



MULE EXPRESS

MISSOURI SCHOOL FOR THE BLIND

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MSB hosts Summer Exploration Programs

This summer MSB hosted Exploration Programs that covered a variety of topics and ranged in length from one to four weeks. MSB's Summer Exploration Programs are designed to give students the opportunity to have fun while exploring the Expanded Core Curriculum (ECC) for the Blind and Visually Impaired.

A total of seven programs were available to students. MSB students who needed additional academic or ancillary services throughout the summer enrolled in the Extended School Year (ESY) programs while others enrolled in one or more enrichment programs: Work Training and Experience Program with Rehabilitation Services for the Blind, Explorations in the Culinary Arts: Bon Appétit, Summer Shape Up: Fitness Camp 2019, Explorations in STEM: Engineering Light, Movement and Sound, and Explorations in Tactile Arts: Art with InSight—Inspired by Us. These programs were open to any Missouri student with a visual impairment. Thanks to funding from United States Association of Blind Athletes (USABA), Camp Abilities St. Louis was open to any student with a visual impairment regardless of where they live or attend school.

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

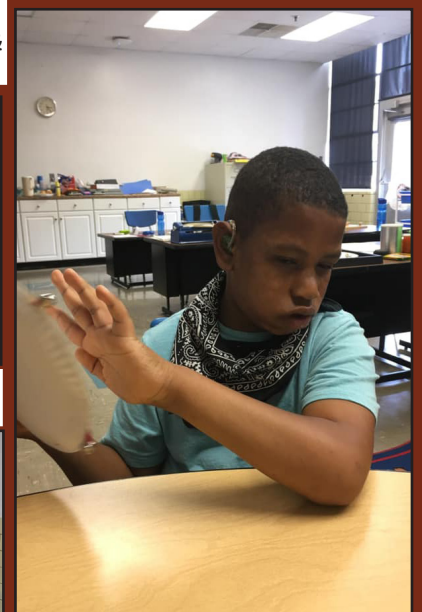


Above: Trinae makes her own rubber band guitar in ESY

Below: Robert, Logan and Vivian learn about clarinets with Ms. Abby & Mr. Gutic in ESY



Below: Lucius works on crafts with Ms. Havlik in ESY



Above: Kelton makes his own tambourine in ESY

Work Training and Experience Program with Rehabilitation Services for the Blind

MSB's newest summer program *Work Training and Experience with Rehabilitation Services for the Blind (RSB)* is designed for students ages 16-21 who want the opportunity to get paid while attending summer school.

RSB arranged for students to have off-campus employment at Demetrious Johnson Foundation, a charitable organization that provides technology training and computer access to the community, hosts youth summer camps and educational activities, and holds food drives. MSB students had opportunities to practice clerical and telephone skills while manning the front desk, learned about cleaning and sanitation while cleaning up the common areas and cafeteria, and even learned a little bit about working with children by interacting with campers attending various day camps. The students and campers played chess, talked about technology and assistive devices, and had a lot of fun!

While on-campus, MSB work experience students learned about and practiced a variety of work and leisure skills. They spent time in the school garden learning about planting, watering, weeding and other horticulture skills. They also learned about housekeeping while cleaning and organizing the MSB LIFE apartment and guest suites, and also helped pack and organize classroom materials in preparation for some construction in a few of our classrooms. In the fitness center, the students learned how to properly clean, sanitize and maintain exercise equipment. Finally, the students learned all about automobile detailing and put their skills to work washing and detailing the fleet of school vehicles.

Additionally, the students and staff had the opportunity to tour Lighthouse for the Blind St. Louis (LHB). LHB is a provider of employment opportunities and support services for individuals who are legally blind, as well as a manufacturer of commercial and government products. The tour was led by production supervisor Elton Thomas and human resources director Karen Nelson, and MSB alumni Jessica even talked with the current students about her job at LHB.

All of the students finished the program with a little money in their pockets and a lot of ideas about what careers they might like to pursue someday!



Above: Work Experience students & staff show off a newly-detailed MSB vehicle fleet



Above: Work Experience students pose with MSB & LHB staff during the LHB facility tour



Above: Work Experience students pose with plant towers in the MSB school garden

Camp Abilities-St. Louis

Now in its fourth year, the MSB-hosted Camp Abilities St. Louis helps children who are visually impaired, blind, or deaf-blind access sports and recreation. Camp Abilities empowers students to know what modifications to make so that they can do athletics at home. Camp Abilities was started at State University of New York College at Brockport in 1996 by Dr. Lauren Lieberman, with local visually-impaired athlete and advocate Wilma Chestnut founding the St. Louis camp in 2015.

Every day during Camp Abilities St. Louis, participants were instructed in sports and athletic activities including beep baseball (beepball), track and field, goalball, 5-a-side soccer, swimming, weight lifting, and dance and tumbling. After receiving instruction, participants practiced and improved the skills they were taught by coaches and even had friendly competitions against each other to see who had improved the most. On the last full day of camp, participants put on exhibition competitions for friends, family, and MSB staff to watch and enjoy.

In addition to athletics, participants enjoyed other fun activities including movie nights, bicycling, a “water day” event with several of MSB’s inflatable water slides and obstacle courses, and a talent show.

Camp Abilities St. Louis is also a great opportunity for volunteers, as well. Every year, we look for teenagers and young adults to learn and play alongside our campers as “buddies” and for adults to help as coaches and assistant coaches. If you are interested in volunteering at Camp Abilities St. Louis in the future, contact MSB at 314-776-4320.

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

Below: Campers do soccer drills



Below: Campers compete in a swim race



Above: Campers play beepball



Above: Campers and coaches pose for a group photo in the student center



Above: Campers play goalball

Summer Shape Up: Fitness Camp 2019

Missouri School for the Blind was pleased to offer another first time program this year: *Summer Shape Up—Fitness Camp 2019!* Summer Shape up was a one-week program following Camp Abilities - St. Louis that provided an opportunity for students to explore concepts in health, nutrition, and fitness beyond sports and athletic competitions.

Each day, students participated in a variety of fun and educational activities that included fitness boot camp-style training, nutrition classes, cardio and circuit training, yoga and stretching, meditation, weight training (including a mandatory safety course), technology for fitness, and more. Students examined their current habits and looked at ways to build and maintain a healthy lifestyle.

Summer Shape Up staff worked with students individually and in groups to help them develop individualized work-out plans, identify resources and create a personal health and fitness plan.

Summer Shape Up students learned about a variety of exercises and places to exercise. They worked out in the MSB fitness center, spent time in the sunshine on the MSB exercise playground, rode bikes on the MSB track, learned aerobic exercises that can be done in any open space, and practiced yoga, meditation and stretching that could be done anywhere. They even got to take home their very own yoga mats that were donated to MSB by the St. Louis Blind Sports Days committee.

These students worked hard and had a lot of fun all week, and went home with the knowledge and skills they need to start working towards a healthier future right now!



Above: Summer Shape Up students and staff pose for a group photo in the physical education classroom

Above: Summer Shape Up students and staff dance as an exercise warm-up



Left: Summer Shape Up students meditate on yoga mats following a stretching session and yoga flow

Explorations in the Culinary Arts: Bon Appétit

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. Abby and Juliana won 1st place with their Peach Dump Cake à la mode; it was delicious!

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!

Right: Mrs. Waddell (far left) & Mrs. Cusumano (far right) pose with Cook-Off winners Juliana (left center) & Abby (right center)



Right: Students pause for a group photo while preparing their dish



Left: Students present their dish to sample at a Taste Test



Left: Students prepare ingredients while following a recipe

Explorations in STEM: Engineering Light, Movement and Sound

Explorations in *STEM: Engineering Light, Movement and Sound* was an exciting, interactive opportunity for students to work alongside our experienced science, technology, engineering and mathematics (STEM) staff to develop skills in teamwork and scientific inquiry which will allow them to increase their independence when participating in laboratory-based classes and activities.

Students explored various aspects of light, movement, and sound during Explorations in STEM, which featured ten days of exploring, researching, and creating in this project-based class. By the end of our ten-day course, each student had used the basic principles of engineering to create music, light, and motion as well as demonstrate the principles of engineering in sound and movement.

Engineering: Light, Movement and Sound took place in MSB's state of the art Science and Technology Laboratories, which were designed specifically for students who are blind and visually impaired. During MSB's Engineering: Light, Movement and Sound students will have the opportunity to partake in the programs "Physics Phun" and "Science of Sound" by St. Louis Science Center's in-school presentation teams, during which they listened to STEM professionals explain the concepts of physics and sound and then did hands-on experiments and activities demonstrating those concepts.

STEM students left this program with more STEM knowledge and confidence in themselves in STEM classroom and laboratory settings; we at MSB hope this program inspires our students to explore future academic and professional pursuits in science, technology, engineering and mathematics!



Above: Students used Snap Circuits to learn about circuitry and electronics



Above: Students created balloon rockets to learn about force, thrust and pressure



Above: Students used Snap Circuits to learn about circuitry and electronics



Above: Students use common materials to make their own musical instruments during Science of Sound presentation



Above: Students use common materials to make their own musical instruments during Science of Sound presentation



Above: Students listen to different sounds created by common objects during Science of Sound presentation

Explorations in Tactile Arts: Art with InSight–Inspired by Us

Explorations in Tactile Arts was a two-week program designed to introduce students who are blind or visually impaired to a variety of tactile skills and concepts necessary to understand, create, and appreciate what we traditionally think of as visual arts. The traditional approach to art instruction and art history is a combination of lectures and visuals including slides. In a semester, a sighted student may be exposed to hundreds of slides to introduce and explore the details of paintings, drawings, sculpture, and architecture. Slides are useless to the visually impaired populations; by utilizing a multi-sensory method of touch and sound, students who are blind or visually impaired can have the same opportunity to learn, create, examine, admire, or even be surprised by a variety of artistic forms.

Students participating in *Explorations in Tactile Arts* explored concepts and develop new skills by exploring and creating textile and fiber art, beading, and design. Students had the opportunity to explore clay, pottery, sculpture, painting, jewelry making and more. Students also visited Laumeier Sculpture Park in Sunset Hills, Missouri, to experience larger-than-life sculpture in person

Students also examined various aspects of art within our community students and choose projects to determine what aspect of tactile arts they want to explore. During *Explorations in Tactile Arts*, students learned skills by experiencing and participating in a variety of lessons and activities cumulating a Textile and Tactile Arts Exhibit and Artist’s Reception featuring students’ original works.

Below: Tactile Arts students and staff pose at their Art Exhibit with their favorite art creations from the program



Below: Tactile Arts students and staff pose in front of “Eye,” a large sculpture of an eyeball at Laumeier Sculpture Park.



Right: NAME (right) & her family pose with her artwork at the Art Exhibit and Reception in the MSB student Center



Right: Cameron (center left) & is family pose with is artwork at the Art Exhibit and Reception in the MSB student Center



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Assistant Superintendent:

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Marsha Bryant

Outreach Services:

Jane Herder

Business Operations:

William Runzo

Human Resources:

Karen Burkhead

Community Relations:

Carlie Lee

MSB Calendar of Events

September	
2	Labor Day - No School
13-14	Track Meet @ Tennessee
19	Eberhardt Track Meet @ Illinois
27-28	Track Conference Meet @ Indiana
October	
14	Columbus Day - No School
15	White Cane Awareness
18-19	Goalball Meet @ Tennessee
21	1st Quarter Ends, Day Goalball Meet @ Illinois
22	2nd Quarter Begins
23	10 AM 1st Quarter Awards, QuizBowl Finals
26-27	Goalball Meet @ Tennessee
November	
1-2	Goalball Conference Meet @ MSB



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