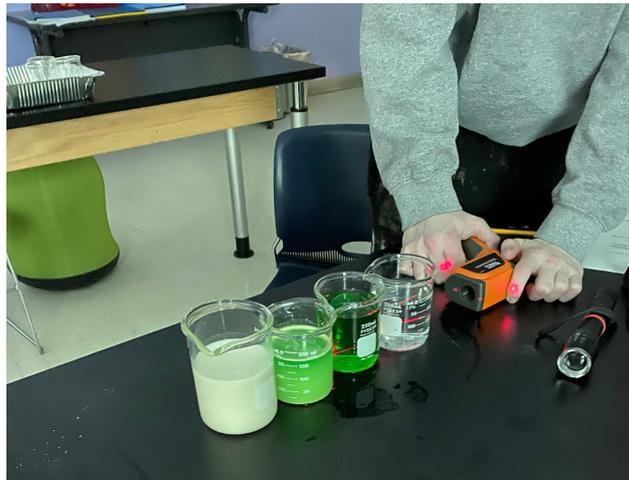


RAA FEBRUARY NEWSLETTER

Spotlight on Science with Mr. G.



One of our science labs this month focused on studying the Tyndall effect. To do this, the students observed how different types of liquids interacted with light. Materials with very fine particles in suspension, known as colloids, will scatter light differently than those suspensions with less or larger grain particles. The lab focused on several different liquids, water, milk, corn starch, flour, sugar water, and even food coloring, for visual effect. The students were then tasked with determining the type of solution based on the observed light traveling through the solutions that were generated by both flashlights and small lasers. With each of these different light sources the students were able to determine the category of solution and observe the light interacting with the different types of particles in the solutions. Students were finally tasked with completing a series of conclusion questions that reiterated several of the concepts that were studied that week.

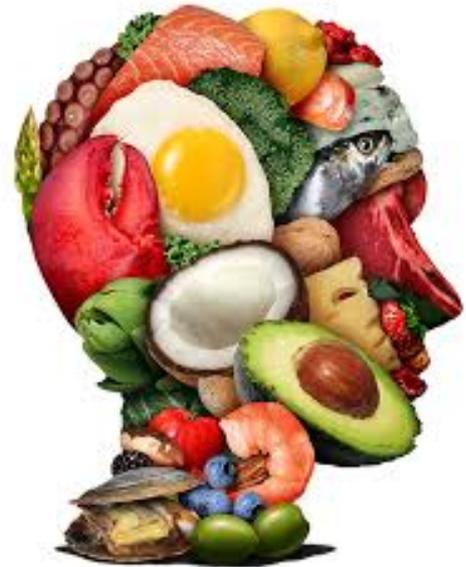
Stay tuned for our next lab that will focus moving on to the dispersion of solid waste around the world and its effects on the environment

RAA March Spotlight will focus on Math

FOCUSING ON POSITIVE CHANGES IN BEHAVIOR AND HEALTHY HABITS

Healthy Habits Arielle Scheck, SAC

SAC Counseling at the Regional Achievement Academy is offered to the students who have engaged in drug and alcohol use. Ms. Scheck works with these students to offer guidance and alternative coping skills to use outside of school. Some of the topics discussed in the SAC counseling sessions include nutrition, emotion regulation, and activities of daily living. The students work with Ms. Scheck to recognize the negative impacts that certain practices can have on their health and their lives. Interactive games, writing prompts, and talk therapy are all utilized in the counseling sessions with hopes to teach the students' about their physical and mental wellbeing. Each month we will investigate a new "healthy habit" such as proper nutrition/diet, getting enough sleep, meditation and journaling, regular exercise, open communication, and doing something they enjoy everyday. Small changes lead to big results!



Behavior Matters Samantha Mancuso, Social Worker

At Regional Achievement Academy, the students receive individual and group counseling weekly. This month the students learned about communication skills during group counseling. The students participated in a few games to assist them in identifying verbal and nonverbal communication. This month we also created a section on our website in which parents can access information on how to help their child and improve parenting in the home. Additionally, the students have access to a google classroom which has therapeutic activities, resources, journal prompts, visual relaxation videos and other tools to deal with intense emotions inside and outside of school.

