

MAY ANNOUNCEMENTS

DAY 1: DID YOU KNOW THAT MAY IS BETTER HEARING AND SPEECH MONTH? THROUGHOUT THIS MONTH OUR SPEECH THERAPIST, MRS. MACY, WILL BE SHARING SOME INFORMATION ABOUT SPEECH AND HEARING WITH US. TAKE A MOMENT TODAY TO THINK ABOUT HOW IMPORTANT YOUR SPEECH AND HEARING IS!! WHAT WOULD YOU DO WITHOUT IT?

DAY 2: MAY IS BETTER HEARING AND SPEECH MONTH.....YOU MIGHT BE WONDERING WHAT THAT MEANS. THE AMERICAN SPEECH, LANGUAGE AND HEARING ASSOCIATION RECOGNIZES MAY AS A TIME TO BRING AWARENESS TO THE PUBLIC ABOUT SPEECH, LANGUAGE, AND HEARING CONCERNS. THESE INCLUDE THINGS LIKE STUTTERING, DEAFNESS, DIFFICULTY SAYING SOUNDS, DIFFICULTY EXPRESSING YOUR IDEAS, AND PROBLEMS WITH YOUR VOICE. A SPEECH THERAPIST HELPS PEOPLE WITH THESE PROBLEMS COMMUNICATE MORE SUCCESSFULLY. IF YOU WANT TO LEARN MORE ABOUT BEING A SPEECH THERAPIST, GO TO ROOM 16 AND VISIT MRS. MACY!

DAY 3: MAY IS BETTER HEARING AND SPEECH MONTH..... DID YOU KNOW ABOUT ONE OUT OF EVERY SIX AMERICANS SUFFER FROM SOME FORM OF SPEECH, LANGUAGE OR HEARING PROBLEM? THESE PROBLEMS CAN BE SOMETHING THAT WE ARE BORN WITH, OR SOMETHING THAT JUST HAPPENS AS WE DEVELOP. OTHER PEOPLE SUFFER DUE TO ACCIDENTS, HEALTH PROBLEMS, OR LIFE-STYLE CHOICES THEY HAVE MADE. LISTEN THIS MONTH TO FIND OUT HOW YOU CAN HELP PREVENT THESE DIFFICULTIES!

DAY 4: MAY IS BETTER HEARING AND SPEECH MONTH.....SPEECH, LANGUAGE, AND HEARING CAN BE DESCRIBED AS COMMUNICATION. ANYTHING THAT IMPAIRS YOUR ABILITY TO COMMUNICATE LIMITS YOUR LIFE. CONSIDER THIS QUOTE BY JOHN A. PIECE TODAY: "COMMUNICATION IS NOT ONLY THE ESSENCE OF BEING HUMAN, BUT ALSO A VITAL PROPERTY OF LIFE." HOW IS COMMUNICATION VITAL TO YOUR LIFE?

WEEK 2:

MONDAY: MAY IS BETTER SPEECH AND HEARING MONTH: ONE ASPECT OF SPEECH INCLUDES HOW CLEARLY WE SAY OUR SOUNDS. WE USE OUR TEETH, TONGUE AND LIPS TO PRODUCE ALL OF THE SOUNDS IN OUR LANGUAGE. IF THESE PARTS ARE NOT WORKING WELL, YOU MAY HAVE DIFFICULTY WITH SOME SOUNDS, LIKE 'R' OR 'S'. HOWEVER, AS WITH MANY OTHER ACTIVITIES, PRACTICE CAN MAKE A LOT OF IMPROVEMENT. MANY PEOPLE (ESPECIALLY JUNIOR HIGH STUDENTS) TALK FAST, AND THAT MAKES IT DIFFICULT TO BE UNDERSTOOD. WHAT YOU HAVE TO SAY IS IMPORTANT! BE SURE PEOPLE CAN UNDERSTAND YOUR MESSAGE!

WEDNESDAY: MAY IS BETTER HEARING AND SPEECH MONTH: DID YOU KNOW THAT COUGHING MAKES YOUR VOCAL CORDS SLAM TOGETHER AT 70 MILES PER HOUR? IF YOU ARE LIKE MOST STUDENTS, YOU USE YOUR VOICE A LOT. CONSIDER HOW YOUR LIFE WOULD BE IMPACTED BY VOICE DAMAGE. HAVE YOU EVER LOST YOUR VOICE WHEN YOU WERE SICK? IMAGINE TALKING LIKE THAT EVERY DAY!! TAKE CARE OF YOUR VOICE. DRINK LOTS OF

WATER, AVOID ABUSE SUCH AS YELLING, SCREAMING, AND COUGHING EXCESSIVELY.

FRIDAY: MAY IS BETTER HEARING AND SPEECH MONTH: MOST PEOPLE ARE ABLE TO COMMUNICATE, AND ARE CAPABLE OF SPEAKING WHAT IS ON THEIR MIND. HOWEVER, PEOPLE DON'T OFTEN THINK ABOUT WHAT THEY ARE SAYING. CONSIDER THIS QUOTE FROM AN UNKNOWN SOURCE, "I HAVE OFTEN REGRETTED MY SPEECH, NEVER MY SILENCE." REMEMBER, A GOOD COMMUNICATOR ALSO KNOWS WHEN TO KEEP QUIET!

WEEK 3:

MONDAY: MAY IS BETTER HEARING AND SPEECH MONTH: THIS WEEK, WE ARE GOING TO BE THINKING ABOUT HEARING AND LISTENING! YOU PROBABLY KNOW SOMEONE WHO WEARS HEARING AIDS. MOST PEOPLE ARE ABLE TO HEAR WITH THEIR EARS, BUT SOME PEOPLE HAVE PROBLEMS WITH ONE OR BOTH OF THEIR EARS. TO HELP THEM HEAR, THEY USE HEARING AIDS, WHICH ARE KIND OF LIKE GLASSES FOR YOUR EARS. AS WE GET OLDER, OUR HEARING DIMINISHES; SO MANY PEOPLE BEGIN TO WEAR HEARING AIDS LATER IN LIFE. THIS WEEK YOU WILL LEARN HOW TO PROTECT YOUR EARS AND TO BE A GOOD LISTENER!

TUESDAY: MAY IS BETTER HEARING AND SPEECH MONTH: DID YOU KNOW THAT YOU HAVE A TINY, PEA-SIZED STRUCTURE IN YOUR EAR CALLED A COCHLEA, AND THAT HAIRS INSIDE OF IT HELP TO MOVE SOUND TO YOUR BRAIN? WHEN YOU HEAR A LOUD NOISE, THESE HAIR CELLS FALL OVER, AND OVER TIME, THEY BECOME BROKEN. THERE IS NOTHING THAT YOU CAN DO TO FIX IT. SO, THE BEST THING TO DO FOR YOUR HEARING IS TO AVOID LOUD SOUNDS, PARTICULARLY FOR A LONG PERIOD OF TIME. STAY TUNED FOR MORE INFORMATION REGARDING HEARING LOSS TOMORROW!

WEDNESDAY: MAY IS BETTER HEARING AND SPEECH MONTH: YESTERDAY, WE LEARNED THAT LOUD NOISES CAN DAMAGE OUR HEARING PERMANENTLY. HOWEVER, SOME PEOPLE DON'T REALIZE THAT THIS INCLUDES THINGS LIKE USING EAR-BUDS WITH THEIR I-PODS! A GOOD RULE OF THUMB IS TO LEAVE THE VOLUME AT THE MIDDLE SETTING. A SETTING AT 80% VOLUME IS ONLY SAFE TO LISTEN TO FOR 90 MINUTES; AFTER THAT, YOU ARE CAUSING PERMANENT HEARING DAMAGE. THE LOUDER IT IS, THE QUICKER THE HEARING DAMAGE OCCURS. IF YOU DON'T WANT HEARING AIDS WHEN YOU ARE FORTY, TURN DOWN YOUR I-PODS NOW!

THURSDAY: MAY IS BETTER HEARING AND SPEECH MONTH: JUST BECAUSE YOU HAVE GOOD HEARING DOESN'T MEAN YOU ARE A GOOD LISTENER! PART OF LISTENING INCLUDES UNDERSTANDING WHAT ISN'T BEING SAID, AND THAT MEANS YOU HAVE TO LISTEN TO THE TONE OF VOICE, AND PAY ATTENTION TO BODY LANGUAGE. IF A PERSON'S TONE OF VOICE DOES NOT MATCH THE MEANING OF THEIR WORDS, THE TRUTH IS IN THEIR TONE OF VOICE. SO, IF YOUR FRIEND SAYS THEY ARE 'FINE' BUT THEIR VOICE SOUNDS SAD, THEY ARE REALLY SAD! BE A GOOD LISTENER, AND LISTEN BEYOND THE WORDS!

FRIDAY: MAY IS BETTER HEARING AND SPEECH MONTH: TO CONCLUDE THIS WEEK'S THOUGHTS ABOUT HEARING AND LISTENING, CONSIDER THIS

QUOTATION: "WE HAVE TWO EARS AND ONE MOUTH SO THAT WE CAN LISTEN TWICE AS MUCH AS WE SPEAK." WHICH DO YOU USE MOST; YOUR MOUTH OR YOUR EARS?

WEEK 4:

MONDAY : MAY IS BETTER HEARING AND SPEECH MONTH.....STUTTERING IS ONE FORM OF SPEECH PROBLEMS THAT PEOPLE CAN HAVE. A PERSON REPEATS SOUNDS, OR GETS STUCK ON A SOUND OR WORD. DID YOU KNOW THAT THERE ARE MANY FAMOUS PEOPLE WHO HAVE STUTTERED? SCIENTIST SIR ISAAC NEWTON, ACTOR BRUCE WILLIS AND, FOOTBALL STAR DARREN SPROLES OF THE SAN DIEGO CHARGERS ARE JUST A FEW PEOPLE WHO HAVE REFUSED TO LET STUTTERING GET IN THE WAY OF THEIR GOALS IN LIFE. IF YOU KNOW SOMEONE WHO STUTTERS, REMEMBER TO GIVE THEM TIME TO FINISH WHAT THEY SAY, AND DON'T INTERRUPT!

WEDNESDAY: MAY IS BETTER HEARING AND SPEECH MONTH: YOU MAY KNOW SOMEONE WHO IS DEAF AND WHO COMMUNICATES BY USING AMERICAN SIGN LANGUAGE. AMERICAN SIGN LANGUAGE IS A MODE OF COMMUNICATION THAT USES HAND GESTURES AND BODY LANGUAGE INSTEAD OF SPEECH. ASL IS NOT SIMPLY ENGLISH USING HAND SYMBOLS; IT IS A DIFFERENT LANGUAGE, WITH DIFFERENT WORD ORDER AND RULES. YOU CAN LEARN SIGN LANGUAGE AS A FOREIGN LANGUAGE IN COLLEGE, OR, LOOK FOR A CLASS IN THE COMMUNITY! IT IS A FUN WAY TO COMMUNICATE, AND WILL ALLOW YOU TO MAKE FRIENDS WITH PEOPLE WHO ARE DEAF.