



Quarterly Newsletter 2023

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advancingmilestones.com

Congratulations to the Class of 2023



Graduation Student Speaker (Preston)

Hello, friends, families, and graduates. In elementary school, I was addicted to two things: bad jokes and a consistency that bordered on rigidity. When I started at Milestones, I was a shy, confused, and skeptical 11-year-old kid. At my old school, I felt neglected and invisible. Here, the caring staff, old and new, were able to listen to my

problems and support me with what I needed. I think every graduate will tell you a similar story. I wish I had a time machine to tell my past self before Milestones to stay positive and come out of my shell. I didn't know how to stand up for myself. I didn't know how to talk with new people. Here at Milestones, the incredibly supportive staff put me in scenarios that helped me bolster my courage – and my confidence. In previous years, I struggled to keep up with my work because I didn't have any time management system. Two years ago, staff and my family helped me create a task tracking and reward system for each quarter. In the past two years, I have consistently finished my work, not missing a single assignment.

For many of us, our families have been our backbone. My family has awakened me before sunrise, come to innumerable IEP meetings and consultations, and have been oh so patient with me. And I've stretched that patience to its near breaking point.

The one largest break in the routine I loved here at Milestones was the onset of the pandemic. It threw all our lives into an isolated cove of a desert island. I tried to turn the pandemic into a pivot point, driving me to break out of my shell once restrictions were lifted. Since then, I've joined bowling leagues, which have become a powerful part of my life, helping me deal with stress and anxiety. I've taken a college class, which has shown me I'm prepared for my future.

I am still a huge fan of consistency, but if I have learned anything from the past 7 years, it is how to deal with unexpected roadblocks.

So, when we go to college, the workforce, or anywhere, the high school bonds we have made will be tighter than ever. We will always have our families: our home family and our chosen family here at Milestones. So, please, stand next to me and greet the next chapter of your life.



Senior Spotlight

Check out the seniors on our social media

MILESTONES DAY SCHOOL

Senior Spotlight:
SOPHIA Y.

CLASS OF 2023




ONE THING I WOULD TELL MY YOUNGER SELF:
"Be grateful for what you have."

FAVORITE MDS MEMORY:
Performing in Winterfest

THE BEST ADVICE MY PARENTS GAVE ME:
Take pride in yourself

MILESTONES DAY SCHOOL

Senior Spotlight:
DREW P.

CLASS OF 2023




FAVORITE MDS MEMORY:
Dungeons+Dragons

ONE THING I WOULD TELL MY YOUNGER SELF:
"You will get through this."

FUTURE GOALS:
Getting a job

MILESTONES DAY SCHOOL

Senior Spotlight:
NICK P.

CLASS OF 2023




ONE WORD TO DESCRIBE ME:
Fanstastical

FAVORITE MDS MEMORY:
Spending time with Casey Martin

IF I COULD TRAVEL ANYWHERE IT WOULD BE:
Another place in time

MILESTONES DAY SCHOOL

Senior Spotlight:
JIMMY N.

CLASS OF 2023




FAVORITE MDS MEMORY:
I can't choose!

ONE THING I WOULD TELL MY YOUNGER SELF:
"Chill out."

ONE GOAL FOR MY FUTURE:
Become more independent

MILESTONES DAY SCHOOL

Senior Spotlight:
KEIRA B.

CLASS OF 2023




ONE THING I WOULD TELL MY YOUNGER SELF:
"One step at time and don't worry"

ONE WORD TO DESCRIBE ME:
Kind and creative

IF I WON A MILLION DOLLARS, I WOULD:
Travel the world

MILESTONES DAY SCHOOL

Senior Spotlight:
PRESTON K.

CLASS OF 2023




ONE THING I WOULD TELL MY YOUNGER SELF:
"Stay positive. You can always be the light."

FAVORITE MDS MEMORY:
Having a caring team

ACCOMPLISHMENT I AM MOST PROUD OF:
Passing a college class

MILESTONES DAY SCHOOL

Senior Spotlight:
JOSH S.

CLASS OF 2023




ACCOMPLISHMENT I AM MOST PROUD OF:
Discovering who I really am

FAVORITE MDS MEMORY:
Having fun with all of you!

I COULD NOT LIVE WITHOUT:
My friends

MILESTONES DAY SCHOOL

Senior Spotlight:
AUSTIN B.V.

CLASS OF 2023




ONE GOAL FOR MY FUTURE:
Have a family of my own

IF I WON A MILLION DOLLARS, I WOULD:
Buy my dream car

NEXT YEAR I AM LOOKING FORWARD TO:
New beginnings



Therapeutics Worth Noting

Community Based Instruction

In CBI, the Galapagos cohort celebrated the end of the school year by ordering and taking out lunch from "Not Your Average Joe's" in Waltham. They practiced placing an order over the phone, communicating with staff at the restaurant, managing money, and practicing safety skills in the community.



Mentorship Program

Our spring mentorship program between Post High School students and 12th grade was a great success! Students strengthened relationships with their mentors and started to open up. During week 6, students practiced tie-dying t-shirts, and participated in a team building activity, and lawn games. These activities allowed for socialization and trying something new. Students got a chance to learn more about their mentors and find common interests. We can not wait to see how these relationships grow.

Philanthropy



"Strike out Cancer Fundraiser"

recognition event in memory of Eric Roman (*former IT Administrator*).

In February, our wonderful IT Administrator passed away from an aggressive form of cancer. We had been anticipating him to return after a leave of absence, but his condition rapidly deteriorated. He was admired by all, and he not only supported our IT needs but he served as an internship mentor for our Post High School Students. In June we organized a memorial event and fundraiser in his honor. All proceeds that were raised (\$4,000) will be used to purchase an IT-related class gifts to benefit students. The day was filled with food, games, and raffles, held on a day when the Red Sox were playing the Yankees. This was a jest at Eric since he was a Yankees fan living in a Sox town.

It was a beautiful remembrance for our full school community in a way that was inclusive and accessible, for an exceptionally positive person who made a lasting impact.

[Check out the full story on the Waltham Patch](#)

PROM



Shout out and a big **THANK YOU** to **Ivy Street School** for inviting Milestones' students to join in their prom. Fun was had by all.

Another special shout out goes to Joe Rancatore's for providing ice cream treats!

Rancatore's Ice Cream

Rancs has been a great partner with our PHS program by providing paid employment to one of our students.





Ultimate Frisbee

Our first ever Ultimate Frisbee after school club was a success! Special thank you to Sam Diener (Milestones faculty) for his initiative to get this club going. The students had a blast learning these new skills and working on team building and sportsmanship.



Post High School Transition Program



We've Expanded!



Gateway Student Store

Seniors completed the “Gateway Cafe” Senior Internship. The various skills they practiced included preparing orders according to the specifications, delivering orders to staff members, and cleaning up the cafe at the end of the block. They also worked on various soft skills including teamwork, problem solving, and making small talk.



We are excited to move into our newly expanded space on the 3rd floor of Milestones! It took a great amount of flexibility and communication from all PHS staff and students this week, but we are ready to begin holding groups in the new classroom spaces. Students practiced heavy lifting, building and assembling furniture, following written directions, organization, and some light interior decorating skills.

Internships

Many students continued their work at our offsite internship locations. Students visited Rancatore's Ice Cream and Cradles to Crayons.

Onsite, other students practiced car maintenance by taking our van fleet to the car wash. Students and staff practiced vacuuming and sanitizing hard surfaces. Students also continued working on fundraising action items, such as arranging gift baskets, making a sponsorship board, designing T-Shirts, and selling bracelets to staff. We appreciated all of the students' efforts toward making our Strike Out Cancer fundraiser a great success!

Important Dates

- Fridays in the summer: noon dismissal (July 7th-August 18th)
- August 21st-September 4th: School vacation
- September 5th-First day of School

Parent Support Group Offered

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.

The Parent Support Groups with Bill Salloway and Carrie Fryzel will resume in the fall. Date and time to be determined. Please contact Bill for more information at wsalloway@advancingmilestones.com

Parent Advisory Group (PAG)

Will resume in Fall 2023, stay

COME VISIT US AND LEARN MORE

Informational tours are open to anyone looking

tuned for dates.

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

10:00am to 12:00 pm
**July 14th
&
August 11th**

to learn more about Milestones.
Tours are not intended for students.

[Website events link](#)
RSVP.events@advancingmilestones.com

410 Totten Pond Road in Waltham
Please proceed to our lobby on the second floor.

Visit Us



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

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