

ROSE-MARY CENTER SCHOOL

MARCH 25, 2011



AROUND THE BUILDING...

Rm 3 has been keeping busy with their regular weekly activities such as shopping, cooking (soul food in February) gym, art, making crafts, and taking part in seasonal activities and trips.

Part of their “sensory” education was playing with leaves on the sensory table. They threw the leaves in the



air, rustled them around, felt, smelled and crunched them. They made a happy mess! They also went on some community training trips (weather permitting-

long hard winter!). Their regular stops are Wal-Mart or the Westside Market to pick up supplies for cooking class. Tremont Library for stories and movies on Friday is another popular destination. The big outing recently was going to Penitentiary Glenn to see and play “The Snow Drops Adventure Game”, a life sized board game. The object of the game was to help Snow Drop, a white deer, find her true colors by exploring all the other colors throughout the game. The game board was decorated as a winter wonderland with reds, blues, greens, and yellows of the forest. When the game was finished, the class went out to the animal nursery to visit the eagle, turkey, hawks, vultures, owls, fox, woodchuck and

raccoon.

In addition to conducting classes two days a week here at school, the art therapist spends every other Wednesday with a few students one on one. She is seeing progress in the areas of independent efforts, decision-making and social development. Students have been learning about shapes and colors which resulted in creating a kaleidoscope image on the bulletin board. This bulletin board is so colorful and so pleasing to the eye, that the students, as well as adults love looking at it.

All students participated in celebrating Ohio’s 208th birthday by making a large wall display.

Art projects will focus on spring and prom.

DATES TO

REMEMBER:

- April 22 & 25—No School (Easter)
- May 6—Spring Formal 1-2 pm
- May 13—Early Release at 12:15
- May 30—No School (Memorial Day)
- June 3—1:30 Graduation
- June 9—Last Day for students
- June 10—Staff Only/No students

A TASTE OF RMC SCHOOL

Students and staff seem to come up with some great reasons to celebrate throughout the year. Students and staff love to eat the many variations of food that these celebrations represent. The students get to taste flavors, feel textures and enjoy the color of the many different foods. In February, the school celebrated Black

History Month with a potluck of Macaroni and Cheese, Smothered Chicken (fried chicken in a sauce made from pan drippings, flour, cream, seasonings), beans and bacon, greens, sweet potato casserole, cornbread, and pies and cookies. The traditional Mardi Gras

and the corresponding food was prepared by staff and several classrooms. Foods such as Gumbo Jumbo rice & sausage casserole, cabbage & noodles with bacon, King cake, jambalaya, red beans and rice, fried chicken and an assortment of yummy desserts were the fare to bring in the Lenten season.



Everyone helps in the kitchen! (Room 8, Dorothy, Curtis C, Brad, and Curtis B.)



Mary, Helen and Mary Alice pose for the “June Cleaver” look.



GRANDE FINALES...

If eating a dessert at a restaurant sounds like a luscious idea, read on. Always best to be informed... Fat and calories hide in the most surprising places! The restaurant dessert that has the distinction of having the most calories and fat—drum roll—that would be Macaroni Grill’s New York Cheesecake with Caramel Fudge Sauce (1,660 calories & 97 g of fat/57 saturated) equivalent to 3 Big Macs or the saturated fat of 57 strips of bacon. Choosing instead the Italian Sorbetto with Biscotti with 240 calories & 1 g fat/.5 saturated—how easy is that?

The worst sundae... Baskin-Robbins York Peppermint Pattie Brownie Sundae (1,610 calories & 80 g fat/32 saturated). Instead, eating 4 oz. of the Made from Snickers Ice Cream, containing 190 calories (15 g fat/8 saturated) would be the wiser choice.

Coming in for a close third place on the scale of “bad for your health” is Chili’s Chocolate Chip Paradise Pie (1,590 calories & 76 g fat/37 saturated). Given the fact that there is overwhelming evidence that the food industry is making our food worse and

worse for us, in 2008, this pie was THE WORST DESSERT in America. Now two others are worse.

Other choices: Red Lobster’s Chocolate Wave (1,490 calories & 81 g fat/25 saturated) vs. splitting that New York Style Cheesecake with strawberries with your dinner partner (520 calories & 36 g fat/21 g saturated). Red Robin’s Mountain High Mudd Pie (1,390 calories & 69 g of fat) - you would be better off eating 9 scoops of Breyer’s All Natural Rocky Road ice cream. A Starbuck Venti 2% Salted Caramel Signature Hot Chocolate (20 oz) has 760 calories & 37 g fat vs. Grande Nonfat Vanilla Crème (16 oz) has 270 calories & 7 g. fat. Cinnabon Regular Caramel Pecanbun (1,110 calories & 56 g fat) vs Aunti Anne’s Cinnamon Sugar Pretzel (no butter-380 calories & 1 g fat/0 saturated).



Ryan W. working hard with Debbie, the Occupational Therapist.

...AROUND THE SCHOOL...

MAY YOUR DAY
BE TOUCHED BY A
BIT OF IRISH
LUCK,
BRIGHTENED BY A
SONG IN YOUR
HEART. AND
WARMED BY THE
SMILES OF THE
PEOPLE YOU
LOVE.

Kathy M. joined our staff (again) in Room 2. We are so happy to have her back and she says she is happy to be back. She had left for another position but realized she missed the students at school so much that when an opening came up, she jumped at it and applied. Good for her, good for us. Nikki L. became the building float second semester. The float is a substitute position on an as-needed basis. Nikki can be found helping in any classroom on any given day and has been getting to know the students in each class-

room a little better.

The Advocate of Not for Profit Health Services for older Ohioans (AOPHA) nominated Denise Hanson for a 2011 AOPHA star. Congratulations Denise! Job well done.

Lisa A. and Linda H., RMC Transitions Coordinator, have been attending a class at Notre Dame College, “Brain Gym 101” which was developed by Paul Dennison, Ph.D. in 1969 and uses simple movements to integrate left and right brain func-

tions for tasks. Brain Gym develops the brain’s neural pathways nature’s way—through movement and is used in athletics, business and education.

Mary Alice’s daughter, Becky has initiated and is heading up a volunteer project to make the library here at school a true resource center. Last summer, she volunteered at the HELP camp and together with her love for books and helping others it was a perfect project to be undertaken. When finished, it will truly be a resource center for the school.

SAVE THE DATES...



On June 3rd, we will be saying goodbye to Demetrius

and Maggie, who will be graduating from the RMC School program. The graduation will begin at 1:30 and families, friends, staff, and district officials are invited to attend this very special occasion.

Refreshments will be served following the

ceremony. All are welcome to attend.



CARIBBEAN CRUISE ...

will be the theme of this year’s spring formal on May 6 from 1-2 pm.

Action DJ’s will provide the music.

If you have any prom clothing for your child or another child, please let the teacher know so they can plan appropriately. RSVP to the school.

