

# MILESTONES MATTERS

## Milestones Stays Connected

The Milestones community has been busy staying connected via distance learning and live video classrooms.

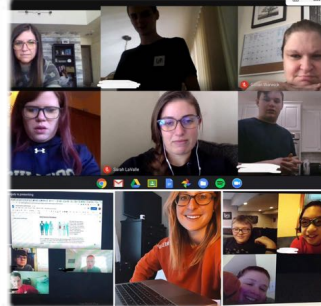
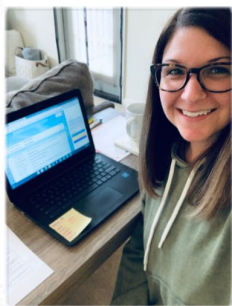
The team misses seeing our students in person, but we are grateful for the opportunity to connect with our students and support them using technology platforms. Whether it's daily check-ins or a virtual classroom, we remain dedicated to our students.

Families have been kept up-to-date with messages from our CEO, Principal, and Case

Manager/Mentor Teachers as we navigate this unexpected time together. Teachers, Counselors, and Clinicians have been connecting daily with students as they conduct class blocks in the Google Classroom.

Above all, we want our students to know that we're still here to support them in any way we can.

**To Our Students:** We are so proud of your flexibility, resilience, and strength! We look forward to continuing to connect with you virtually and look forward to when we can be together onsite at school in the future!



We ♥ you parents.

we're in this together



#maaps766

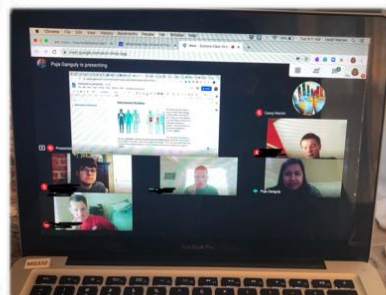
## Learning virtually is new for many of the students and staff!

It is a time we will all have to be flexible.

- ❖ This means we should have some strategies as groups and individuals for when we are feeling stressed, annoyed, frustrated and confused.



- ❖ What are some strategies we can use as a group or on our own during this virtual chat?



## Massachusetts State House Visit

On March 10th, select upper school students and staff enjoyed a morning at the State House, speaking with state representatives about Autism Awareness.

wonderful staff and students representing Milestones.

Thank you to the AFAM (Advocates for Autism of Massachusetts) for this unforgettable opportunity! We are extremely proud to have such



# Upper School Highlights

## Post High School & Transitions

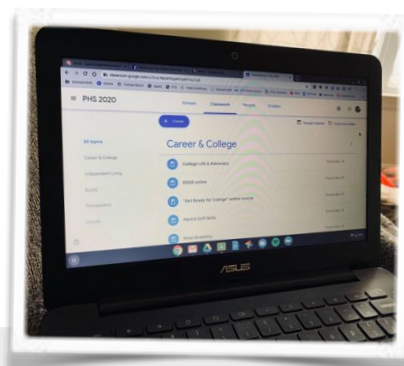
### Remote Learning

The PHS young adults have been loving the enrichment modules for college and career readiness. Our transition team has been working hard gathering 30+ resources for post-secondary planning and exploration on their Google Classroom.

Our dually enrolled students continue to attend their online college coursework with MassBay Community College.



We've also gotten great feedback from one of our PHS parents about her student showing great skills in the kitchen during this extra time at home.



## High School

### Internet Safety

Earlier this spring, Officer Bob of the Waltham, MA Police Department came to speak to the 11th & 12th graders about internet safety. He had the students draw a picture and then each picture was passed along and shared to different people in class without consent from the original owner. This exercise demonstrated how pictures on the internet can be shared and are not

always private. Officer Bob reiterated the importance of being respectful, safe, and responsible when it comes to the internet and social media.

### ELA

The 9th grade class has been learning about Civil Rights poetry from the Harlem Renaissance Era, including Langston Hughes' "Harlem (Dream Deferred)", Maya Angelou's, "I Know Why The Caged Bird Sings" and "Still I Rise". Students have been reading, discussing, analyzing, and writing their own poems.

The 10th grade ELA class has been reading, *To Kill A Mockingbird* by Harper Lee.

For Earth Day, ELA students wrote about nature. First, they worked on a persuasive paragraph after the class read an article about the benefits of taking walks for teens. Following

that, they worked on descriptive writing pieces about something in nature near their homes, using figurative language and the five senses.

### Science

Science students learned about the body systems, specifically about tissues and the four different types our bodies have.

### Electives

Students in the Creative Writing elective are working on various short stories and novel writing.

This quarter the Sports Elective enjoyed playing baseball and soccer.

In Documentary Analysis, students watched "Free Solo", "Blackfish", and "Food, Inc." followed by discussions of the social issues in each film.





# Lower School Highlights

## Middle School

### Remote Learning

Not all of virtual learning has to be a typical school day! During a recent Friday homeroom, our Norway group took time to check-in and play some team building games. These types of activities are an excellent therapeutic break from the usual day to day.

Students participated in show and tell, gathering special items from around their homes to share with their teachers and classmates via the virtual live classroom.

### Therapeutics

Middle school students have been working to practice mindfulness. Staff guided a 5 minute virtual meditation with the class, using a breathing video. It is important to take a moment and focus on breathing, especially during this unexpected time. It is also healthy to train our minds at a young age to focus

on the positives while learning techniques and strategies to quiet the mind.

### Quality Time

Middle school students also played games such as, hangman and "Would You Rather".

The Norway group wants to know: *Would you rather be able to breathe underwater or be able to run on top of water?*



## Elementary School

### 100th Day of School

Elementary students enjoyed celebrating the 100th day of school with a festive 100th Day of School glasses project.

### Job Well Done

This quarter, some of our elementary students earned a baking incentive for their hard work. Students worked together to bake homemade brownies from scratch in the Milestones student kitchen.

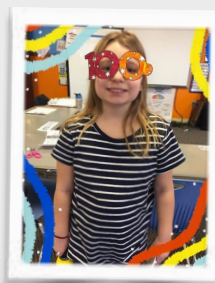
### Future Coffee Shop Owners in the Making

Some of our elementary students learned some additional functional life skills - such as making coffee and expanding their social interactions across the school.

With staff supervision, students developed an ordering system and organized a plan to deliver coffees during homeroom on Fridays. Students looked forward to this activity as a creative opportunity outside of the classroom to work on functional and social skills.

### Remote Learning

During remote learning, elementary teacher Andrea challenged students to try something new in the kitchen as part of their at-home learning plan. She also agreed to try something new too!



### "The Best" Brownies

By Food.com



Ingredients:

1/2 c.	vegetable oil	1/4 tsp	Baking powder
1 c.	sugar	1/2 c.	cocoa powder
1 tsp	vanilla	1/4 tsp	salt
2	large eggs	1/2 c.	flour

Prep time: 20 min

bake time: 20 min

total time: 40 min

- Preheat oven to 350 degrees Fahrenheit or 180 degrees Celsius.
- Mix oil and sugar until well blended.
- Add eggs and vanilla; stir just until blended.
- Mix all dry ingredients in a separate bowl.
- Stir dry ingredients into the oil/sugar mixture.
- Pour into greased 9 x 9 square pan.
- Bake for 20 minutes or until the sides just start to pull away from the pan.
- Cool completely before cutting.

Note: I usually double the recipe and bake in a 9 x 13 pan. If you double the recipe, you will need to cook longer than 20 minutes.

# What's Going On

## Student Interview

### High School Student, Ian Graham

Thank you to Ian for chatting with us about his online learning experience thus far!

**1. What has surprised you the most about learning online?**

*There is always a glitch with technology. You have to learn to roll with it.*

**2. What resources/apps/tools have been the most helpful to you?**

*The google classroom/meets platform.*

**3. What has been one challenge you have faced with this online learning?**

*Having to navigate all the different websites and links to other activities when in a google classroom. Also navigating all the emails and invites and knowing which ones are the newest.*

**4. What is one positive you could share about online learning you have experienced?**

*Getting to use the computer as much as I do. It's cool that I get to have all these classes and check-ins with people.*

**5. What is one piece of advice you would give to your peers right now?**

*Advocating for yourself when you are having trouble with an assignment or technology. I email my teachers and case managers when I need help.*

**6. What is one thing you miss about Milestones?**

*Seeing all my friends and the staff.*



**Bulldog  
Pride**



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link below:

[teamlocker.squadlocker.com/#/lockers/bulldogs-527](https://teamlocker.squadlocker.com/#/lockers/bulldogs-527)



**New  
Website!**

Check out our updated look @  
[www.advancingmilestones.com](http://www.advancingmilestones.com)



**Speaker  
Series**

### Free Speaker Series

Wednesday, October 21st | 12:30pm- 2:30pm



**Understanding Gender Identity:  
Working Effectively with Transgender and  
Non-Binary Clients**

Topics covered include gender dysphoria, name changes, social transition, medical transition (including hormones and surgeries), working with schools and parents, and particular clinical implications for this population.

Adam Glick, LICSW, Co-owner of Live Well  
Therapy Associates  
RSVP: [EVENTS@advancingmilestones.com](mailto:EVENTS@advancingmilestones.com)

**NEW RESCHEDULED  
DATE**

# News for Parents

## Clinicians' Corner

### A Message From the Milestones School Psychologists:

We are living in a time where many things are unknown, and it can feel exhausting, scary, overwhelming, and all out of our control. We all want to regain a semblance of "normal".

To create an environment that is conducive for our children and students to learn new things, we all need to focus on our own mental health. The more adults practice self-care and put our "own oxygen masks on first", the more we can give to others. Therefore, it is important that adults take at least 5-10 minutes every day to focus solely on themselves.

#### Helpful Resource App Links:

- **Headspace:** [www.headspace.com/headspace-meditation-app](http://www.headspace.com/headspace-meditation-app)
- **Breathe2Relax:** [apps.apple.com/us/app/breathe2relax/id425720246](https://apps.apple.com/us/app/breathe2relax/id425720246)
- **Happify:** [www.happify.com/](http://www.happify.com/)
- **Calm:** [www.calm.com/](http://www.calm.com/)
- **WorryWatch:** [worrywatch.com/#slide-1](http://worrywatch.com/#slide-1)



#### Additional Website Resources:

- Two websites of use would be **Child Mind Institute**, and for local mental health support, **Interface**, a free and confidential mental health referral service.
- <https://www.peps.org/ParentResources/by-topic/self-care/self-care-for-parents>



## Box Tops for Education

While school continues remotely, families can still collect Box Tops electronically via the phone app. Each year, the Parent Advisory Group raises money to support the PAG's fund, and these contributions are used to support outside of school activities for students as well as recognition activities for staff.

If you have any questions regarding the Box Top Program, please contact our PAG Box Top Coordinator: Lynda Leary at: [LLeary427@verizon.net](mailto:LLeary427@verizon.net).

**BOX TOPS FOR EDUCATION**

Dear Families,

The Box Tops for Education program is changing the way we can earn cash for our school!

Over the summer, participating brands have begun to change their packaging from the traditional Box Tops clip to the new Box Tops label.

**SEE THIS... CLIP IT** **NO MORE CLIPPING** **SCAN YOUR RECEIPT** **SEE THIS... SCAN YOUR RECEIPT**

Going forward, instead of clipping from packages and checking expiration dates, all Box Tops will be earned digitally by scanning your receipt. The Box Tops for Education team has worked hard to build a NEW-and-improved, user-friendly Box Tops mobile app, available now.

The new app features state-of-the-art technology that allows you to scan your store receipt, find participating products and instantly add Box Tops to our school's earnings online.

**BE SURE TO DOWNLOAD THE NEW APP OR UPDATE YOUR EXISTING APP.**

Download on the **App Store** **GET IT ON Google Play**

If you still have traditional Box Tops clips at home, make sure to send them to school. We will still earn cash for all clipped Box Tops until they expire. Better yet, you can "double dip" during the packaging transition by clipping traditional Box Tops AND scanning your store receipt containing participating products.

Thanks for helping our school get what it needs!

**LEARN MORE ABOUT THESE CHANGES AT**  
**BTFE.COM**



## Team Shout-Outs

*"It's so obvious how much the staff care about the kids. Thank you."*

- Milestones Parent

Reading Specialists, Julia and Karen are completing webinars to be trained in the program Lively Letters.

Lively Letters is a researched-based, multi-sensory program that will give the team additional tools to work with phonemic awareness and phonological awareness; helping our students improve their reading skills.

Milestones is lucky to have so many continuous learners on our team!

*"It's not an easy task to establish special education online. It's great that Milestones goes forward with the program."*

- Milestones Parent

*"I have to share that I have been so impressed with you and the rest of the Milestones Staff in how you all have responded to this crisis. I was so taken aback, that the information that has been sent out is all focused on helping our children through this. I'm sure you all have your own challenges in dealing with this virus, yet after reading all the communication that has been sent, your focus is on your students. It just makes me so grateful that my children are a part of the Milestones Family."*

- Milestones Parent

*"Milestones has done a great job keeping parents informed of continuous changes with this difficult and unique situation. The team has offered many resources and opportunities to help our children both academically and emotionally during this time."*

- Milestones Parent

Cradles to Crayons is an organization that Milestones knows well; from internships in PHS to staff and family volunteering for the organization.

During this time, they are trying to remain optimistic, and are hoping in August to provide backpacks filled with school supplies to as many homeless and low income kids as they can. Last year they provided supplies to over 65,000 kids! In each backpack, they aim to include a cheerful message.

Shout out to Milestones CEO, Kim Rockers and her daughter for working on creating positive messages to include in the bags, such as, "Good Luck in School", "I'm Rooting for You", and "We're All in This Together!".

This is a great family project for Milestones' families to consider while you're together at home!

