

CORE Cougar Corner

December/January 2018-2019



CORE Academy uses the Expanded Menta Method® (EMM) model. This is the framework that guides the practice of administrators, teachers, and staff at all Menta schools. The model is based on more than 30 years of institutional knowledge and experience in working with challenging students and is strongly grounded in the principles of behavioral science.

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Winter Break



Winter break is upon us and Santa came early to visit the kids. ALL were excited to see him. The CORE Academy staff wish all a safe and wonderful winter break. We look forward to seeing all the kids return on Monday January 7th.

We also have rescheduled our 2 cancelled school days. The first will be made up on March 4th, and the second April 22nd.

High School Graduates



Congratulations!!! CORE Academy is proud to announce several high school graduates in December. We feel privileged to have helped you graduate and good luck in the future. We look forward to seeing some of you at CORE's graduation ceremony in June.

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Skilled Trades Fair

CORE Academy's HS attended the Skilled Trades Fair at Menta FOX TECH. The students learned of the exciting opportunities in the skilled trades. Vendors from the electrical field, HVAC, military and a few community colleges were on hand to discuss their trades/certification programs.



Winter Business Market

Core Academy students attended the Winter Business Market at Menta Midway. Students made items to sell and advertisements for their items as well. Students then used their Cougar Cash to buy products made by other students as well as themselves for the holidays.



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We welcome our new staff to the CORE Academy family!

Ms. Mikaela, Ms. Yesenia, Ms. Rowena, Ms. Carolyn



Curriculum Team Updates

Clinician focus:

STM: The Life Skills students enjoyed a variety of outside and inside activities, in December, that continued to incorporate hands on learning activities and opportunities for positive social interaction with peers. These learning experiences are just one of many that teaches students in the program the academic and practical skills they will need as they progress through their educational careers and enter the workforce. The students are also enjoying the new Indoor Sensory Playground.

Elementary: We have been working on learning and using the Zones of Regulation; specifically how to recognize what it looks like, body response, etc. and what sort of interventions we can use. We have also been teaching self-regulation skills through games like "Simon Says," and practicing kindness. The students also participated in groups where we read "We're All Wonders," and practiced being kind to one another and being kind to ourselves. The clinicians are planning to continue to work with the students on self-regulation skills, especially impulsivity as well as developing good personal hygiene habits.

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Curriculum - Clinician focus:

Middle School: Over the last 3 months, middle school has been working on improving social skills by learning appropriate conversation skills, identifying emotions, positive interactions with peers and team building exercises. Prior to Christmas break, middle school classrooms worked on team building exercises to increase these skills where each classroom broke up into groups and were instructed to give positive feedback to all peers. We also put these skills in practice by completing real life role play exercises. Middle school students will continue to work on social skills including how to maintain and have appropriate conversations with one another.

High School: We are working on acknowledging our roles and behaviors in stressful situations. We have discussed how we reacted to those identified situations and what we could have done differently. We will continue to focus our group work on being able to work through stressful situations in appropriate ways.

Supported High School: The supported program's clinical groups have focused on increasing self-management by exploring, developing and practicing coping strategies. We have worked on identifying, recognizing and managing emotions through using the identified strategies. We have done this through games, teamwork challenges, projects, poster sessions and with direct teaching and practice.

The CORE Academy Cougars have participated in the following activities this month:

Field trips: Bowling, Feed My Starving Children, Holiday Shopping, Holiday Caroling, DuPage Children's Museum

School sponsored events: Winter Business Market, Skilled Trades Fair

PBIS



For **December** our Cool Tool was Have an Attitude of Gratitude. The Cougar Cart purchase for the month of December was Hot Cocoa. January's cool tool is Do the Possible, be Responsible!

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Athletics

Middle School Sports: (Coach Pruitte) The middle school team tryouts are complete and the team is currently participating in preseason. They are eager to start the season on January 11th.

High School Sports: (Coach Darius) The High School team has completed tryouts and are currently participating in preseason. They are looking forward to the start of the season on January 9th.



Upcoming Events

Winter Break - December 24th till January 4th. School resumes on Monday, January 7th.

High School Basketball regular season starts Friday, January 11th.

Middle School Basketball regular season starts Wednesday, January 9th.

HS Semester ends - Friday, January 18th.

Menta Shark Tank - Thursday, January 17th.

Martin Luther King Day - Monday, January 21st.

CORE Academy Makeup Days - March 4th and April 22nd