Dear RMDS families,

It is obviously spring in Colorado. Our students are wearing shorts one day then playing in the snow the next day. Last month we honored Day Without Hate, celebrated 200 years of American Sign Language, had our last STEAM day which focused on Technology, received our new activity bus and became CEASD Accredited! May is also packed with celebrations of all kinds, and wrapping up those last lesson plans as we are coming to the end of the 2016-2017 year.

Our special celebration will be held on May 31st, hopefully we will see you at RMDS annual Awards and Promotions celebrations. Also, please join us in congratulating our seniors at the graduation ceremony later in the evening.

RMDS staff appreciation rocked this year with the awesome theme of superheroes, huge KUDOS to our PTO team. I am appreciative and grateful for the RMDS team, our staff continues to work hard to ensure every student in our building receives the education they deserve.

I wish you all a safe and fun summer.

RMDS’ly Yours,

Amy Novotny
Director
RMDS NEWS

NEW ACTIVITY BUS

We acquired a new activity bus that will help us get students to different places for field trips and sporting events! We are excited to have the opportunity for more off-campus experiences.

CEASD

RMDS became the first Charter School to receive a certificate of Accreditation from CEASD (Conference of Educational Administrators of Schools and Programs for the Deaf) Thanks to everyone that made it possible.

CONGRATULATIONS TO ZEE GRANT

Zee Grant won first place in the Photo Illustration aspect of the Digital Arts, Film and Animation Competition for deaf and hard of hearing students. This competition was hosted by Rochester Institute of Technology/National Technical Institute for the Deaf.

FROM OUR BOARD

We are recruiting now! The Board is looking for a Parent Representative, Community Representative and a Business Representative. Please find the description and application on our website at www.rmds.co/board. Application deadline is May 16th. Come join a great team!
HOW MUCH WATER HAVE YOU HAD TODAY?

Have you ever heard these words from someone in your life? Chances are the answer to the first question is “not enough” and the second is “yes”. Water is a very vital and important part of our health for many different reasons. On a macro level, 71% of the earth’s surface is water-covered. Zooming in from there, our body is 65% water.

The list of benefits from hydration is very long. Some include:
- It gives us more energy
- Reduces high blood pressure
- Reduces acne
- Eliminates digestive challenges
- Helps with weight control
- Increase the body’s ability to detox
- Increase muscle function
- Help tissue repair

Personally speaking when I was training for a marathon several years ago, there was a drastic difference in the level of pain and function of my body throughout my training schedule dependent on how much water I consumed within a 72 hour timeframe of when I had a long run. What I have found is to make sure I have plenty of water 3 days ahead of a long run.

So the next question that you are pondering is how much water is a healthy amount of water? According to the all prevailing webmd, which is saying sarcastically, everyone should get eight 8oz glasses of water per day. This does not make sense to make a blanket statement like this across the board for EVERYONE. After all, some of us are 5’9”, some of us are 6’5”, some are 110 lbs, some are 170 lbs… you get the picture. What I have found more useful is to drink half your body weight in ounces per day. If you have more activity during your day, it would behoove you to error on getting more than that.

Some secrets to success are:
- Invest in a good water bottle and fill it before you leave the house
- First thing when you wake up, drink a full glass of water
- Refill your bottle throughout your day
- Drink water after every meal
- Right before bed get another full glass of water
- Have a full glass of water by your bedside

These will get you started on hydrating yourself, now, before the summer months set in and we are pouring out sweat.

For more information or to sign up and get access to previous articles go to www.realm lakewood.com.
## FUNDRAISING/UPCOMING EVENTS

We have some fun events and fundraisers coming up. Be sure to click on the flyer for more information.

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<thead>
<tr>
<th>PROM</th>
<th>Save the Date:</th>
<th>June 2:</th>
<th>Summer</th>
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<tbody>
<tr>
<td>May 20</td>
<td>May 31</td>
<td>Field Day and Last Day of school!</td>
<td>Summer Food Service with Jeffco</td>
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<td>9:00 am Awards and Promotions</td>
<td>Flyers:</td>
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<td>6:00 pm Graduation for:</td>
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### Summer Camp Opportunities

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<tr>
<th>RMDS Summer Camp!</th>
<th>Field Of Dreams Baseball Clinic</th>
<th>Rosie’s Ranch</th>
<th>Family Summer Enrichment</th>
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<tbody>
<tr>
<td>Deaf and Hard of Hearing kids ages 3-17</td>
<td>June 5-22 Mon – Thurs</td>
<td>Field Of Dreams Baseball Clinic</td>
<td>Rosie’s Ranch</td>
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<tr>
<td>June 5-22 Mon – Thurs</td>
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<td>Family Summer Enrichment</td>
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<td>Rosie’s Ranch</td>
<td>June 23 Hosted by CSDB</td>
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<td>Rosie’s Ranch</td>
<td>• Spanish Flyer</td>
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A list of other Summer Camps can be found by clicking on the image:
RMDS honored this awareness “Day Without Hate” (DWOH) on Wednesday, April 26th. On this day, staff and students wore a white shirt. What did we wear a white shirt? What is DWOH all about?

“Day Without Hate is a student led, grassroots organization that promotes nonviolence, unity, and respect in our schools. After the shootings at Virginia Tech in 2007, students at Standley Lake High School asked their classmates to wear white in order to show a commitment and trust in each other to make their school a safer place. The day was an overwhelming success.

Since then, students across Colorado and the nation have taken this incredibly positive day to their communities to say that we will not tolerate violence or hate, and we will reach out to friends and acquaintances and say, “We’re all in this together.” This year, we’re hoping you can create a Day without Hate in your school.” For more information, please feel free to check out www.daywithouthate.org.

We did not only honor this awareness, DWOH, on Wednesday, April 26th, the students also did activities on Monday and Tuesday, as well! Throughout the week, there were 7 “high-five zones” in the building, where students and staff have to give each other high-fives once they’re in the zone.

Elementary: In the afternoons, students participated in activities and learned about self-control, accepting differences between peers, and boosting one another’s self-esteem! During character education, they read this book “Have You Filled A Bucket Today?” By Carol McCloud. It is a wonderful book! It is visual concept of how we can easily hurt other people’s feelings (emptying his/her bucket) and how we can make them feel good (filling his/her bucket) through different scenarios. Students made a bucket made out of paper. Now, they get to check their buckets and find a note, or two, with positive compliments about themselves. 😊

Middle School/High School: During their character education class, students did an activity focusing on bullying and its natural consequences. The activity focused on the value of being careful what you say or do to another person, and the impact it does to the victim. They cannot take back what has already been done, and are more likely to work harder to make amends.

DOVE (Deaf Overcoming Violence through Empowerment) has a program called Youth Prevention & Advocacy (YAP) where they work with schools and youth. On Wednesday, DOVE came to RMDS to give a workshop to our students, doing group activities and discussions about “Bystander Effect & Intervention”. While one group attended the workshop, the other group did multiple activities including Paper/Rock/Scissors (who lost the round would become cheerleaders), People Bingo (learning about similarities and differences with their peers), and Spider Web (sharing appreciation of one another). Everyone enjoyed their time!

Throughout all these activities, they all participated and shared meaningful discussions, reflections and stories! Positive inspiration spread throughout the building all week! It was a success. #YearWithoutHate2017

**STUDENT SPOTLIGHT: May**

Amariana Allen-Bruns (1st grade) and Shiloh Sandager (3rd grade)
A Hot Controversial Topic: 13 Reasons Why

The trending Netflix series, “13 Reasons Why”, based on a young adult novel of the same name, is raising such concerns. The series revolves around 17-year-old Hannah Baker, who takes her own life and leaves behind audio recordings for 13 people who she says in some way were part of why she killed herself. Each tape recounts painful events in which one or more of the 13 individuals played a role.

Producers of the show say they hope the series can help those who may be struggling with thoughts of suicide. However, the show which many teenagers are binge watching without adult guidance and support is raising concerns from suicide prevention experts. To be warned, the series graphically depicts a suicide death and addressed in wrenching detail a number of difficult topics, such as a bullying, sexual assault, drunk driving, sexual orientation, drug use, and slut shaming. However, the series also highlights the consequences of teenagers witnessing assaults and bullying (i.e., bystanders) and not taking action to address the situation (e.g., not speaking out against the incident, not telling an adult about the incident).

Unlike some of the adults in 13 Reasons Why, RMDS staff work well together to ensure safety for their students, and we take all reports and comments seriously.

As a school psychologist – I would like to provide guidance for you and your family, if necessary.

1. Ask your child if they have heard or seen the series 13 Reasons Why. Please consider the age and developmental stage of your child before allowing them to watch the show. We do not recommend children with a history of suicidal thoughts, depression or mental health concerns watch 13 Reasons Why. If you allow your child to watch this series, we recommend you watch it with them and have a healthy discussion afterwards. Click here for Helpful Talking Tips.

2. If they exhibit any warning from Suicide Warning Signs & Prevention, don’t be afraid to ask if they have thought about suicide or if someone is hurting them. Raising the issue of suicide does not increase the risk or plant the idea. On the contrary, it creates the opportunity to offer help.

3. Ask your child if they may think any of their friends or classmates exhibit warning signs. Talk with them about how to seek help for their friend or classmate. Guide them on how to respond when they see or hear any of the warning signs.

4. Listen to your children’s comments without judgement. When doing so, make sure that you fully concentrate, understand, respond, and then remember what is being said. Put your own agenda aside.

5. If you are concerned for your child’s safety or the safety of one of their peers, please reach out to your school mental health staff or community-based mental health professional for help.

SAFE MESSAGING FOR EVERYONE
Suicide is never a solution. There is help. If you are struggling with thoughts of suicide or know someone who is, talk to a trusted adult, or call/text one of the resources provided below:
EDUCATIONAL CORNERS

Author’s Tea Party: by Stephanie Carson

The first and second grade team had their second annual Author’s Tea Party on Friday, May 5th. The students wanted to have the opportunity to share their work with their families and the idea of having Author’s Tea Party was supported by our writing curriculum, Lucy Calkins Curriculum. The students have grown into writers who can capture the amazing stories from their lives in writing. They also have given a lot of loving care to their writing. The Author’s Tea Party was also to celebrate the work they have done this year! Due to the students’ confidence in their writing, they were willing to teach and read their writing to families on what they have learned about writing and revising stories they are easy to read. Thank you to the First and Second grade families for coming to the Author’s Tea Party to help celebrate the amazing work of our young writers!
LAST STEAM DAY, by Stephanie Carson

STEAM (Science, Technology, Engineering, Art, Mathematics) education is active and focuses on a student-centered learning environment. STEAM promotes student engagement in questioning, problem solving, collaboration, and hands-on activities while they address real life issues.

RMDS had a CARS themed STEAM day on April 28th. The students had an opportunity to explore four different types of cars that were parked at the basketball court to kick off of our last STEAM day of the year.

We had Hydrofuel, Classic, Electric and Electric/Gas cars. The students then explored several centers where they had the opportunity to explore each aspect of the STEAM letters. During the centers, the students easily jumped into the activities, worked together, and shared ideas with one another about cars. The students have commented that they truly enjoyed the STEAM activities they had this year which RMDS plans to continue for next year.
Marie teaches Andi and Mike how the sun always illuminates half of the earth, but the different moon phases that we see depend on the moon’s position.

Daniel works hard with his microscope to see the phases of cell division.

Zoe demonstrates Newton’s 1st law by flicking a card off the lip of a jar and having a coin fall into the jar below.

Seth, Andi, Marie and Cassie learn how adaptations help animals compete for food, mates and land (and in this case, the ability to pick up marbles).

Juan, Zoe and Daisy create a robot to maneuver through the maze they built.

Ramon crafts a karyotype online, to identify chromosomal abnormalities.

Evan shares his love of hippos by signing “hippo” while his aquatic friend looks on.

Fun at the zoo!

Aislinn expertly communicates with Denver zoo’s monkeys.
TRANSITION UPDATES

If you want a job this summer there are jobs listed in the link below. Look over the jobs from this list and then contact your VR Counselor. Work Based Learning Experiences/Summer Experiences

La Raza Youth Leadership Conference took place on April 29th. The Institute’s annual conference exposes Colorado’s Latino youth to the endless opportunities in their future by promoting the importance of higher education, career planning, self-esteem building, cultural identity and developing leadership skills. Students are also exposed to a college campus environment, to Latino professionals and community leaders. The conference includes three workshop sessions, a keynote address, a youth keynote address, an education/resource fair and lunch time entertainment. The LRYLI conference is unique because we cater to 12 – 18 yr old Colorado Latinos by offering culturally sensitive programming to enhance their social, educational and personal growth. Some of our RMDS student attended this conference.

ASL 200!
Thanks to all that came to celebrate 200 years of ASL. This event was sponsored by Sorenson, so a big thanks to them for a successful event.
Rocky Mountain Deaf School had their Toddler Program at Majestic View Nature Center in Arvada on Friday, April 21, 2017. The Toddler Program serves Deaf and Hard of Hearing children ages 0-3 years old and their families. The theme for our program was “It’s Springtime!” We read together “Planting a Rainbow!” by Lois Ehlert during our literacy activity time. The toddlers learned the names of different flowers and its colors. The Nature Center provided seeds, soil and a small pot for the toddlers to plant their flowers in, the families had a great time helping their toddlers to plant their own pot! The toddlers and parents had fun exploring different planting centers related to the theme. The centers and activities are a great way for toddlers to build strong muscles and improve coordination, also serves as a great creative outlet for toddlers to help express their emotions and ideas. Toddlers can experience different textures and use different materials as they create their works of art during center time. At the end of the toddler program, we provided the families a book with colors and planting vocabulary for them to practice vocabulary signs with their child. We also provided ASL storytelling of the book, “Planting a Rainbow” through YouTube.

Our last toddler program for the 2016-2017 school year is Friday, May 19th, at Tanglewood Park in Golden. We hope to see you there! Click on the flyer for more information.