

The Calais Courier

thecalaischool.org

Spring 2013

The Calais Foundation Touchdown for Success 2013 Raises Over \$90,000 for Special Needs Programs

**LEARN.
GROW.
IMPROVE.**

Providing students with the academic and behavioral skills to reach their fullest potential, becoming life-long learners and socially competent members of their communities.

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The
Calais
School



From left: The Calais Foundation President James Routhier and Calais School Executive Director David Leitner present the Making A Difference Award to Janice Wolfe. Touchdown For Success organizer Jennifer Tedeschi and Gala Night Emcee Roman Oben also present.

Jennifer Tedeschi

The Calais Foundation held its Annual Gala, Touchdown for Success 2013, at MetLife Stadium on April 18th. The event was a tremendous success and raised over \$90,000 for specialized programs and services for the special needs community. Hosted by NFL Alumnus and Sportscaster Roman Oben, the event took place in The Commissioner's Club and brought together Super Bowl Champions, fashion, music, and the introduction of animal-assisted therapy to benefit the special needs community.

It was an action-packed, three-part event culminating with the Gala Reception in the evening. The Calais Foundation Breakfast of Champions started the day and guests were welcomed with a morning of business networking, stadium tours and the opportunity to hear the experiences of CEO of Clark Dodge & Co. Michael Clark and life success consultant and award-winning motivational speaker Tommy Hilcken.

In the afternoon, The Calais Foundation hosted students from The Calais School and Essex County Learning Center (ECLC) for the Student Kickoff Luncheon. Students were treated to a healthy lunch, toured the stadium, and participated in drills and exercises with The Gridiron Group.
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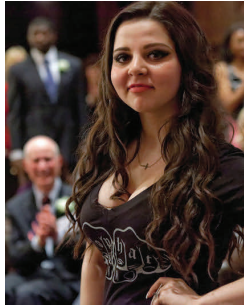


Above: Student Evan T. tries on a Super Bowl ring. Right: Calais 8th-12th graders pose with The Gridiron Group.



Touchdown for Success 2013 (continued)

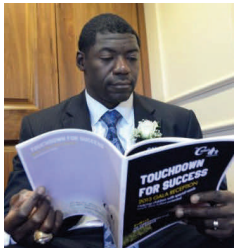
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In the evening, guests of the Touchdown for Success Gala Reception enjoyed a cocktail reception, silent auction, stadium tours, and a fashion show presented by Karma for a Cure, as founder Margaux Minutolo launched a newly designed fashion tee shirt for The Calais Foundation and the special needs community.

The highlight of the evening was the presentation of the Making a Difference Award to Janice Wolfe, CEO and Founder of Merlin's Kids, and her dog Wyatt Ridgeback. Janice has worked tirelessly to rescue animals from euthanasia and train them to be service dogs for special needs children. Animal-assisted therapy has proven to be extremely successful within the special needs community and is the new initiative for The Calais School. The 2013 Touchdown for Success has proven to be a fun, exciting, and profitable way to increase awareness of The Calais Foundation and The Calais School. Please mark your calendars for next year's Touchdown for Success: March 20th, 2014.

Hope to see you there!



Top left: Calais senior Angel W. models Karma for a Cure's "Stop Hate" t-shirt. Top right: Proud Calais parent Lisa Cakar spends some time with service dog Wyatt.

Bottom left: Touchdown For Success Emcee and ESPN Sportscaster Roman Oben reads his program. Bottom right: James Routhier and his daughter, Calais senior Nicole share their Calais School experiences with the audience.



Stress Reduction & Revitalization

Mix & Match Day



Marjane Vitaletti & Karen Liberato

The Calais School Psychological Services team is proud to introduce a new source of stress relief to our student body. It is called the emWave® Personal Stress Reliever® created by the Heartmath Institute. This computer program provides immediate feedback to our students when they feeling frustrated, anxious, or stressed.

Emotions have a powerful impact on the human body. Negative emotions like frustration, insecurity, and depressing feelings are stressful and inhibit optimal health and relief from stress. Positive emotions like appreciation, care, and love not only feel good, they promote health, performance, and well-being.

The emWave® Personal Stress Reliever® is a unique heart rhythm coherence training device. It objectively monitors heart rhythms and confirms when you are in the coherence mode. It helps you learn to self-generate coherence and track your progress. With thoughts of love and appreciation and the act of breathing them into your heart center, this program gives visual information back to the student as to their progress.

HeartMath's research has shown when you learn how to intentionally shift to a positive emotion, heart rhythms immediately change. The emWave® is designed to help you learn how to change your emotional state and heart rhythms to reduce stress levels and revitalize your entire body.

Marjane Vitaletti

In March the Calais School staff and students celebrated their school spirit by having Wacky Wednesday Mix & Match Day. Mix & Match Day is the day where you go crazy! You can wear anything and everything. Some students wore two different shoes or wore mismatched shirt and pants.



Students were creative with their outfits. Some wore mismatched shoes, backwards shirts, and plaid shirts mixed with polka dot pants. Some students even did creative things with their hair!

Above: PreK students Aiden C. and Jasmine H. show their Calais School spirit.

Calais Pilots Animal-Assisted Speech Therapy Program

Lauren Palmisano



The Calais School recently completed a pilot program for animal-assisted speech therapy. Children in the third through eighth grades participated in five sessions each, with the focus being on improving our understanding of ourselves and dogs via exploring personal traits, responses to compliments, verbal and nonverbal communication, and expression of feelings, in both humans and dogs.

During the first and second lessons, the students discussed their own personal strengths and weaknesses, and rewards and compliments, with the students describing how they feel when they receive a compliment or negative feedback. We discussed how each may affect the likelihood of a given behavior being repeated. The third lesson focused on appropriately asking questions in order to gain needed information, while continuing to explore differences between individual people and animals.

The last two sessions focused on feelings, with continued work on nonverbal communication. We first explored various ways in which we convey emotion without using words, such as our facial expression, gestures, and tone of voice. The students read various phrases out loud in varying tones of voice, to better appreciate how there is more to an intended message than just the actual words chosen. Lastly, we discussed appropriate and inappropriate way to express how we feel. Students listed techniques to use when they feel angry, such as counting to 10, taking a walk, and going to CRC.

At the completion of each lesson, a therapy dog entered the room and the students engaged in a carry-over activity where they applied what they had learned, observed the dog's behavior, and asked the trainer additional questions.



The students all really enjoyed their time with the dog and had appropriate conversations with each other. While sharing stories about their own pets and experiences with animals, they asked each other appropriate questions, while working to maintain topics, take turns speaking, and establish eye contact with others in the group. They did well observing the dog's behavior to infer what he was communicating and how he was feeling, with the intention being that they will carry-over their knowledge to future social interactions. Overall, animal-assisted speech therapy was a huge success!

Top: Ellye waits her turn in speech class. Above: Speech teacher Lauren Palmisano, Creature Comforts volunteer Ron, and his dog Ellye work with students Matthew C. and Christian M.

Floral and Landscape Design Class Project

Kristy Hartman



Chester S. tends the new garden.

The Calais School's Floral and Landscape Design class has created a wonderful vegetable garden on our campus. They researched the plants that they will be growing, drew up the plans, prepared the garden and planted the seeds. Among the many healthy vegetables they are growing are spinach, Brussels sprouts, radishes, peas and lettuce. They will be donating their harvest to local food banks.

We want to thank Infrared Services, Inc. for donating a Geophysical Ground Penetrating Radar and Radio Detection Survey to make sure where we were placing the garden was free of any obstructions. We could not proceed with the garden without their generous contribution. **Thank you Infrared Services!**



Students Visit County College of Morris



In March, students from The Calais School were invited to visit the campus of the County College of Morris. Our host on campus was Prof. Jane Rufino of the Disability Services Office. Seven students in grades 11 and 12 were provided an overview of the programs and services offered at the school.

Steve Sokolewicz

The day began at Sheffield Hall with a presentation from CCM's Disabilities Specialist. Students also had the pleasure of meeting staff and personnel associated with the department. Additional information offered to Calais students focused on differences between what can be expected in a transition to college campus life. For everyone present, the initial message focused on additional responsibilities on the shoulders of the student.

Recommended to students was the concept of embracing the current technologies at hand. Current CCM programs highlighted included both Kurzweil, a reading program that assists in scanning text, and iPad technologies which both enhance the learning environment.



Senior Chester S. listens to a presentation about new technologies.

Also offered to our students during this workshop were information on the various accommodations provided at CCM. Suggested services included workshops, orientations and a Peer Mentoring and Support group. Time and time again, students were told to take advantages of additional services provided.

One program of interest was called JUMPSTART. This program was offered to incoming students to offer the opportunity to familiarize the students with campus life at CCM. Students in this program were given a chance to review the campus, course which would be taken, meet with staff, and gain useful insight prior to the start of the school year.

Calais students then met with CCM Student Ambassador Brielle, who showed off various academic and recreational buildings. Of particular interest to the Calais students were the gymnasium, pool area, and library. All of the campus sites piqued the students' interest in attending an institution of higher learning.

Calais Athletics



I am sincerely proud of the progress the students at The Calais School have made in physical education with regards to effort, athleticism, teamwork, and sportsmanship. We completed our badminton unit and since the students were so interested in the sport we began an intramural badminton group for the middle school students. The students have really enjoyed intramural sports because they get to socialize and compete against friends who are in other physical education classes.

Vincent Femia

In physical education, we have been outside exploring and the weather has been beautiful for us! We have been very excited with our current unit, softball, and will be continuing to play until the middle of May. When our softball unit ends we will do our best to stay outdoors with units such as frisbee golf/ultimate frisbee, lacrosse, and relay races. It has certainly been a fun filled year and we are looking forward to ending the school year on a positive note!



Left: Michael L serves the birdie. Right: Marisa J. gets a base hit. Far right: Elliot D. works on his swing.

Join us for our Spring Concert May 17th!

David DiGrazia



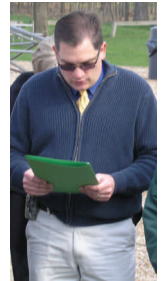
The Calais School will present their annual Spring Concert on the afternoon of **May 17th**. The concert will be attended by all students and will feature various performance ensembles including The Calais School Concert Band, Chorus, Symphonic Band, and Jazz Ensemble. The performing groups will be showcasing well known musical selections from Broadway and Walt Disney Productions including "Annie," "Mary Poppins," "The Little Mermaid," and "Aladdin." The concert will be in the cafeteria and will begin at **1:30pm**. Parents and relatives of all students are welcome to attend and get warmed up for summer with this great show of Calais's young musicians. It has truly been a great school year! Hope to see you all there!

Calais Celebrates Earth Day & Arbor Day

Megan LoBue



Both Earth Day and Arbor Day occurred in April and Calais Lower School students celebrated by planting a Sweetbay Magnolia (*Magnolia virginiana*) tree with local arborist Lorraine Konopka. Lorraine shared the history of Arbor Day with the students and showed them how to care for our tree.



The Hanover Township Environmental Commission donated the tree and NJ Forest Nursery donated seedlings for students to plant at home. Thank you for your generosity!

Left: Principal Dr. Diane Manno helps student Jasmine H. with the golden shovel. Right: Aiden C. takes his turn. Far right: Vice principal Steve Sokolewicz reads the 2013 Arbor Day Proclamation.

Writers' Corner

Jamal C.

I agree on paying two dollars at the entrance of a Community Park.

A reason I would pay for my children to go to the park is so that the park can earn money to upgrade the playgrounds and restrooms. The reason other parents and I would like more sanitary playgrounds and restrooms is because there are a lot of germs and the flu going around and spreading. There would be a recreation center and a daycare for the community instead of parents staying home with their children and missing work. The workers would be getting paid to work with some of the money they earn or they can volunteer to just help out the town.

They can use the park or the recreation center for parties, weddings, etc. People can rent out the recreation center for meetings too. I think the park could use recycling bins to keep the park clean. I think the park should also have a duck pond and earn money by having a stand where people can buy duck feed. I am sure that parents and their children would like to feed ducks because ducks are beautiful and sweet. Ducks will also be attracted by the water when it's warm and the ducks will keep coming there to get fed.

That is the reason I would like people to pay a two dollar entrance fee at community parks.



Michael L.

I feel that paying two dollars to get into a park is crazy.

The park commission can make more money by having fundraisers and by renting out part of the park to shopkeepers and food stands. The park commission can charge for events such as summer concerts and bike and hound races. The rent money could help maintain the park.

People would not like to pay a two dollar fee. So they would go to a park that doesn't make them pay. People would rather go to a store or a fundraiser because they can get something useful or something that they need or want.

People pay taxes and some more of that money should go to the park. The money can support the park and keep the equipment in good condition. People should not have to pay for walking a trail or a dog.

Finally this is why I think parks should stay free.

EXTENDED SCHOOL YEAR PROGRAM

July 1 - August 5, 2013

FOR GRADES PreK-12 PROGRAM AREAS

The Calais School offers a 5-week summer program which encompasses academics, social skills and recreation development.

- Project Based Learning
- Music and Dance Appreciation
- Artistic Expression
- Recreational Activities
- Science Wizardry
- Social Skills through Activities Based Learning

FOR GRADES 10, 11, 12 and 12 PLUS PROGRAM AREAS

Career and Technical Education mini-course instruction is offered in the following program areas:

- College Placement Test Preparation
- Digital Arts Education
- Floriculture/Landscape Design Experience

The program will also provide:

- Child Care Provider/Assistant Experience
- General Office Occupation Opportunities



IMPORTANT DATES

- **May 27th: School Closed, Memorial Day**
- **June 26th: 1:20pm Dismissal— Graduation, Last Day for Students**
- **July 1st: Extended School Year Program Begins**

There is still time to enroll in our Extended School Year!

Call Admissions Coordinator
Kristy Hartman at
(973) 884-2030 x 265 to
reserve your spot today.



THE CALAIS COURIER

The Calais School
45 Highland Ave.
Whippany, NJ 07981

