

# O'MALEY

## Innovation Middle School



### O'Maley Happenings – Thursday, January 11, 2018

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What's happening at O'Maley this week???

**NO SCHOOL** – Monday, January 15<sup>th</sup> –  
Martin Luther King, Jr. Day

**Early Release** – Tuesday, January 30<sup>th</sup>  
– Staff Professional Development.

Friday, January 19<sup>th</sup>  
O'Maley SAILS presents  
**TALENT SHOW 2018!**

7pm, O'Maley Auditorium  
Admission \$5 (under 5 free)  
Over 15 great acts showcasing amazing talent!

**Principal's Coffee** – come enjoy a cup of coffee with Principal Lucey in the Library, take a tour of the school and meet your child's guidance counselor. **Thursday, January 18<sup>th</sup> at 9am.**

**PARENTS OF 7<sup>th</sup> GRADERS...** Please plan to attend a **mandatory** meeting on **Thursday, January 25<sup>th</sup> at 6:30 PM** in our auditorium if your child is interested in going on next year's trip to Washington DC.

**Committee Service** hours submission form is online! Simply go to [gloucesterschools.com](http://gloucesterschools.com), click on "our schools" and choose "O'Maley." At the bottom of the left column click on "Community Service" and fill out the form! Help us reach our all school goal of 5200 hours!!

**Yearbook:** The yearbook is now available for pre-order. Please purchase online!! Use this link! Link is also on the O'Maley website  
<http://jostensyearbooks.com/?REF=A03461970>

**SPELLING BEE NEWS** - The O'Maley Spelling Bee will take place on March 1st. Sign ups are in guidance where students can pick up word study lists. Start studying now to be prepared! The winner of the O'Maley Bee will go on to the regionals on March 23rd and compete against other North Shore students and that winner goes on to nationals in D.C.!

**SAILS/PBIS** - The SAILS/PBIS team is thrilled to announce that the 6th graders have won the first "Caught Being Good" ticket count. They had a total of 2,462 tickets. Seventh grade had 1,754 and eighth grade had 944 tickets. The entire 6th grade community will celebrate an afternoon of fun on January 26<sup>th</sup> with choices that may include: a movie, games and skating. As always, please help to support this reward program by commending your child when they tell you they got a ticket.

Tickets are pulled each week from all three grade levels  
We have created a blog that will include videos and other resources to help learn about behaviors and better understand how we as a community of caregivers can support our children. Feel free to visit the blog on the link below:  
<https://sites.google.com/a/gloucesterschools.com/pbis-blog/>

**Upcoming Event:** Winter Snow Ball Dance, Friday, February 2nd

**WASHINGTON DC** - For students not enrolled in the automatic payment plan, trips must be paid in full before February 16, 2018. You can pay through the tour company's website or by sending in a check made payable to O'Maley. Contact Mr. Strong with any questions.

**PAGE 2** - Please scroll down to page two of O'Maley Happenings to see an article that has been written by volunteer members of the O'Maley School community!

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### Earbud Use and Noise-Induced Hearing Loss

Written By:

Amy Natola, Teacher of the Deaf and Hard of Hearing, Gloucester Public Schools

Technology is all around us nowadays and **earbuds** seem to be a **popular choice** for children when listening to music. Earbuds are convenient to carry because of their small size in comparison to over-the-ear headphones. They can be easily tossed into a backpack or a pocket to use anywhere. However, "the problem is, these little portable speakers are causing hearing damage at an alarming rate. In fact, studies show that 1 in 5 American teenagers already suffers from hearing loss" (<https://www.belton.com/hearing-health/ear-buds.aspx>). This **hearing damage** is permanent, so it is important to have an awareness of **noise-induced hearing loss** affiliated with earbud use.

There are a few factors that contribute to the potential for noise-induced hearing loss when listening to music through earbuds, which include a high volume, a close distance, and the frequency or length of time. With earbuds, sound is being sent directly into students' ears at a close proximity.

How can children wear earbuds responsibly? A suggestion is to "follow the 60/60 rule when wearing ear buds. Keep your volume below 60%, and limit your listening to under 60 minutes per day" (<https://www.belton.com/hearing-health/ear-buds.aspx>). Another suggestion is to wear headphones that fit over the ears and/or headphones that have a volume limit control. Also, talking with children about the impact earbud use can have on hearing is helpful in raising an awareness to use earbuds responsibly.

I have a "rule" that I implement to ensure the volume is not too loud and potentially damaging to hearing when children are using earbuds. If I can hear the audio from students' earbuds and/or the children do not hear me when I speak to them, then the volume is too loud and should be lowered.

If you have any questions about earbud use and noise-induced hearing loss, please reach out to me at [anatola@gloucesterschools.com](mailto:anatola@gloucesterschools.com). I would be happy to discuss this topic further with you.

### References

<https://www.belton.com/hearing-health/ear-buds.aspx>

<https://www.noisyplanet.nidcd.nih.gov/have-you-heard/nidcd-director-talks-earbuds-hearing-loss>

<https://www.noisyplanet.nidcd.nih.gov/parents/too-loud-too-long>