



## Family News - Tuesday, May 8, 2018

### *Upcoming Dates*

**Thursday, May 10:** Partners in Education: Executive Committee Meeting, 8:30 AM

**Monday, May 14:** Admissions Open House, 10:00 AM

**Friday, May 18:** Middle School Dinner Dance, 2:45-6:00 PM

**Thursday, May 24:** Graduate Parent Recognition event, 6:00-7:30 PM

**Monday, May 28:** No School, Memorial Day

**Tuesday, May 29:** Parent Orientation for students in 5th going into 6th grade, 8:30-10:00 AM

**Thursday, May 31:** Last Day of After School Program: Spring Session

**Thursday, May 31:** 5th and 8th grade 'Step Up Day'

**Friday, June 1:** Commencement, 6:30 PM

**Tuesday, June 5:** Admissions Open House, 10:00 AM

**Tuesday, June 12:** 8th Grade 'Moving On Ceremony'

**Friday, June 15:** Elementary/Middle School Field Day

**Tuesday, June 19:** High School Beach Day

**Thursday, June 21:** Last Day of School, Early Release 11:30 AM

### *Building Resilience in Peer Relationships*

By: Jennifer Thorell, High School Principal

Resiliency is defined as the capacity to recover quickly from difficulties. Students with learning challenges face a variety of difficulties everyday which span academic, social, and emotional realms. Peer relationships can be particularly challenging as perceptions, and expressive and receptive language issues can cause misinterpretations of social exchanges. Prior experiences combined with these other factors can hinder the development and sustainability of positive peer relationships. As such, students can become dependent on adults to intervene and solve peer issues for them. While this dependency has a place at times, our goal is move students towards self-determination and independence. Building resilience is essential for this to occur and is best accomplished through collaboration with students, families, and supportive staff at school. This resilience helps to prepare students to handle future relationship issues and develop positive friendships beyond the

supportive environment at LPS. Over the years, we have identified some points for students and families to help build resilience in this area :

For Students:

- Demonstrated respect and kindness for one another.
- Use the phrase "I don't want to be involved" to keep out of issues not involving you
- If you can't say anything nice, don't say anything at all.
- Texting, Snapchat, Instagram, Youtube, etc. should not be used to engage in arguments or insults
- Not believe that someone said something negative about you unless you hear it yourself
- Be open to making new friends
- Understanding that not everyone needs to be friends with everyone else, while respecting the feelings of others
- Accept responsibility for your part in conflicts and apologize
- Talk to parents about concerns that happen outside of school hours and ask for help in solving the issues
- Be OK with your friends having friends that you are not friendly with
- Understand that not everyone needs to be friends with everyone else, but we need to respect the feelings of others
- Focus on your reason for being at LPS, which is to be a learner
- Understand that friends sometimes disagree or even argue. They also work through their problems and forgive
- Understand the difference between peer conflict and bullying
- Understand that issues can't always be solved right away. We all have uncomfortable feelings at times and it is important to be able to "sit" with them until they can be addressed
- Not every issue will be resolved the way you want them to be.
- Identify and focus on your strengths
- It's OK to fail, it is how we learn

For Families:

- Monitor all technology usage on a regular basis and address issues immediately
- Talk to your children about proper communication with others via technology
- Friendships change. As children get older, it is developmentally appropriate to choose people with whom they have similar interests and are at a similar social/emotional maturity
- There are always two sides to a story. Your child may be concerned that you will find out about their role in a conflict
- A learning disability combined with becoming and being an adolescent is incredibly challenging!
- Acknowledge their strengths and encourage participation in a variety of settings
- Students often make mistakes in communication while trying to figure out friendships. Consider the intentionality when discussing with your children
- Refer your child to an outside counselor if their needs exceed the boundaries of school-based counseling
- Model healthy relationships
- Help develop and encourage the practice of coping skills to manage uncomfortable feelings
- Develop optimism
- Help "scale the problem". A "5" is an emergency that simply cannot wait! A "1" can be solved independently

For more information, please see the following resources:

1. <https://www.newyorker.com/science/maria-konnikova/the-secret-formula-for-resilience>
2. <https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Building-Resilience-in-Children.aspx>
3. *Building Resilience in Children and Teens: Giving Kids Roots and Wings*, by Kenneth R. Ginsburg
4. *Letting Go with Love and Confidence: Raising Responsible, Resilient, Self-Sufficient Teens in the 21st Century*, Kenneth Ginsburg, M.D. and Susan Fitzgerald
5. *Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child*, Robert Brooks and Sam Goldstein

### *Legislators visit LPS*

On Monday, May 7th, Legislators came to visit Learning Prep, to learn more about our program and see classes in action!



Pictured left to right: Dave Morrisette, LPS Chief Financial Officer; Gretchen Petersen, LPS Chief Operating Officer; Lisamarie Sears, Aide to Senator Cynthia Creem; Dimitry Gednev, Aide to Representative Ruth Balsler; Ted Sharp, LPS Chief Executive Officer, Representative Alice Peisch; Representative Kim Ferguson; Representative Hannah Kane.

### *She's got the world on a string...*

How can you incite kids to riot? You offer them a chance to spray plastic string on their principal for a good cause – Learning Prep.

In the four years that Amy Davis has raised funds for her beloved school, she has become increasingly creative in ways to take philanthropy to newer and more masochistic levels. Last year was about pies to the face for \$100. This year at the pre-Marathon rally in the gym, the urge to Silly String Amy and High School Principal, Jen Thorell, was satisfied by thirteen students at \$150 a head and joined by nine others, chosen by a raffle, who also enjoyed the privilege. It may take a village and a lifetime to raise a child, but it took only moments and 22 excited students in a circle to render Amy and Jen unrecognizable beneath a blanket of Silly

String. And there were other fundraising opportunities to be rewarded for gifts between \$50 and \$100: 4 kids chose to get a PJ day, 1 chose a hat day; 5 chose to announce Student of the Week; 5 chose to help work the Bake Sale, and 7 EMS students chose to pull Raffle Tickets and/or Blue Slips.

When string cleared, Amy had raised \$16,200 for the Family & Friends Fund and incurred a huge IOU for co-victim, Jen.



### *Family directory*

The family directory is a tool to support family communication. The information published in the directory is general address and contact information. Our policy is to obtain express approval to publish your contact information in the directory. If your family is not visible in the directory and you would like it be visible only to other LPS parents, please send us approval.

To access the Directory:

1. Visit [www.learningprep.org](http://www.learningprep.org)
2. Click the blue box that says "Log In" in the upper right corner.
3. If you have never logged in or have forgotten your password, click the "Forgot Password" link under the login and follow the directions.
4. Login with the primary e-mail address provided to LPS during registration and your password.
5. Once you are logged in, click "Parents" in the blue navigation bar and then "Parent Resources." When you are logged in you will see the directories and the newsletters listed here.

### *MCAS News*

Yes, it is that time of year again, Spring MCAS is upon us! The EMS students testing is organized so that each grade is tested on the same

days. As you plan doctor visits, please keep this in mind. If you know ahead of time that your child will be absent during any testing sessions, please let **Gretchen Petersen** know at x 617-965-0764 ext. 310. It is also important for students to eat a healthy breakfast before coming to school and to bring snacks to eat when they take a break. The schedule is as follows:

### **May- Math**

- Grade 8: May 8 & 9
- Grade 10: May 23 & 24

### **May- Science**

- Grade 5 & 8 – May 21 & 22

### **June- Science**

- Grade 9, Biology: June 6 & 7
- Retests: June 6 & 7, only for students who have not yet passed Science MCAS.

The students will be tested 1:1 or in small groups and provided with MCAS accommodations listed in their current, signed IEP.

Students in Grades 6 and above will be reviewing and signing a letter of personal responsibility regarding MCAS testing, per DESE. All test administrators also review and sign a non-disclosure security contract. We use the DESE suggested form and will send home a copy of the student letter.

If you have questions regarding MCAS, please contact **Gretchen Petersen** through email at [gpetersen@learningprep.org](mailto:gpetersen@learningprep.org) or at 617-965-0764 ext. 310.

## ***Summer program (Extended Year Program)***

Learning Prep School Summer Program (Extended Year Program referred to as EYP) is a 4-week program beginning **Monday, July 9th and ending Thursday, August 2nd**. The program will operate Monday through Thursday from 8:00 am to 2:00 pm. The EYP is designed to maintain progress and prevent substantial regression through structured educational and social experiences. The program is modeled after the regular Learning Prep School program but includes activities to help provide a "camp-like" feel. The EYP is open to any student who is enrolled at Learning Prep School.

Elementary/Middle School (entering grades 3-8):

Program components consist of academic classes, social skills groups, arts/crafts, organizational support, interactive games and structured field trips. The academic areas will include reading, math, writing, and social communication.

High School (entering grades 9-12):

Program components consist of functional academic classes, social and transitional/pre-vocational skills development as well as travel training through local educational trips. The functional academic areas will include reading, math, and writing. All students entering 12th grade will be participating in a work experience, 2 days per week.

## Enrollment Information:

The Summer Program (EYP) is not approved by the Department of Elementary and Secondary Education (DESE). A school district seeking placement in the LPS Summer Program may submit the Notification of Intent to Seek Approval for Individual Student Program (form 28M/3) to DESE. Parents may choose to enroll independently.

The tuition for Summer Program (EYP) is \$3,300. Please contact **Maria Fitzpatrick**, Summer Program secretary, for enrollment forms at 617-965-0764 ext. 125 or at [mfitzpatrick@learningprep.org](mailto:mfitzpatrick@learningprep.org).

## *Yearbook orders*

2017-2018 High School Yearbooks are on sale now! Order forms already went home with students or you can order online and add special features!

Two ways to order:

1. [Download the order form](#) and return to **Kaitlin Scorzella**
2. [Order a yearbook online](#)

If you have any questions or concerns, please contact **Kaitlin Scorzella** at [kscorzella@learningprep.org](mailto:kscorzella@learningprep.org).



## *Spread the word about Learning Prep School*

If you know someone who may be interested in Learning Prep for their child, please encourage them to attend one of our Open House events:

**Monday, May 14, 2018** at 10:00 AM

**Tuesday, June 5, 2018** at 10:00 AM

RSVP's appreciated to:

**Korina Martin**, Director of Admissions

[617-965-0764 ext 226](tel:617-965-0764) or [kmartin@learningprep.org](mailto:kmartin@learningprep.org)