

These announcements can be read over the PA during

BHSM!

Voice Announcement

Did you know that when you cough your vocal cords slam together at 70 miles per hour? Everyone displays some form of vocal abuse. Vocal abuse is when you yell, talk for a long time, and clear your throat a lot.

Like we care for our bodies, we should take time to care for our vocal cords. Good vocal hygiene includes:

Drinking a lot of water

Getting more sleep

And not drinking so much caffeine.

We only have one voice. Use it wisely! For more info, including pictures of vocal cords, check out the Better Hearing and Speech bulletin board. Have a great day!

Language Announcement

Do you ever wonder why we have noses that run and feet that smell? That should be the other way around!

Language is the ability to understand what people say and express your own thoughts and ideas. English is a funny language. It can sometimes be hard to understand.

Just remember that there is no egg in eggplant or ham in hamburger or pine in pineapple. Thank goodness for that! To find out more about our silly language, check out the Better Hearing and Speech board. Have an awesome day!