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551 Route 6A
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Quarterboard

The Riverview School Newsletter – Fall Edition



Fall 2011



From Farm

To Table

Riverview Moves

A Healthy Start

While attention to the health and wellness of our students is automatic in program planning at Riverview, we nonetheless decided to expand our efforts by embracing this concept as the theme for the year. In this edition of the Quarterboard, you will read about some of the fun and engaging opportunities being provided to students as we seek to establish healthy lifelong attitudes and habits around nutrition and exercise.

One important area of health that will not be overlooked as we move forward with this initiative is the emotional wellbeing of our students. In keeping the School's promise to educate the whole child, we recognize that competence in emotional, social and behavior skills is necessary for academic achievement and general wellbeing. The World Health Organization reports that mental health problems account for nearly half of all disabilities in young people ages 14-24. Today's youth, including those with and without learning difficulties, experience enormous challenges just coping with the demands of everyday life.

As we all know, "beakers" overflow from time to time. Because of past experiences, our students' self-esteem is often fragile and their problem solving skills are still emerging. Transitions can be stressful and the future can appear uncertain. Helpful coping strategies, such as regular exercise and engaging hobbies mitigate the effects of stress. Opportunities to develop decision making skills and independent living skills boost self-esteem and confidence.

Members of the School's vibrant Health and Wellness Committee, determined to engage the entire community, are also organizing programs and incentives for staff, such as fitness classes, instruction in the use of exercise equipment, and Weight Watchers.

And in the dining halls, everyone is benefiting from healthy daily offerings, especially the creative and varied salads being produced by Guillermo and his colleagues with SAGE Dining Services. In addition, the GROW dinner menus, which our students prepare daily, have all been analyzed for nutritional content.

This year's all-encompassing theme has even found its way into Board discussions as the School's Trustees focus on ensuring that the School itself remains strong and healthy for future generations. They want Riverview to still be able to attract and retain top quality academic and residential faculty, to continue with program innovation and to have adequate financial support available for qualified students. As a result, Trustees are seriously contemplating ways to expand the endowment during the next few years.

The Riverview community is poised to take a giant step forward in the promotion of the health and wellness of our community and our school. With the strong leadership of our dedicated Board of Trustees, the commitment of a truly remarkable staff, the collaboration of supportive parents and the willingness of a student body eager to be the best they can be, we are bound to achieve our collective goals.

Financial Health at Riverview

Health and wellness are not only essential for individuals, but also for institutions such as Riverview. In large part, that institutional health is linked directly to the School's current and future sustainability. To ensure that future, our most important annual fundraising priority is meeting the goal of The Helmsman Fund. Your generous gift is integral to the School's balanced operating budget and thus provides for the School's financial health and well-being. We sincerely appreciate your support!

Riverview School

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Fall Family Weekend



The Riverview School community came together for October's annual Fall Family Weekend which combined successful networking dinners by class, parent teacher conferences, transition meetings, a performance by the Dejá-View Chorus, a Health and Fitness fair and Fun Run/Walk, as well as a simply horrifically fun Halloween dance.

Riverview Moves



Riverview Moves is an initiative which correlates with the Health and Wellness theme for the 2011-2012 school year. Assuring that our students and staff challenge themselves to be active is one of our top priorities. Walking the track, practicing yoga or Zumba, tennis, hiking, and step aerobics have all contributed to an energetic life style this fall, while building greater self-confidence and giving us all a more positive outlook for each day. With the variety of athletic options Riverview offers, in addition to the Wellness Center, we are making sure that there is always an opportunity to keep the Riverview community moving.



Health and Wellness Fair and Fun Run/Walk

As a kick-off for our Riverview families, Cate MacFarland, our Director of Health Care Services, spearheaded the Health and Wellness Fair held on Fall Family Weekend. Displays included Café Riverview (the students training to work in the Café made the cookies and granola that were served), Spaulding Hospital - Project SEARCH, the American Heart Association, yoga demonstrations, mini massages, BMI measurements, blood pressure screenings, dancing demonstrations, and the Barnstable County Nutrition Education Program. To add to the festivities and to keep Riverview moving, Tom Spencer led a team of staff volunteers in launching the first annual Fun Run/Walk. The beautiful fall day helped to entice 125 people to participate including students, staff, parents and siblings. The course down Hammond Road to Scorton Shores Beach and back was an exercise in camaraderie and exuberance.



Fall Sports Energize Riverview Students

This year the Cross Country team is a shining example of perseverance and accomplishment. Setting new records and winning meets that previously presented more of a challenge, our student athletes are tearing up the course. Equally as impressive is our exemplary soccer team that recently competed with another school and won for the first time in 15 years! Our intramural teams are enjoying the thrill of competition and the brisk fall weather as they continually strive to do their best while having fun with their peers.



Attainable Goals Lead to Lifelong Learning

An important aspect of learning at Riverview includes students formulating a vision for their futures. At Riverview, students collaborate with staff to set goals for themselves in a multitude of areas, including learning, personal development, social skills, and wellness. Working with staff, students learn to assess their progress and measure the gains and improvements they are making. Whether they are tracking improvements in reading fluency, or decreases in BMI, students enjoy the pride that comes with accomplishing what they have set out to do, and become increasingly aware of their strengths and abilities. By offering meaningful life and learning experiences in the classroom, across the campus, and in the community, Riverview ensures that students gain greater self-awareness. This, in turn, promotes lifelong learning and healthier, happier lives.



Project SEARCH Helps Build Healthy Relationships

Project SEARCH instructors speak about building healthy relationships through this fledgling Riverview program in partnership with Spaulding Rehabilitation Hospital, Cape Cod. Over the first couple of months, our Phase 3 GROW students, who have to be very motivated and demonstrate great stamina and strong communication skills, are finding success in their internships as they build valuable friendships with their Riverview peers and the Spaulding staff. Project SEARCH provides an opportunity for our students to gain transferable job skills and experience in a real-life work setting for numerous hours every day. This program, as with many of our other GROW vocational training jobs, assists students in strengthening their personal interactions and their determination to succeed. By presenting challenging situations, Riverview encourages our students to stretch their competencies and reach toward an independent future.



Café Riverview



The staff of Café Riverview have been busy teaching groups of Phase 3 GROW students the skills necessary to succeed in all facets of café operations. While in the classroom environment the students are being taught the ServSafe tenets such as safe food handling, rotation of stock, time and temperature control and proper hygiene. Building new skills

such as knife handling, customer service, recipe reading, measuring and team work will help ensure a smooth transition to the Café when it opens after the first of the year. Through field trips to Roche Brothers grocery store in Mashpee, Tony Andrews Farm and Coonamessett Farms in Falmouth, the students are learning how products move from farm to table. The Café Riverview students are also learning the nutritional value of foods and recipes used in the Café, thereby reinforcing Riverview's health and wellness focus. Café Riverview will give our young adults transferable hands-on vocational skills while providing the Cape community with delectable coffees, pastries, soups, salads, sandwiches and more.

