

Southwest Academy

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November 2018

A word from the Principal:

I am honored to be the Principal at Southwest Academy. Every day is a new day and it is a pleasure to work with incredible students, caring families, and dedicated professional educators. This has been an exciting year, designed to promote and enhance growth and development. Our focus is on helping students learn, grow and achieve their greatest potential. Our staff strive to implement individualized instruction and strategies that meet our students' needs with a focus on engagement and meaningful learning. We are committed to meeting the academic, behavioral, social and emotional needs of all students, and working closely with families to ensure student growth and success. I am looking forward to working together to make this a most successful school year!

Students are adjusting well to classroom routines and becoming more comfortable with what is happening at school. Southwest Academy utilizes a Positive Behavior Intervention and Support approach (PBIS) with our students. It is well known that schools are successful when they help children grow academically, socially, and emotionally. Teachers are reinforcing classroom procedures and expectations using a therapeutic approach with consistent reminders of expectations. By setting forth clear social and behavioral expectations, it is our goal to create an atmosphere for learning. As the regular school day moves into full curriculum and full instruction, students are eager and ready to learn.

Please contact me for any questions or concerns you may have. I would be happy to meet with you.

Shari Guerra, Principal
shari.guerra@menta.com



UPCOMING EVENTS

November 8th -

7:00 am PBIS Breakfast

November 12th -

No School -
Veteran's Day

November 14th -

Early Release
1:00 pm

November 19-23 -

Thanksgiving Break

December 19th -

Early Release 1:00
pm

December 21st - 1st

Semester ends

December 24th - January 6th -

Winter Holiday

Providing dynamic, hands-on programming

Elementary School

Ms. L's class made pirate masks and a pirate's telescope to support reading comprehension. We read three pirate stories, discussed characters, setting, events, and even discussed what we would do if we were pirates!



Students in Ms. Vocelka's class have been working hard on their academics and have already shown growth. Here they are showing their reading or math.



Middle School

Our middle school class worked on projects for science which included understanding the difference between physical change and chemical change on the subject of mass and matter. All students participated and were able to mix various substances together to observe the difference between chemical and physical change, as well as volume.



High School

Our high school students continue their community service at Culture Cup where they help to get supplies out to the food banks.



Offsite Classrooms: Westview High School

Students work hard on their IXL academic blended learning and then earn time playing basketball at the end of the day.



Life Skills:

Our life skills students continue to learn vocational skills through a variety of on and off campus jobs. Many of our students have obtained their food handlers card and they help to prep our lunch meals and deliver them to classrooms. They apply their math

skills and customer service skills in these settings.

Additionally, life skills students along with all Southwest Academy students, go to the bank to cash their paychecks and then shop in the community.



Woodshop Class:

All of our students had an opportunity to apply their math measurement skills in the shop classroom.



Occupational Therapy Tip:

Is your child receiving the recommended hours of sleep each night? If a child is not receiving the correct amount of sleep it can negatively affect his/her attention, working memory, long term memory and decision making.

The National Sleep Foundation recommendations:

- School age children (6-13): 9-11 hours per night
- Teenagers (14-17): 8-10 hours per night
- Younger adults (18-25): 7-9 hours per night

Occupational Therapy tips to assist with sleep:

- Establish a regular bedtime routine
- No TV or iPad 2 hours prior to bedtime, TV and iPads alert the brain
- Dim the lights and reduce noise in the child's environment 2 hours before bedtime
- Pink noise (i.e. fans) can assist with calming the mind and body
- Calming activities within the bedtime hour (i.e. reading a book or telling stories snuggled up together)
- Ensure the child likes the texture of his/her blankets, sheets and bedclothes

Southwest Academy

4018 N. 67th Ave.

Phoenix AZ, 85033

(623) 846-8511

Sharon Makhoul, West Valley Regional Director

sharon.makhoul@menta.com



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