



Teacher Spotlight: Lizz Fulton

Throughout the year, the School Helper will shine a spotlight on our amazing faculty and staff.



Washington
D.C.

What is your job title? Middle School ELA Teacher and Head Volleyball Coach

What is your favorite color? Purple and Orange

What is your favorite place to visit? Washington, D.C., I've been fortunate to go on two school trips there—one to further my ASL education, and another with the high school juniors and seniors last year. Visiting Gallaudet and exploring the museums was an incredible experience, and I hope to return in the future.

What's one thing you are looking forward to this year at GSD? This year, I'm most excited to see how much my students grow—both in their learning and in their confidence.



School Safety Information: We conducted a lockdown practice earlier this month. We had all of our staff and students practice, and to make sure they know where to go if we have the lockdown.



Pictures (Left to Right): Jordyn, Itzel, Natalie, Aaliyah, Isis, and Kendrilyn
Credit to Tristan Sotela (Instagram: @_ts.photo_)

GSD played the Atlanta Area School for the Deaf last week. The competition was fierce! We didn't win, but each match was very close! The team shows incredible improvement since last year—better teamwork, skills, confidence, and spirit. Kudos to Coach Lizz Fulton and the players! The student body provided great support, cheering and stomping! The season will end with the Mason-Dixon Tournament at the Alabama School for the Deaf next weekend.

ASL II-III students with their Deaf Famous storybook. They're doing their research project on Deaf Famous and created storybook that they choose for Deaf Awareness Month.



Pictures top and bottom:
Jordyn, Jaelyn, Xander, Shania,
and Itzel

CLASSIFIERS



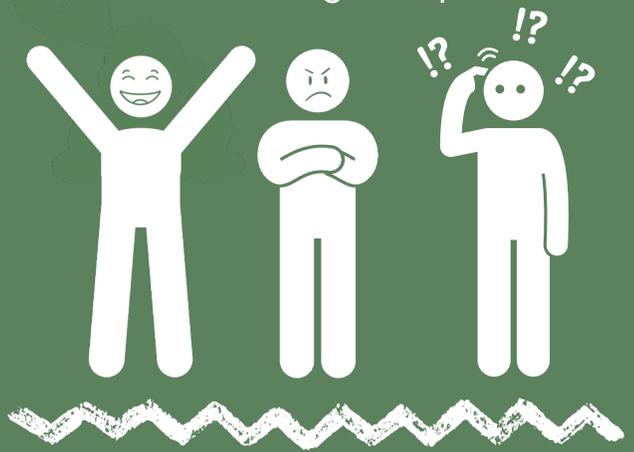
Classifiers are signs that use ASL handshapes to represent and show the extent or degree of classes of things, shapes, sizes, etc.



BODY

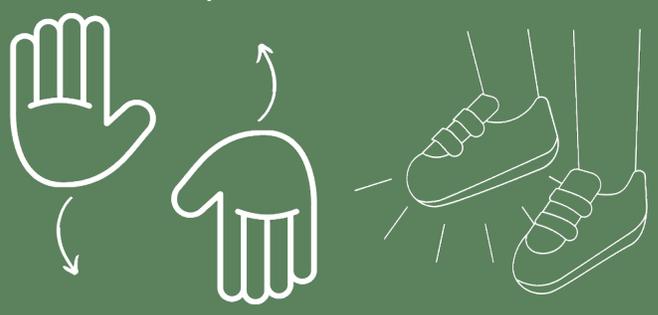
Uses a one-to-one mapping to show how a person moves their body (shrugging shoulders, crossing arms, or putting hands on hips).

- Only uses the upper body
- Role shifting is required



BODY PART

Uses a handshape to represent a specific part of the body doing a particular action.



LOCATIVE

Indicates where objects are located through the use of reference points. Can also indicate if an object moves from one location to another.



ELEMENT

Represents the movements of the elements or non-solid things (rain, wind, fire, smoke, gas, and light)





INSTRUMENT

TOOL

Depicts what an object looks like as it's in use.



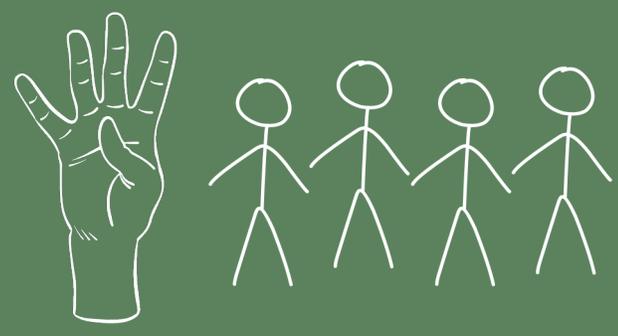
HANDLING

The hand acts in the same way it would if you were actually performing that action.



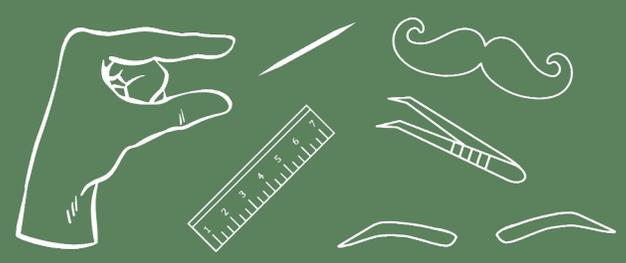
PLURAL

Indicates the movement and/or location of a specific or non-specific number of objects, people, or animals.



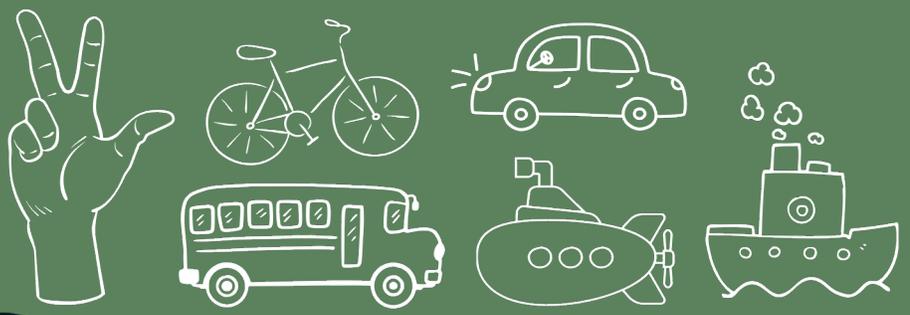
DESCRIPTIVE

Details the physical characteristics of an object or person.



SEMANTIC

Shows schematically where a person or other object is located as well as where and how they move.



- _____
- _____
- _____

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GSD has been involved with the Georgia Center for the Deaf and Hard of Hearing (GCDHH) 4th Annual Follow the Sign 5K run in three ways!

1. Our 2025 alumni Isaiah won first place and Raybon Zinn 2nd place in GCDHH's t-shirt design contest!
2. With price math, our screen printing class printed 100 t-shirts (with Isaiah's design) for the race.
3. Our high school math teacher, Jill Carper, and Speech Language Pathologist, Maddison DeStefano, participated in the race. Jill Carper won 1st place for her female age group!



Modern Trends Parents Should Know: Keeping Kids Safe in a Changing World

As parents, it can feel overwhelming to keep up with the new trends, apps, and slang that shape our kids' world. Some of these fads may seem harmless at first glance but can actually carry real risks to their health, safety, or wellbeing. Below are a few current trends you should be aware of and tips on how to talk with your child about them.

1. “Maxxing” Trends: Fiber and Testosterone

Some teens are getting caught up in what's called “maxxing,” a trend that pushes the idea of taking something to the extreme. Two versions you may hear about are fiber maxxing and T (testosterone) maxxing.- Fiber Maxxing: This involves consuming extremely high amounts of fiber in an effort to be “healthier.” While fiber is important, suddenly adding too much can cause painful stomach problems and other health concerns.- T Maxxing: This encourages boys and young men to boost testosterone levels. While some try eating certain foods, others may attempt risky, unregulated methods such as underground testosterone shots. This trend connects to a larger online culture of “looksmaxxing,” where kids feel pressured to push their bodies to extremes to look a certain way.

💡 Parent Tip: If your child seems hyper-focused on diet, muscle growth, or body image, use it as an opportunity to talk about balanced health, safe choices, and realistic expectations.

2. Kratom and the “Feel Free” Drink

Kratom is a plant-based substance that is becoming more popular among teens. It's often sold at gas stations and vape shops, sometimes in small blue bottles labeled “Feel Free.” Because it looks like an energy shot, teens may not realize how dangerous it really is.- At low doses, kratom acts like a stimulant.- At high doses, it behaves more like an opioid, creating feelings of euphoria and pain relief.- Teens may try it to cope with anxiety, boost energy for studying, or just to experiment. The risks are serious: kratom is addictive and withdrawal symptoms include mood swings, tremors, sweating, and body aches. Even though it's legal in many places, that doesn't mean it's safe.

💡 Parent Tip: Talk openly with your teen about substances marketed as “natural” or “safe.” Remind them that just because something is sold in a store doesn't mean it's risk-free.



3. Pill Jargon and Online Communities

You may hear your child or their peers mention terms like “red pill,” “blue pill,” or “black pill.” These aren't about medication at all—they're part of a slang system rooted in online groups, including some darker internet communities.- **Red Pill:** Belief that men are disadvantaged by women and feminism; promotes adopting a dominant, aggressive mindset in dating.- **Black Pill:** A more extreme view, often fatalistic and hopeless, where people feel life is unfair and cannot be changed. Some who adopt this mindset withdraw from society entirely.- **Blue Pill:** Refers to people who accept life as it is, without buying into conspiracy-like views. These ideologies can sometimes push young people toward harmful thinking patterns—whether it's anger toward others (red pill) or hopelessness and potential self-harm (black pill).

💡 Parent Tip: If your child uses this type of slang, ask what they mean by it and where they heard it. It can open a window into the online spaces they're spending time in.



4. Hiding Apps: Keep Safe and Vaulty

Some apps allow kids to hide photos, videos, and messages on their devices. Two examples are Keep Safe and Vaulty. These apps can look like harmless tools—sometimes even disguising themselves as something like a “calculator.” Why kids use them: - To hide content they don’t want parents to see.- To cover up conversations or media that may not be appropriate. While not every child who uses these apps is doing something unsafe, the secrecy itself can be a warning sign.

💡 Parent Tip: Encourage your child to share the apps on their phone with you. Setting up regular, non-judgmental conversations about online privacy and digital responsibility goes a long way.

Final Thoughts

The digital world is constantly changing, and new trends pop up faster than parents can always track. The best way to keep your child safe is to stay curious, ask questions, and keep communication open. Let your kids know they can come to you without fear of judgment, and you’ll be better equipped to help them make safe choices.



GSD Apparel: Most Detailed Project Ever!



COLORS:

- White
- Orange
- Green
- dust (tan)
- Heather gray

AVAILABLE IN:

- Short Sleeves
- Long Sleeves
- Pull-over Hoodies
- Zip-up Hoodies

(There are a few limited colors/styles and sizes. Please refer to the order form.)

Name

Name _____

Phone _____

Bus Driver? Which bus _____

Due by October 20, 2025

\$12	YS	YM	YL	YXL	S	M	L	XL	2XL +\$2	3XL +\$4	Price
Short Sleeve: White											
SS: Orange											
SS: Green											
SS: Dust											
SS: Heather Gray											
\$15	YS	YM	YL	YXL	S	M	L	XL	2XL +\$2	3XL +\$4	
Long Sleeve: White											
LS: Orange											
LS: Green											
LS: Dust											
LS: Heather Gray											
\$20	YS	YM	YL	YXL	S	M	L	XL	2XL +\$2	3XL +\$4	
Pull Over hoodie: White											
PO hoodie: Green											
PO hoodie: Sand(tan)											
PO hoodie: Gray											
Youth: \$28 Adult: \$30	YS	YM	YL	YXL	S	M	L	XL	2XL +\$2	3XL +\$4	
Zip-up Hoodie: White											
Zip: Green											
Zip: Heather Gray											

Payment: Please fill out and return this form along with any of the following payment options:

1. Cash
2. Check: write it out to GSD with "GSD Apparel" on the memo line.
3. Credit card: see Jennifer/call 706 939 1870 to pay using credit card.

Grand Total

Any questions? Please contact any of the GSD Apparel students or email Mr. Loren Frick at Lfrick@doe.k12.ga.us.

