

RISE NEWSLETTER

CROSS COUNTRY SKIING

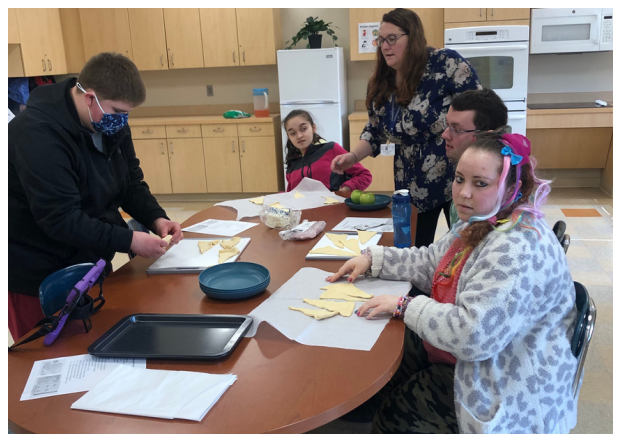
This month the RISE students and some of the seniors who will be coming to RISE next year went on a skiing field trip with Waypoint Adventures. Everyone got to try cross country skiing for the first time! They learned how to use the skis correctly, how to get up when you fall and how to go up and down hills. They even got to play red light green light on skis! Everyone did an amazing job and really enjoyed trying something new.



COOKING

Cooking in the classroom is a great way to practice many different skills and get to try making new foods. This month the RISE students cooked...

- Chicken
- French Fries
- Broccoli
- Carrots
- Salsa Rice
- Pizza
- Yogurt Parfaits





IN THE CLASSROOM

This month some of the favorite lessons covered included....

Reading Cleaning Labels

Leisure Sampling

Career Exploration about Food Prep Workers

Using the Microwave

Tracking Money

Placing Orders

In the classroom the RISE students learn about many different topics surrounding transition skills. These lessons provide students with information, direct instruction and practice opportunities to prepare them for adulthood.

IN THE COMMUNITY

Each week the RISE students venture out into the community. This month included...

Mall scavenger hunts

Ordering food at McDonalds

Target

Dollar store

Grocery store



The RISE students also continue to meet up with other 18-22 programs each month. This is a great chance to make new friends and explore the community. This month they went on a mall scavenger hunt and enjoyed a snack in the food court with Marlborough and Algonquins 18-22 programs.

PLANNING FOR NEXT YEAR

The first year of the RISE program has been a great success and a great opportunity for all those involved. As we approach next year the planning continues to prepare for all students joining in Fall 2023. The planning process from hiring to developing internships to continuing to build and differentiated curriculum is in full swing. If you want to know more about how you can help support the RISE program reach out to Christine Pellerin.