

Menta Academy Chicago South- April 2019

MARK YOUR CALENDAR:

MACS EVENTS

April 11: Report card pick up 3pm-6pm

April 15-19: NO SCHOOL SPRING BREAK

April 22: School resumes (this is a makeup snow day)

COMMUNITY EVENTS

April 18: CPD Annual Spring Break Fundraiser- Family Roller Skate & Bowling (purchase \$10 tickets in advance)

April 20: Englewood Community Expo 2019 (Free event)

April 27: Chicago's Citywide Clean & Green (Free event- Registration due 4/22)

May 30: Spring Health Fair on the Block (10am-2pm)

***see the attached flyers for more information**

From the Director's Desk

Dear MACS families and friends:

April 4th marked the start of the fourth quarter of the 2018-2019 school year. Our focus for this quarter will be engagement in the school community. Having positive school community and climate increases the physical and emotional health of students, in addition to increasing student learning.

Students who feel they are a part of something bigger than themselves often report feelings of increased self worth as they demonstrate their skills in action.

All MACS students have unique skills and strengths. It is our goal to help our students discover these strengths and use them in a productive and creative



way.

As we prepare to wrap up the school year, we are encouraging our staff to come up with unique lessons to engage our students in a meaningful way.

We will be resuming work on our community garden this spring. MACS will also be continuing our yearlong

project to beautify the school building both inside and out.

We look forward to the fruitful yields of our students' hard work!

Warm regards,

Kinga Cano, Program Director

Academic Updates

April 8-April 12 kicks off PSAT and SAT week. Students will be taking these at Menta South.

Some tips *before* taking ANY exam:

- 1) Pay attention in class
- 2) Study!

- 3) Get enough sleep the night before
- 4) Lay out your clothes (one less thing to worry about!)
- 5) Eat a healthy breakfast
- 6) Warm up your

brain by reading a quick article

- 7) Practice positive self talk ("I got this!")
- 8) Do your best!

Clinical Corner

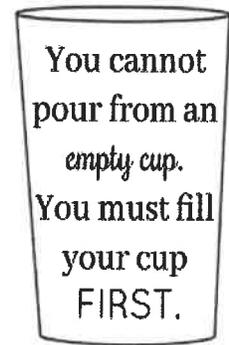
Many of you might agree... how is it April already?! This year flew by. With all the things that are constantly happening, we sometimes stop to take some time to take care of ourselves. Whether you have 5 minutes or 5 hours to yourself, make sure you take the time to recharge.

Why is self care so important? We are less able to handle stress when we're already depleted by physical and emotional exhaustion. Taking time for yourself can help you better tackle all of your responsibilities.

Here are some ways you can show yourself some love:

- **Get enough sleep**
- **Drink more water**
- **Take a walk around the block**
- **Write down 3 things that went well today**
- **Listen to a happy song and dance**
- **Say something nice to someone**
- **Volunteer 1 hour of your time a month**
- **Take a hot bath**
- **Call up a friend**
- **Talk to a therapist**
- **Watch a funny movie**

No matter what you choose, always be kind to yourself and to others.



Source: Andrea Nardelli.com

“Self care means giving the world what’s best of you, not what’s left of you.”

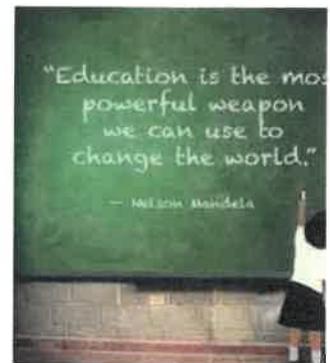
About Menta...

We envision a society in which all youth can be successful. As an organization, we are especially committed to making success a reality for at-risk youth. We strive to be the recognized national leader in serving at-risk youth in educational and social service settings through the provision of empirically-based

innovative solutions to critical problems in education and human services. Our goal is to also support the professionals who work with at-risk youth by focusing on program development, professional training, and child advocacy.

Learn more about us at:

menta.com



MACS Families & Students- We need your help!

What would you like to see in our monthly newsletter?

Email us with your ideas at:

kinga.cano@menta.com

