



The Academy Newsletter

Qtr 3 2022-2023

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A message from Ms. Wells:

As we wrap up the first semester at The Academy, I want to congratulate our four December graduates and several of our students who will return to home-schools next semester. We also have a few eleventh graders on track to graduate this May. All of these celebrations are possible because we have individual students showing up, setting goals, completing work, and focusing on progress. Our staff continues to encourage as well as support each student who is ready to take one step forward toward academic success. Our school family is very proud of semester one accomplishments.

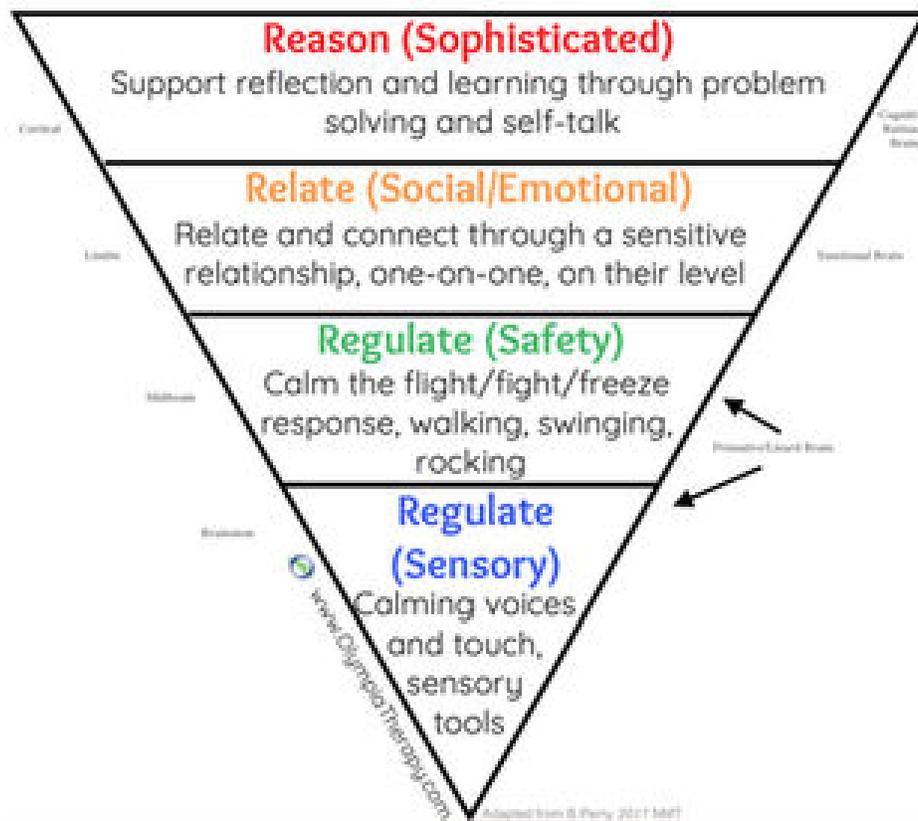


As we move into the new semester, I challenge all students to attend school each day, well rested, with an open mind filled with hope.

SEL (Social Emotional Learning):

The Academy homeroom classes focused on gratitude, being grateful, and gracious during November. On Veteran's Day, we wrote letters and drew pictures, which were distributed to Veterans. Prior to Thanksgiving, we had a door decorating contest to show our gratitude as a homeroom group.

The Social Emotional Lessons in December were focused on generosity, being generous, and giving without expectation to receive something in return. We discussed various ways to be generous; people can be generous with money, material things, time, energy, or talents. Staff members showed generosity by providing a carry-in lunch for all! Students used some time to write a kind holiday note that was delivered to a nursing home in addition to writing kind notes to staff members at The Academy.



A message from SSFL's:

SSFL's are meeting with students individually to review 2nd quarter, academic, attendance and behavior goals. At that time, 3rd quarter goals will be put in place. It is important that students attend school regularly and on time. The students that attend school daily are seeing great success in academics and social-emotional learning. We will continue to have attendance incentives during 3rd quarter along with behavior and academic incentives. We cannot stress enough the importance of being in attendance at school. If you need assistance with busing, please reach out to the Transportation Department at 217-224-5910.

SSFL Team by grade:

- Mrs. Woodworth- 7th and 8th grade
- Mr. Carroll- 9th and 10th grade
- Mr. John- 11th-12th grade

BEATING THE HOLIDAY BLUES



For many individuals experiencing mental illness, the holiday season is often a time when the symptoms heighten.

WHAT ARE THE HOLIDAY BLUES?

The Holiday Blues are temporary feelings of anxiety and/or depression during the holidays that can be associated with extra stress, unrealistic expectations, or memories that accompany the season.

TIPS FOR AVOIDING THE HOLIDAY BLUES:

- Stick to a normal routine as much as you can
- Don't overwork yourself
- Make a to-do list or goals for the New Year
- Spend time with supportive people
- Eat and drink in moderation
- Get exercise