



## Quarterly Newsletter Back to School 2022

### Explore Milestones News and Notes



### New Academic Leadership, Fresh Ideas

In June, Tim Mahoney officially stepped into the role of Principal after serving as Interim Principal since January. Tim originally came to Milestones as the Assistant Principal/ Curriculum Director in the summer of 2020 after spending over 20 years at Landmark School. There, he began his tenure as an ELA teacher and moved through increasingly demanding administrative roles such as case manager, Assistant Academic Dean, and Academic Dean/Assistant Head of High

Carly Owens joined the staff of Milestones in July in the role of Assistant Principal/ Curriculum Director. Carly has 10 years of special education experience in the roles of both teacher and math and behavior data coach. Her career has taken her to Las Vegas, Nashville, and Massachusetts. Carly received her undergraduate degree in special education from Southern Illinois University and her master's in special education with a concentration in Autism

School. While his primary role was as an administrator, Tim continued to teach one class per year to maintain the feel for the classroom.

A native of Waltham and graduate of Waltham High School, Tim received his undergraduate degree from Springfield College and his graduate degree in special education from Simmons College.

Tim lives on the north shore with his wife and twin son and daughter who are entering their senior year of high school. In the role of dad, Tim splits his sports seasons between his son's soccer games in the fall and his daughter's softball games in the spring.

Building on the strong programmatic foundation at Milestones, Tim plans to continue to bridge and meld the school's therapeutics and academic programming, including development of a core set of best practices that help define instructional practices across all curricula throughout the school. Tim values the genuine sense that people at Milestones are here to have a positive impact on the lives of students.

Spectrum Disorders, as well as her doctorate in Educational Leadership and Strategic Change from Lipscomb University.

On a personal note, Carly comes from a big family that valued education. She has 5 sisters - 4 are librarians, and her mom was a special education teacher for 35 years. She and her husband have three furry children: Luna the cat and two dogs -Dobby and Waffle.

Carly's goals are to provide students with engaging and rigorous academics in a positive and therapeutic environment so that students are provided with the skills they need to succeed after leaving school. Since arriving at Milestones, she says the students and faculty have made her feel like part of the family. She loves that everyone here is working for what is best for the students.

Milestones staff and administration look forward to working with Carly in her new role and gaining her additional perspectives as part of our learning culture.



## Summer Adventures Provide Social Skills Practice

This summer offsite field trips returned to Milestones with a lot of anticipation and excitement. Tuesdays rotated field trip locations with the high school and lower school going different places on different weeks. Thursdays generally had a standing plan with the high school students going to Hopkinton State Park for electives and lower school students going swimming at One Stop Fun.



In addition, this summer saw the addition of (Virtual) Whole School Assemblies on Friday mornings that focused on themes of community and the addition of a reading block for all students which focused each cohort on one book to increase student exposure to language and literature as well as to promote reading for enjoyment. We also saw the return of mixed cohorts with electives including classes such as yoga, theater, chess, Dungeons & Dragons, board games, hiking, reading, arts and crafts, movies and more.

## Senior Seminar

Rising seniors participated in a Senior Seminar this summer with a "Skills to Pay the Bills" curriculum that focused on employment readiness. In addition to focusing on skills like professional communication, attitude, teamwork, problem solving, and critical thinking, the students spent three weeks volunteering at Project Just Because in Hopkinton. Students packed tomatoes, packed backpacks with school supplies, and stacked and disassembled boxes as just some of their tasks.



### Important Dates

- September 21  
Early Dismissal/  
Professional Development
- September 29  
Back to School Night
- October 7  
Early Dismissal
- October 10  
Indigenous People's Day  
No School

### Information Sessions

**Onsite Group  
Tour/ Info session:**  
*Milestones' Head of  
Admissions, Sarah Folk*  
(space is limited to 12  
attendees)

- Tue, September 20, 1-2 pm
- Fri, October 14, 10-11 am
- No scheduled tours  
November
- Fri, December 9, 10-11 am

**RSVP.events@  
advancingmilestones.com**

Informational tours are open to anyone looking to learn more about Milestones.  
Tours are not intended for students.

### Agenda

- **Introductions 15 min**



## Mental Health Awareness Month in May

During May, our psychology team took the lead with a plethora of activities and education related to Mental Health Awareness Month. Students' emotional regulation classes focused on learning coping strategies including making sensory bottles, meditation, using "I feel" statements, and recognizing how we carry stress in our bodies. Throughout the school, a variety of posters and activities encouraged students (and staff!) to engage in various techniques for managing stress.

## Seniors Celebrate Accomplishments

This spring, Milestones had a total of 9 seniors participate in their end of year ceremony at the Hilton Garden Inn with their families in attendance. Our seniors had quite a range of accomplishments. Five of them enrolled in dual enrollment classes at Mass Bay Community College this spring. One obtained his driver's license and started driving to school. Several were working part-time jobs outside of school. They participated in extracurricular programs in their community including rowing, volunteering, transition support programs, and more. In addition, all seniors participated in an in-house internship program this spring that involved working in the Gateway Cafe, manning the IT Help Desk, providing administrative office support, producing items for the school store

- **General program overview/Q & A 20 min**
- **Tour of facility. 25 min**

#### Location

410 Totten Pond Road in  
Waltham

Please proceed to our lobby on  
the second floor.

Masks are required for visitors.  
All visitors will be required to fill  
out a health attestation form.

and more as part of their Community-Based Instruction program. This class went into the pandemic as 10th graders and emerged as 12th graders. After completing their 12th grade year at Milestones, our students pursued a variety of paths including college and participation in Post High School programming to further develop independence and individualized skills. We are proud of all of them and the resilience and growth they demonstrated in their time at Milestones, whether that was one year or several.

[View  
Gallery](#)

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## Back to School Tips

With the return to school, many students and families struggle to get back into the regular routine of school and the demands of academics and extracurriculars. Some tips to start off the year in a positive light.

Keep a consistent schedule for sleep. Students need to be well-rested to do their best at school. A consistent night time routine is helpful in achieving that. Reduce the use of electronics and "blue light" prior to going to bed, limit caffeine, consider white noise if that is an issue. In the morning, have a consistent time and schedule.

Prep the night before. Everyone knows the mad scramble that can happen in the morning trying to get everyone out the door. Some things that can help smooth the way - put needed items like homework, snacks, water bottles, jackets, shoes (why are the shoes always missing?) in the same "launching pad" area every night so there is less hunting for stray items in the morning. If you bring lunch to school and it can be made ahead, do that too. Keep breakfast simple and routine, less decisions equals less stress.

Designate an area and a time for homework. Summer is full of fun activities and learning, but not homework. Students do best when they have a designated space that has the materials they need. Depending on their age and stage, this might include access to a power cord/computer, paper, writing utensils, fidgets, etc. If your child is frustrated, ask them what strategies they have learned at school to help them persevere. If homework is a battle, reach out to the school to discuss. As students get older, they should have more input into what the homework process looks like. Encourage their independence. Offer choices.

Reach out to your case manager with any questions or concerns. The beginning of the year is a great opportunity to establish and build on your relationship with your child's case manager. They are your "go to" person with questions, concerns, and information.

## Have a Great School Year!



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