



# A few Words from the Superintendent

# RISING STARS ACADEMY

Dear Parents and Community Members:

With our continued focus on Social Emotional Learning, my newsletter posts will focus on our learning path throughout the year. I hope that this will help with communication of activities that are going on in our classrooms as well as maybe help our parents and families get a deeper understanding of social and emotional wellness for themselves.

The month of November makes me feel that life is passing more quickly. To slow it down, I try to fill the hours more meaningfully.  
- Henry Rollins

In our classrooms in October, we focused on self-awareness and worked with our students to help them understand their character, feelings, motives, and desires. We are bringing Mood Meter diagrams into our classrooms to use as a visual to help students determine their moods and then identify the tools to use to get them to move to a more positive mood, should they need. Self-awareness is crucial for students to understand themselves and to help them communicate those feelings to our staff.

Mood Meter Info: <https://www.greatschools.org/gk/articles/the-mood-meter-a-tool-for-developing-greater-self-awareness-and-awareness-of-others/>

We now welcome November and the beginning of colder weather. It is a signal to your body to stay home and go within. It's a great time to do an at-home retreat and give yourself some Self-Care.



Self-care is defined as “the practice of taking action to preserve or improve one’s own health”. Many people think that self-care has to be expensive, i.e., gym memberships, massages, trips to get away. Although all are great ways to take care of our health, sometimes they are not realistic. Self-care simplified is doing things that are taking care of your health. We are starting to work with students in the classroom about self-care by teaching daily routine things that are part of self-care such as brushing teeth, taking showers, eating good food, and sleep. We will visit our Mood Meter and help students understand that with self-care, they can move from a bad mood to a good mood quite quickly. We will also be using some self-care type videos and hands on activities to help students apply self-care skills. This will, hopefully, make them more of a routine part of their day. The chart on the right is one of many that our staff may be using in the classrooms to help instill coping skills that will help with everyone’s self-care.

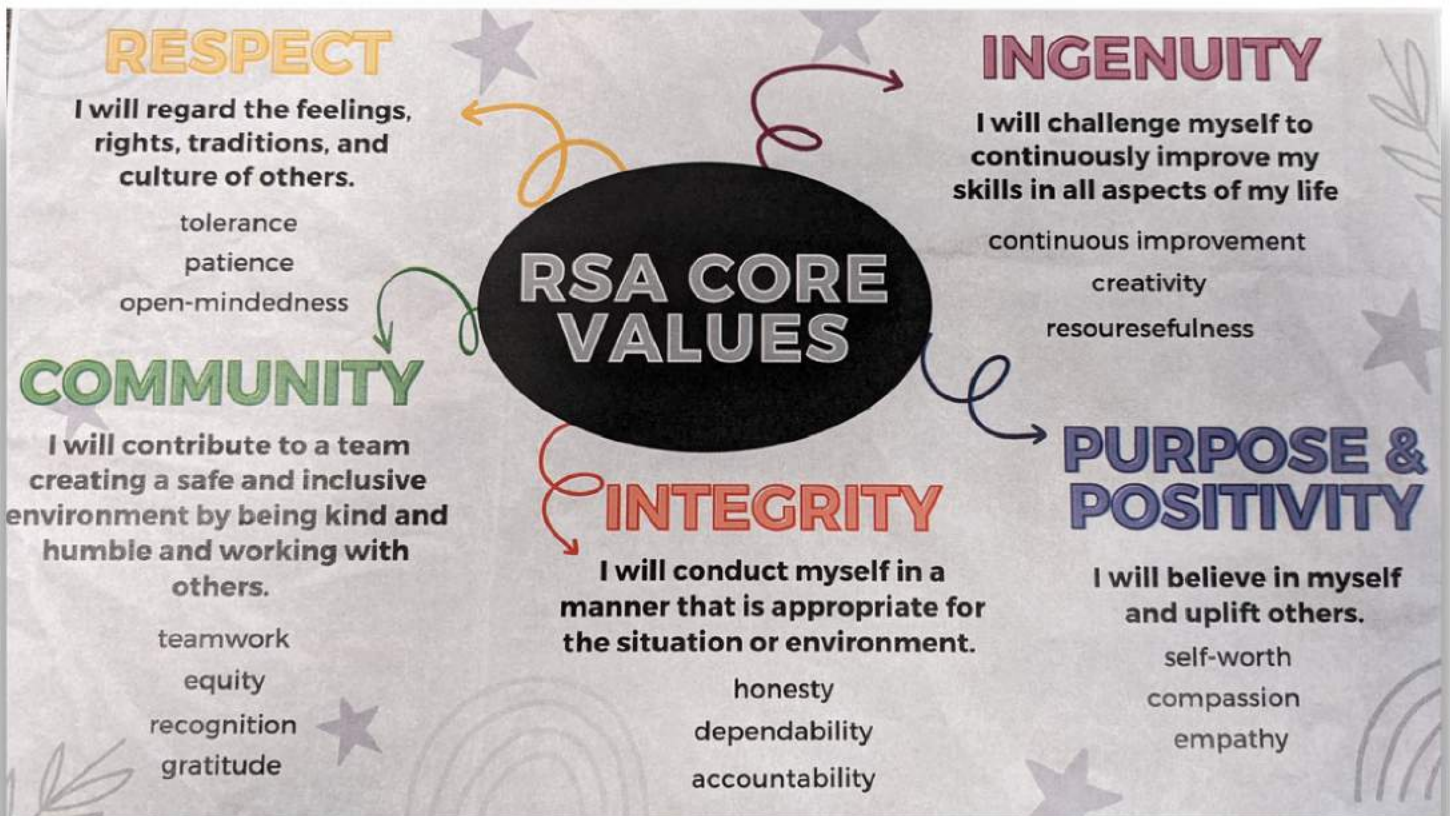
Coping Skills Wheel  
7 Ways to Handle Big Emotions



November is a bit difficult for everyone with the time change, the shorter day light hours, and the anticipation of the holiday season and all its stress. This doesn't just affect our students, but also affects every person around us each day. We hope that everyone can find some time for self-care and time to realize that their health is very important. We are here to help if you need.

-Warm Regards  
Debbie

November 2022



You will be seeing this poster during this year as it was a staff/board commitment for our building. It fits in well with our social emotional focus. By ingraining this into everything that we do, it brings our staff, administrative, and board teams together with a common theme for this year. We hope that it also helps you see our passion to make things better for the young adults that are within our care every day.



Your support of our Night Under the Stars event made it a success!. Our students again rose to the occasion to serve and prepare a delicious meal. Our classrooms looked amazing for the fall showcase which demonstrated student dedication to our school. We are appreciative of everyone's continued support. Please see page 13 of the newsletter for photos from the event.



# Ms. Emily's Classroom

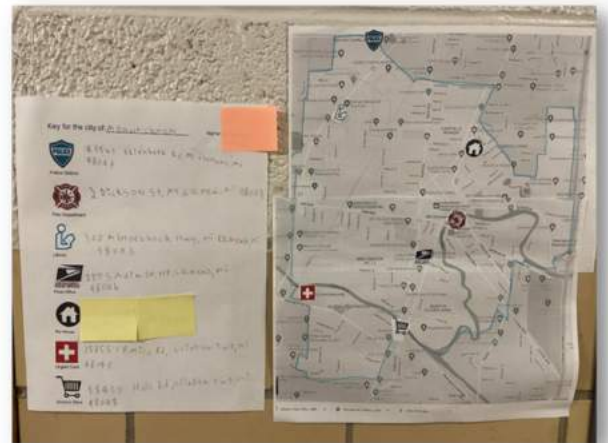
Ms. Emily's students have been working on banking. They are learning the ins and outs of opening and maintaining a bank account, understanding commonly used banking terminology, practicing deposits and withdrawals, and learning the difference between debit and credit cards.

During life skills, students have been learning about community participation. Each student researched the city they live in, identified on maps where the important places in their community are, and how to travel from their house to same.

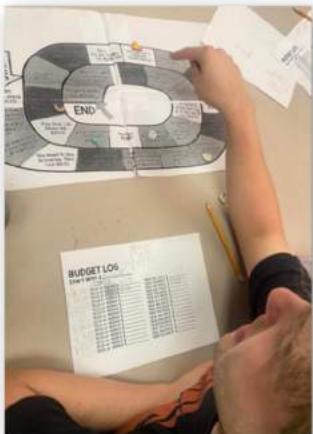
During social emotional learning, students are learning about impulse control: what good and bad impulses are and how to control the bad ones.

During DIY, students have been creating colorful stained wood cutouts of the state of Michigan. They will be available to purchase in the Four Circles Store and Cafe' soon.

We are also soaking up every last moment of harvest season that we can in our garden!



DIY





# Ms. Jenni's Classroom

This month was a busy one! We explored our community by studying maps of our own cities. We found important places and learned how to get directions to places we want to go. Students created their own cities. They made sure to include important places such as a police station, fire station, hospitals, restaurants, and other spots necessary for a thriving community. They had fun challenging each other by giving directions to see if the other group could find their way through the city and end up at a surprise location.

For one of our social emotional lessons, we explored compassion. We discussed what compassion looks like and put on skits to demonstrate compassion. Finally, we created a Mind Map on the board and brainstormed all the key ideas and words that are associated with compassion. The students enjoyed discussing the idea and decorating the map.

We also worked on the computers creating a slideshow that reflects our identity. The students learned how to create a slideshow, change the format of the slides, change the style of the slides, insert pictures, create unique backgrounds, etc. They chose the information they wanted to share with others and created unique slideshows that they presented to the class. The students learned more about each other than they had known before.

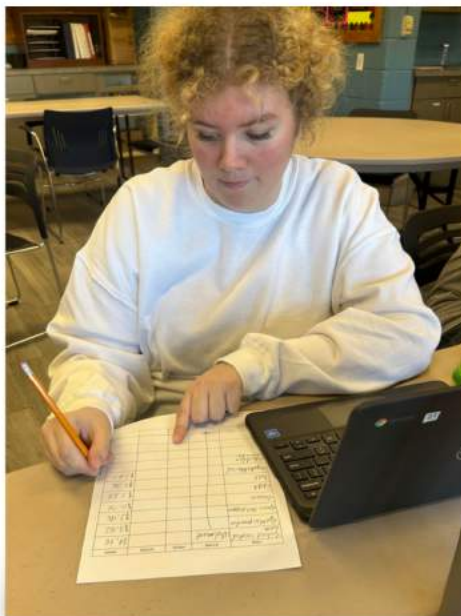


# Ms. Sarah's Classroom

Students worked on meal planning and pricing. They found a recipe for breakfast, lunch, and dinner and wrote out the ingredients needed. They then looked up the price of the ingredients at one store and compared the prices to another store.



ITEM	STORE	PRICE	STORE	PRICE
Cup of Cooked Ham	Walmart	\$4.18	Kroger	\$2.99
Garlic Powder		\$3.82	Target	\$1.19
Green Bell Pepper		\$2.46	Kroger	\$0.79
Onion		\$0.78	Kroger	\$0.70
Eggs		\$3.93	Meijer	\$2.49
Salt		\$1.26	Meijer	\$0.59
Vegetable Oil		\$3.47	Kroger	\$3.79
Cheddar Cheese		\$5.68	Meijer	\$3.99





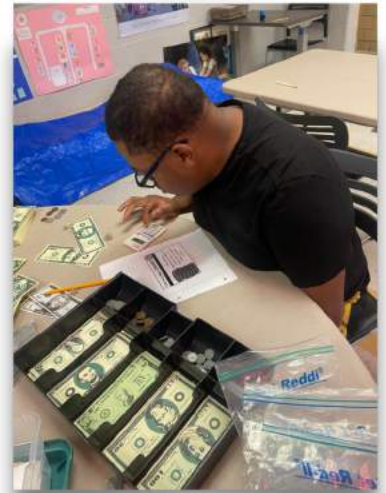
## Ms. Maria's Classroom

Ms. Maria's class is using computers to look up places in the community that they can volunteer to help. They are learning about volunteering, places that utilize volunteers, and the impact it can make. In the picture below, students are making a PowerPoint concerning five different places they could volunteer at, what impact it would make, and what skills they would need to be helpful.



# Centers

Students are learning real world math at Rising Stars Academy. During math centers, students have been learning practical applications of fractions, making change during shopping simulations, and learning different ways to come up with a set amount of money.







# Community Participation

Students recently visited Lake St. Clair Metropark to walk the marsh trail by the nature center, stopping at all the guide stops. Lunch and games by the beach followed.





parent  
.....  
meeting  
.....  
be connected • be heard • be informed

On **Thursday, November 10 at 6 p.m.** there will be a parent meeting in the Cafe'. Elizabeth Foradori of New Horizons Rehabilitation Services will be presenting. The topic of discussion will be Social Security and any effects it may have on your student's future employment.



**NOVEMBER 8 - SMART TRANSPORTATION IS FREE!**

holiday  
Craft Fair

On Saturday, November 19 from 9 a.m. to 2 p.m., Home Hub will host a holiday craft fair in the Cafe' at Rising Stars Academy. Admission is free.



RISING  
STARS  
ACADEMY



# Thanksgiving Pie Sale



- 9 in Deep Dish Apple Pie \$22.50
- 9 in Deep Dish Pumpkin Pie \$18.00
- 6.5 in Pumpkin Roll \$12.00
- 1 Doz Dinner Rolls \$4.00



Last day to order: November 14 - all orders must be PREPAID

Pickup Dates: November 21 and 22

Pickup Time: 9 a.m. - 1 p.m.

Where: Four Circles Store and Cafe'

Order online:

<https://www.rising-stars-academy.org/4-circles-cafe>







## **Social Emotional Learning and Rising Stars Academy GSA Club**

GSAs are student-led and student-organized nationally recognized school clubs that aim to create a safe, welcoming, and accepting school environment for all, regardless of sexual orientation or gender identity. GSA stands for gender-sexuality alliance (formerly known as gay-straight alliance).

Rising Stars Academy's GSA club was started last spring by a few student leaders to provide a safe and supportive place for LGBTQ+ students and their allies to meet, support each other, and promote respect and understanding at our school. During club meetings, students can talk about gender identity, sexual orientation and any other SEL area and issues surrounding them.

This group functions as a place that is safe and non-judgmental for all our students. Due to the need to help our students with all areas of Social Emotional Learning, this is another way our students can learn to get along and support people from all walks of life. Allies (one of the vocabulary words that students learn) are people who support and uplift members of communities they don't belong to.

The club has other benefits as well. It can help students work on skills such as: organization, event planning, and conflict resolution. The club will also help students find resources outside of the school.



## **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.**





# Night Under the Stars





# Community Based Instruction

## Detroit Institute of Arts

On Wednesday, October 19 students visited the Detroit Institute of Arts (DIA). Students viewed art using Visual Thinking Strategies (VTS). Students have been using the VTS framework to view artwork at school to improve their critical thinking skills. They were able to apply this practice at the museum. Participating in VTS helps discussions become more student-centered and collaborative as well as builds respect and celebrates diverse viewpoints, individual experiences, and learning styles.





# IMPORTANT DATES

**NOVEMBER 6 – DAYLIGHT SAVINGS TIME ENDS**

**NOVEMBER 8 – FREE/NO CHARGE FOR SMART TRANSPORTATION**

**NOVEMBER 10 – PARENT MEETING 6:00 PM – CAFE'**

**NOVEMBER 17 – RSA BOARD OF EDUCATION MTG 6:30 PM. – CAFE'**

**NOVEMBER 19 – HOME HUB CRAFT SHOW 9:00 AM – 2:00 PM**

**NOVEMBER 23, 24, AND 25 – NO SCHOOL – THANKSGIVING**

**DECEMBER 15 – RSA BOARD OF EDUCATION MTG 6:30 PM – CAFE'**

**DECEMBER 22, 2022–JANUARY 2, 2023 – WINTER BREAK**

**RETURN TO SCHOOL TUESDAY, JANUARY 3, 2023**

## SUGGESTED DONATION LIST:

- TISSUES
- SANITIZER WIPES
- GLUE (STICKS AND LIQUID)
- PENCILS
- HIGHLIGHTERS (ANY COLORS)
- MARKERS (ANY SIZE/COLORS)
- WHITE BOARD MARKERS (ANY SIZE/COLORS)
- WIDE RULED LOOSELEAF PAPER
- BLUE/BLACK INK PENS
- WIDE RULES NOTEBOOKS

**PLEASE ALSO VISIT AMAZON SMILE FOR A MORE COMPREHENSIVE DONATION LIST.**

**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!**

# COMMUNITY OPPORTUNITIES

Stand Out! Adaptive Adult Organization invites you to:

## Craft Nights

at the Art Shack

October 20, 2022 7:30Pm-8:30Pm  
November 2, 2022 6:00Pm-7:00Pm  
November 17, 2022 7:30Pm-8:30Pm  
December 7, 2022 6:00Pm-7:00Pm

All registration and Payment will be through the Art Shack

Register Online:  Follow us on Facebook: 

## Stand Out!

**Stand Out! is an organization for adults with special needs. Opportunities are provided for socializing and community gathering.**

Stand Out! Adaptive Adult Organization invites you to:

## Social Nights

at EOS Café

October 13, 2022 6:00Pm-8:00Pm  
*Fall Semester Kick Off*  
October 25, 2022 6:00Pm-8:00Pm  
*Halloween Party*  
November 10, 2022 6:00Pm-8:00Pm  
*BINGO/BANGO*  
December 1, 2022 6:00Pm-8:00Pm  
*Karaoke*  
December 15, 2022 6:00Pm-8:00Pm  
*Holiday Party*

<https://Parkregistration.scsmi.net/>

Register online:  Follow us on Facebook: 





# 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