



The Calais Courier

FEBRUARY 2020

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Save the Date!

3/24/2020
Evening Parent
Teacher Conferences
3/25/2020
Parent Teacher
Conferences

The Calais School Ended 2019 on a High Note!



On December 15, The Calais School was presented with a generous donation of gently used and much needed musical instruments and music equipment.

The donation was the brainchild of West Morris Mendham High School honor student Jessye Sabetta, an avid music lover and violinist who wanted to share her passion for music with others in need. Calais School Executive Director David Leitner and Calais Foundation President David Rostan welcomed Jessye to The Calais School this past June. Her visit inspired Jessye to orchestrate a fundraiser for the school. She collected many instruments and equipment including drum sets, guitars and music stands, which she personally delivered to the school prior to the winter concert. She then attended the concert with her mother Stephanie.

Jessye started playing the violin in the first grade. "I still remember the first time I heard a live orchestra and knew this was something I wanted in my life," said Jessye, who is a participant in West Morris Mendham High School's International Baccalaureate Program, a career-related program for students ages 16-19 which helps students gain skills in applied knowledge, critical thinking, communication and cross-cultural engagement.

"Jessye is a remarkable young woman and Calais' Music Department is grateful for the donations," said Calais School Musical Director Gerardo Aquino. "The music program is a popular choice among students so the additional instruments will go a long way in filling the gaps. Calais students enjoy using the new instruments almost every day. I've had several new guitar students sign up and start using the guitars and we use the drums every day."

The Calais Foundation Serves Up Healthy Lunches for Students!



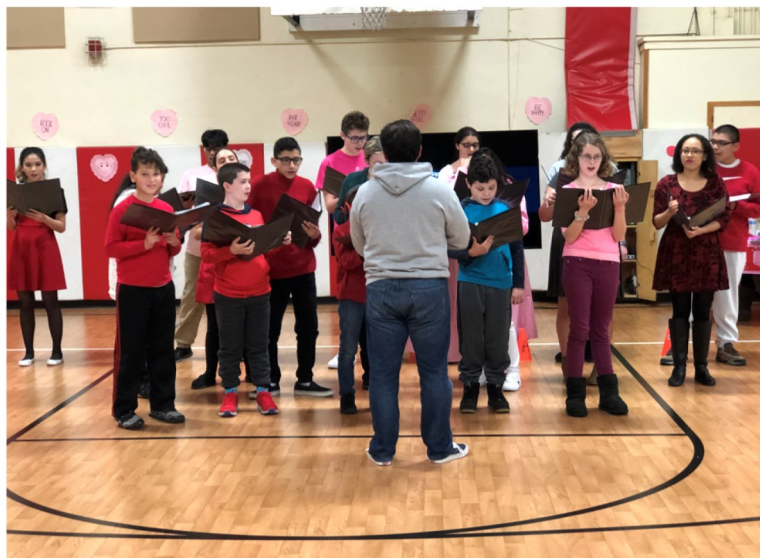
Children at The Calais School will enjoy healthier lunches in 2020 thanks to a special Calais Foundation fundraiser which raised close to \$2,000 to help fight food insecurity among the school's students.

Nutrition is a vital part of a child's development yet access to healthy food isn't always the reality for all children. Hunger has been linked to depression and anxiety, all of which are obstructions to a child trying to focus on education. The close to \$2,000 donated will go long way in fighting food insecurity and ensuring every student at The Calais School gets the most out of their education.

"It's important to realize that though food insecurity is closely related to poverty, people living above the poverty line can also experience food insecurity," said Calais Foundation Vice President Richard Gentles. "Your donations will help The Calais School provide a wholesome meal many times over. Thank you for taking a stand against food insecurity."

A huge thank you goes out to our donors for allowing us to give the gift of nutrition!

Valentine's Day Dance Fun!



It was a special fun-filled Valentine's Day at The Calais School on February 14 as students, dressed in red and pink, danced, socialized and enjoyed refreshments at the school's annual Valentine's Day dance.

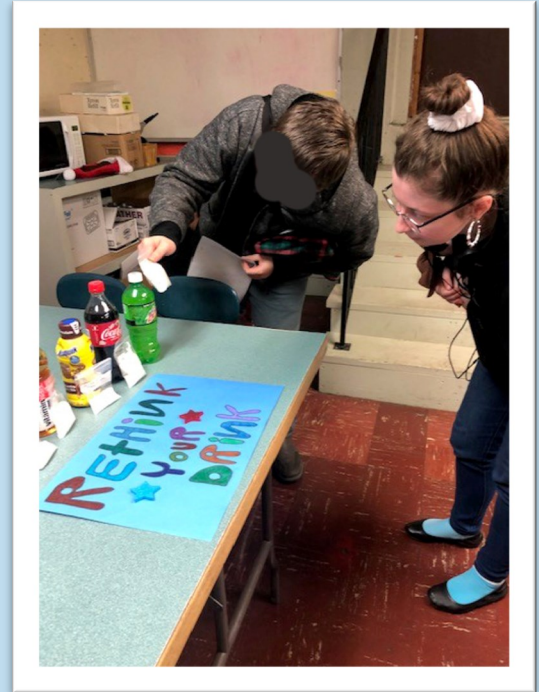
The Calais School Choir kicked off the event by performing two songs for students and staff. Afterwards, students and staff applauded the choir's heart-warming performance. Students, many of whom donned beaded necklaces, spent time with their friends dancing to songs including "Cotton Eye Joe," socializing and enjoying refreshments. A wonderful time was had by all!



Rethink Your Drink!

The 12 Plus students in the Culinary Program recently took part in a Rethink Your Drink Campaign. Through the campaign, students were encouraged to develop a better understanding of the amount of sugar that can be found in commonly consumed beverages, as well as their impact on health.

Ms. Kelly Walsh, our in-house dietician, did an exercise that helped students see just how much sugar that is in some of their favorite products. The students studied a large collection of sugary drinks like Mountain Dew, juice boxes and Nesquik. As part of the lesson, students learned to read and compare food labels. In 2016 the new Food Label was introduced by the FDA and they added a line called added sugar. Seeing just how much added sugar was in their favorite soft drinks was a real eye opener! Students are on their way to making much more informed decisions about their health and the products they consume.



Save the Date! Special Parent/Caregiver Workshop

Mental Health and School Success

Presented by by Dr. Stephanie Sasso

This session will cover how mood, anxiety, and other mental health issues impact a child's school experience, and how best to help children and teens with mental health challenges thrive and achieve their goals.

Parenting youth with emotional and psychological challenges can feel like a struggle in competing priorities. How should a child's academic goals and development be prioritized versus lessening stress and symptoms? When can a focus on school-work help and when does it hinder progress? How much should I push my child? These (and other topics) will be covered in this session. To register, please visit our website at <https://www.thecalaischool.org/>.



MENTAL HEALTH & SCHOOL SUCCESS

How Mood, Anxiety & Mental Health Impact a Child's School Experience

Parenting youth with emotional and psychological challenges can feel like a struggle in priorities.

Join Dr. Stephanie Sasso, psychologist, consultant, teacher, and author to learn how to help your child thrive & achieve their goals.

Hosted by The Calais School
Thursday, May 14, 2020
6:30 pm - 8 pm
45 Highland Ave
Whippany, NJ 07981

This event is free but registration is recommended no later than 5/12/2020. To learn more or to register for this event visit www.thecalaischool.org or call 973-884-2030.

Calais Shows Holiday Spirit at Annual Winter Concert



On December 15, The Calais School presented its annual Winter Concert. Faculty, staff, students, parents, and Calais Foundation Board members came together to attend the festive holiday event.

This year attendees enjoyed performances by the lower school band, the high school band and the school's student choir. Some of the pieces performed included: Ma'oz Tzur, Good King Wenceslas, Oh Come All Ye Faithful, Bidi Bom, Deck the Halls, and more!

Calais School Music Director Mr. Gerardo Aquino and his students have worked

hard all year with some intensive preparation in December as they rehearsed for the concert.

Get Ready to Tee Off at Foundation Golf Outing!

Come support The Calais Foundation in its' mission to empower children with serious learning disabilities and socialization challenges to reach their fullest potential in life!

Enjoy Crystal Spring's Ballyowen course, rated the No. 1 Public Golf Course by New Jersey Monthly magazine and one of the Top 50 Public Courses in the United State by Conde Nast's GolfWorld Magazine. Afterwards, enjoy a dinner to raise money for innovative programs that help the students at Calais to realize and explore their personal strengths and abilities.

This year's outing is scheduled for Thursday, June 18. Registration information will be available soon. For information, call (973) 884-2030 ext. 217.

A 501(c)(3) non-profit corporation, The Foundation is supported by like-minded foundations and charitable organizations, as well as the business community, families and individuals.



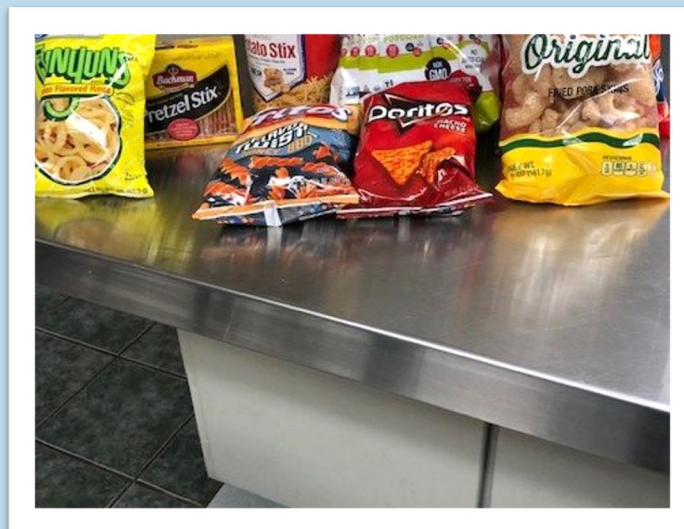
12 Plus Students Focus On Nutrition, Culinary Classes Offer Lessons on Junk Food

Calais School students in the school's 12 Plus program may think twice before snacking on pretzels, popcorn and other salty snacks.

Teacher Kelly Walsh has added a new regular lesson in her Culinary Class that teaches students all about nutrition. Each week, aside from learning functional living skills that include food safety, meal planning and basic meal prep, students have also been examining nutrition. Coming off the heels of our "Rethink Your Drink Campaign," 12 Plus students completed a nutrition lesson called, "*How much fat is in our Junk Food?*"

In this lesson, the class examined junk food snacks like *Fried Pork Skins, Flavored Popcorn, Funyuns (snacks that look like onion rings) Doritos, Skinny Popcorn, Fritos, Potato Stix and Pretzel sticks*. They placed each snack on a brown paper towel and observed the amount of fat left behind in the form of a stain on the paper. This lesson explained how junk food is highly processed food that has little nutritional value. Students learned that manufacturers of these products are designed to "hyper-reward" meaning adding chemicals that trick your brain to eat more. All junk foods are processed with refined carbohydrates and little vitamins or minerals. They also learned about saturated fat, a fat often called "bad fat" found in animal foods and deep-fried snack foods.

Lesson results were surprising... Skinny Popcorn had 10 grams of fat in 3 ¾ cup of popcorn. They call that Skinny?? Funyuns had the most fat at 15 grams per serving and left the biggest stain. Pretzel sticks had the lowest with 1 gram of fat. This lesson discussed eating junk food sparingly on a regular basis, and asking the question what are other healthier options?



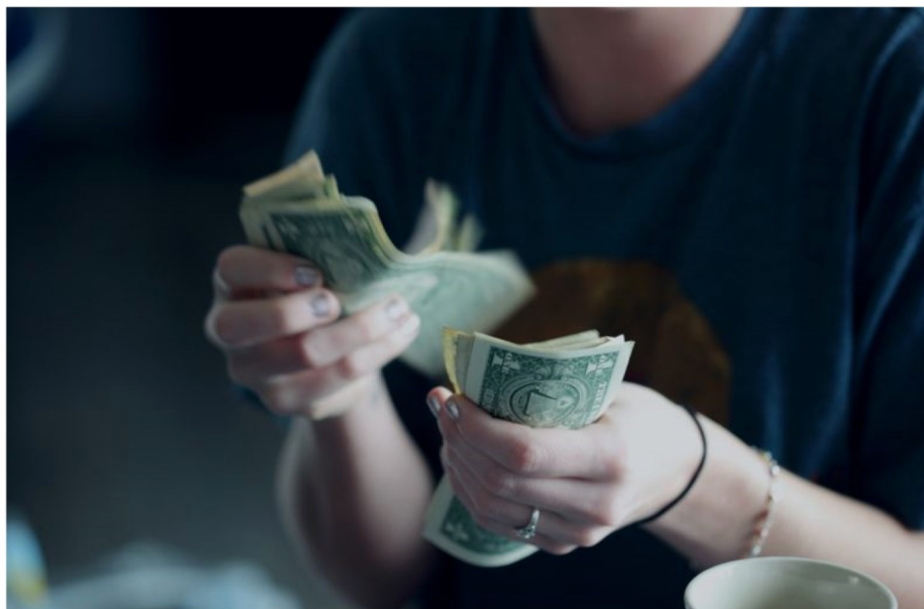
12 Plus Students Build Resumes, Learn Work Skills & Earn a Paycheck

Last Summer, The Calais Foundation announced that funding for The Calais School's Learn N' Earn stipend would be extended into the 2019-2020 school year. Fast forward to December of 2019 and the additional funding has enhanced the Learn N' Earn program efficacy by incentivizing students, providing money management skills, and creating a more realistic employment experience.

The summer Learn N' Earn Program is an extension of the **Structured Learning Experience (SLE) program** which runs during the regular school year. Participating students are matched with jobs that fit their career goals and personal interests. The program gives high school and 12 Plus students the opportunity to build a resume and develop employment readiness skills. Depending on grade level, students go to work at a variety of local businesses up to four times a week.

As a result of the additional funding, 12 Plus students now have the opportunity to earn payment for all their hard work and dedication. Student progress is measured through a rubric that covers everything from timeliness and communication skills to problem solving, critical thinking and professionalism in the form of attitude, behavior and dress.

Stipends are distributed twice a year and students can earn as much as \$350 per pay period. In between payments, students will earn Calais Cash which can then be exchanged for real money. The system is set to encourage students to make a connection between performance and pay, practicing functional math skills and learning to budget.



Around The School

Photography teachers Justin Patterson and Binal Shah are teaching students to experiment with mixed media, exposure, depth of field and Photoshop. Students are working on a still life sculpture project where they are using photographs to create unique sculptures.



Calais School students enjoyed participating in their annual winter door decorating contest. Students in each homeroom decorated classroom doors with a winter theme, some featuring snowmen, characters from "Frozen" and a winter wonderland.



In their study of amphibians, science teacher Binal Shah had Upper School students in the anatomy class dissect a frog to learn all about the different organ systems. The students removed the different organs and labeled them on a dissecting tray.



The Calais School Choir brightened up the holidays for residents of Care One in Hanover with some holiday caroling in December. The choir returned to Care One for Valentine's Day in February to sing for the residents there again.



Around The School



Veterans will have a more cheerful Valentine's Day this year thanks to the handmade valentines they received from students in The Calais School's Girls' Group. As part of a "Calais Cares" initiative, students created the cards using construction paper, magic markers and glue. It's part of the national program "A Million Thanks" which sends letters and cards to active, reserve and veteran military.



Students in the Upper School eighth grade STEM class used the theory of hydraulics to build a model elevator which functions through the use of force and pressure, according to teacher Binal Shah.



Congrats to James, who reached a milestone in the Calais "Be A Reading Kid Program!" James read to Calais therapy dogs for three hours!

Art students created their own illuminated letters, which were used in the middle ages as the first letter on a page or paragraph.





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