our students every day. Even though it may be little, it is still a success. Some days might be a struggle, but if I see them trying and working hard, that is a success to me. A recent example of this is a student wanting to make muffins. She was determined to make them herself, but she still needed support from staff by asking questions. It took her longer than expected, but she did it, and she said the muffins were delicious.!

Sometimes I see them give up and that is ok, too. They might get frustrated with homework. They might not understand, and the staff is willing to help, but they are refusing the help. This is also frustrating to the staff because we are wanting them to succeed, but they don't always want our help. Sometimes they need a break and will come back to it later. And that is ok, too. I just keep encouraging them to keep trying and that it is ok to ask for and accept help.

We are here to do our best to help our students succeed!

By Dorothy Nutter

## High School Happenings

By Erin Faulkner

Our ILSP (Independent Living Skill Program) students have started meal planning, shopping and cooking for themselves. Thus it was time for a workshop on Kitchen Safety! We covered a broad range of safety tips. The workshop took place in the Shoshone kitchen in order for the students to see some concepts modeled using real items and equipment.

### Knife Safety

- Handling—Point down and communicate
- Washing— Do not put in sink
- Using—Use a bear claw grip and cutting board
- Storing—Use a knife block or special board

### Kitchen Fires and Burns

- Communicate
- Block steam with a lid
- Baking soda on grease
- Water on paper
- Turn handles away from edge
- Watch your clothes and hair

**Food Safety:** There are 4 main ways to prevent bacteria from growing: clean, separate, cook and chill/store.

### Clean

- Wash hands and surfaces often
- Wash fruits and vegetables

### Separate

- Keep meat and eggs separate from other food
- Keep open wounds away from food

### Cook

- Thaw meat in fridge, microwave or cool water
- Cook food to correct temperature

### Chill/Store

- Put leftovers in the fridge within 2 hours
- Check best by and use by dates

## MSDB SAFETY: Lifeguards

By AJ Kaufman

Hello again, everyone! This article will explain what a Lifeguard's job is and what they do exactly in the pool or at the beach. A lifeguard is usually an experienced swimmer employed at a beach or swimming pool to protect swimmers from drowning. What does a lifeguard exactly do? They monitor pools, beaches, water parks, and other areas that involve swimming to maintain safety at all times.

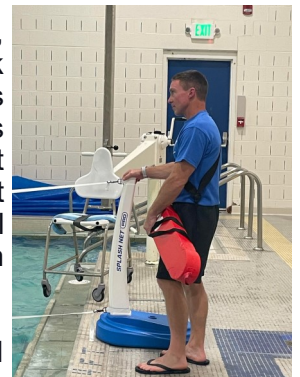
Lifeguards receive training in water safety and rescue swimmers who are sick, hurt, or in distress. Lifeguards also keep a pool, beach, or other areas clean and free of debris. There are **FIVE** attributes of a lifeguard and they are: Strong Communicator, Excellent Team Player, Able to Lead, Anticipate Problems, Extremely Observant. As a lifeguard, we have this 10-20 second Protection Rule which means allowing lifeguards to have 10 seconds to recognize a water emergency and another 20 seconds to perform a rescue and begin care.

Lifeguards do go through Lifeguard and Water Safety Training certification every two years to get recertification. If you are new to lifeguard training you will be going through the certification, once you are certified with the successful completion of the Lifeguarding course you will receive a Lifeguarding/First Aid/ CPR/AED certification that is valid for two years and is accepted nationwide.

I'm sure you're wondering what kind of lifeguard and water training is. From CPR, you are required to swim 300 yards either front crawl or breaststroke, also diving to the bottom of the water to get the brick and swim back up, then swim on your back with the brick on your chest like holding a drowning victim to the shallow water to the edge of the pool to pass. Also, lifeguards go through multiple-choice tests with 35 questions that need 80% or better that need seven questions wrong and pass.

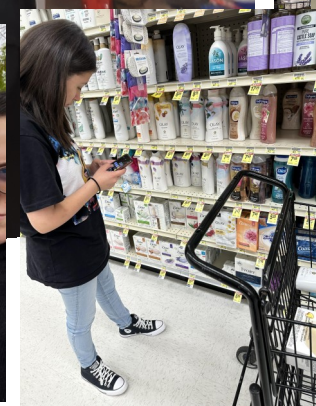
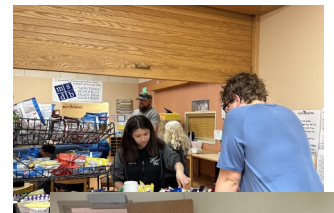
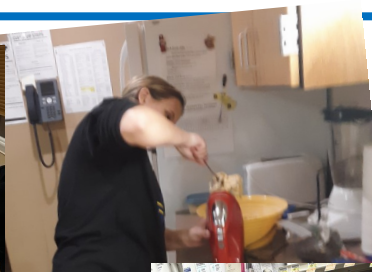
There are three different types of Lifeguards, Pool lifeguard, Water Park Lifeguard, and Beach lifeguard. Pool lifeguards are indoor or outdoor pool facilities, Water Park lifeguards work at water parks to ensure the safety of guests, and Beach lifeguards are responsible for watching over ocean swimmers. So as you can see, lifeguards have so many responsibilities to make sure that the swimmers are safe and not injured. This counts for non-swimmers too, we lifeguards have to be very observant and once we are on duty we have to be very careful and not distracted we have to tell the people who are trying to talk to us that we are busy. It is a very high expectation job for us.

I have to be honest with you all, I have been a lifeguard since 2021 and I love it. I will be getting my recertification next year so wish me luck! Go Mustangs!!!



Joel Auers—Lifeguard

## A DAY IN THE LIFE OF A COTTAGE STUDENT



# BUSY, BUSY

In one weekend, students experienced high school and college football and a hockey game. On September 27th, we had special guests...4 players from the Great Falls Americans Hockey team. After a Q and A with our students, the coach presented us with tickets to a hockey game on Sunday (10/1) and the opportunity to skate with the players. Friday, September 29th, our students were invited to attend the GFHS Homecoming football game. On September 30, Cottage and day students were joined by staff on their annual trip to the University of Montana for a Griz Game!! This is a highlight for the students each year. Many thanks to Jim Kelly and the Foundation for their continued support in providing this opportunity each year. It is safe to say that the students were exhausted Sunday night!





GFHS Homecoming  
Football Game

Great Falls  
Americans visit  
the Cottage



## Finding Fun in Learning

By Cheri Luongo

Have you heard your child talk about chores they do in the cottage life program? Chores are not just about getting tasks done; they serve as valuable life lessons. Here's why:

- **1) Responsibility:** Chores teach children to be responsible for their personal spaces and their contributions to the household. They understand that they have a role in keeping the environment clean and organized.
- **2) Life Skills:** Through chores, kids acquire essential life skills like cooking, cleaning, and laundry. These skills are essential for their independence as they grow older.
- **Time Management:** Chores help children learn how to manage their time effectively. They must balance their responsibilities with their other activities, which is a valuable skill for the future.
- **3) Self-Confidence:** When children complete tasks and contribute to the household, they gain a sense of accomplishment and self-confidence. It shows them that they are capable of taking care of themselves and their surroundings.
- **4) Teamwork:** Chores also teach kids the importance of working as a team. In a family or cottage setting, everyone has their responsibilities, and they need to collaborate to maintain a smoothly running household.
- **5) Preparation for the Future:** The responsibilities learned through chores will benefit them in their adult lives. They will know how to manage their own homes and responsibilities when they eventually leave the nest.
- **6) Paid Work Opportunities:** The mention of paid work opportunities is also crucial. It introduces children to the concept of earning money through work, which is a fundamental aspect of adulthood.
- **7) Pride in Independence:** Children may take pride in showing their parents what they can do. It's an excellent opportunity for parents to appreciate and encourage their kids' efforts.

Incorporating chores into a child's routine is an excellent way to provide them with these life skills and values, setting them up for success as responsible, capable adults. It's a valuable part of their education and personal development.



## ACCESSIBILITY AND AWARENESS FORUM

Guest Contributor: Amy Crachy

Every Deaf and Hard-of-Hearing student has accessibility in each cottage wing. From Video Relay Service (VRS)...to closed captioning on the TV...to the special doorbells with light strobes...and to alarm clocks with vibration. Someday we hope that the Deaf/hard-of-hearing students will get doorbells with light strobe for their bedrooms, so they have privacy.

ASL (American Sign Language) is very important for students and staff in the Cottage. We, staff, students, and parents, learn and teach new ASL signs every day. We depend on our eyes mostly by walking around to see what is behind us.

Students are very lucky to live in the Cottage because there are many ways that students and staff have access to communication.

### Outings/Activities

#### Look what we did!

- Memorial Falls (9/24)
- ILSP Workshop: Kitchen Safety (9/28)
- GFHS Homecoming Football (9/29)
- Annual Griz Game (9/30)
- GF Americans Hockey Game & Skate (10/1)
- Workshop: Time Management (10/5)
- Game Night (10/6)
- Workshop: Interviewing Skills (10/12)
- DEW (10/13-10/14)
- Movie Night (10/14)

#### Coming Soon-

- Travel Return (10/22)
- ILSP Workshop: Game of Life (10/26)
- Pumpkin Patch (10/28)
- Fright Fest (10/28)
- Zombie Run (10/29)
- 4-H Open House Potluck (10/29)
- Cottage Halloween Party (10/31)
- Workshop: Reading Recipes (11/2)
- Bunco (11/3)
- Workshop: Personal Health Info (11/9)
- VIEW (11/10-11/11)
- CAT/GRIZ Party (11/18)
- Family Bingo Night (11/18)
- Travel Home (11/21)
- Travel Return (11/26)



## Halloween Safety Tips

- STAY IN GROUPS OR WITH A TRUSTED ADULT
- STAY ON WELL LIT PATHS
- LOOK BOTH WAYS BEFORE CROSSING STREETS
- USE FLASHLIGHTS + GLOWSTICKS FOR VISIBILITY
- NEVER ENTER A STRANGERS HOME OR CAR

HAVE FUN + STAY SAFE!  
MSDB HEALTH SERVICES



## LEAP REPORT

I can't believe we are already half way through October! It seems like we just started yesterday and at the same time should be in December. This year in the LEAP Program we have four participants, two VI and two DHH. We have done and experienced several exciting things since the beginning of the year. Some of these things include – a tour of Black Eagle Dam with North Western Energy, a tour of Montana Egg factory, attending the Farmers Market, had two participants start working at employer paid jobs, one will start a work experience by the end of October, and another participant has obtain his driver's license. While we had nothing to do with him getting his license we are still ncredibly proud!

Another project, we have been dreaming about for the past three years, has come to fruition. This year's participants took part in setting up and decorating our patio area. All four participants worked together to make this happen. Several practiced their drilling skills, one learned how to use a drill, and all of them communicated in their own way. It was a great example of collaboration between our two groups.

We look forward to more progress being made and experiences being shared in the months to come!

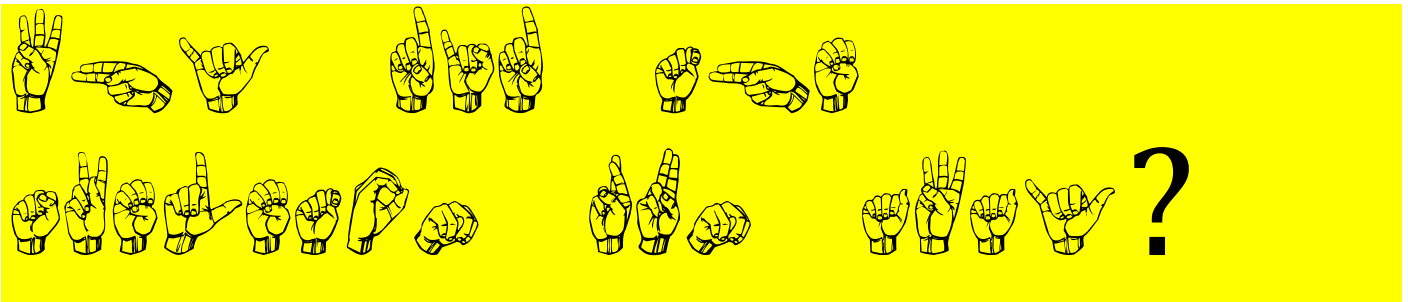
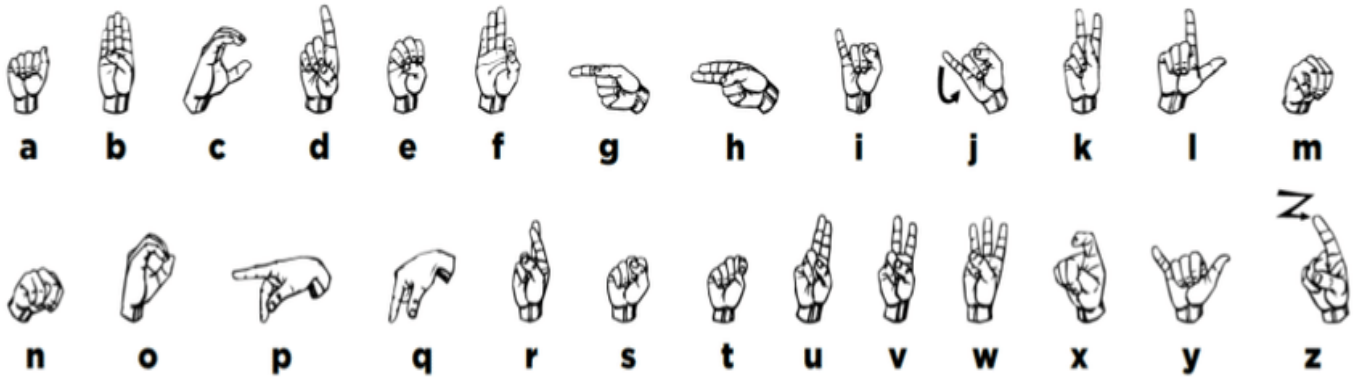
Mackenzie Merja and Carrie Dawes  
LEAP Coordinators



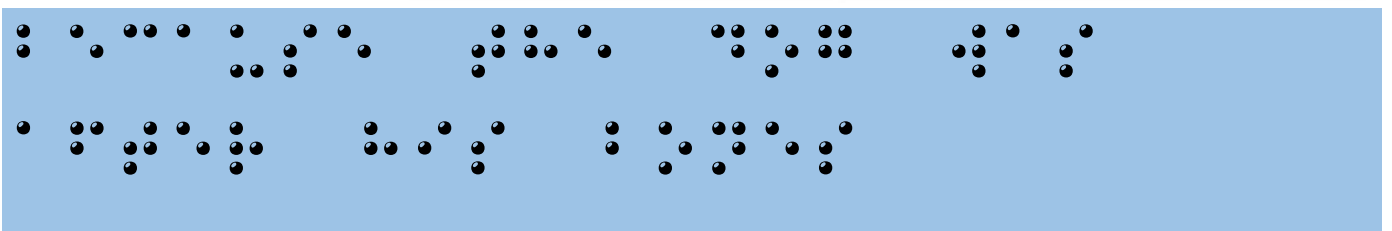
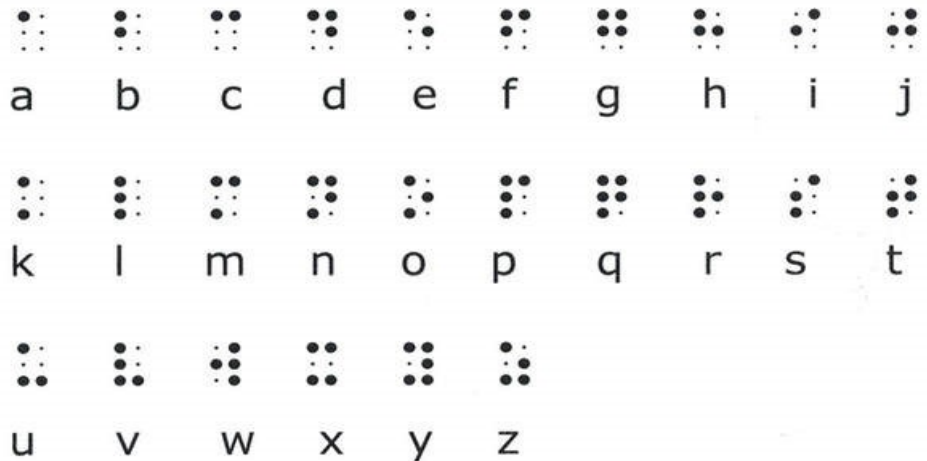
# PUZZLE PAGE

Decode the phrases using ASL Fingerspelling and Braille!

**Fingerspelling** is the process of spelling out words by using hand shapes that correspond to the letters of the word. A set of hand shapes used to spell words is known as a "manual alphabet."



**Braille** is a system that enables blind and visually impaired people to read and write through touch. It was devised by Louis Braille in 1821 and consists of raised dots arranged in "cells." A cell is made up of six dots that fit under the fingertips, arranged in two columns of three dots each.



## September Puzzler Answers:

Fingerspelling: What type of tree fits in your hand? Braille: A palm tree