



The Academy Newsletter

Qtr 4 2022-2023

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www.qps.org/academy

A message from Ms. Wells:

As students continue to meet their academic and social emotional goals, we find our Student Champion Teams working with them to plan for a positive return to their home school for the fall of 2023. We also have many graduating seniors and juniors to celebrate in May. We want to thank all of our families, staff, and students for an amazing year of growth.

Summer school will be offered on site for eligible students. This does not include driver's education courses. Those courses will be held at QHS. You should receive an invitation with specific details and dates by May 1st, if your child qualifies for any summer school courses.

If your child is returning to The Academy this fall, please make sure you check the QPS website and select our school name to stay current on important information, deadlines and fall registration dates.

Our current main office hours through June 6th are 7 am - 3:30 pm. Our summer office hours June 7th - June 30th will vary depending on summer maintenance, planning meetings, and summer trainings. Please leave a message at any time and someone will return your call when available.



Please note there will not be anyone available in the office the month of July.

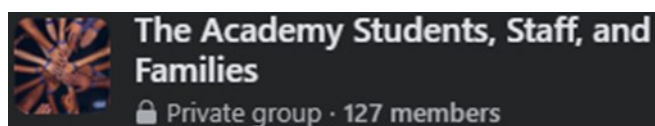
SEL (Social Emotional Learning) from Ms. Jackson:

The theme in January was "Commitment: I can keep a promise". We discussed making new commitments to ourselves and others. Homeroom teachers led discussions on how loyalty, dedication, focus, trustworthiness, and dignity effect our commitments.

Using our career planning program, MajorClarity, students explored career clusters and discussed various projects that require multiple careers to complete. After learning about various careers, students created a "road map" for their academic future including the end goal of graduation and multiple steps to reach their goal.

In February, the SEL theme was "Kindness: I care about others". We participated in Senator Jil Tracy's program to provide Valentine's Day Cards to seniors. Students discussed the difference between being kind and being nice. We participated in the National Random Acts of Kindness day. We discussed how to address difficult conversations with friends in a kind and patient way.

You are invited to join our Facebook Group for empowering messages related to our weekly SEL themes.



A message from the SSFL's:

During the 3rd Quarter several great attendance incentive opportunities were in place. Students had the opportunity to win bi-weekly and monthly prizes. 4th Quarter will also have incentive opportunities. Attendance is important in being successful in meeting required AEP goals.

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

Extended Day

Extended Day will continue to be available 4th Quarter. We meet every Wednesday evening from 5pm-6:30pm through May 3rd. This is an excellent time for our High School students to come in for: extra help, completing assessments, and more importantly making strides to complete courses, earn credits, and graduate. Did you know that a student can complete a class in 10 visits if they are determined and dedicated to working? Our students that are attending average 4% or more completion in a course on a given evening.

If you would like to take advantage of Extended Day or need more information, please reach out to Mr. Stafford here at the Academy at: staffoda@qps.org We hope to see everyone on Wednesdays!

 <h2>TALK</h2> <p>Talk with your children about their mental health. Make topics around mental health, stress, anxiety, fear and feelings common in your home and in your child's life.</p> <p>#weALLhaventmentalhealth</p>	 <h2>TRUST</h2> <p>Trust your gut; you know your child best! If you believe your child is struggling or needs help, trust that feeling.</p> <p>#NoHealthWithoutMentalHealth</p>	 <h2>ROLE MODEL</h2> <p>Show your children it is ok to talk about and care for their mental health by taking care of yourself.</p> <p>#ChildrensMentalHealthMatters</p>
<h1>MENTAL HEALTH FOR CHILDREN</h1> <h2><i>What Parents Can Do</i></h2> <p>NATIONAL FEDERATION OF FAMILIES FOR CHILDREN'S MENTAL HEALTH, FFCMH.ORG • THE YOUTH MENTAL HEALTH PROJECT, YMHPROJECT.ORG</p>		
 <h2>ASK FOR HELP</h2> <p>Get a referral to a mental health specialist, if needed. Provide your child with every opportunity to receive treatment and support – just as you would for a broken arm or a fever.</p>	 <h2>CONNECT</h2> <p>You are not alone; 1 in 5 children experiences a mental health condition. Connect with other families who can offer support, help and resources.</p>	 <h2>TEAM UP</h2> <p>Build a team with the professionals and child-serving systems involved in your child's life. An open and honest dialogue with teachers, coaches, doctors and others will give them the information they need to support your child.</p>