

# Menta Academy Chicago

## School Newsletter

February 2019  
Volume 1, Issue 5



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### School Vision Statement

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. Our mandate is to be the recognized national leader in serving at risk youth in educational and social service settings, by providing empirically based innovative solutions to critical problems in education and human services.

We strive to positively impact high-risk youth and the professionals who work with them by focusing on program development, professional training, and child advocacy.

## Principal's Message

Dear students, parents, and community:

February is the shortest month of the year. We have a lot going on! Not only are we celebrating Black History Month, it is also the International Month of Friendship which we will honor with discussions and stories on how to show positive behaviors and love to friends. In terms of building and sustaining positive school culture and climate students are working with staff to develop a timeline of historical facts.

See the pictures on page 2. In addition, all students will receive a goodie bag and our Self-Contained classrooms will have a Valentines' Day Party. Ms. Bryant and Ms. Miles will be facilitating this school wide activity.

Finally, it is National Children's Dental Health Month, so we will talk a lot about health. Check out our Nurse's Station for more information.

### Attendance Matters

According to the National Center for Education, a missed day is a lost opportunity for students to learn. The primary reason for high quality attendance data is the relationship between student attendance and student achievement. Chronic student absence reduces even the best teacher's ability to provide learning opportunities.

Research shows that attendance is an important factor in student achievement (February, 2009). Parents/ Guardians, please make sure our students are in school every day by 7:15 am. Thanks in advance for your cooperation. Also, due to the recent snow days 1/30/19 and 1/31/19 that resulted in school closings, I am sending home **new** school calendars. The changes are that students are now expected to be in school March 4 and

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April 22, 2019. These are considered student make up days.

### Report Cards

The Semester ended on 1/31/2019. Report cards will be mailed on Monday 2/11/2019. Our students are progressing well. Thank you for supporting your child with homework and makeup work. If you notice that students do not have homework nightly (Monday through Thursday) then call the school at 773-533-9605 to report missing homework. We will meet with both student and staff to correct any concerns.

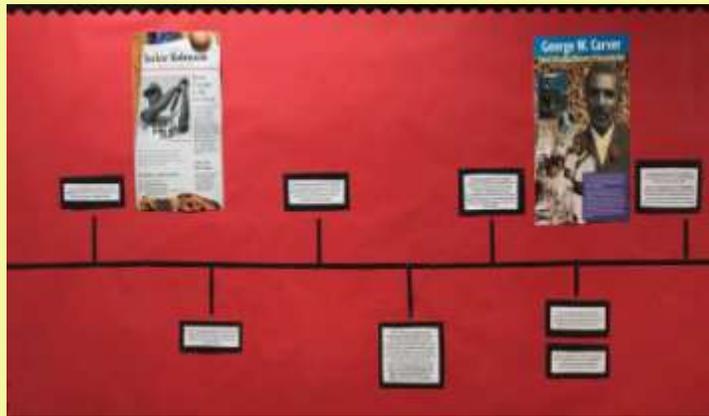
### Upcoming Events

- 2/1 Winter Bench Mark Testing
- 2/4 Second Semester PEAssessment  
MS Math Bowl
- 2/5 MS Basketball (rescheduled)
- 2/7 HS Math Bowl
- 2/11 Auto Show
- 2/13 MS Basketball
- 2/14 Valentine's Day Parties Self-Contained Classrooms Only
- 2/15 **NO SCHOOL** – Staff Institute Day
- 2/18 **NO SCHOOL** – President's Day
- 2/19 Alder Planetarium
- 2/20 MS Basketball
- 2/21 HS Speech Competition
- 2/22 HS Basketball
- 2/25 Open Books Trip
- 2/26 MS Speech
- 2/27 MS Basketball
- 2/28 DuSable Museum

### Ms. Bryant and Ms. Miles



## GO JAQUARS!!!



Artwork & Design by Ms. Burns and the 7<sup>th</sup> grade class

### What is PBIS?

PBIS is a data-driven decision making framework for establishing the Social, culture and behavioral supports needed for a school to be an effective learning environment for all students.

Menta Academy Chicago West received a Gold status Award for PBIS implementation for last school year.



February's **Cool Tool** focus is "Non Compliance (an unwillingness to follow directives)"  
**"Check yourself to pass yourself"**

### Multi-Purpose Room

High School students at MACW advocated and submitted a plan to convert a classroom to a newly renovated Multi-Purpose Room. The floor plan designed by our students included an entertainment, music, technology, and writing area. Our level 4 and 5 students can use this room as an incentive to come in to work and collaborate on both project-based learning and inquiry based learning activities.

Also, all teachers working on special projects will have access to this room as an additional resource room. We are very proud of our high school students because they were advisors on the design work that helped to create a budget. The good news is that with the help of **Glyn, Kyran, Mario, Tristan, Jorde, Denasha and Nevaeh**, working together as a team, the board has approved the proposal.

### Clinician's Corner

Many professionals, parents/guardians, or both, have so many daily responsibilities that we forget the biggest responsibility of all – taking care of ourselves. Not caring for one's self, self-care, has many negative physical and emotional short term and long-term effects. "Self-care refers to actions and attitudes which contribute to the maintenance of well-being and personal health that promote human development." Simply put, self-care includes learning activities that reduce stress and enhance your overall health and daily functioning. Earlier we mentioned short-term effects. So, for your

convenience, here is a short list of some effects to keep in mind: low frustration tolerance, verbal/physical outburst, feelings of sadness, and over/under eating. Some long-term effects are: weight gain/weight loss, professional burnout, and social isolation. Okay, we can hear the question, "When do we have time for self-care?" Great question! Here is a list of a few self-care activities that do not require a lot of time: exercise, meditation, and spa activities (i.e., hot-bath, facial, and massage). Thank you for your time and will meet again on the Clinician's Corner!

### Self-Care Quote

"An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly."  
-Unknown



## Nurse's Station

### February is National Children's Dental Health Month

Tooth decay (cavities) is one of the most common chronic conditions of childhood in the United States. Untreated tooth decay can cause pain and infections that may lead to problems with eating, speaking, playing, and learning. The good news is that tooth decay is preventable. Here are some healthy tips to ensure good oral health:

- Brush teeth twice a day for two minutes, using pea-sized amounts of fluoride toothpaste.
- Practice daily flossing. Proper flossing removes plaque and food particles in places where a toothbrush cannot easily reach.
- Limit number of times snacks are eaten throughout the day.
- Talk to your child's dentist about dental sealants, which will protect teeth from decay.
- Visit the dentist every six months for oral examination and professional cleaning.

### Physical Activity for a Healthy Weight

Regular physical activity is important for good health, and especially important if you're trying to lose weight or to maintain a healthy weight.

- When losing weight, more physical activity increases the number of calories your body uses for energy or "burns off." The burning of calories through physical activity, combined with reducing the number of calories you eat, creates a "calories deficit" that results in weight loss.
- Most weight loss occurs because of decreased caloric intake. However, evidence shows that only way to *maintain* weight loss is to engage in regular physical activity.
- Physical activity reduces risks of diabetes, cardiovascular disease, heart attack, stroke, and several forms of cancer. It also helps reduce high blood pressure, arthritis pain/associated disability, osteoporosis, falls, depression, and anxiety.

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