

Sunshine's Program Updates

Sunshine Alternative Education Center

Changing Lives through Alternative Education and Prevention

January has been a busy month!

Students have worked hard to close out the second quarter in a positive way!

In English Language Arts, we began with an author study of Shakespeare, and then began reading "Romeo and Juliet." Everyone has enjoyed choosing parts for the play, and make it really interesting by using character voices!

Our lab science classes worked on a rock unit, and human genetics. In Marine Biology, we focused on whales and sharks. The documentaries "Blackfish" and "Sharkwater" proved to be eye-opening for all!

In Algebra, students worked on linear equations and Regents prep. Personal Finance really got into the "games unit" where they used different popular games to connect to real-life experiences.

US History students finished up their Civil War unit and were fascinated by some of the videos shown! Global students worked on document-based questions and connecting class vocabulary to real-world news. Some students practiced for Regents retakes.

It's hard to believe the school year is half over already! We are looking forward to continuing our educational journey together.

Januarys PEACE topic was Substance Abuse Disorders.

Discussions included co-occurring disorders, diagnosis and treatment options, effects on the family system as well as preventative measures.

We were so thankful to have our Guest Speakers from 12-step programs of Recovery to share their hope, strength and experience with the students. and Guest speakers who are in recovery shared their stories The students also went bowling for one of their field trips which showed how to engage in positive sober activities.



Evening Programs - SafeKids, Youth/Teen Leadership Social Skills, Support Groups

Building and Reinforcing positive social skills and social emotional learning for children ages 5 through teens. Each age-appropriate group provides a parent/guardian support component.

Monthly topics may include: Friendship, Self-esteem, Anger Management, Dealing with Bullying and Teasing and more.

This month our Social Emotional Topic focused on **Anger Management**. We had a lot of fun learning new hands-on coping skills and working together to remember practice makes perfect!

Our younger groups had a visit from the **Friends from Sunshine Center puppets**. We ended the month with a Hot Cocoa Meditation and cookie decorating.



Thank you to the parents/guardians who took time to fill out the evaluation forms either on-line or in person. This allows us to see how our program is going and what we can do to improve. 26 evaluations were completed. 100% enrolled to help their child manage their anger, anxiety or other strong emotions. 75 enrolled for the supportive/social component to help their child learn better skills to make friends. Whether the family had been involved for 3 weeks or multiple months, improvements were seen in the child's ability to communicate better and handle strong emotions in a more positive way by using the tools they learned. Many of the parents were grateful for the parent component and support so they too could learn the skills to better help their child. We are asking for you to please fill out these forms and share your suggestions. Sunshine will continue to work hard to design a valuable program and provide the support to our families.