



# Menta Academy Verde Valley

November 2018

## A Word from the Administrator:

It is that time of year when we spend time with our families and reflect on what we are thankful for each day. I am thankful to the wonderful Cottonwood-Oakcreek and Verde Valley community for allowing us to serve your children. I especially appreciate when we meet with our team and families to discuss student progress. It is wonderful to hear parents sharing the positive results they see both academically and behaviorally. We are witnessing some amazing growth! We just completed our benchmark testing. It is incredibly hard to believe we are already almost through the first semester of school. I would like this time to wish you and your family a blessed holiday season!

**Sharon Makhoul, West Valley Regional Director**  
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## Being Thankful

### UPCOMING EVENTS:

- **December 10th-14th**– Benchmark Testing
- **December 19th**– Early Release 2pm
- **December 21st**– End of Semester
- **December 22nd- January 6th**– Winter Break
- **January 7th**– Classes Resume
- **January 23rd**– Early Release



Our Students prepared for Thanksgiving by sharing what they are thankful for.



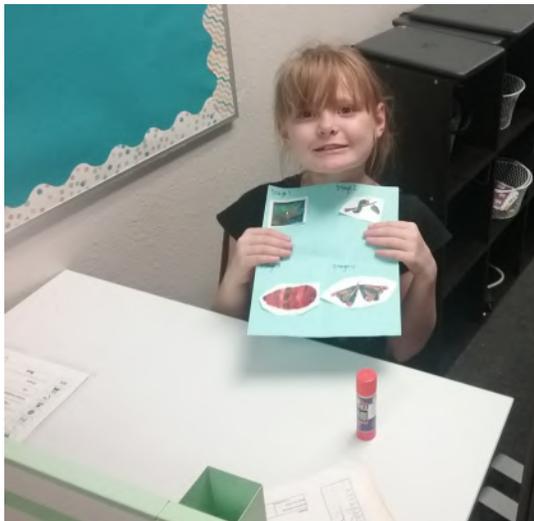
# Providing dynamic, hands-on programming.

## Halloween Fun

The students at Menta Academy Verde Valley (MAVV) had some fun celebrating Halloween. They decorated t-shirts, played games and went on a treasure hunt.



## Science



The students learned about the life cycle stages of a butterfly.

## Life Skills



Students played a board game about life skills and making good choices in different situations.

## Occupational Therapy Corner

A meltdown is a reaction to feeling overwhelmed.

For some students, it happens when there's too much sensory information to process. The commotion of an amusement park might set them off, for instance. For other kids, it can be a reaction to having too many things to think about. A back-to-school shopping trip could cause a tantrum that triggers a meltdown.

Here's one way to think about too much sensory input. Imagine filling a small water pitcher. Most of the time, you can control the flow of water and fill the pitcher a little at a time. But sometimes the water flow is too strong and the pitcher overflows before you can turn the water off. That's how a sensory meltdown works. The noise at the amusement park or the stack of clothes to try on in the dressing room at the mall is sensory input that floods your child's brain. Once that happens, your child's "fight or flight" response kicks in. That excess input overflows in the form of yelling, crying, lashing out or running away.

The causes of tantrums and meltdowns are different, and so are the strategies that can help stop them. It's important to remember that the key difference between the two types of outbursts is that tantrums usually have a purpose. Students are looking for a certain response. Meltdowns are a reaction to something and are usually beyond a child's control.

A meltdown isn't likely to stop when a child gets what he wants. In fact, he may not even know what he wants.

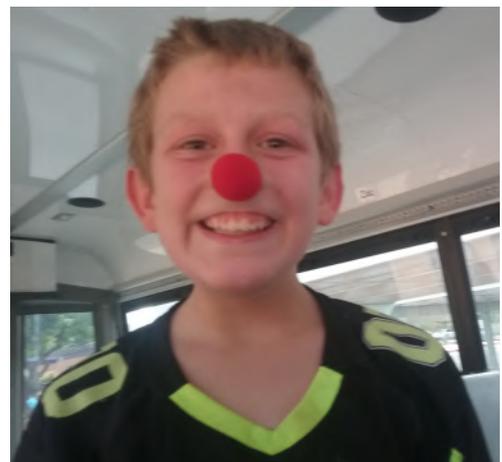
Meltdowns tend to end in one of two ways. One is fatigue—youth wear themselves out. The other way a change in the amount of sensory input. This can help students feel less overwhelmed. For example, your child may start to feel calmer when you step outside the store and leave the mall. **To manage a meltdown, help your child find a safe, quiet place to de-escalate.** "Let's leave the mall and sit in the car for a few minutes." Then provide a calm, reassuring presence without talking too much to your child. The goal is to reduce the input coming at him.

Knowing the difference between tantrums and meltdowns is the key to helping your child through them.

### Being Different



Students are also learning what it is like to be unique and different like Rudolf the famous Reindeer.



**Menta  
Academy  
Verde Valley**

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**THE MENTA GROUP®**

## **Our Beginning**

The Menta Group® began with one student, one teacher, and two clinicians and touted the philosophy that “All children have the right to an education and all children CAN be educated.” For the last 40+ years the focus has been through this lens to meet the educational, social and emotional needs of every student within the program. The children of The Menta Group® are provided the services they need when they need them, regardless of their personal challenges. The Menta Group® is a not-for-profit organization which focuses on Special Education Services and the Center for Family Services. Operations in Illinois and Arizona provide educational opportunities in 32 programs for special education and general education students annually. Through the schools and in-home services, The Menta Group® touches the lives of hundreds of families. Technology and resources are made available to students every day, regardless of location. This provides students with a stable home and an interactive school environment so that learning is possible. Today the philosophy of The Menta Group® stands tall. The Menta Group® never gives up on educating a child.

## **Our Vision**

We envision a society in which all youth can be successful. As an organization, we are especially committed to making success a reality for high-risk youth. We strive to provide empirically based innovative solutions to critical problems in education and human services. We endeavor to positively impact high-risk young people and the professionals who work with them by focusing on program development, professional training, and child advocacy.

### **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