

# CABI NEWSLETTER

Achieve The Possible

March 2021

## IMPORTANT DATES TO KNOW!

Spirit Week

April 2-9

Friday, 4/2	Monday 4/5	Tuesday 4/6	Wednesday 4/7	Thursday 4/8	Friday 4/9
<b>"Light it up Blue!"</b> Wear blue day! 	<b>"Be a Good Sport!"</b> Wear Favorite team jersey! 	<b>"Be an Individual!"</b> Crazy sock day! 	<b>"Be Comfortable with Autism!"</b> Wear PJ's Day! 	<b>"Blend Together!"</b> Wear Tie Dye Day! 	<b>"We all Fit Together!"</b> Each Pod wears the same color! Elementary- Red Middle- Green High School- Blue Administration- Black Ancillary Services- Purple 

Spring Vacation

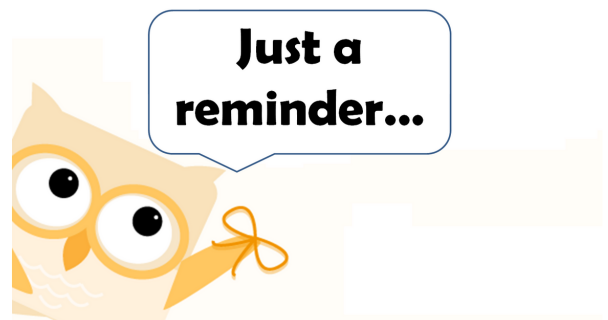
(No School / No Remote)

April 19-23



## CABI SCHOOL STORE- NOW OPEN!

- The CABI School Store is open on Tuesday and Thursday afternoons.
- Feel free to send in some money for your child to enjoy a fun treat and work on purchasing skills while following COVID guidelines.



## IMPORTANT REMINDERS

- Please send in your child's updated annual physical form after their appointment.
- CABI must receive the completed daily student attestation form upon the student's arrival for the day.

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## NOTES FROM NURSE COURTNEY



### COVID 19 Variants

Viruses constantly change through mutation, and new variants of a virus are expected to occur over time. Viruses are organisms that, like any other living thing, adapts to their environment in order to survive.

#### What can we do to protect ourselves?

*You are already doing it!*

- Wear your mask.
- Social distance.
- Wash your hands.

#### Will the COVID 19 Vaccine protect from variants?

So far, studies suggest that antibodies generated through vaccination with the authorized vaccines from Pfizer, Moderna and Johnson & Johnson recognize these variants. The vaccines were designed to teach the human body how to recognize the base layer of all COVID viruses and how to mount a defense against it. If the body comes into contact with the virus again it will know what to do to fight it. The vaccines will provide a level of protection against the COVID variants.

#### How to get a COVID 19 Vaccine:

- Pre-register at [VaccineSignUp.mass.gov](https://vaccineSignUp.mass.gov) to be placed in line to make an appointment.
- Use [VaxFinder.mass.gov](https://vaxfinder.mass.gov) to search for appointments at pharmacies, health care providers, and other community locations

# ELEMENTARY POD

## CLASSROOM 1

Classroom 1 got their hands dirty learning about all things spring! They enjoyed the nice weather and took lots of walks outside together. For Health Group they braved trying cucumbers!



## STUDENT HIGHLIGHTS

JJC is working hard on multiplication.

ML has done a great job identifying if people are busy or available.

PP continues to make excellent progress with his standing.

JAG is making progress using her device to request and comment!

## CLASSROOM 3

Classroom 3 had weekly groups about the great women of the world in honor of Women's History Month, including Jane Goodall, Grace Hopper, and Clara Barton.. For social skills, the class focused on Mental Health where they labeled and discussed emotions & coping strategies.



## CLASSROOM 4

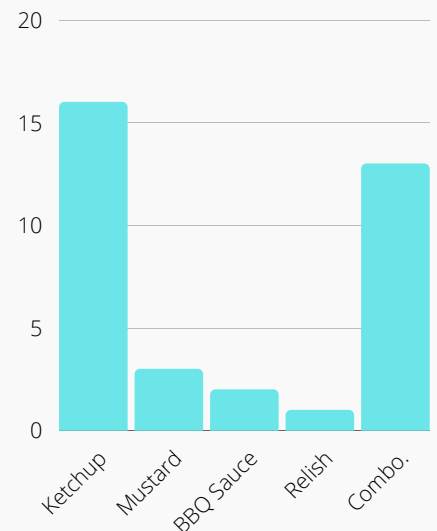
Classroom 4 had fun learning about the phases of the moon and focused on what Venus looks like during Academic Group. For Social Skills, the class had a blast playing Emoji/Emotion Jeopardy.



## Question Corner:



## WHAT IS YOUR FAVORITE HOT DOG TOPPING?



## CLASSROOM 5

Classroom 5 has been enjoying the nice weather and doing group activities outside. In science, they learned all about plant and their growth conditions. For social studies they learned about landforms and had fun creating them out of their favorite foods. Social Skills was all about Mental Health and identifying coping skills & positive choices.



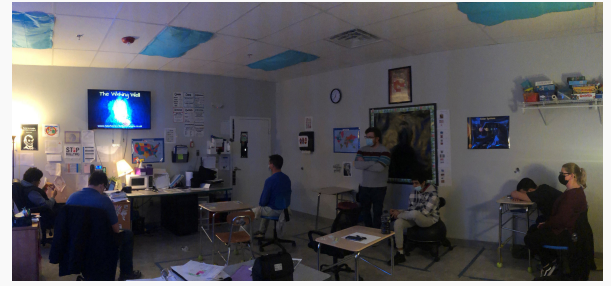
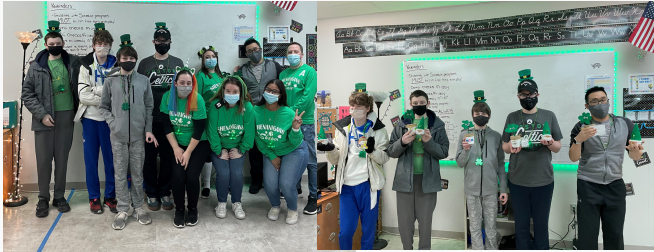


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# MIDDLE SCHOOL POD

## CLASSROOM 6

Classroom 6 started their by planning and celebrating our Classroom Teacher, Mr. Jake's, Birthday. Our students practiced their planning skills as well as budgeting, shopping, and purchasing. We also worked on "Mindfulness" after lunch by listening to a guided meditation to get our minds on track for our afternoon work and reduce stress. During our academic groups, we've learned about recycling, current event with CNN10, and women's suffrage to celebrate Women's History Month.

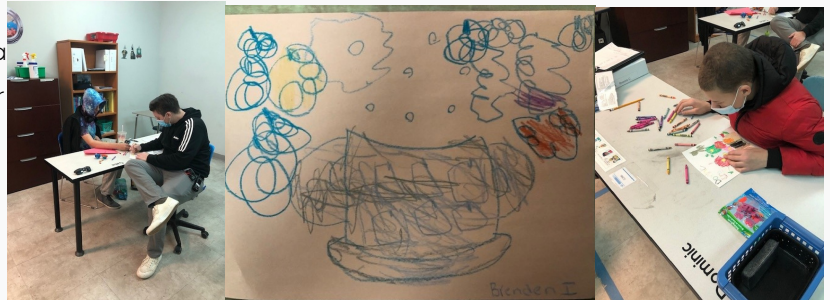


## CLASSROOM 7

Classroom 7 has been celebrating Women's History Month. We have discussed famous women including Sally Ride, Harriet Tubman, Rachel Carson and Grace Hopper. We also celebrated St. Patrick's Day by wearing green and doing a few St. Patrick's Day themed crafts. We took a virtual tour of Ireland and listened to Irish music while we worked.

## CLASSROOM 8

Classroom 8 enjoyed learning about Clementine Hunter, a famous folk artist, in Art class this month. They drew their own pictures of flowers in a pot and especially enjoyed showing off their art work via zoom!



## CLASSROOM 9

In Classroom 9, we've been hard at work with academic groups and social skills! In social studies, we discussed the Early Americans and talked about where they started and how they lived. We talked about staying safe in the community during our health group. In social skills, we talked about mental health and ways to cope such as practicing mindfulness. We also made stress balls to use during stressful situations!



## CLASSROOM 10

Classroom 10 has had a very exciting month. With the warmer weather, we've been moving a lot more and even had a sprightly game of kickball!





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# HIGH SCHOOL POD

## CLASSROOM 11

Classroom 11 was excited to celebrate the first few days of Spring and made sure to take full advantage of the warm weather. While outside Classroom 11 looked for different signs of Spring like the migration of spring birds, buds on trees and signs of flowers coming up. After everyone enjoyed the weather by partaking in outdoor games like hopscotch, catch and fun with outdoor chalk.



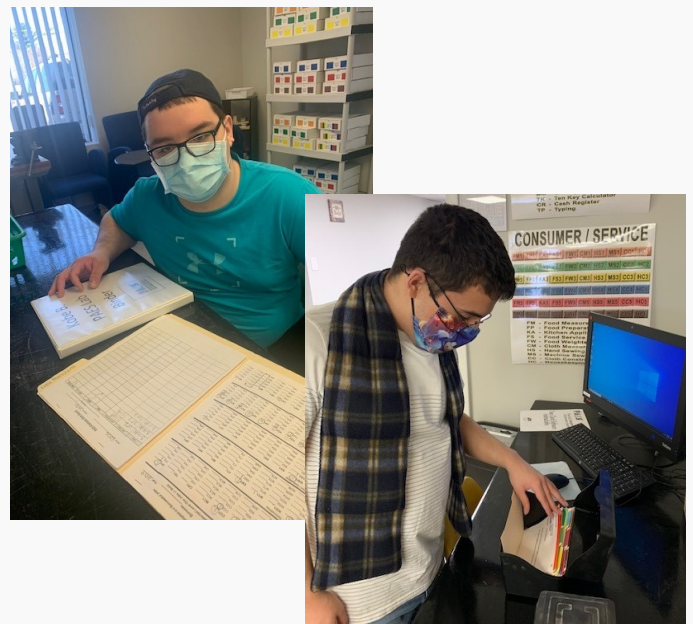
## CLASSROOM 12

This month, Classroom 12 learned about different women throughout history to celebrate Women's History Month. A women in hstory that we learned about was Amelia Earhart, the first women aviator to fly solo over the Atlantic Ocean. After watching a video and reading about her the classroom made their own paper airplanes and had a paper airplane throwing contest outside. Everyone enjoyed creating and decordating thier planes and did a great job participating!



## CLASSROOM 14

Classroom 14 was very excited to be able to go into the PAES Lab to continue learn new vocational jobs. Students worked on signing into their job, finding their assignments for the day, and finding the materials to complete the job. Even though it has been a year since being in the PAES Lab our students did a great job remembering many of the steps and the expectations of the space. They even remember to maintain social distancing while completing their jobs.

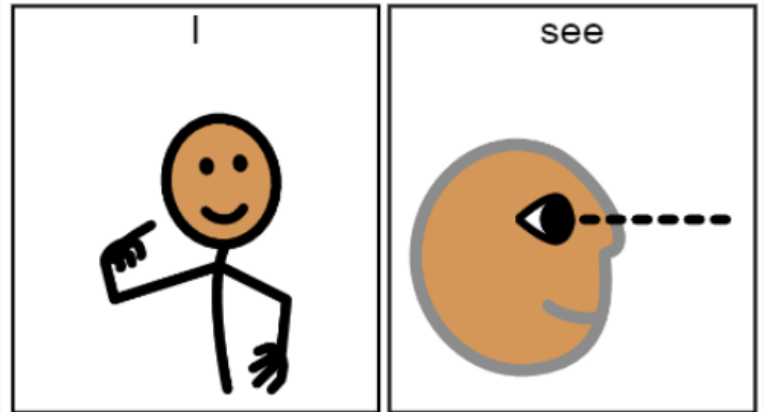


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## SPECIALITY SERVICES

### SPEECH AND LANGUAGE

This month students enjoyed commenting on items around the class using the phrase "I see ...". Try practicing at home by playing iSpy or having scavenger hunts. Watch this space for monthly core word activity suggestions from the SLP!



### OCCUPATIONAL THERAPY

This month, Classroom 12 students participated in cooking group with SLP and OT.

OT month is coming up in April. Occupational therapists work with students on bilateral coordination skills, executive functioning, self-care skills, visual perceptual skills, handwriting skills, visual motor integration skills, sensory processing, fine motor skills, and more! Stay tuned for next month's newsletter to find out what our students worked on during OT month!

### PHYSICAL THERAPY

Did you know that yoga poses can help children improve their overall muscle strength and flexibility? This month, students worked on executing various yoga poses, including bridge pose, table pose, boat pose, and downward-facing dog. These are simple poses that can be added into an everyday routine. They can be made playful by driving car toys over or under the "bridge" or balancing items on the dinner "table". Continue to read next month's newsletter to discover helpful tips and tricks to improve your child's physical mobility!

Table Pose



Bridge Pose



Downward-Facing Dog

