

# S.E.L.F. Compadre

November 2018

## A Word from the Principal

Hello S.E.L.F families,

It is so hard to believe that we are nearing the end of the first semester. It has been a wonderful experience collaborating with you to ensure students are provide high-quality and individualized learning experiences. It is our goal to continue the school-home partnership!

As I reflect on the last month, I am proud to highlight a few noteworthy events:

- Each student participated in Making Action Plan (MAP) Meetings. In these meetings, students collaborated with teachers, staff, family members, and other individuals in their life to identify their strengths, areas for growth, unique interests, and post-secondary goals. The information shared during these meetings have been used to create transition plans and to develop responsive relationships with school staff.
- On November 27, a group of S.E.L.F. students participated in the Tempe Mock Interviewpolooza event. Participants had an opportunity to practice interviewing skills in a supportive atmosphere. Each student was given feedback they can consider as they plan for actual job interviews in the future.

Lastly, I want to emphasize the importance of student attendance. Research supports the notion that “a missed school day is a lost opportunity for students to learn” (National Council for Education Statistics, 2017). Please reiterate the importance of attending school everyday to your students. We want all of our students here, engaged, and learning.

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### Upcoming Events

- December 20th

Semester Ends

- Dec. 21st-Jan. 4th.

Winter Break

- January 7th-

Back to School

- January 21st-

Martin Luther King Day

## Learning to Interview

Five students attended an event at Tempe Library hosted by Arizona VR and other community partners. Each student had the opportunity to be interviewed by two real employers and then receive written feedback from them. The students had practiced interviewing skills the previous week and were told to dress appropriately for an interview. Each of the students did well and received written feedback which was shared with the teachers. They will use this information as a baseline in identifying areas to improve their interviewing skills. A secondary benefit was the opportunity to meet and talk briefly with Micah Corporaal who runs the youth services and youth center at Tempe Library. He spoke to the five students and invited them to come and check on things that are available through the library.



## Volunteer Work

Ms. Heather's class volunteered at Feed My Starving Children on Wednesday, November 14th. At the event, students were tasked with assembling bags of food for starving children in the Philippines. When putting together the bags, the students worked together as a team to put the soy, vegetables, rice and vitamins together and packed them away for delivery. The students learned a lot about nutrition and the power of teamwork and volunteering to help those less fortunate than them. Together, they packed 162 boxes which encompasses 34,992 meals and will feed 95 children for a year! It was a wonderful experience and one the students are looking forward participating again.



## Story Time

Ms. Heather's class is currently reading the book [A Wrinkle in Time](#). Her class is very engaged and enjoys reading out loud. Ms. Heather's class is great at working independently as well as working together as a class. After the class finished the book, they will watch the new movie [A Wrinkle in Time](#) (2018).



## Exploring Arizona Workforce

Mr. Samaha's Life Skills students have been exploring AZCIS to find out what it takes to live and work in Arizona. We explored cost of living expenses versus career choices. Students make life style choices and evaluated the costs involved. This was an eye opening experience! Some careful budgeting will be required. Next, students identified careers and researched anticipated salaries. In some cases additional education would be necessary to meet expectations and requirements for their chosen fields. Students learned that most jobs have additional on the job training. Cheers for those entering the "Real World".



## What's Cooking

At the end of October Ms. Giovanna class hosted the monthly school wide cooking project. The class chose Mexican Food theme. Mr. Samaha's Class made the rice and beans, Miss Heather's class made ground turkey. Then Ms. G's class made shredded salsa chicken and warmed all the tortillas, and served all the students and staff. Everyone loved the Guacamole the most!! There was not one drop left!!



## Occupational Therapy Corner

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

#### Arizona Private-Public School Programs

Apache Junction School District- Apache Junction

Mesa Academy for Success-West- Mesa

Mesa Academy for Success-East- Mesa

Mesa High School- Mesa

Westwood High School- Mesa

Tempe Union High School District

S.E.L.F. Program – Tempe

Tempe Union High School District

S.E.L.F.- A Program – Tempe

Tolleson Union High School Copper Canyon-

Glendale

Tolleson Union High School Sierra Linda- Phoenix

Tolleson Union High School Westview- Avondale

#### Arizona Special Education Schools

Southwest Academy- Phoenix, Arizona

Southwest Education Center- Casa Grande, Arizona

Menta Academy Verde Valley – Cottonwood, Arizona

Menta Academy Yuma - Yuma, Arizona



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