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MSB SUPPORTS



MSB hosts Summer Exploration Programs

This summer, MSB is excited to have hosted Summer Exploration Programs open to students throughout the state. These programs cover a variety of topics and ranged in length from one to four weeks. The Summer Exploration Programs were designed to give students the opportunity to have fun while exploring the Expanded Core Curriculum (ECC), the specialized instruction that meet students' needs.

A total of six programs were available based on age range. Students aged 16-21 could attend Explorations in Independent Living, a four-week immersion program designed to introduce students to the skills and concepts necessary to live, work and play independently in the community in a supported, simulated 24 hour a day environment.

Students aged 10-16 were invited to attend Camp Abilities, a one-week educational sports camp for children and teens set up to provide one-on-one instruction for each camper that aims to empower children to participate in sports to the very best of their ability.

Explorations in Culinary Arts and Explorations in Performing Arts: Summer Drummin' were open to students in 6th-12th grades. Culinary Arts is a two-week program designed to introduce students to a variety of cooking skills, techniques, and practical tips designed to make working in the kitchen fun, safe and easy. Summer Drummin' is a ten-day program designed to introduce students a wide variety of musical concepts through steelpan drums, pitched percussion instruments originating in Trinidad but growing in popularity in the United States.

For students in grades 3-8, Explorations in Accessible Travel and Explorations in STEM were available. Accessible Travel is a one-week program designed to introduce students to a variety of skills, techniques and practical tips designed to make traveling in an unfamiliar environment fun and safe. STEM is an exciting, interactive opportunity for students to develop skills in teamwork and scientific inquiry which will allow them to increase their independence while participating in laboratory-based classes.

Each of these programs will be explained further in the following pages. MSB would like to thank the students, staff, families and community members who made our Summer Exploration Programs fun and successful. To view pictures of our Summer Exploration Programs, check out our photo albums at Facebook.com/MSBmules.

Explorations in Independent Living

Explorations in Independent Living participants spend four weeks living in the MSB Suites or LIFE (Learning Independence From Experience) Apartment developing job skills, activities of daily living (ADL) skills, working or volunteering as well as participating in a variety of leisure activities.

Summer LIFE students were introduced to VI friendly methods of meal planning and preparation, shopping for groceries on budget, and maintaining their clothing and living space. Each day consisted of four structured, supported daily sessions covering academic skills, activities of daily living (ADL), employment skills development, and leisure recreation skills.

This summer, the LIFE students developed academic skills by practicing functional academic skills in the work place, home and community. This challenges students to connect what they learn in school with the world they experience, for example by using math in banking, living on a budget and reading and organizing meal recipes, just to name a few. ADL skills are designed to increase students' independence within their home environment. Students learned about personal care, clothing management, personal food preparation, household care and management in activities designed to develop the skills necessary to live as independently as possible.

This summer, students worked with Job Coaches to develop workplace readiness skills and get experience by working, with some students even going off-campus to work at Lighthouse for the Blind Saint Louis. Summer LIFE students all worked on developing job skills including communication, time management, managing the workplace social environment, maintaining a production rate and the use of adaptive equipment and assistive technology for the workplace.

Finally, the Summer LIFE students explored a variety of community activities, games and relaxing activities. Staff advisors helped students explore, plan and participate in recreational and leisure activities both independently and as part of the community. Students explored music, sports and exercise, and had the opportunity to go out into the community for fun activities.

MSB's LIFE program teaches students the skills to live, work and play in the community beyond K-12 education and is available under the full-time placement options at MSB.

Below: Jessica works on ADL skills with Mr. Mueller



Below: Students touring Lighthouse for the Blind to learn about employment skills



Above: Hannah practicing leisure recreation with Miss Jennifer



Above: Zyshaun and Damon Tyson work on applied academic skills with Mr. Mueller

Camp Abilities - St. Louis

Students attending the MSB-hosted Camp Abilities - St. Louis 2017 were provided with one-on-one instruction in sports and other physical activities. Camp Abilities is a nationally-recognized program designed to empower children with visual impairments to participate in sports to the very best of their ability, advocate for themselves, and engage in the community to the maximum extent possible. Camp Abilities is built upon the belief that people with visual impairments should participate in sports and physical activities throughout their lifetime and receive the same opportunities as their peers and be successful.

During Camp Abilities, students learned the basics of sports such as track and field, beep ball (a modified version of baseball), swimming and goalball, as well as physical activities like bike riding, judo, tumbling and dance. They also learned about stretching and warming up before physical activity to prevent injury, and simple methods to relieve muscle aches and soreness after exercise.

This year was student Nicole’s first time at Camp Abilities, and she describes the experience as “So much fun!” Her favorite part of the program was learning more about beep ball, which she says she will definitely play again. She thinks other people should try Camp Abilities for three reasons: “One, if you want to work on your athletic skills it’s good. Two, it’s good for you because you get to be outside. Three, it’s fun because you get to meet a lot of new people. I recommend it for anyone!”

Each Camp Abilities is a separate entity with its own director, insurance, and organizational support. For more information about Camp Abilities - St. Louis, visit www.CampAbilities-StLouis.org.



Above: Students and staff on MSB’s seven-passenger bike



Above: Students practicing goalball



Above: Students practicing judo with Mr. Josh



Above: Students on the last day of Camp Abilities



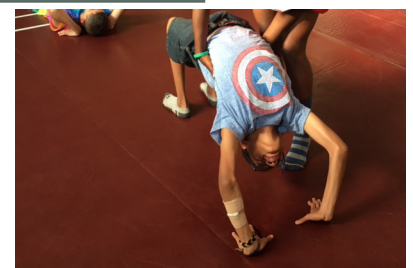
Above: Students and staff using a water slide



Above: Anastasia practices long jump with the help of Mr. Cobb



Above: Tori takes a swing at beep ball



Above: Ji’Reh practices a back bend in tumbling class

Explorations in The Culinary Arts

The Summer Explorations in Culinary Arts students spent two weeks working on the skills and techniques needed for cooking to be fun, safe and easy as well as meal and menu planning, grocery shopping, and food preparation and presentation.

Students were introduced to adaptive equipment and safe techniques for cutting, chopping, measuring, pouring, cooking and baking. For many students, this was their first time ever cooking so it was important for them to learn to prepare and cook food safely and become confident in their abilities. Student chefs also used a variety of cooking techniques from microwaving to induction heat. Students explored the concepts of healthy eating, and cooked and tasted healthy appetizers, main and side dishes, breakfast dishes, desserts, snacks and more. Students also learned about careers in Culinary Arts and met professionals in the field.

The fun competition started each afternoon, when students were introduced to the next day's secret ingredient and were then divided into groups which randomly selected a cooking method (microwave, oven, stove top or induction) and what kind of dish they would make (breakfast, snack/appetizer, entrée or dessert). Each group then researched healthy recipes using the secret ingredient and their assigned dish type and cooking method, chose a recipe and put together a shopping list of ingredients needed. The next day, they prepared their recipes for a taste test and sampled their dish along with those prepared by other students. Taste test attendees rated each dish on a one to five "Mule Rating" scale, and the dish with the highest rating won that taste test.

The Culinary Arts cumulating activity was the MSB Healthy Kids Cook-Off and Demonstration featuring our Explorations in Culinary Arts participants. During this event, students were divided into groups of two and had to choose and prepare their recipes without any assistance from teachers or other adults. The team of Brennah and Amber won the Cook-Off with their Brownie Peanut Butter Trifle, and for their prize received induction cook tops, saucepans, and other cooking tools. Congratulations Brennah and Amber; your trifle was amazing!

"Culinary Arts was awesome! My favorite part was meeting all these new people," said Brennah. When she got home after the program, she used her new induction cook top to make omelettes for her family. "They were very impressed, and now they want me to make spaghetti sauce for our family dinner on Sunday," she added.

The recipes used during the Culinary Arts Taste Tests, as well as recipes prepared for in-class taste-tests during this past academic year, are compiled in "Mule Chow: A Healthy Kids Cook Book." You can find "Mule Chow" on our Web site www.msb.dese.mo.gov under the Quick Links section. Try some of the recipes and let us know what you think on our Facebook and Twitter!



Above: Cook off winners Amber and Brennah with Mrs. Waddell and Mrs. Cusumano



Above: Mrs. Cusumano instructing students Kiwan and Ravin on safe cutting and chopping techniques



Above: Students and staff on the last day of Explorations in the Culinary Arts

Explorations in Accessible Travel

The Summer students also participated in Accessible Travel, a one-week program designed to teach safe community-based travel skills exploring St. Louis. Students reviewed the accessibility of each destination and published their findings in the “St. Louis Travel Guide for Individuals with Blindness or Visual Impairment.”

On Monday the staff and students visited the St. Louis Zoo, rode paddle boats at Forest Park Boat-house and ate frozen custard at Ted Drewe’s. On Tuesday, they visited the Old Courthouse Museum and took a riverboat sight-seeing cruise, had a picnic lunch, played in the fountains and splash pads at City Garden and stopped for a snack at Gus’ Pretzels. Wednesday took the group to the Missouri Botanical Gardens, lunch at Imo’s Pizza, and an afternoon at the St. Louis Science Center. The group rounded out their adventures on Thursday with a long visit to City Museum and an afternoon snack from Strange Donuts. The week was packed with travel adventures but all of our exhausted travelers had a great time!

The staff and students found that most of the destinations were fairly accessible, but do note in the travel guide specific improvements each venue could make for people with visual impairments. The group had fun exploring our beautiful and historic city and wish they could have had more time to explore.

“My favorite part of the program was going to City Museum, because of all the slides,” said Anastasia. “I wish we could have spent a little more time at certain places, like the Science Center.”

The “St. Louis Travel Guide for Individuals with Blindness or Visual Impairment,” can be found at www.msb.dese.mo.gov under Quick Links. Use it to explore St. Louis and tag MSB in the pictures you post on Facebook and Twitter!



Above: Students at the Missouri Botanical Gardens



Above: Students play in the water features at City Garden



Above: Students and staff approaching City Museum



Above: Charles Grady and Ji'Reh Elliot paddle boating at Forest Park with Mrs. Moore



Above: Students embarking on a riverboat sight-seeing cruise



Above: Students exploring the St. Louis Science Center

Explorations in STEM

Students in the STEM program were all set for a fun and educational experience that covered a range of science, technology, engineering and math concepts. The two-week program took them from the science lab, to a nitro ice cream parlor, to an organic farm, to the computer lab and back again.

The group went on field trips to Ices Plain and Fancy to see the process of making ice cream with liquid nitrogen, and later took a tour of Earth Dance Organic Farm School to learn about organic farming. Both visits resulted in delicious treats for the group, as they got to eat the nitro ice cream after seeing it made at Ices Plain and Fancy and eat the fruits of their harvest at Earth Dance Organic Farm School.

In the science lab, the group learned about solids, liquids and gasses, electricity and circuits. The students also enjoyed guest speakers from the St. Louis Science Center come in for demonstrations. Icky Sticky Science gave the students the opportunity to learn about physical changes, chemical changes and phase changes and the strange behaviors of non-Newtonian fluids. The students left this demonstration with a souvenir: green slime they made themselves! In the second demonstration, Makey Makey Music, the students used play dough and foil as conductors hooked up to a computer. They explored how touching these conductors created different sounds to make music!

In the computer lab, the students explore tech concepts like 3D printing and computer coding, resulting in some of the students' favorite parts of camp. Student Ji'Reh Elliot said with a smile. "I [used the 3D printer and] made a fidget spinner that actually spins!"

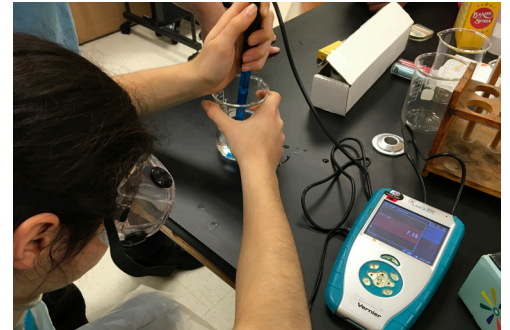
"STEM is fun," Ji'Reh said. "I wish [this program] was three years long!" he added with a laugh. MSB hopes that these fun and educational experiences will foster a love of STEM in our students scientists that will last their entire lives.



Above: Ji'Reh keeps a close eye on his 3D-printed fidget spinner



Above: Charles builds a polymer model



Above: Students work in the lab testing fluid conductivity



Above: Students and staff working in the lab



Above: Students at Earth Dance Organic Farm School



Above: Students and staff working in the lab

Explorations in Performing Arts: Summer Drummin

Summer Explorations in Performing Arts: Summer Drummin’ was a 10-day immersion program designed to introduce students a wide variety of musical concepts through instruction in the steelpan drum. Steelpan drums are pitched percussion instruments from Trinidad that are growing in popularity in the United States. Steelpan drummers, called pannists, are in demand throughout the country where steelpan bands are becoming popular as community bands.

MSB’s student pannists studied steelpan theory and techniques under MSB staff, instructors Jason Simmons and Chris Tresloar and student percussionist Allie Wills. Additionally, Nigel Thomas of Steel Drum Flavor in St. Louis demonstrated concert techniques, helped instruct the student pannists and answered questions about steelpan drums and working as a professional pannist.

Additionally, the group went on field trips to music-related businesses. They toured Nottelmann Music Company and learned about careers in teaching music and instrument sales, and later toured a recording studio at Gaslight Lounge to learn about careers in music production. Gaslight Lounge then invited the group back the following week to experience a live studio recording of popular folk-hop group Judah & the Lion, followed by a meet and greet with the band. The students had a great time experiencing a live show and meeting famous musicians.

“I’m coming back next year!” said Aryana. “I like music, but it was a transition for me from singing to playing an instrument. I would recommend anyone who likes music to come here!”

Summer Drummin’ culminated in MSB’s first Steelpan Band Performance in which the MSB pannists played the five songs they learned during the program. The concert was a huge success concluding with the MSB pannists showing their friends and families the steelpan drums up close and even giving a few simple lessons to the staff. Check out the photos and video from the concert on Facebook and share them with your family and friends!

Right: Students and staff in a question and answer session with Nigel Thomas



Right: Students and staff practicing steelpan drums



Left: Students and staff touring Nottelmann Music Company



Right: Students and staff touring Gaslight Lounge recording studio



Right: Students and staff meeting Judah & the Lion



Left: Judah & the Lion perform live at Gaslight Lounge



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Calendar of Events

August	
21	First Day of School
September	
4	Labor Day - No School
15	Track & Field @ Tenn.
17	USABA-NFB of MO Paralympic Day @ MSB
21	Eberhardt Track Meet @ Ill.
23-29	Space Camp
29	10:30 a.m. StL Symphony Orchestra - Mozart 39
29-30	Track Conference @ Tenn.
October	
5	Picture Day
9	Columbus Day - No School
11	White Cane Day celebration @ MSB
12	Goalball @ Ill.
13	10:30 a.m. StL Symphony Orchestra - Halen Plays Khachaturian
20-21	Goalball @ Tenn.
23	QI Ends
25	10:00 a.m. QI Awards Ceremony; 10:30 a.m. Quiz Bowl Finals
November	
2	Picture Retakes
3-5	Goalball Conference @ MSB
9	Veteran's Day Assembly
10	No School