



ILESTONES

Day School & Transition Program



Transition program openings currently available!

Contact Sarah Folk, Director of Admissions
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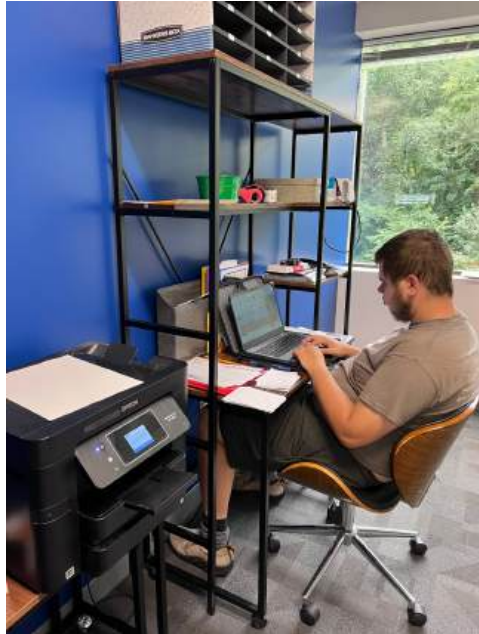
Check out what our students are working on...

On-Site Internships:

- Overseen by our IT manager, the ***IT Internship*** offers a comprehensive opportunity for students to gain hands-on experience with various aspects of information technology. Interns engage in a variety of tasks, including troubleshooting hardware and software issues, assisting with network configurations, and supporting end-users. Key responsibilities this month included participating in the installation and maintenance of IT systems on campus and ensuring that equipment was operating efficiently. Interns also worked on upgrading systems and implementing new software solutions.
- The ***Business Office Internship*** provides hands-on experience with various administrative tasks, allowing students to develop essential skills in organization, communication, and project management. Interns typically engage in activities such as data entry, preparing documents, and assisting with office operations. This month, interns focused on preparing materials for Back to School Night. Their tasks included printing and laminating resources for bulletin boards, creating informational materials for families, and organizing the physical space to ensure a welcoming environment.
- The ***Gateway Cafe Internship*** provides practical experience in food service and

operations within an educational setting. Interns are involved in various tasks such as preparing meals, maintaining cleanliness, and ensuring smooth customer service. This month, interns focused on receiving, fulfilling, and delivering staff orders. They developed skills in cooking and cleaning, handled independent deliveries, and practiced customer service while paying close attention to detail to enhance the customer experience.

- Our **School Store Internship** involves managing daily operations, creating merchandise, and providing a welcoming shopping experience for students and faculty. Interns take part in designing and producing seasonal items, organizing displays, and handling inventory. This month, interns concentrated on creating seasonal merchandise and setting up a display table for Back to School Night. They dedicated time crafting items such as hats, shirts, coasters, and tumblers, refining their fine motor skills and attention to detail.



Off-Site Internships:

- At the **Waltham District Court - Probation and Clerk's Office**, our students take on the important task of organizing intake files and creating an efficient filing system. They also support the Clerk's Office by digitizing paper files, contributing to a more streamlined workflow.
- This month at **Massachusetts Teacher Resource Free Store**, students played a

crucial role in preparing for the grand opening, including sorting and organizing donations to ensure the store was well-stocked and easily accessible for shoppers. One student even took on the task of assembling a push cart to support store operations.

- In a community-focused effort to support families facing food insecurity, students at **Salvation Army** assembled food boxes filled with essential staples like cereal, pasta, and canned fruit. They also restocked the pantry, helping to ensure the community had access to these important resources.
- At **Central Boston Elder Services**, students take on a variety of administrative tasks, including preparing informational packets, printing, stapling, and organizing materials, all of which help support the essential services provided to elders in the local community.
- At **Crumbl Cookie**, students assist with essential back-of-the-house tasks and complete various side work. These behind-the-scenes tasks are crucial for keeping the business running smoothly and meeting customer expectations.
- Our students continue to demonstrate teamwork and community spirit by grocery shopping for an elderly member of the community through **Springwell**. They work together to navigate the store, find the requested items, and deliver the groceries, all while practicing communication and collaboration skills.
- **NEW!** At **Holway Early Childhood Centers**, students will assist with tasks such as organizing activities, supervising playtime, and supporting young children's daily routines. These experiences support our students in developing important skills in responsibility, communication, and caregiving, all while making a positive impact on the children's day.





September's Theme: *Self-Awareness & Goal Setting*

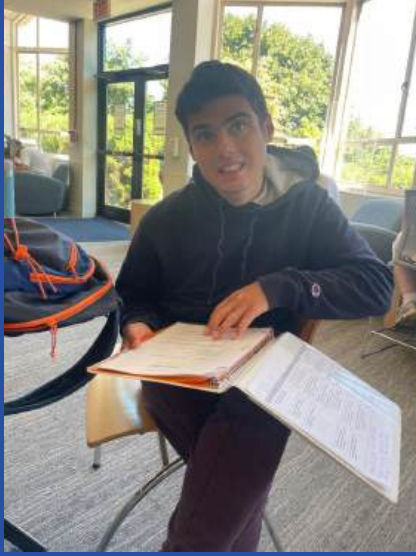
As we transitioned into the 2024-2025 school year, students have been learning about setting personal SMART goals in a variety of areas. They have been working together in small groups with others who have similar goals.

Community Based Instruction:

Identifying Resources: Students worked together to review and discuss the various types or categories of community resources and how they are typically displayed in the community (tutoring/educational workshops, health & wellness services, local events, sales, etc.). Students worked on navigating community spaces and outlining the specific resources we found at each location.

Budgeting: Students visited Target to work on budgeting. Students were challenged to find as many hygiene products as they could for under \$20. Surprised with how little they could get, students and staff discussed how inflation and tax can affect prices.

Employment: Students visited local libraries in Watertown and Burlington to update their resumes with their most recent internship and employment experiences. They also created a reference list of professional contacts to upload with their upcoming employment applications. Additionally, students created accounts with a new job search portal that assists in supporting neurodiversity. Students began searching for jobs in the new job search portal and began identifying potential locations in their home communities they might be interested in following up with.



Therapeutics:

- This month in ***Emotional Regulation*** group, students discussed distress tolerance and learned about the STOP method (Stop, Take a step back, Observe, Proceed mindfully). Students discussed each step and made a list of mindfulness techniques that have worked previously and identified one or two they would like to try.
- In ***Social Skills***, students continued connecting September's theme of self-awareness and goal setting to boundaries, including physical, emotional, relationship, and topic/content, highlighting the difference between firm and flexible boundaries.
- In ***Daily Living Skills***, students participated in an engaging problem-solving activity. We learned and used a four-step method (Analyze, Plan, Implement, Evaluate) to solve a variety of problems that come up in daily life. For example, students were asked how they would respond if they were on the train and missed their stop. Another scenario required students to problem-solve how to make a medical appointment.

Functional Academics:

- In ***Functional Math*** this month, students continued their unit cost analysis assignments, outlining the ingredients needed for two seasonal recipes and calculating and comparing the total cost between two different stores. Students calculated the unit cost for each recipe, identifying which would be the least expensive to make for a large group and identifying the store that would be most cost effective to purchase ingredients. Students discussed their total budget and voted on one recipe to make during class.
- In ***Literacy & Communication***, students recently used class time to practice their executive functioning strategies. They created a to-do list of outstanding assignments and other personal items they needed to complete. Together, staff conferenced individually with each student and made a plan to tackle their to-do list. During class time, students worked on an appropriate task and conferenced with staff again to track progress. Students noted feeling accomplished of how they used their time!

General Information

Fall 2024 School Calendar

- October 11th, 2024: Half Day - Noon Dismissal
- October 14th, 2024: Indigenous People's Day - No School
- October 23rd, 2024: Half Day - Noon Dismissal
- November 8th, 2024: End of 1st quarter
- November 11th, 2024: Veterans Day - Noon Dismissal
- November 27th, 2024: Half Day - Noon Dismissal
- November 28th & 29th, 2024: Thanksgiving Break - No School
- December 11th, 2024: Half Day - Noon Dismissal
- December 23rd , 2024 - January 1st, 2025: Winter Break - No School

Join us for an onsite group tour & info session with

Sarah Folk,
Director of Admissions



- November 8, 2024
- January 10, 2025

10:00 am to 11:00 am

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

Upcoming Events

RSVP.events@advancingmilestones.com

Check out Sarah's interview from the Waltham Chamber of Commerce

Visit Us!



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