



## Quarterly Newsletter Fall 2022

Explore Milestones News and Notes

### COME VISIT US AND LEARN MORE

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

**[RSVP.events@advancingmilestones.com](mailto:RSVP.events@advancingmilestones.com)**

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.

**Come Visit Us →**

### Onsite Group

#### **Tour/ Info session:**

*Milestones' Head of Admissions, Sarah Folk*  
(space is limited to 12 attendees)

**1/13/23**

**2/10/23**

**3/10/23**

**4/14/23**

**5/12/23**

**6/9/23**

**10:00-10:15: Introductions**

**10:15-10:40: General program overview / Q & A**

**10:40-11:00 am: Tour of facility**

## READING SERVICES AT MILESTONES

At the beginning of this school year, our amazing reading specialists have dedicated their time to staff, students, and families to bring awareness to their services and how best to support our students, especially in October for Dyslexia Awareness Month. Our dedicated reading specialists put together an amazing presentation for the Parent Advisory Group this month.

### MDS Reading Department Philosophy

We value reading as a life skill and a source of enjoyment.

Because people encounter reading everyday, our goal is to have students engage with words with increased confidence and stamina to achieve their academic and life goals.

At a minimum, we strive for students to achieve a functional ability with reading skills in order to independently navigate their surroundings to live a fulfilling life. This includes higher education, getting a driver's license, voting, understanding an employee handbook or instruction manual, and engaging in social activities (menus, waivers, internet).

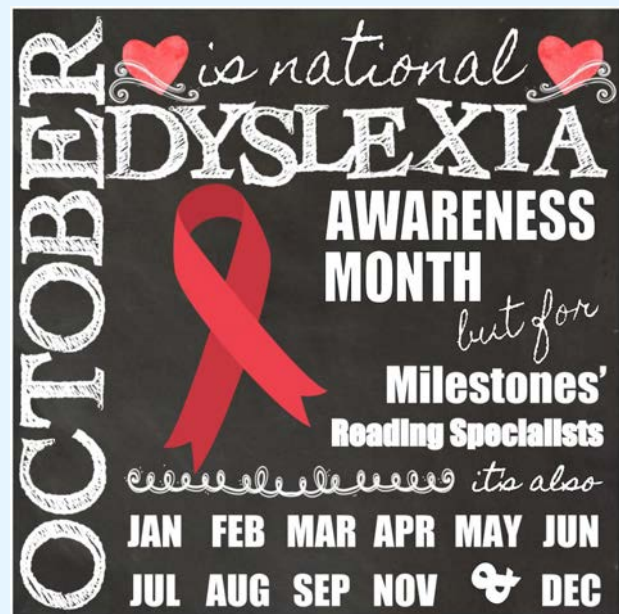
### Major Takeaways from the Presentation & How Families Can Help

- Model comfort with reading/listening to text
- Enjoy your role as a parent → nurturer
- Let the kids read what they want, regardless of the level or kind of text.
- Catch your kid reading, no matter what it is (menu, road signs)
- Let your kids catch you reading
- See movies based on books
- Talk about books you have read
- **Read aloud or have audiobooks available**

### Significant Academic Benefits

- 5 minutes a day → exposed to 282,000 words per year
- 20 minutes a day → exposed to 1.8 million words per year
  - Reduces stress
  - Builds vocabulary
  - Increases prior knowledge
  - Builds visual comprehension
  - Reinforces English syntax
  - Strengthens fluency

**Dyslexia** is a **specific learning disability** that is **neurobiological** in origin. It is characterized by **difficulties with accurate and/or fluent word recognition** and **poor spelling** and **decoding abilities**. These difficulties typically result from a **deficit in the phonological component of language** that is often **unexpected in relation to other cognitive abilities** and the provision of effective classroom instruction. Secondary consequences may include **problems in reading comprehension** and reduced reading experiences that can **impede growth of vocabulary** and **background knowledge**.  
- International Dyslexia Association, 2002





## SCIENCE ROCKS



Our elementary classes are currently working on a design challenge in which they need to protect a house or structure from erosion. We are modeling erosion with a miniature cliff made of packed dirt, sand, and rocks in an “erosion bin.” Today students started to build their houses for the top of the hill. They also started to plan plant arrangements to prevent soil erosion once they put their houses in the erosion bin.



Students in our middle school have been learning about Earth and space science! Recently, students in our Italy cohort created volcanos to observe the effects of natural hazards. The volcanoes erupted to demonstrate the destruction to surrounding areas. Students discussed mitigation strategies to reduce damage to the local environment.

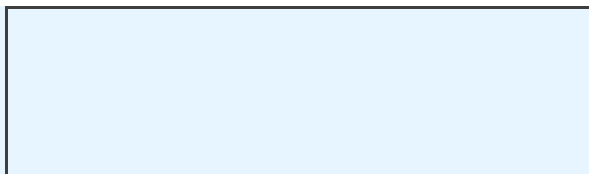
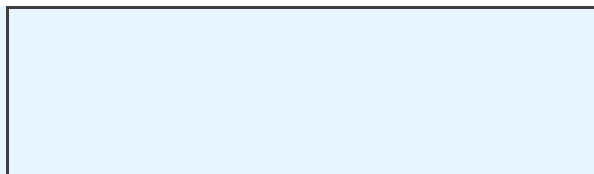
### Multiple Alleles- Definition, Principle, Examples, vs. Polygenic Traits



### Genetics

High school students wrapped up multiple alleles and used probability to solve problems on multiple alleles. They also practiced using probability rules to solve problems on dihybrid and trihybrid crosses. They analyzed articles on eugenics and discussed the history behind the Malaga island in Maine and the effect of pseudoscience in society.

## Academics Worth Noting

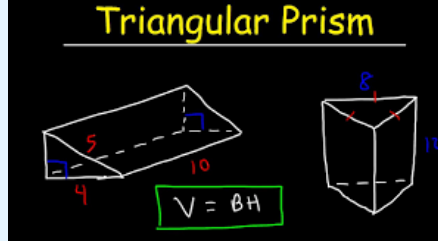






## What Would A Greek God Post?

In one of our high school World History I classes, students focused on Ancient Greece. At the beginning of the week we practiced our Mediterranean geography, and as we moved into the week we discussed Greece's Mycenaean period and Dark Ages, including the development of Greek oral tradition and the culture's mythology. At the end of the week, students worked on a light-hearted assignment where they created fake Instagram posts for Greek gods/goddesses of their choosing.



Some of our middle school math classes have worked on learning about area, perimeter and volume in math of both two and three dimensional shapes. They have explored using nets to calculate surface area of figures and students are extending their knowledge of area to finding the area of triangles with the next step being to calculate the volume of triangular prisms.



## Goodbye Summer!

### Written by a Milestones student: DP

This past spring, Katharine O, Milestones Science teacher and her students planted a garden of heirloom tomatoes, strawberries, watermelon, and herbs outside the bus doors. It was sad to have to say goodbye to Katharine and wish her good luck as she left Milestones in August to pursue her doctorate. Some of our students were able to meet with her virtually until our new Science teacher, Armin, got settled into the new school year. Meanwhile, students and staff harvested basil, rosemary, and sage, and well... one tomato. While another student brought home some basil and enjoyed a caprese salad, the tomatoes just didn't seem to be ripening. Heirloom tomatoes have weird shapes and colors. A student presented samples of our one and only tomato that looked somewhat appetizing to those willing to taste it. As for the watermelons, New England summers are just too short. Despite the care given by DP, the watermelons were quite small. And the biggest one somehow disappeared! As you can see in the photo above, the last remaining watermelon, although not ripe enough to eat, was transformed into a cute critter to wish us all a happy fall season! Next year, we look forward to eating Katharine's strawberries and perhaps growing another garden. Compost anyone?



# Books Worth Reading





off. We appreciate working with the **Blue Star Families** New England chapter to help get resources to those in need. Milestones sends our thanks to all those who serve our country.



holiday cheer to lift their spirits – but we can help!

Milestones staff and students helped raise funds by participating in a walk-a-thon. This was the first time since the pandemic the whole school got together in an outside community activity. There was a lot to be grateful for.

## Halloween Fun Was Had.....



# Post High School Transition Program



## Gateway Student Store

Post-high school students learned how to use our Cricut craft machine during their internship blocks to create & distribute custom merchandise to staff & students throughout the school. Students are currently working on making hoodies, t-shirts, custom cups, coasters, greeting cards, and more, all while learning the ins & outs of how to manage and successfully run a small business.

## Travel Training

Post-high school students had the opportunity to visit & practice travel training skills at the MBTA training facility in South Boston. Students had the opportunity to navigate both subway stations and bus stops with an MBTA trainer - navigating the ins and outs of public transportation and utilizing disability services on the subway & bus.



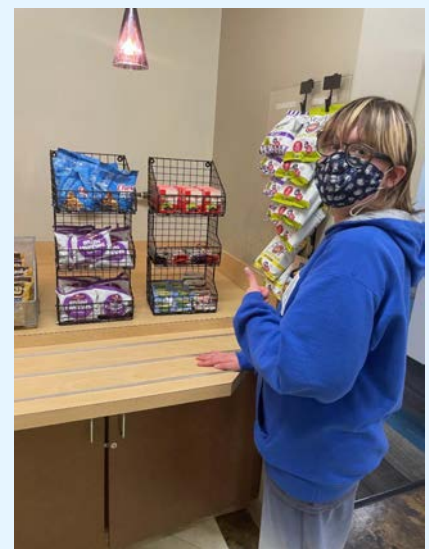
## SHARE A SMILE

Our Post-high school students recently facilitated a dental hygiene donation drive and collected an amazing 1,032 items! These items will help families in need in the greater Boston area.



## Grab & Go Cafe

Post-high school students on a community outing to Aldi to restock items for our Grab & Go cafe. Students at this outing practiced price comparison, locating items in a new store, and checking items for appropriate ingredients (omitting items containing nuts and allergens). Students also have the opportunity to practice money management skills and stay within a specific budget.



## Parent Support Group Offered



## Important Dates

- November 23, 2022  
Noon Dismissal
- November 24 & 25, 2022  
No School
- December 23, 2022 Noon  
Dismissal
- December 26, 2022-  
January 2, 2023 School  
Closed for Vacation
- January 16, 2023: MLK  
Jr. recognition: No  
School
- January 18, 2023: Noon  
Dismissal: Professional  
Development for staff
- February 1st & 2nd  
MCAS Biology retest
- February 15, 2023 Noon  
Dismissal: Professional  
Development for staff
- February 15, 2023  
Winter Fest
- February 20-24, 2023  
School Closed: February  
Vacation

### Parent Advisory Group (PAG)

2022-2023 Dates  
10-11:30 am  
Virtual Meeting

November 18th:

**Reading Services**

January 13th:

**Behavioral Strategies**

March 10th:

**Transitions**

May 12th:

**Executive Functioning**



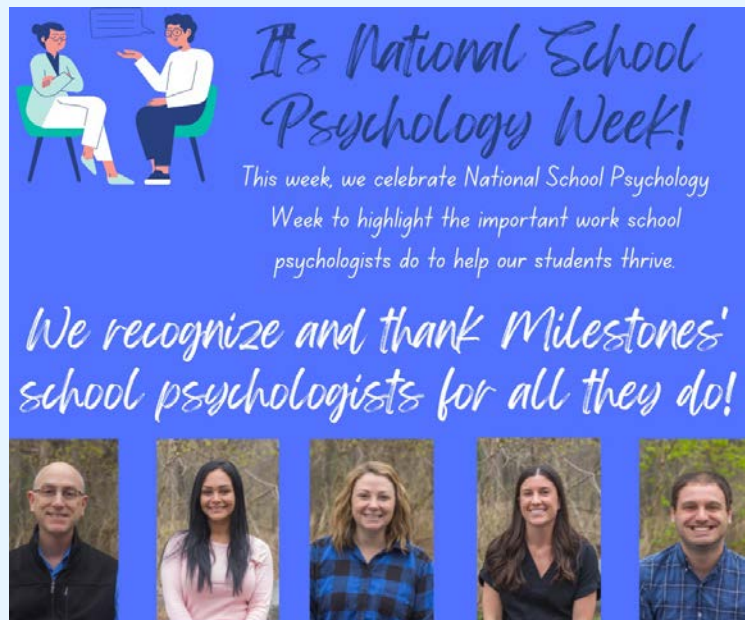
**SPIRIT DAY THEMES**

Milestones has been offering a new service to our families. Milestones' amazing Clinical Psychologists, Bill Salloway and Carrie Fryzel both offer a monthly parent support group for the parents of Milestones students. These groups are psychologist-facilitated group discussions on relevant topics to parents/guardians of our students such as mental health concerns, socializing, transition age issues and more. Carrie Fryzel facilitates the 12th grade and above families. Bill Salloway facilitates Middle and High School up through 11th grade families.

Please contact [cfryzel@advancingmilestones.com](mailto:cfryzel@advancingmilestones.com) or [wsalloway@advancingmilestones.com](mailto:wsalloway@advancingmilestones.com) if you are interested in participating in upcoming meetings.

## **We Celebrated Our Staff**

School Psychologist week: Nov 7-11th  
Educational Support Staff Day: Nov 16th





## & DATES

- December 2nd: Bulldog Pride
- December 23rd: Pajama Day
- January 6th: Decade Day
- February 3rd: Sports Jersey Day
- March 3rd: Music/Band T-Shirt Day
- April 7th: Rainbow Day
- May 5th: Tie Dye Day
- June 2nd: Hawaiian Day



Milestones Day School and Transition Program | [advancingmilestones.com](http://advancingmilestones.com) | 781-895-3200 | [Privacy Policy](#)

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