

Celebrate the Children

WEEKLY NEWSLETTER

Congratulations Darian & Ryan

SPECIAL POINTS OF INTEREST:

- Darian & Ryan
- Around Campus
- Upcoming Events

Darian and Ryan participated in the All-Area Special Olympics swim team on March 19th at the Montclair YMCA.

Their team, Team Hope, got 1st place overall. Darian finished 3rd place overall in the 50 yard freestyle and 50 yard breaststroke and Ryan placed 2nd in the 100 yard freestyle, 1st in the 50 yard Butterfly and their A relay.

Their swimming was out of this world.

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Hosting Opportunity: A professional from CTC UK will visit for two weeks this summer and is looking for a host family. Please contact Kmccolligan@celebratethechildren.org for more information.

A PEAK INTO THE CLASSROOM JACKIE'S CLASS

Ms. Jackie's class along with 3 other classes have been studying a unit on cultural awareness this past month. The students have been researching and learning about their culture and other cultures around them. Our focus has been for each student to gain an understanding and respect of the differences and similarities among those in our community and to teach each child that they are a wonderfully unique person among many other wonderfully unique people on this earth. Our lessons have been cross curricular with many hands on experience based activities. We have ventured to the local park to play games and sports from around the world, visited Saint Francis Life Care Community to read books with the residents about different countries and worked together on a creative flag craft, learned how to say Hello in different languages, dined at a Chinese restaurant, listened to and marched in a parade led by a bagpiper who taught us about the instrument and its history, and went to the mall for a cultural scavenger hunt! We celebrated Chinese New Year, Mardi Gras, and Saint Patrick's Day too! As we continue our unit, the students have prepared for and invited their families to our multi-classroom cultural fair. The fair will include educational information, food samplings, displays, and fun games and activities from around the world for all to experience and enjoy!



Just a Reminder....

**Special
Olympics**
New Jersey



All Special Olympics Track & Field paperwork is due **Friday, April 1st!** Please contact Danielle Dieckmann, PT, DPT or Lisa Bruno, OTD, OTR if you have any questions about the paperwork or event.

A PEAK INTO THE ART PROGRAM MARY BETH'S CLASS

"I get to show others my painting skills. I am able to paint anything I want and do not have to be dependent on others."

-Darren

Spotlight On an Artist

Darren Foster has been working independently all year creating acrylic paintings. He has created beautiful works in the past and is concluding his art career this year at Celebrate the Children with some very important major work. His first work was an interpretation of Van Gogh's sunflowers. Darren had his own take on this iconic painting while incorporating Van Gogh's color palette and gestural movement.

Darren is currently finishing up an Autumn landscape. He is using several different painting techniques including sponging and color blocking to achieve the desired visual effect. Darren is thinking up his next artistic theme. We can't wait to see what the inspiration will be for what is sure to be a masterpiece.





HEALTHY EATING

Starseed Bakery is a place of business where many students from CTC work. I will highlight the students and the bakery in my next article. In this article, I will be talking about the importance of maintaining a healthy diet and what can happen when you have poor health habits. This is to set up the important things that the bakery is doing, such as providing jobs for our students and also baking healthy foods. Gluten and other products are left out of the bakery's foods.

There are many things that can happen to your body when you eat unhealthy foods. Short term it can cause "poor brain function, insulin resistance, weight gain, indigestion and heartburn, mood problems, and poor sleep." (Healthyeating.com). This can lead to other, larger health problems later in life. Starting to eat healthy at a young age can help stop these problems before they become unmanageable.

Eating healthy will "also save money. The average household spends \$850 a year on soda when they can drink water for free." (Healthyeating.com). In the long run, that can save you a bunch of money. That's \$8,500 in just ten years! There are also many long term health effects that could cause a lot of damage or death. For example, obesity puts you at risk for many health issues. These include "high cholesterol, high triglycerides, type 2 diabetes, high blood pressure, stroke, heart disease, gallbladder disease, cancer, depression, osteoarthritis, and skin problems. This affects two-thirds of all American adults." (Healthyeating.com).

There are some tips you can follow that will help to keep you healthy. Drink lots of water. Add fruit for flavor and to soak up antioxidants. Eat fresh fruits and vegetables and eat less processed foods. Remember- the less ingredients the better.

Try to eat organic meat and milk to reduce hormones and antibiotics. You can add pre-cut fruit and easy healthy snacks to your diet. Make sure to get enough sleep, and exercise will also give more energy. You can do fun things to motivate you like swimming or taking your dog for a walk. Little changes can go a very long way!



TREATS FOR OUR FURRY FRIENDS At Eleventh Hour Rescue



Jackie's Adult Program class went to the Eleventh Hour Rescue to give the dogs goodie bags of biscuits that the class made themselves. Her class made 24 bags of dog biscuits. They were made out of baby food and gluten free flour. To make the dog biscuits, the class mixed the biscuit dough for five minutes, cut it with a cookie cutter into a dog or dog bone shape, baked for 10 to 15 minutes and put them into a goodie bag. Jackie says that anyone can make biscuits but you have to check with the rescue first so you know what not to put in them.

The rescue is in the Rockaway Mall. They rented the store front for only one month but decided to stay. The class saw many types of dogs and were even allowed to pet one. The class chose Eleventh Hour Rescue because of their love of dogs. Jackie herself has two dogs. The class revisited Eleventh Hour Rescue and were told the dogs loved the treats!

You can help too!

Donate at <http://www.ehrdogs.org/info/donate>

Volunteer at

<http://www.ehrdogs.org/info/display?PageID=10957>

**By Alec
and
Darren**

Come one, Come all, Come to Matt's Art Show



Saturday, April 16, 2016 from 2-4 pm

The Fine Grind, 101 Newark Pompton Turnpike, Little Falls, NJ

Live music by Maggie Squilante

Matt's art work will be displayed the whole month of April

CTC Small Group

Parent Series

*ANNOUNCING OUR
2016 SPRING SESSION!*

“Growing Pains”



Series will support parents to address the following topics:

- *Social/Emotional changes*
- *Thinking/Learning*
- *Physical maturation*
- *Enhancing your child's ability to express social and emotional capacities*
- *Helping your child discover his/her own learning style-how his/her brain works*
- *Demystifying physical changes*

Meets on Fridays from 11:00 AM -12:30 PM

April 8th, 15th and May 6th and 13th

The group will be held in the CTC lobby conference room

To sign up you must RSVP: Please contact Mady Kaplan or Stefanie D'Amore

at the SFSS Dept.--(973) 989 4033 - EXT. 421 or 420



Planning For Adult Life

FREE PARENT FORUM AND OPPORTUNITY EXPO

STUDENTS IN SPECIAL EDUCATION 14-21 AND THEIR FAMILIES

TIME: 9:00-1:00pm

June 4

Celebrate The Children

230 Diamond Spring Road, Denville, NJ 07834

TO REGISTER: www.PlanningForAdultLife.org

WORKSHOP SESSIONS INCLUDE:

- Parent's Perspective on Planning
- Understanding SSI and Medicaid
- Employment Options for Individuals with Intellectual/Developmental Disabilities
- Guardianship: What You Need to Know
- College Opportunities for Students with I/DD
- Accessing Services and Natural Supports in Your Community



The Arc
of New Jersey

**Planning
for
Adult Life**

Division of Community and Disability Services, Department of Human Services, State of New Jersey

985 Livingston Avenue | North Brunswick, NJ 08902

T 732.828.0972 | F 732.828.0972 | E helpdesk@planningforadulthood.org | www.PlanningForAdultLife.org



Do You Crave The Spotlight?!
Have a Special Talent?
Love the Roar of the Crowd?

Then Join Us for the CTC/TGIF
4th ANNUAL
TALENT NIGHT!

- WHEN:** Friday May 6. 2016 7:00-9:00
- WHERE:** CTC School Denville "Main Stage" Gymnasium
230 Diamond Spring Road, Denville, NJ 07834
- WHO:** CTC High School/Adult Program Students & Staff
& Roxbury PEC TGIF Teen/Young Adult Group
- BRING:** Bring whatever you need for your performance...
Instruments, Costumes, Props, Roadies, etc.
AND a Snack & Drink to Share
- RSVP:** to Cheri, calexander@celebratethechildren.org,
with name's & number of people attending

We need to hear from anyone attending, Performers & Fans, so we can put together a line up & prep the general admission seating. You do not need to be performing to attend but we still need to get an RSVP from anyone joining us. If you are performing we would like to know what your act will be. You will have approximately 5-10 minutes to perform depending on how many acts sign up.

PARENTS MUST Sign in When Dropping off & are Welcome to Stay

IMPORTANT NOTE: We can't guarantee that there will be enough VOLUNTEER Support to meet the individual needs of all participants so if your child requires individual support please plan on attending or having your child accompanied to this event.

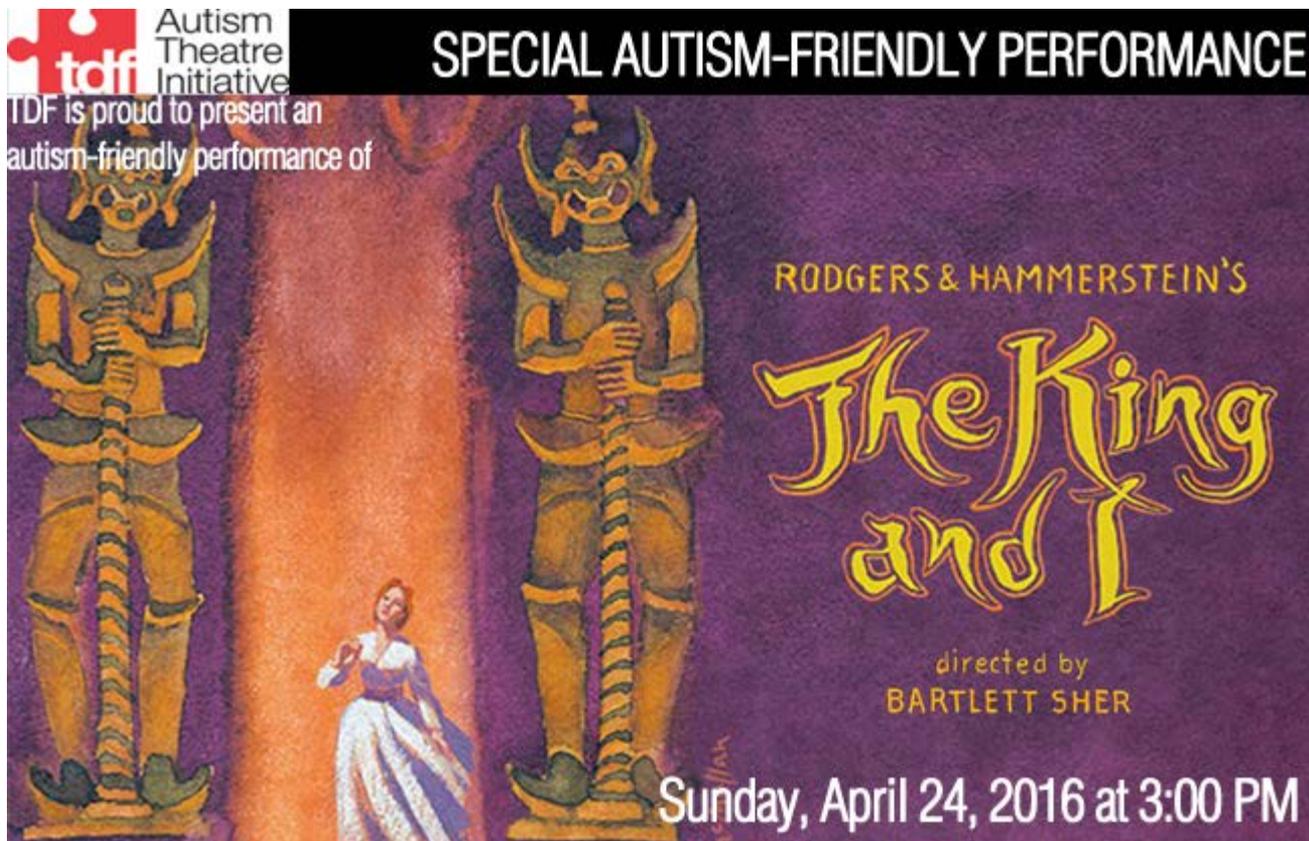
PARTICIPANTS WILL NOT HAVE ACCESS TO THE REST OF THE SCHOOL

Got to be on the GUEST LIST to get in!



The King and I

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What makes it autism-friendly?

To create an autism-friendly performance, the show is being performed in a welcoming, supportive environment for individuals on the autism spectrum, with sensory and communication disorders, or learning disabilities. Slight adjustments to lighting and sound will be made for the performance. If anyone needs to leave their seats during the show, there will be a break area in the downstairs theatre lobby, staffed by specialists in the field. A downloadable Social Narrative (in Word format) with pictures of the theatre and of the production will be available on the registration page, in order to design and personalize the experience, as to prepare individuals for the event. Additional resources for this performance, such as a Character Guide or Guide to Attending the Show will also be available.

TICKETS ON SALE NOW!
TDF.org

The King and I

Vivian Beaumont Theater
(150 W 65th St, New York NY 10023)
Sunday, April 24, 2016 at 3:00 pm.
RUNNING TIME: 2 HOURS AND 55 MINS (1 Intermission)

For individuals on the autism spectrum, as well as people with other developmental or cognitive disabilities who may benefit.

CTC CONNECTIONS - RESOURCE WEBSITE

...everything you need to navigate the journey!!

On this site you will find access to a vast array of Local, State, & National Resources and Organizations dedicated to supporting children, families, and professionals. You can sign up for newsletters & publications, locate workshops, seminars and conferences, access webinars, find publishers, connect to other families, get homework help, and the list goes on!



We encourage you to explore, connect, and utilize the vast resources that are available to you through these organizations. The knowledge you will gain, the confidence it will afford you in your journey, and the community connections you will secure are invaluable!

Look for the "CTC Connections" logo on the home page of the CTC School website
<https://sites.google.com/a/celebratethechildren.org/national-and-state-organizations/>

Planning for Adult Life Parent Forum & Opportunity Expo

Hosted by "Planning for Adult Life" for
Students & Families in Special Education
Ages 14-21

Saturday June 4, 9:00-1:00

At Celebrate the Children

230 Diamond Spring Road Denville

Workshop Sessions Include:

- *Parents Perspective on Planning
- *Employment Options *Guardianship
- *Understanding SSI/Medicaid * Accessing
Services & Natural Supports in Your
Community * College Opportunities

TO REGISTER:

www.PlanningForAdultLife.org

This site can also be accessed through
CTC Connections "Transition" Tab

*It may be when we no longer know what to do, we have
come to our real work, and that when we no longer know
which way to go, we have begun our real journey.*

— Wendell Berry

Morris County HOW

ALTERNATE LOCATION:

Parsipanny High School 309 Baldwin Rd, Parsipanny
Is your child 14-21 years old? It is time for you to start
planning for life after school. Join

HOW: "Hands On Workshop Series" (aka: Prep Club)

Tuesday April 5, 7:30 pm TOPIC: Guardianship

RSVP REQUIRED – email Caroline

cmclaughlin@arcnj.org

CTC MAPs Club

Making Action Plans for Life and Career

Transition Navigators meet with older students twice monthly
completing activities based on transition curriculum. Small group
activities, peer to peer discussions, formal presentation, and
individual activities allow students opportunities to learn how to
identify their strengths/challenges and set life goals for the future.

CTC Parent Support Groups

We have a few Parent run Support Groups that
meet on and off premise. Contact your SFSS
Case Manager for more details!

We also strongly encourage families to reach
out to their home communities for support
and recreation opportunities!

CTC SFSS Small Group Parent Series

Meets on Fridays's 11-12:30 on the following dates:

April 8th & 15th and May 6th & 13th

Look for the flyer from SFSS for more details
You **MUST** RSVP to Stef ext 420 or Mady ext 421

Upcoming Events

Special Olympics Area 3 Track & Field at Hackettstown High School,
May 7th

Registration @ 8am
Opening ceremonies @ 9am
Contact Danielle or Lisa with any questions @ 973-989-4033 x 123

CTC/TGIF 4th Annual TALENT NIGHT

Friday, May 6, 7-9
CTC Gymnasium
RSVP to Cheri at:

calexander@celebratethechildren.org
with name's and number attending

Save the date:

Planning for Adult Life will host
SPRING OPPORTUNITY EXPO
CTC Host Site – **Saturday, June 4, 9-1**
FREE Parent Forum and Opportunity Expo!
See flyer in newsletter for more info

Light it up Blue

Friday, April 1st, 10-12 
CTC Gym

Music by Brady Rymer & The
Little Band That Could!
Invite your friends and family.

Sibling Day

Thursday, March 31st
9am -1 pm
Information to be sent home.

Matt's Art Show

Saturday, April 16, 2016 from 2-4 pm
The Fine Grind, 101 Newark Pompton
Turnpike, Little Falls, NJ

March 25th & 28th
Easter Break
School Closed

April 18th-22nd
Spring Break
School Closed

CTC Small Group Parent Series 2016 Spring Session "Growing Pains"

Meets Fridays from 11 am-12:30 pm
April 8th & 15th and May 6th & 13th
RSVP required to:
Mady Kaplan or Stefanie D'Amore at
973-989-4022 x 421 or 420

Green Vision Donations

can be made by contacting:
greenvision@celebratethechildren.org
or call 973-989-4033 x 145

7th Annual Young Athletes Day April 17th from 9:45am-12pm At Kean's Harwood Arena

For the past six years, Kean University has hosted a free, one day event that creates opportunity for families and children with intellectual disabilities, aged 2 to 7 years to participate in foundational sports skill activities. It provides an introduction to sports and offers families the opportunity to share in the success of their future athlete.

Allied Wealth Partners Presents

"Person-Centered Planning Principles"
Presented by: William Busch III, ATP,
Assistant Executive Director
Thursday, March 31st 6:30-7pm Networking
7pm Presentation
Allied Wealth Partners, 14 Walsh Dr, Suite
100, Parsippany, NJ



Celebrate the Children

A School for Children with Alternative Learning Styles

Phone: 973.989.4033
www.celebratethechildren.org