

*Celebrating*  
— 10 YEARS —



# RISING STARS

## ACADEMY

### *A few Words from the Superintendent.....*

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Welcome February!

There have been a lot of new and exciting opportunities happening at Rising Stars over this past month. Students have been participating in work training at Little Caesars Arena at our new kiosk. Please make sure to stop by and grab a sandwich next time you are down there! We have also reopened the All-Star Cafe' to serve lunch to the community. Be sure to check our Facebook page and weekly updates to see hour(s)/day(s) of operation and menu for each week.

During the new rotation, students have been working on a life skills unit about relationships. Students are learning how to form and maintain healthy relationships with family, at work, at school, with romantic partners, with friends, and more.

I am honored and excited to start my new role at Rising Stars. I have been working at Rising Stars Academy since 2015. It has been a joy to watch the school transform into the dynamic learning environment we see today. Rising Stars has been such a big part of my life for so long, and I look forward to serving the school, our students, and their families to the very best of my ability.

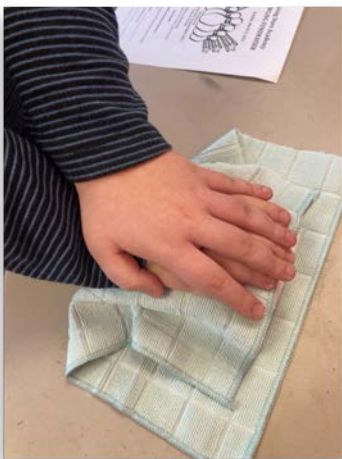
Sincerely, Emily Bregier

**2023**



# Ms. Maureen's Classroom

Relationships, Self Care , Defusing Techniques and Martin Luther King Day honoring/applying to life goals have been areas students were exposed to and participated in. Ask your student to share any of the specific projects' learning outcome. They were engaged and seemed to enjoy! Students have been creating personal Mood Meter Jars, tracking Walking Steps indoors and outdoors as well as for fresh oxygen intake/exposure to day light to help with circadian rhythms/sleep and calming; Hands Only CPR to the Bee Gees' 'Staying Alive' song with steps to take in a cardiac emergency; individual presentations on planning/cost for a Date and a Job Interview; and Breathing Technique posters and Anger Thermometers to learn triggers and defusing techniques .



Hands on CPR using homemade mannequins.

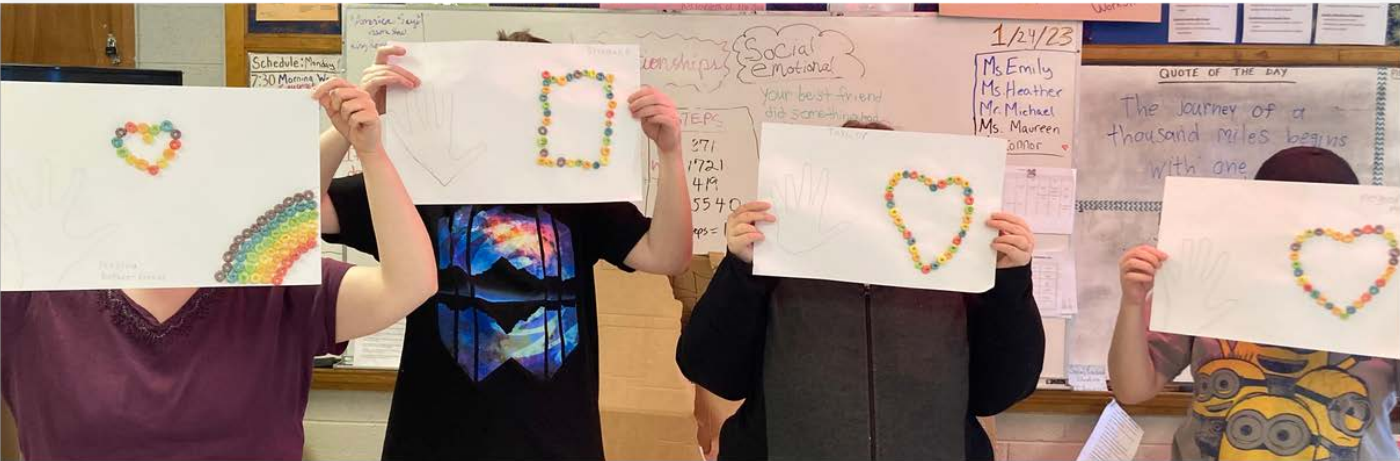
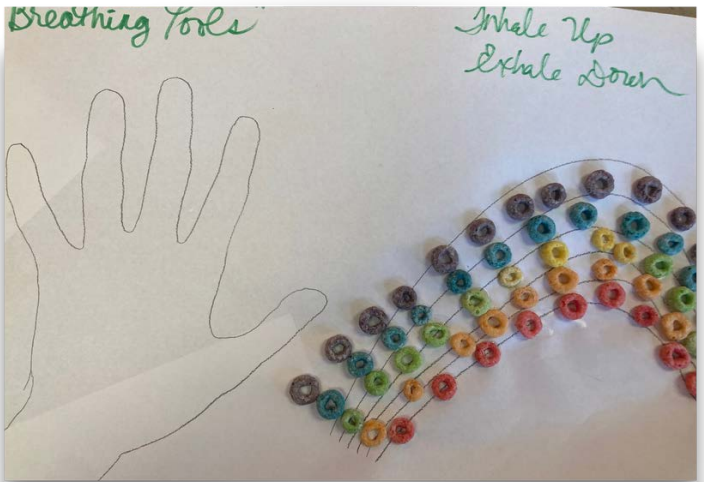
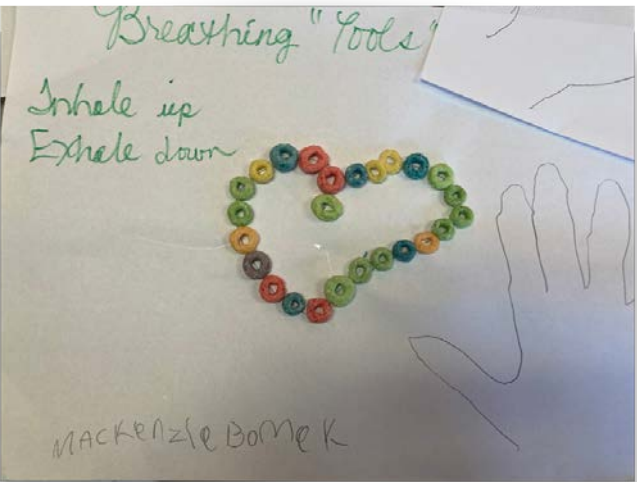
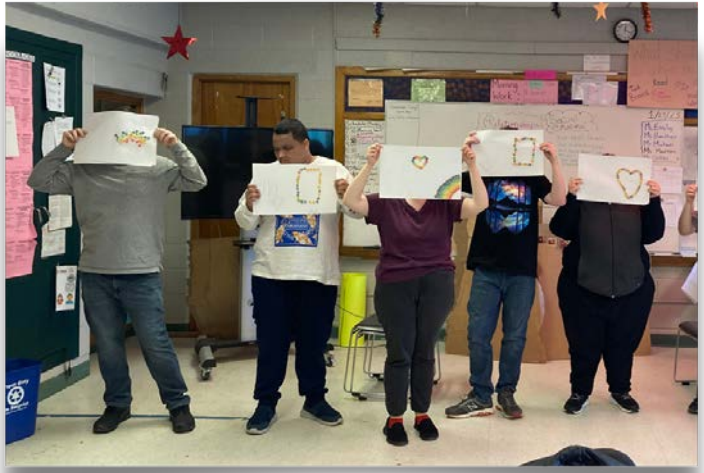
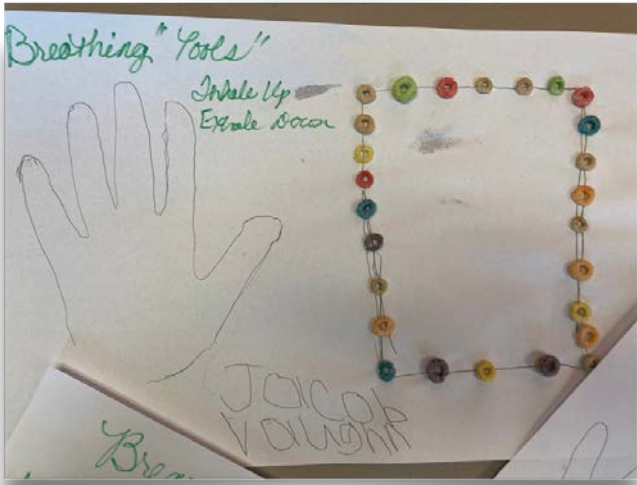


STEPS	
T	371
W	1721
Th	419
Fri	5540
2200 steps = 1 mile. (approx)	

Tracking steps indoors and outdoors



Mood Meter Jars



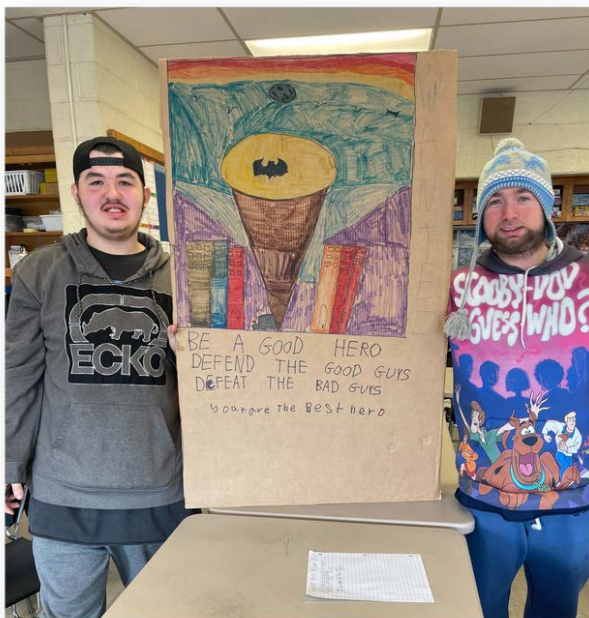
Breathing Tools Posters

## Ms. Jenni's Classroom

This month students researched the best way to refinish a small table. They were instrumental in choosing the color and hardware. They used chalk paint due to its ability to adhere to surfaces without too much prep work. They chose Nautical Blue and finished it with a matte finish wax that holds up well to consistent use. The finished product is beautiful. We hope to continue to refinish small projects like this throughout the year.

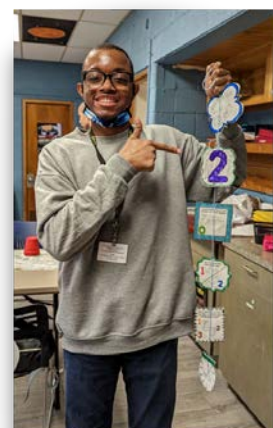


The students are learning what makes a good friend and how to be a good friend in return. They were tasked with coming up with "Wanted: Friend" posters. They were very creative with these posters, and they are turning out wonderful.



# Ms. Sarah's Classroom

With the New Year here the students thought about what that brings! We talked about how it's considered a clean slate and how people make goals for themselves, such as stopping something that they do or starting something that's good for them. They thought about what they wanted to take time to do this year, the good things that happened last year, what they wish for this year, and what they are going to try to change this year!



## Ms. Maria's Classroom

Ms. Maria's class had a nutritionist come in and talk about My Plate and the different food groups. They were challenged to eat at least two food groups for snacks and three for meals for one day. The students participated in chair activity bingo and had a spinach salad.



# Little Caesars arena



Rising Stars Academy is participating in a unique partnership with Little Caesars Arena. This pilot program allows students to work with staff and run a Kiosk during events. It could potentially lead to possible employment opportunities. RSA is thankful and appreciative of this internship opportunity for our students.







## **FOUR CIRCLES STORE & CAFE**

**PHONE: 586-806-6455 X133 (CAFE)**

**STORE HOURS**

**TUESDAY-THURSDAY**

**9 A.M. - 1 P.M.**

**CASH, CREDIT, AND CHECKS  
ACCEPTED**

**BREAD CAN BE PURCHASED IN THE  
STORE. CARRY OUTS FOR LUNCH ARE  
ALSO AVAILABLE.**



THE FAMILY CENTER OF  
GROSSE POINTE AND HARPER WOODS  
PRESENTS OUR

## SPECIAL NEEDS RESOURCE FAIR

Tuesday, February 28 | 4-8 pm  
The War Memorial  
32 Lake Shore Dr. Grosse Pointe Farms



THE WAR MEMORIAL

Free Event - Open to Everyone  
30+ Vendors



For parents and caregivers looking for supportive opportunities for their neuro-diverse children.

Featuring a wide variety of educational, recreational, and occupational resources along with mental health, legal, and government services.

In conjunction with:



32 Lake Shore Drive, Grosse Pointe Farms, MI 48236 • W: [familycenterweb.org](http://familycenterweb.org) • T: 313 447 1374





**THE ARC OF  
MACOMB**  
with  
**MACOMB COUNTY  
COMMUNITY  
MENTAL HEALTH**  
and  
**THE MACOMB  
FAMILY YMCA**



Are partnering to offer  
**FREE ONE YEAR "Y FOR ALL"  
MEMBERSHIPS**

- Must be receiving services through MCCMH
- Limited to the first 100 applicants
- Includes a guest pass for a support person to accompany you!
- Classes and one free hour with a personal trainer are included (restrictions may apply)

**TO COMPLETE YOUR  
APPLICATION**



Call 586-469-1600  
x103



[info@arcservices.org](mailto:info@arcservices.org)



**FEBRUARY 7TH, 2023**  
**6:00 PM - 7:30 PM**

44050 N. GRATIOT AVE  
CLINTON TOWNSHIP, MI 48036

REGISTRATION:

**586-469-1600 x120**  
**[www.arcservices.org/asktheadvocate](http://www.arcservices.org/asktheadvocate)**

PLEASE REGISTER BY FEBRUARY 5TH

STAY TUNED FOR  
INFORMATION ABOUT THESE  
UPCOMING TOPICS:

- ESTATE PLANNING
- SPECIAL NEEDS TRUSTS

Registration required. Sessions with less than five registrants will be cancelled



## ASK THE ADVOCATE

### Social Security Benefits

Join us for our upcoming session of Ask The Advocate to learn more about the Social Security Administration and disability benefits. Topics will include SSDI and SSI benefits, the qualifications for each benefit, and what you will need to apply for benefits. Presenters will also discuss what to do if you feel your benefits are wrongly denied or reduced.



**JENNIFER  
VANDERMARK**

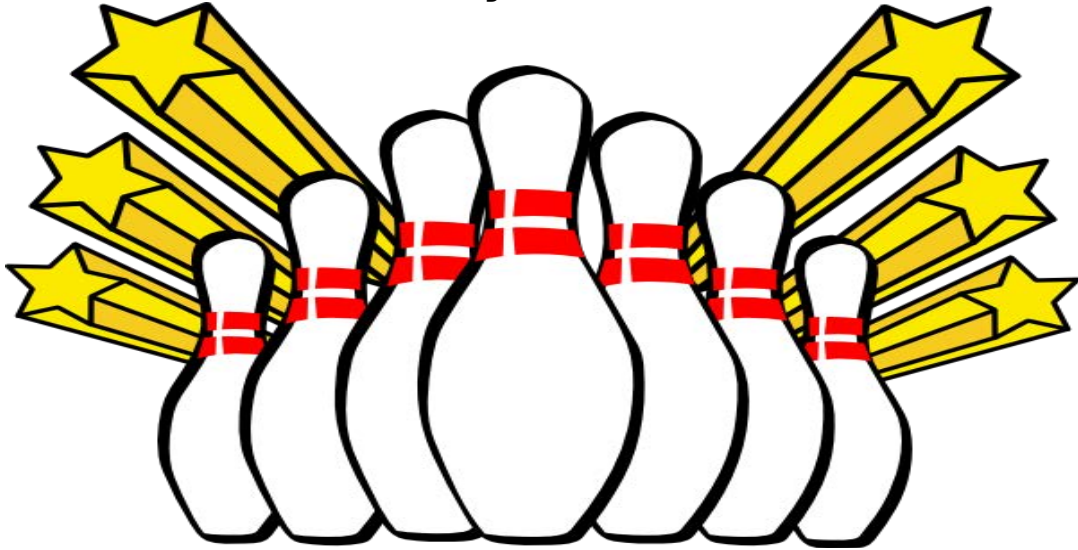
Adult Advocate

As a community service organization, donations from supporters like you, are what allow us to continue to offer free events such as this! A donation is welcomed, but never required.



# Rising Stars Academy BOWLING FUNDRAISER

Sunday, March 5, 2023



**Sterling Lanes**  
33200 Schoenherr Rd., Sterling Heights 48312  
3:30 pm- 5:30 pm

**Tickets are \$20.00 each**  
(Includes two games, shoe rental, pizza and pop)  
**50/50 Raffle**

**Basket Raffles (seeking donations)**

Please fill out the form below by February 28th and include cash or a check payable to “Rising Stars Academy”.

# of Bowlers X \$20.00 for each bowler: \_\_\_\_\_

Names of Bowlers (maximum of 5 bowlers per lane):

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# RSA Cafe' Reopening!

The RSA Cafe' is slowly, but surely, reopening! First day of service was Wednesday, January 25, 2023. Guests braved the winter weather to dine in!

Students are learning how to set up the front of the house. This includes a staff briefing, setting up and breaking down tables, polishing silverware, organizing, maintaining and cleaning tables, cupboards, floors, etc.

Reservations are required. Hours of operation will be 11:30-12:30 with a limit of 10 people per day. Days of operation will be shared in the Friday Update emails and are subject to change. Please contact the school store to schedule a reservation. Cost of lunch is \$10. There will be two lunch options to choose from. We hope you will join us!



## **IMPORTANT DATES**

<b>FEBRUARY 8:</b>	<b>SPRING COUNT DAY</b>
<b>FEBRUARY 14:</b>	<b>NO SCHOOL FOR STUDENTS/STAFF REPORTS</b>
<b>FEBRUARY 16:</b>	<b>BOARD OF EDUCATION MTG 6:30 PM – CAFE'</b>
<b>FEBRUARY 20–22:</b>	<b>NO SCHOOL/WINTER BREAK</b>
<b>FEBRUARY 23:</b>	<b>RETURN TO SCHOOL</b>
<b>MARCH 5:</b>	<b>RSA BOWLING FUNDRAISER</b>
<b>MARCH 16:</b>	<b>BOARD OF EDUCATION MTG 6:30 PM – CAFE'</b>
<b>MARCH 17:</b>	<b>NO SCHOOL FOR STUDENTS/STAFF REPORTS</b>
<b>APRIL 3–7:</b>	<b>SPRING BREAK</b>
<b>APRIL 20:</b>	<b>BOARD OF EDUCATION MTG 6:30 PM – CAFE'</b>

## **Semester 2 News**

Semester 2: From January 30, 2023 through June 16, 2023, RSA's day ends at 2:15 p.m. Smart Transportation is aware as well. Thank you.

## **RISING STARS ACADEMY WISH LIST:**

Rising Stars Academy now has a wish list for supplies! The list can be found on Amazon.com. To access, please visit the following link:  
[https://smile.amazon.com/hz/charitylist/lr/3Q8I48FVSLSW/ref=smi\\_ext\\_lnk\\_lcl\\_cl](https://smile.amazon.com/hz/charitylist/lr/3Q8I48FVSLSW/ref=smi_ext_lnk_lcl_cl)

**Thank you to all who donate their time, supplies, and/or have contributed monetarily. All support is appreciated and vital to our students' success!**

*Thank you!*

## **AMAZONSMILE**

**RSA NOW PARTICIPATES WITH AMAZONSMILE. A PERCENTAGE OF YOUR PURCHASES WILL BE DONATED BACK TO RSA. PLEASE UTILIZE THIS LINK WHICH IS CONNECTED TO RSA: [HTTPS://SMILE.AMAZON.COM/CH/46-0834143](https://smile.amazon.com/ch/46-0834143) ONCE YOU ENTER THROUGH THE ABOVE LINK, YOU CONTINUE TO SHOP AND CHECKOUT AS YOU NORMALLY WOULD. YOUR SUPPORT IS APPRECIATED!**



# Resource Page

**The ARC** - <https://arcmi.org>  
44050 Gratiot Avenue  
Clinton Township MI 48036  
586-469-1600

Advocate organization for those with developmental disabilities.



**Social Security Administration** - [www.ssa.gov](http://www.ssa.gov)  
Toll Free: 1-800-772-1314



**New Horizons Rehabilitation Services, Inc.** - [www.newhorizonsrehab.org](http://www.newhorizonsrehab.org)  
Ms. Elizabeth Foradori  
Social Security Specialist



**Macomb County Community Mental Health** - [www.mccmh.net](http://www.mccmh.net)  
586-948-0222 Access Center

Offers a variety of supports and mental health services to meet the needs of those with developmental disabilities, coordinated by a therapist or case manager.



Think Big