Welcome back to the 2021-22 school year! Staff were very excited to see all of our students return to in-person learning this fall! This year’s theme is based on superheroes. All staff and students have exhibited characteristics of superheroes over the last year-and-a-half; perseverance, bravery, strength, and flexibility. We continue to celebrate our superheroes every day and remind them that they can do anything!

Thank you for your partnership and your trust in us! We are looking forward to a wonderful school year of endless possibilities!

Upcoming Events

- October 1 - End of First Quarter
- October 4 - October 8 - Fall Break
- October 20 - Early Release (1:00 pm)

New Year - Expanded Warehouse!

With the return to the classroom, many students have been expected to rapidly transition from months of activity and movement into a classroom setting. The lack of movement can be difficult for students.

Upon the return to school in August, students at HarbourView Academy had the opportunity to use a newly renovated warehouse space. Over the summer, a basketball court, soccer field, track, weight room and sensory gym were installed. Each day students can use the new space either as part of class participation or through individual breaks.

Please join our Community by scanning the QR Code below:

Facebook

Kelly Nelson
3249 E. Harbour Drive
Phoenix, AZ 85034
(623) 473-7374
Self-Regulation

An important focus of social-emotional learning at our school is self-regulation. Students learn and practice strategies to stay regulated and to refocus if they become dysregulated.

Self-regulation is the ability to understand and manage:
- your behavior
- your emotions
- your reactions to things happening around you

Self-regulation helps your child:
- learn at school
- behave in socially acceptable ways
- make and maintain friendships
- become more independent

From: https://raisingchildren.net.au/toddlers/behaviour/understanding-behaviour/self-regulation

Fidgets are NOT Just Toys!!

We all fidget! What kind of fidgeting do you like to do? Wiggle your leg, crack your knuckles, squirm in your seat, chew on your pencil, twirl your hair, fiddle with rubber bands, or do you prefer something else? Fidgeting helps us sharpen our focus – and can be especially helpful for children who have special needs, sensory processing differences, ADD, or ADHD.

Reasons to Use Fidgets:
- Using intentional fidgeting can enhance attention and academic performance
- Hands-on or feet-on fidgets are very good regulators for attention and modulation in the environment and also help the brain to filter out distracting sensory input not related to the primary task.
- Tactile fidget tools in a “sensory box/suitcase” were found to be an effective component for helping teens who had behavioral and emotional problems understand how their senses influence how they calm themselves and work to control their impulses

From: https://therapyshoppe.com/therapists-corner/117-the-benefits-of-fidget-tools

5 Benefits of Reading Aloud with your Child!

1. Develops stronger vocabulary.
2. Builds connections between the spoken and written word.
3. Provides enjoyment.
4. Increases attention span.
5. Strengthens cognition.
6. Provides a safe way of exploring strong emotions.
7. Promotes bonding.

From: https://therapyshoppe.com/therapists-corner/117-the-benefits-of-fidget-tools

Are Apples Really Good For You?

Apples are incredibly good for you. Eating them is linked to a lower risk of many major diseases, including diabetes and cancer. What’s more, its soluble fiber content may promote weight loss and gut health. A medium apple equals 1.5 cups of fruit — which is 3/4 of the 2-cup daily recommendation for fruit.

Menta students and their parents may log into www.myON.com and have access to thousands of books and news articles. Please contact your child’s school for additional information and log on information.