

# WAYPOINT WONDERS

SEPTEMBER 9, 2019



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WAYPOINT ACADEMY 'S SPECIAL BACK-TO-SCHOOL  
EDITION

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## WELCOME BACK CLASS!

Students and Families,

As we start another school year, it is so nice to see familiar faces and welcome some new ones to our Waypoint crew. We have some exciting things planned for this year.

There are new classes, fun activities and upcoming field trips. I look forward to being part of these experiences and am hopeful for a great 2019-2020 school year!

Best wishes for a great year,

*Melissa Goldstein*

Program Coordinator



### IN THIS ISSUE

Welcome back to School!  
SAVE THE DATE: OCTOBER 16 **OPEN  
HOUSE** 2-4 PM

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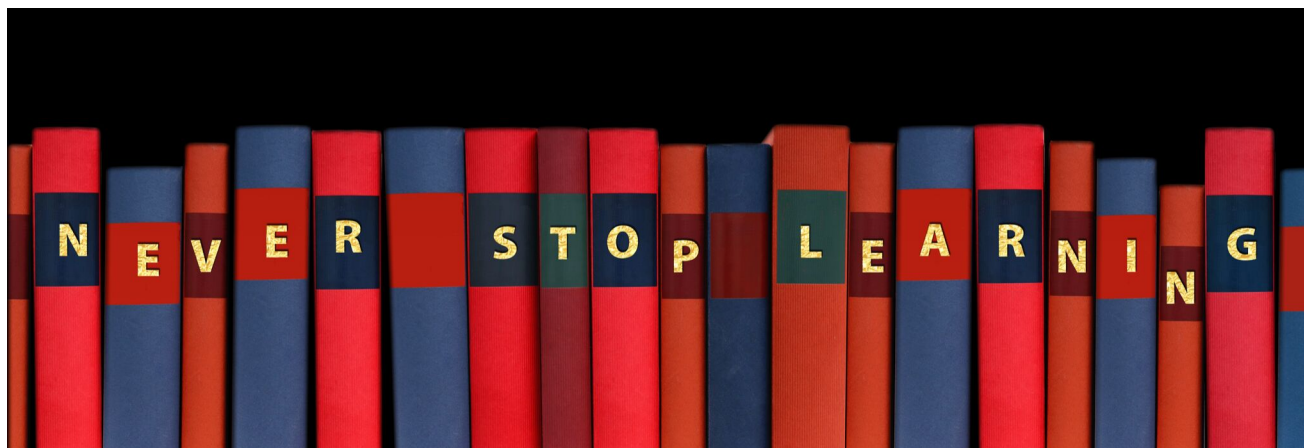
Middle School ARES curriculum: how  
will it help your child?

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Events and reminders for this month

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## WAYPOINT WONDERS



### NEW ARES CURRICULUM

**ARES** is an acronym we put together after identifying 4 core strategic areas that will help our students succeed in the classroom and in their relationships.

**A** stands for Academic Support. Everyone misses an assignment sometimes. Teachers will identify students who owe work and provide them time and assistance in completing that work. What if they don't owe any work? Teachers will identify areas of academic weakness and the students will have time to study and practice the skills they need most help with. And for all of our superstars who are not struggling, they will have time to research fun topics and learn about topics that interest them but that might not be taught in the classroom.

**R** stands for Reasoning. While reasoning and critical thinking skills are an essential part of classroom activities, they are also skills that help us throughout life. Think about all of the decisions we have to make every day! From what clothes to wear to what to have for dinner and every choice in between, we are planning and reasoning all of the time. Teaching Critical Thinking skills allows us to broaden and open students minds to a variety of reasoning and arguments to better prepare them to make decisions that are conscious, and well thought out. We won't be teaching them what to think, but **HOW** to think for themselves and to navigate what is right and wrong.

**E** stands for Executive Functioning. This is a fancy word for those higher brain functions that help us coordinate, plan, organize and juggle all of our tasks and activities and to actually get them done. Have a child who is impulsive? Can't seem to do what you ask in the order you ask it or to get out the door on time? This class targets those behaviors to help students learn how to plan and coordinate. And also how not to react so quickly! In this class and in others the students will be practicing mindfulness and breathing techniques.

**S** Social Skills has always been embedded in our program here at Waypoint. We will be teaching through lessons, role play, modelling and group exercises. Topics include self esteem, anger management, bullying, friendship, navigating conflict, being assertive among other lessons.

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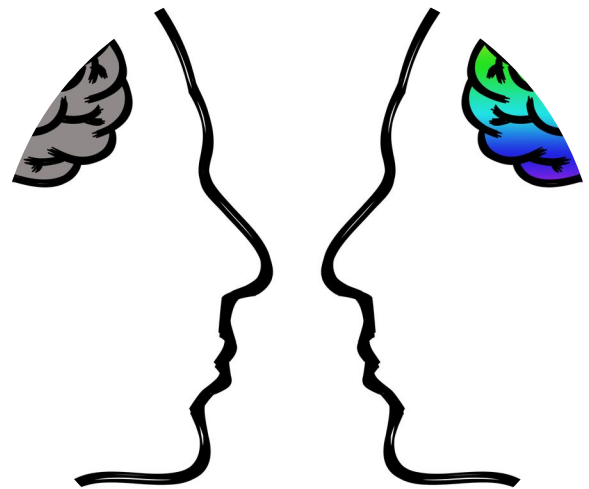
**You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. – Dr. Seuss**



## MIDDLE SCHOOL FRIDAY ACTIVITIES

Every week students have the opportunity to earn level points and rewards. Friday is a fun day here at Waypoint and Level 3 and up students are allowed to participate in special activities or watch a movie. This month we have the following activities tentatively scheduled (sometimes things change so I do have to say tentative)

- 9/6 Two movie Choices
- 9/13 Fishing at the Pond
- 9/20 Beach Picnic
- 9/27 Feeding the Fish at the Fish Hatchery



## HIGH SCHOOL COGNITIVE DEVELOPMENT

Mornings can be difficult as we all know! In order to help our students kick start their day, we are excited to announce that five new activities are being offered during Cognitive Development time on Tuesdays and Thursdays. Each week students will have the option of choosing one of the following: Walking Group, Gym, Games, Yearbook, or Homework Help.

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### ANNOUNCEMENTS

Not only do we have some new student faces in our hallways, we also have some new faculty which have joined the Waypoint team!

A special welcome to...

- Holly, high school counselor
- Amy, food service
- Sarah, high school teaching assistant
- Kate, middle school teaching assistant

### HELPFUL TIPS

Evaluation sheets are a wonderful communication tool between school and home. Please take the time to review your child's sheet each day and contact your child's counselor with any questions.

To help make the mornings easier, you may want to agree with your child about a reasonable bed time , teach them to lay their clothes out the night before, and to set their alarms before they go to sleep. Reduce distractions by presenting choices before bed or in the afternoon instead of first thing in the morning. And as always, if there is a rough morning start or you have any concerns you would like to share, please call your child's counselor.



### NOTES AND REMINDERS FOR PARENTS



Please remember to send in your school information packets! We need these to update health information, and contact information among other things



Wednesday, September 18 is a half day for all students. Dismissal is 10:30 am



This month's Middle School health presentations:  
Ticks and Tick-borne illness  
Hygiene

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