

MCS East November

A Word from the Principal:

This Fall Semester is flying by! We have had a wonderful first quarter and start to second quarter here at Mesa East. This October and November have been especially great as we have had two field trips for some of our students. We had students go with Ms. McNeil to a restaurant for lunch to practice how to be gentlemen and ladies. They learned many important life lessons on this trip. For example, lessons learned were how to order, how to pay and tip and how to dress appropriately for a fine dining experience. It was a memory that the students will treasure for a long time.

We also had a field trip led by Ms. Danisha Campbell to a pumpkin patch. Ms. Campbell took a van full of students to a pumpkin patch to learn the life cycle of the pumpkin. The lesson was one which focused on science topics but also many life skills such as appropriate behavior at a special event and how to work well with others in a public setting.

Thanksgiving afforded us the opportunity to stop and count our blessings. First and foremost are our families and students. We truly love working with our students and helping them grow into the positive, productive young adults we know they can be. It was a joy to see many of our families and students at the Thanksgiving Celebration on November 20th. It was a truly wonderful way to kick start the Thanksgiving week!

John Andrews, Principal
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Important Dates:

- [December 21st](#)—Last Day of the Semester
- [December 24th– January 4th](#)—Winter Break
- [January 7th](#)— Start of Second Semester



Pumpkin Patch Trip

The learning goals of the field trip were to expose students to agriculture and pumpkin fields. The pumpkin patch offers students hands-on experience with cultivation, and the life cycle of a pumpkin, from seed to fruit. The Maze illustrates plant life concepts, and the designing of the Maze demonstrates mapping & mathematic techniques. Navigating the Maze promotes critical and strategic thinking. The animal corral exposes the students to farm animals, their distinct characteristics, and feeding habits. Students enjoyed all aspects of the farm as well enjoyed playing and learning with their peers as well as teamwork in regards to completing various games and activities.



Danisha Campbell's class of 7th graders taking a trip to a Pumpkin patch.

Kona Grill Dining

Ms. McNeil's students had the opportunity to go to lunch at a nice restaurant, Kona Grill. Ms. McNeil, and Mr. Michael Parvis (our new Transition Specialist) taught lessons leading up to the trip on how to behave properly in a formal setting, for example how to be gentlemen. Ms. McNeil taught her students how to order, pay and tip as well as have appropriate table conversation. The students learned how to tie ties and dress appropriately for special events as well. It was a memory that will last a lifetime.



Movement Breaks Provide Stress Relief

Now that the weather is turning cooler we are all enjoying the time outdoors more and that includes our students at MCS East campus. Movement breaks give students a chance to get outside and “get the squiggles out” not to mention opportunities for exercise, teamwork, and fun. Pictured are some of our students racing one another.



Imagine Math



"Imagine Math is a research-based math intervention system designed to support students who are struggling with mathematics. The program transitions students to the rigor of the Common Core State Standards and prepares them for Algebra and beyond."



Thanksgiving Feast

On Tuesday, November 20th MCS families and students participated in our annual Thanksgiving feast. This event was held at MCS West Campus. Staff from both the West and East campus served food and thoroughly enjoyed this wonderful event with the families and students of our Mesa campuses.



Mesa East

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THE MENTA GROUP®

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 bed-clothes

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