



# Newsletter

N o v e m b e r 2 0 2 4

Outlook Academy

## ***Student Reminders:***

### Student ID Procedures:

Students are required to wear their OA ID. Students are not allowed on campus without an ID. If you lose your ID, you must report to the main office to purchase a temporary ID. Students are not allowed in the hallway without a school ID.

## ***Ventra Cards:***

Lost, stolen, or damaged Ventra cards require new paperwork and a \$10 replacement fee. Please see Mr. Valant and/or Mrs. Verdin.

## ***Attendance:***

All student absences and/or early dismissals should be reported to the OA Main Office at 708-225-5875.

Our Truancy Department and Officer Owens conduct daily attendance checks. Questions about attendance should be directed to Officer Owens at 708-225-5871.

**Each year, OA sends holiday cheer over to our youngest population at the District's Day Care Center.**

**Thank you to Ms. Verdin and her student helpers for making Halloween a little more special for our kiddos at TT!**



CONNECT WITH US

[brower.loribeth@district205.net](mailto:brower.loribeth@district205.net)

708-225-5875 or 708-225-5879



# THORNTON TOWNSHIP HIGH SCHOOL DISTRICT 205 OUTLOOK ACADEMY

405 EAST 170<sup>TH</sup> STREET, SOUTH HOLLAND, ILLINOIS 60473-3481  
MAIN: 708.225.5875 | FAX: 708.225.5870 | [WWW.DISTRICT205.NET](http://WWW.DISTRICT205.NET)

October 2024

Dear Outlook Parents/Guardians:

I hope this letter finds you well. I wanted to take a moment to emphasize the importance of our school rules and expectations. These guidelines are designed to create a safe, respectful, and productive learning environment for all students.

We believe that a strong partnership between the school and home is essential for the success of our students. Therefore, we kindly ask for your support in reinforcing these rules and expectations with your student. Here are a few key areas where your involvement can make a significant difference:

1. **Attendance and Punctuality:** Regular attendance and being on time are crucial for academic success. Please ensure that your child attends Outlook daily and arrives on time. ***Those students that are truant will be dropped from Outlook; please monitor your student's attendance via Power School.*** Please note that students must be in attendance at least 80% of the time; if not, they are considered truant.
2. **Dress Code:** Our dress code is in place to promote a focused and respectful learning environment. We appreciate your help in ensuring that your child adheres to the dress code. ***Violations of the Dress Code will result in Disciplinary Action.*** Please note that the dress code at Outlook is the same as at our home schools (per the District's Student Handbook).
3. **Behavior and Respect:** Encouraging respectful behavior towards teachers, staff, and fellow students is vital. Please discuss the importance of treating others with kindness and respect. ***Students with behavior issues are subject to Disciplinary Action and/or Expulsion from Outlook Academy and/or South Suburban College Campus.***
4. **ID:** Students must wear their student ID while they are on school property. The ID must be worn around the neck and visible. ***Violations of the ID Policy will result in Disciplinary Action.***
5. **Communication:** Open communication between parents and Outlook is key. If you have any concerns or questions, please do not hesitate to reach out to us. ***However, as much as we enjoy speaking to our parents in person, we cannot always accommodate in person meetings without an appointment.***

If there is an issue or concern and you need to speak to the administration, please call 708-225-5875 to make an appointment and we will do our best to accommodate your schedule.

We are committed to providing the best possible education for your child and appreciate your cooperation in maintaining a positive and effective school environment. Together, we can ensure that every student can succeed.

Thank you for your continued support!

Patricia A. Malopsy-Fortier, Outlook Academy Program Administrator

[fortier.patricia@district205.net](mailto:fortier.patricia@district205.net)

Patricia A. Malopsy-Fortier  
Outlook Academy Program Administrator  
[fortier.patricia@district205.net](mailto:fortier.patricia@district205.net)  
708-225-5872

Steven Valant  
Outlook Academy Asst. Program Administrator  
[valant.steven@district205.net](mailto:valant.steven@district205.net)  
708-225-5879

# UPCOMING EVENTS

**For parent Information**, comments, or concerns regarding attendance please contact Truancy Officer Owens at 708-225-5871.

- Remember to call the office when your student is going to be absent at 708-225-5875 or 5869.
- Please visit our webpage at [www.district205.net/domain/315](http://www.district205.net/domain/315) to view pictures, download forms, get access to other links, and much more.

Parents/guardians of students may access attendance, grades, and assignments using one log-in at: <https://powerschool.ttdistrict205.net/public>



ACCESS Testing for English Learners which assesses proficiency in the domains of reading, writing, listening, and speaking will be approaching quickly in January.

If you need assistance in your classes, please reach out to me in 3495 or email me at [cwest@ttdistrict205.net](mailto:cwest@ttdistrict205.net)

We will have Honors and Attendance Awards Celebration in and I hope students are aiming to be a part of it!

Look for information coming soon on a Girls' Group to meet for mentoring, discussion, and support.

## **District 205 Credit Recovery 2024-2025**

Mrs. Patricia Malopsy-Fortier  
District Credit Recovery Program  
Administrator

If you have any questions regarding Credit Recovery, please contact your Home School Counselor and/or credit Recovery Building Coordinator or visit the district website: [www.district205.net/areasofinstruction/creditrecovery](http://www.district205.net/areasofinstruction/creditrecovery)

Outlook Academy  
Mr. Josh Folsom  
OA Credit Recovery Coordinator  
[folsom.joshua@district205.net](mailto:folsom.joshua@district205.net)



# November

## 2024

**From: Patricia A. Malopsy Fortier, Program Administrator**

Dear Students and Parents,

As we enter the month of November, I want to take a moment to reflect on the progress we have made so far this school year and to share some important updates and upcoming events.

First and foremost, I am incredibly proud of our students' achievements both in and out of the classroom. Your dedication to your studies, extracurricular activities, and community service continues to inspire us all. Keep up the great work!

**Upcoming Events:**

1. **Veteran's Day:** One Flag, One Land, One Heart, One Hand, One Nation...Evermore. Please remember to thank a Veteran this month.
2. **Thanksgiving Break:** School will be closed from November 27-29 for Thanksgiving. We hope you enjoy this time with your family and friends.
3. **Mid Term Grades:** Please check Power School daily for updates on grades and attendance.

**Reminders:**

- **Attendance:** Regular attendance is crucial for academic success. Please ensure that students arrive on time and ready to learn each day.
- **Health and Safety:** As the weather gets colder, please remind your children to dress appropriately and to follow health guidelines to stay safe and healthy.

**Student Spotlight:**

This month, we would like to highlight all those students that made honor roll and have perfect and/or improved attendance. Congratulations to all!

In closing, I want to thank our dedicated teachers, staff, and parents for their continued support. Together, we are creating a positive and nurturing environment for our students to thrive.

If you have any questions or concerns, please do not hesitate to contact the OA Main Office.

Warm regards and Happy Thanksgiving!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
		Election Day No School				
10	11	12	13	14	15	16
Linda Kingdon's Birthday	Veteran's Day No School		Board of Education Meeting			Ms. Owens' Birthday
17	18	19	20	21	22	23
	District Learning Walks					
24	25	26	27	28	29	30
		Thanksgiving Basket Delivery Day	Happy Thanksgiving No School			





## Outlook Academy

### STUDENT SERVICES DEPARTMENT

## Academic Support

### Mrs. Martin's Counselor's Corner

Teen dating violence is a serious issue that affects many young people. It encompasses physical, emotional, or sexual abuse in a dating relationship. Here are some key points to understand:

#### Types of Teen Dating Violence:

1. **Physical Abuse:** Hitting, slapping, or any form of physical harm.
2. **Emotional Abuse:** Manipulation, verbal insults, humiliation, or controlling behaviors.
3. **Sexual Abuse:** Coercion into sexual acts or any non-consensual sexual activity.
4. **Digital Abuse:** Using technology to harass or control a partner, including texting excessively or monitoring online activities.

#### Signs of Abuse:

- Unexplained injuries or frequent absences from school.
- Changes in behavior, such as withdrawal or sudden aggression.
- Low self-esteem or anxiety around a partner.
- Extreme jealousy or possessiveness from a partner.

#### Prevention and Support:

- **Education:** Teaching teens about healthy relationships and consent.
- **Open Communication:** Encouraging open discussions about feelings and relationships.
- **Resources:** Providing access to hotlines, counseling, and support groups.

#### How to Help:

If you or someone you know is experiencing dating violence, it's important to seek help. Trusted adults, school counselors, and hotlines can offer support and guidance.

Promoting awareness and creating a supportive environment can help reduce the incidence of teen dating violence.



# MTSS

## Multi-Tiered System of Supports

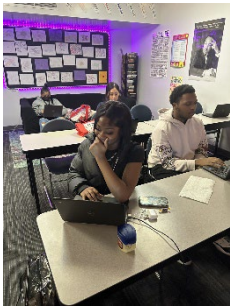
### *From the Desk of Ms. Cheryl West MTSS/EL*



1st quarter flew by here at Outlook Academy and we are already underway with 2nd quarter. As we continue our commitment to fostering a supportive learning environment for all students at Outlook Academy, I wanted to share some effective strategies from our Multi-Tiered System of Supports (MTSS) framework. These approaches aim to ensure every student receives the necessary resources to thrive academically and socially.

#### 1. Universal Supports

- **High-Quality Instruction:** We prioritize engaging, evidence-based teaching methods to meet diverse learning needs. Differentiated instruction allows teachers to tailor lessons based on students' strengths and challenges.



- **Positive Behavioral Interventions:** Establishing clear behavioral expectations and recognizing positive behaviors helps create a safe and respectful classroom environment.

#### 2. Targeted Supports

- **Small Group Interventions:** Students who need extra assistance participate in small group sessions focusing on specific skills. This targeted approach helps address individual challenges while fostering collaboration.

- **Progress Monitoring:** Regular assessments help track student progress. This data allows educators to adjust interventions as needed, ensuring every student stays on track.



#### 3. Intensive Supports

- **Individualized Plans:** For students requiring more intensive support, we develop personalized learning plans that outline specific goals, and the strategies needed to achieve them.

- **Collaboration with Specialists:** Our team includes school counselors, psychologists, and other specialists who work together to provide comprehensive support tailored to individual needs.

#### 4. Family Engagement

**Open Communication:** We encourage families to stay involved in their child's education. Regular updates and opportunities for feedback ensure we work together to support each student's journey. Please do not hesitate to reach out to me at [west.cheryl@district205.net](mailto:west.cheryl@district205.net) or [cwest@ttdistrict205.net](mailto:cwest@ttdistrict205.net) or on at (708) 225-5874.



# Financial Aid Department

*From the Desk of Ms. Briana Holmes  
College and Careers*

**Students must use District Gmail to gain access to Google Classroom.**

Completion and Confirmation of FAFSA and South Suburban College Application is REQUIRED for Graduation from Outlook.

**COMPLETE FAFSA**

BEGIN the 2024-2025 FAFSA TODAY!  
Enrollment has opened! South Suburban College CODE: 001769

<https://studentaid.gov/h/apply-for-aid/afsa>

**FAFSA Instructions**

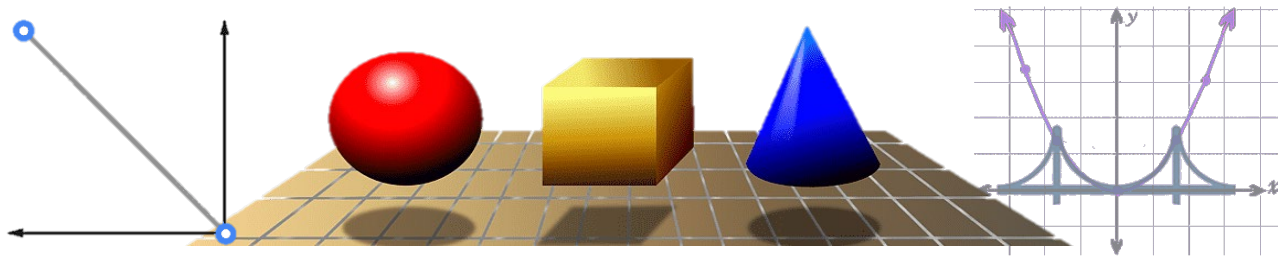
<https://www.ssc.edu/admissions-registration/financial-aid/>

If you have any questions or concerns regarding your FAFSA please email [bholmes@ttdsitric205.net](mailto:bholmes@ttdsitric205.net) or call at 708-596-2000 ext. 3575.

It was so nice and educational to be a part of the 3E Expo this year. Our students got a lot of information about trades and colleges to decide what their next steps are once they graduate; and some of our students had a chance to be able to get haircuts and really feel involved. These students plan more forward into the Barber Program at South Suburban College once they graduate.



U.S. DEPARTMENT OF EDUCATION  
FEDERAL STUDENT AID

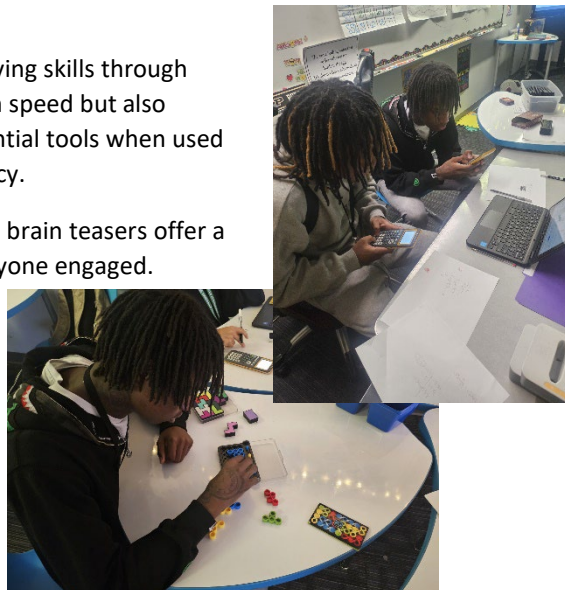


# Math Department

## *From the Desk of Mrs. Garza*

This month, students in math class have been stepping up their problem-solving skills through friendly competition! Racing to solve problems, they are not only working on speed but also learning the importance of strategic thinking. Calculators have become essential tools when used thoughtfully, helping them find the right balance between speed and accuracy.

After completing assignments, students dive into puzzles like *IQ Twist*. These brain teasers offer a fresh challenge, building spatial reasoning and logic skills while keeping everyone engaged. Whether racing to solve math problems or leveling up on puzzles, our students are strengthening their math and critical thinking abilities every day.



## *From the Desk of Mr. Bailey*

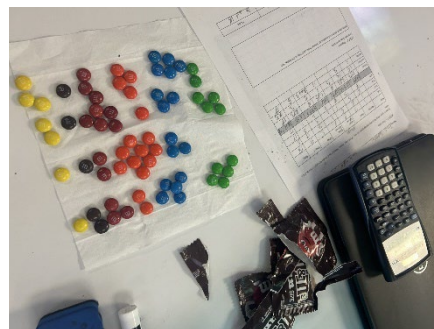
The second quarter of statistics began here in November. We have completed our lessons on terminology. The students will begin to explore the concept of a normal distribution. We have begun working on the measure of central tendency.

During the next several weeks we will explore z-scores of the normal distribution. We will understand how percentiles and areas under the normal curve relate to total populations. We will then move on to frequency tables and graphs.

You should have received an email, at the email on record, with your students' current grade. If you have any questions concerning their grade, please email me: [rbailey@ttdistrict205.net](mailto:rbailey@ttdistrict205.net).

The pictures below are of students exploring measures of central tendency. They will discuss the mean, the median, and the mode of the number of candies in a package. Which measure is the most accurate? When to use each measurement. Why do they all end up close to the same number?

- Week 3 – 10/28 to 11/1 - Plinko and Measures of central Tendency
- Week 4 – 11/4 to 11/8 - Z-Score and Assessment
- Week 5 – 11/11 to 11/15 - Area under Normal Distribution
- Week 6 – 11/18 to 11/22 - Assessment and Frequency Tables
- Week 7 – 11/25 to 11/29 - Continue Frequency Tables (Thanksgiving)

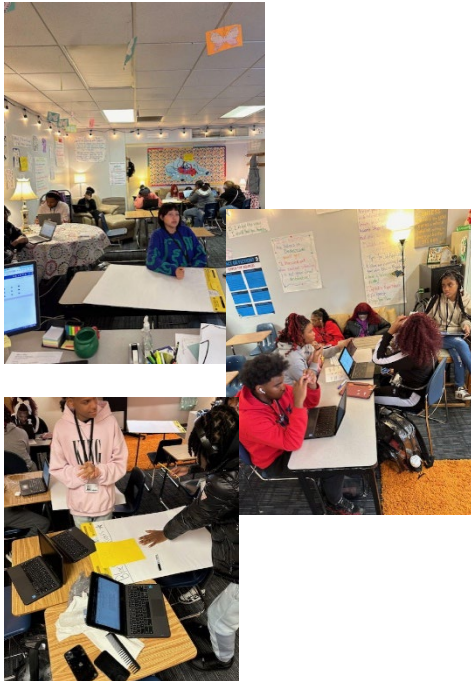






# English Department

## *From the Desk of Mrs. Goodman*



In November, English IV students are diving into impactful themes and exciting projects in both semesters!

### English IV - Semester 2:

Students will begin reading Always Running by Luis J. Rodriguez, a powerful memoir that delves into issues of identity, social justice, and resilience. As we read, we'll focus on understanding and discussing civil liberties and how they shape individuals and communities. This exploration aims to foster empathy and a deeper awareness of the rights and experiences of all people.

### English IV - Semester 1:

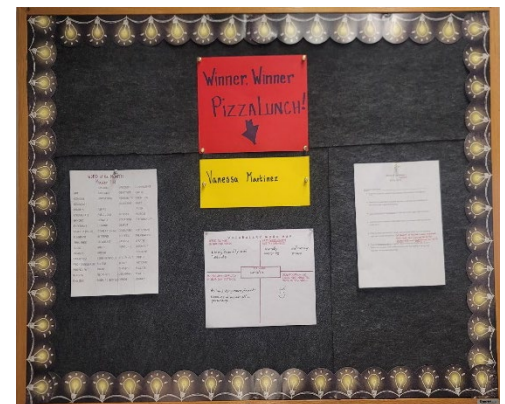
Our Semester 1 students actively research career paths as they consider their futures. Each student will prepare a position paper that articulates which career they feel best suits their skills, interests, and aspirations. In this project, students will compare their chosen career with other options they have considered, using research to support their analysis. This exercise encourages critical thinking and empowers students to make informed decisions about their paths forward. We look forward to an engaging month filled with learning, exploration, and discovery!

## *From the Desk of Mr. Davidson*

In reading, there are two critical elements which must be working for the reader to be able to understand the words. One part is that the reader must be able to recognize the group of letters as a word. We must be able to see the letters and say the word. This ability is often referred to as phonemic awareness. However, once we can say the word, we must be able to know what the word means to understand the message. Knowing what the word means often depends on our vocabulary knowledge.

As a high school reading specialist, I often see students who can say the

word correctly yet do not know the meaning for the word. This is a direct cause of reading comprehension problems. The form illustrated with this article is a great way for students to increase their vocabulary and comprehend written word more effectively. The form has spaces for the student to define the word in their own words, which is much better than learning the dictionary definition, list synonyms and antonyms for the word, use the word in an original sentence and draw a visual reminder for what the word means. This drawing, often referred to as "dual coding" is a new and very effective way of assisting in learning



new words. Here at Outlook, we are using this form to encourage our learners to increase their word knowledge.

*From the Desk of Mr. Folsom*

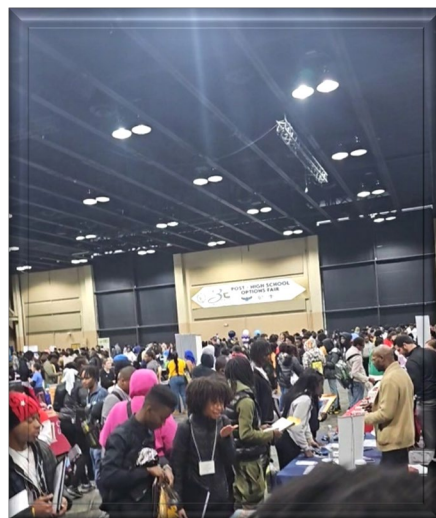


Last week, seniors had an incredible opportunity to attend the 3E Expo, an event dedicated to guiding students toward their post-high school paths—whether that’s employment, college enrollment, or enlisting in the military. The expo was a fantastic mix of inspiration, information, and networking, with various organizations showcasing opportunities tailored to our graduating class.

Students engaged with local businesses, college representatives, and military recruiters, gaining valuable insights into their future options. Many left feeling motivated and equipped with resources to help them make informed decisions about their next steps.

In addition to the expo, our classroom activities have been buzzing with energy as we focus on setting career and life goals. Recently, we’ve been creating mind maps—visual tools that help us explore our ambitions and outline the steps needed to achieve them. This exercise has encouraged creativity and self-reflection, allowing students to connect their passions with potential career paths.

We are encouraging everyone to keep the momentum going! Reflect on what you learned at the 3E Expo and continue to build on your mind maps as we move closer to graduation. Whether you’re looking to enter the workforce, pursue higher education, or serve our country, remember that each step you take now is paving the way for your future.





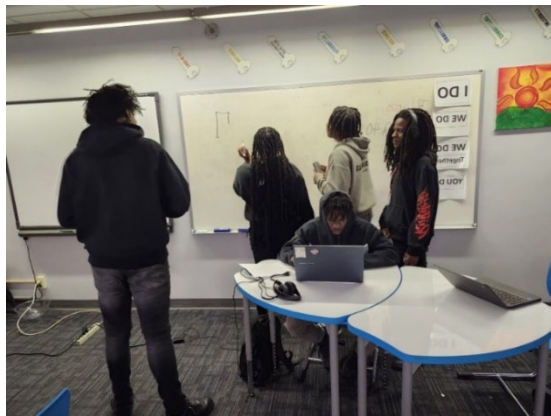


# Business Department

*From the Desk of Ms. Digiacomo*

The students have started our new semester by preparing accounting worksheets. The worksheet is a powerful tool for helping students systematically prepare financial statements. From organizing trial balances to adjusting entries, worksheets provide a structured approach that simplifies the accounting cycle. This issue offers tips, templates, and classroom resources to make teaching these concepts easier and more effective.

In the next unit, the students will prepare financial statements using the information they obtain from the worksheet. They will cover both the Income statement and the Balance sheet.



## SIMPLE SMALL BUSINESS BALANCE SHEET TEMPLATE

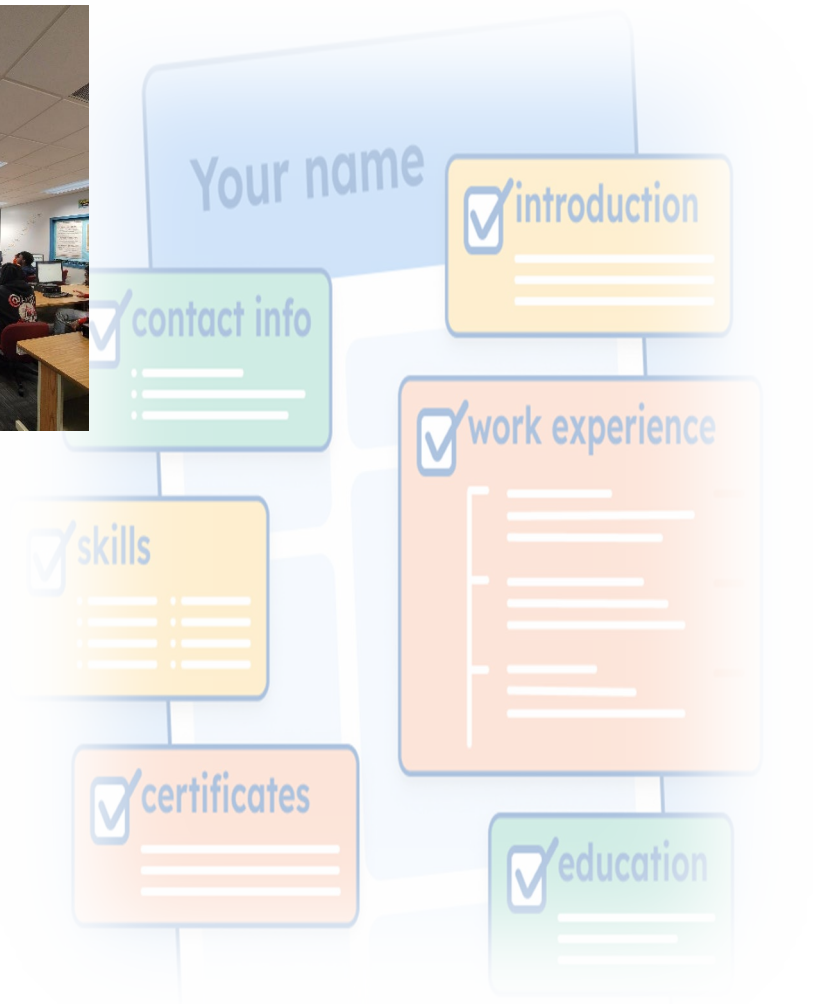
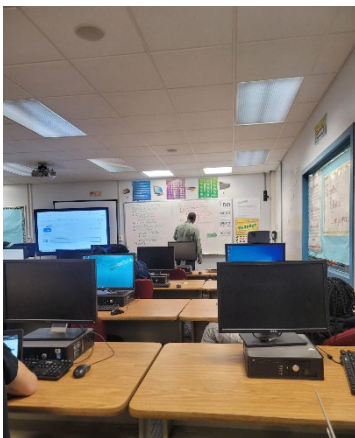
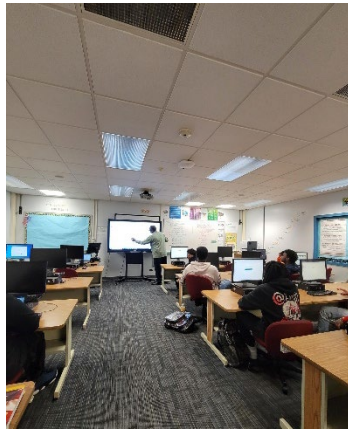
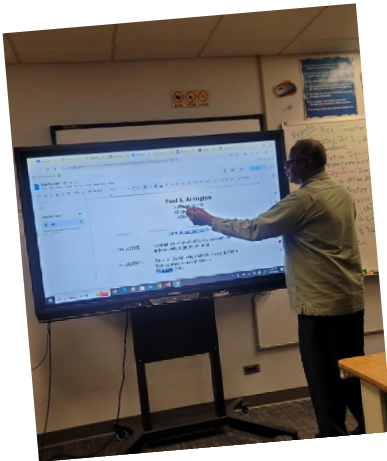
[ COMPANY NAME ]		BALANCE SHEET	
TIME PERIOD COVERED			
May 4th, 20XX – July 4th, 20XX			
TOTAL CURRENT ASSETS		TOTAL CURRENT LIABILITIES	
\$7,850.00		\$4,000.00	
		TOTAL CURRENT EQUITY	
		\$6,723.00	
BALANCE SHEET			
CATEGORIES	FY1		FY2
	PRIOR YEAR		CURRENT YEAR
ASSETS			
Current Assets	\$	1,800.00	\$ 2,200.00
Fixed Assets	\$	1,200.00	\$ 3,300.00
Other	\$	2,200.00	\$ 2,380.00
TOTAL ASSETS	\$	4,900.00	\$ 7,880.00
LIABILITIES			
Current Liabilities	\$	500.00	\$ 1,245.00
Intermediate Liabilities	\$	125.00	\$ 2,352.00
Long-Term Liabilities	\$	675.00	\$ 533.00
TOTAL LIABILITIES	\$	1,301.00	\$ 4,090.00
EQUITY			
Owner Equity	\$	5,683.00	\$ 6,723.00
	\$	-	\$ -
TOTAL EQUITY	\$	5,683.00	\$ 6,723.00



### *From the Desk of Mr. Arrington*

As we begin the second session, a new group of Outlook students are working on their Microsoft Office Specialist (MOS) certification. A MOS certificate can lead to a higher paying job and better job opportunities. The MOS certification also enhances the student's resume in preparation to be enrolled, enlisted or employed after graduation.

Education & Career Tech students are focused on developing skills and knowledge necessary to succeed in various career fields. This process began with students creating personal resumes and cover letters. As students create their resume, they learn many word processing skills including how to set tab stops, adjust hanging indents, and insert text alignment tabs using the ruler bar. Those students requiring additional assistance can attend CP, Monday through Thursday from 2:55pm - 3:25pm.

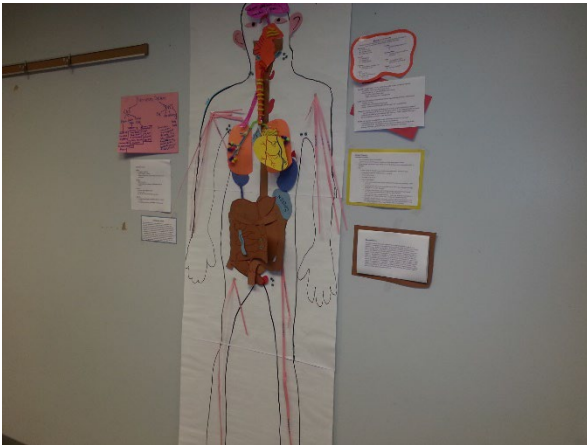






# Science Department

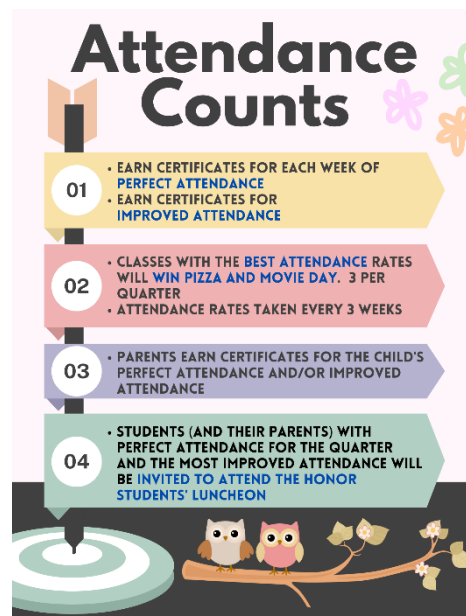
*From the Desk of Ms. Anderson*



Funny how time flies when you're having fun. The month of November begins with the Integrated Science Semester 1 class studying how drugs and illnesses affect the human body. They will be investigating drugs and illnesses that are prevalent in minority communities, such as Sickle Cell Anemia, Lupus, Marijuana and alcohol use. They will then present their findings in the form of a Forensic Science (Semester 2); students have wrapped up their life-size body poster. investigation of Digital Forensics and are starting the journey into Medical Forensics. This will be the last stop before we begin to analyze real life cases.

## **Attendance Incentive**

The second quarter marks the beginning of a new attendance incentive – Attendance Counts! Please see the attached flyer for more information.



*make it count*

*make it count*

*make it count*

*make it count*

*make it count*

*make it count*



# Social Studies Department

*From the Desk of Mr. O'Leary*

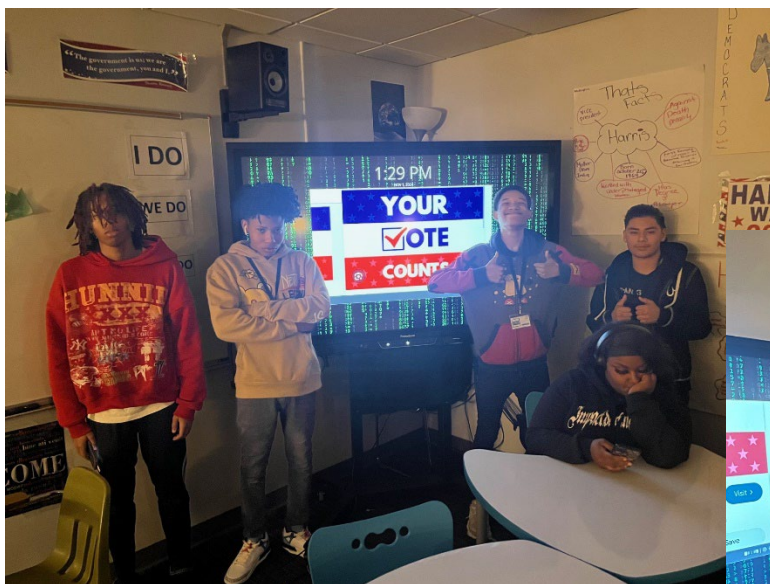
Dear Students and Families,

We're excited to kick off a new term in our Social Studies class! To start our primary focus will be the upcoming presidential election. As we delve into this important topic, we'll explore the electoral process, the significance of civic engagement, and the role of government in our daily lives.

What to Expect:

- **Understanding Elections:** We'll examine how elections work, including primaries, general elections, and the Electoral College.
- **Candidate Analysis:** Students will research and present on various candidates, focusing on their platforms, backgrounds, and key issues.
- **Civic Responsibility:** Discussions will highlight the importance of voting, community involvement, and being informed citizens
- **Debates and Discussions:** We'll host class debates on relevant issues, encouraging respectful dialogue and critical thinking.

As the first quarter came to an end, I had the opportunity to attend the "3 E Expo" at the Tinley Park Convention Center with my current Seniors on the 21st of October. The whole experience was tremendous.



# Social Studies

*From the Desk of  
Mr. Martin*

## **US History**

We opened the term with the 1920s

Learning objectives focused on the 1920s:

Analyze the social, economic, and political changes in the United States following World War I.

Examine the emergence of new cultural movements, including the Harlem Renaissance and the Jazz Age, and their impact on American society.

Evaluate the factors that contributed to the economic boom of the 1920s, including industrial growth, consumerism, and technological advancements.

Assess the causes and consequences of Prohibition, including its impact on crime, society, and culture.

Investigate the role of women in the 1920s, focusing on the suffrage

movement and changes in societal norms and expectations.

Explore the political landscape of the 1920s, including the policies of the Harding, Coolidge, and Hoover administrations.

Discuss the challenges and social tensions of the era, including racial inequality, immigration restrictions, and the rise of nativism.

Analyze key literary and artistic works from the decade, identifying themes and their reflections of the time.

As a class, we analyzed and discussed how the 1920s compared to 2024 with the evolution of culture including fashion, slang words, and the popularity of the automobile.

The Great Migration was the biggest topic as students reflected on how their relatives came from the South. Many of them stated their grandparents were from Mississippi

as my relatives were. So, they were curious to hear about my Dad coming to Chicago to work. We discussed the living conditions for African Americans in the North.

Activities include:

1920s Study Guide of Vocabulary, Major events of the 1920s and the people that defined the decade.

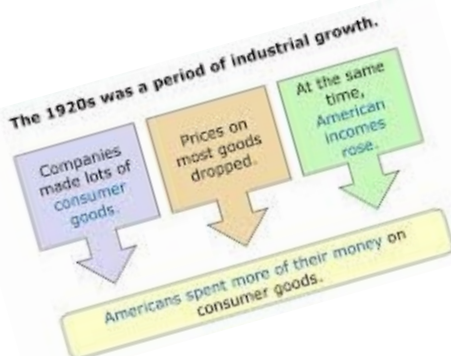
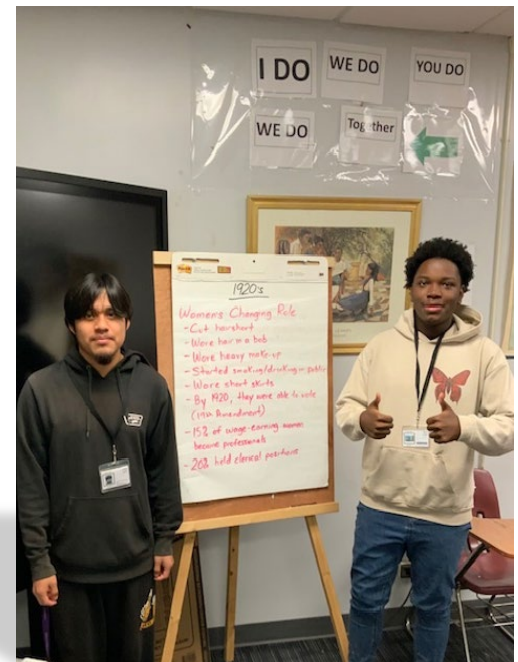
## Daily Trivia Questions

Who founded the United Farm Workers?

What Thornton graduate stars on the TV show "Chicago PD?"  
Who was the first NBA player to skip college and go pro?

Who was the first African American to win Miss America pageant?

Which singer helped to make Dr. King's birthday a national holiday?



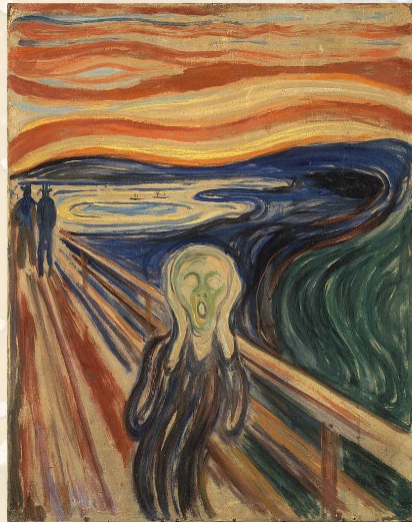


# Welcome to Visual Arts

*From the Desk of Mrs. Martinez*

Welcome to Mrs. Martinez's art room. October flew by, and November quickly arrived; along with new students for Term 2 here at Outlook Academy. In this fall season, I think of one artwork that seems (to me) to fit well for the fall season. The artwork was created by the artist Edvard Munch and is called, "The Scream," 1893. The artist created four versions of "The Scream" and is housed in various locations. "The Scream," the 1895 version was sold at Sotheby's in 2012 for \$119,922,600, making it one of the most expensive pieces of art ever sold. It is in a private collection. This is the most famous piece created by Munch. I am sure you have seen this in one place or another. Learn more about Edvard Munch at

<https://www.edvardmunch.org>



I talk about the Elements of Art frequently because they are the building blocks used to create art. There are seven Elements of Art: Line, Shape, Form, Value, Texture, Space, and Color. An artwork can be composed of one Element, two Elements, or more. As students learn about these Elements, they begin to understand how to compose a work of art.

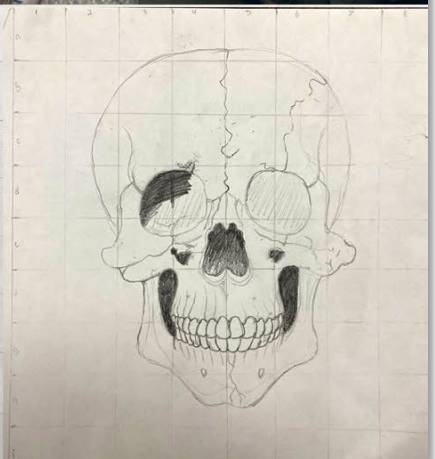
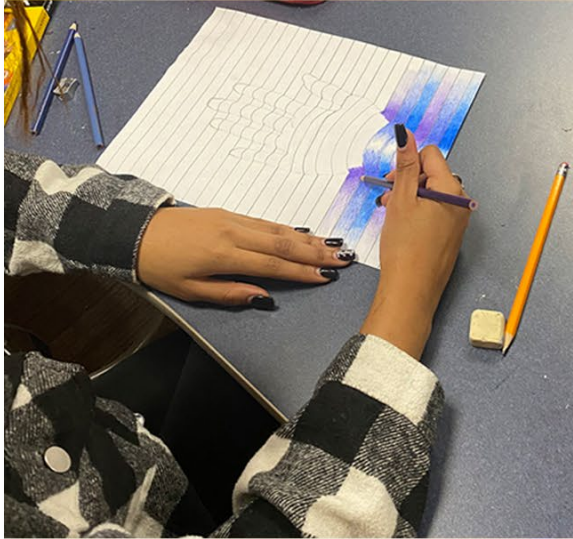
In Intro to Art S1, our first activity was to analyze and interpret the Elements of Art by creating examples of each Element. This mini lesson provided students with a basic understanding of the Elements of Art. Currently; the students are working on an Optical Illusion "Hand" art project. This art project used four Elements: Line, Shape, Value, and Color. Our next project will be a Zen doodle design art project that focuses on the Elements: Line and Shape.

This term has brought the opportunity to start a new course for the Visual Arts here at Outlook Academy; Drawing. I am excited about this course as it will focus on creating artwork using dry media and their use. The students will draw a variety of subjects, like (but not limited to) portraits, still lifes, and landscapes.

In Drawing, we have been moving quickly by practicing how to create value through a pencil shading exercise. This exercise provided the students with an understanding that a light source on an object creates different value ranges that take a 2D shape to create the illusion of a 3D form. The next practice activity involved using a pencil to create different line strokes. Combined with value, students created implied textures. Currently, the students are working on a skull pencil drawing focusing on implementing different values to create an implied 3D skull artwork.



# Welcome to Visual Arts







*From the Desk of Mr. Pervan*

Dear Students and Parents,

Welcome to October! As we embark on a new semester at Outlook Academy, we are excited to announce some changes and activities in our Physical Education program. This semester, we are thrilled to combine our boys and girls gym classes, fostering teamwork and collaboration among all students. This new structure will help us build a supportive and inclusive environment where everyone feels welcome.

To kick off this semester, we are focusing on team-building activities that promote cooperation and communication. These activities not only enhance teamwork skills but also help students get to know one another better, creating a positive class atmosphere. In addition to our team-building exercises, students will have the opportunity to engage in various fitness activities. Our fitness center will be available for workouts, while our gymnasium will host exciting games such as basketball, dodgeball, and badminton. These activities will help sharpen skills, build agility, and promote friendly competition.

Best regards,

Mr. Pervan





# From Our Social Worker

## *From the Desk of Mr. Hill*

World Kindness Week, celebrated each November, is a global movement encouraging acts of kindness, compassion, and positivity. For high school students, it's an opportunity to recognize how small actions like complimenting a friend, helping a peer, or simply smiling at someone can have a big impact on creating a more supportive and inclusive environment. During this week, schools often promote activities that foster kindness, such as community service projects, random acts of kindness challenges, or peer appreciation events. World Kindness Week reminds students that kindness is powerful and can improve both individual well-being and the overall atmosphere of their school.

### School-Connect Lesson Review: Tips for Checking in on Ourselves and Others

Checking in on your own mental health, as well as the well-being of others, is crucial for maintaining a balanced and supportive environment. Here are some key pointers:

#### For Ourselves:

1. **Regular Self-Reflection:** Take time each day to assess how you're feeling emotionally and mentally. Ask yourself, "Am I feeling stressed, anxious, or overwhelmed?" Acknowledge your emotions without judgment.
2. **Recognize Warning Signs:** Be aware of common mental health red flags like constant fatigue, irritability, withdrawing from friends or activities, and changes in eating or sleeping patterns.
3. **Prioritize Self-Care:** Make time for activities that bring you peace and joy, like exercise, hobbies, or time outdoors. Practice mindfulness or journaling to manage stress and clear your thoughts.
4. **Set Boundaries:** Recognize when you're taking on too much and set boundaries to protect your mental health. Saying no to extra responsibilities or taking breaks can prevent burnout.
5. **Reach Out for Help:** If you're feeling persistently low or anxious, don't hesitate to talk to a trusted friend, family member, or professional. Asking for help is a sign of strength, not weakness.

#### For Others:

1. **Be Present and Listen:** When checking in on someone else, be genuinely present and listen without trying to immediately solve their problems. A simple, "How have you been feeling lately?" can open up meaningful dialogue.
2. **Look for Changes:** Pay attention to noticeable changes in behavior, mood, or habits. If someone who is normally social becomes withdrawn or frequently expresses negative thoughts, these could be warning signs.
3. **Show Empathy, Not Judgment:** If someone opens up about their struggles, avoid giving unsolicited advice or downplaying their feelings. Instead, offer empathy by saying things like, "I'm really sorry you're going through this. How can I support you?"
4. **Encourage Professional Help:** If someone seems to be struggling beyond what you can support, gently encourage them to seek help from a counselor or therapist. Offer to assist them in finding resources if needed.
5. **Check-In Consistently:** Sometimes people don't open up the first time you ask. Continue checking in periodically and remind them that you're there for support whenever they're ready.

By regularly checking in with us and others, we can catch mental health issues early and create a supportive space where it's okay to talk about our challenges.



# final thoughts



## Outlook Academy Assistant Program Administrator

### *From the Desk of Mr. Valant*

This past week Outlook Academy brought almost 100 Seniors to the 3E Expo In Tinley Park. Thornton Township High School District 205 hosted this highly successful College and Career Fair focusing on supporting District 205 seniors as they navigate their future paths. With over 100 colleges and businesses in attendance as well as representatives from the military, students had the valuable opportunity to gather information, ask questions, and make meaningful connections to aid in their post-graduation decisions. Whether considering college, entering the workforce, or pursuing a military career, students were presented with a wide range of exciting options that will make this decision-making process both rewarding and challenging. Several of our students were able to interview with colleges and careers and set up follow-up interviews to finalize their post High School plans. All Outlook students and staff were very impressed with how smoothly organizers were able to move over 1000 seniors through the event. The enthusiasm and success promise to make the 3E Expo a tradition for years to come.





# ADULT TRANSITION PROGRAM

## Program Director

### *From the Desk of Dr. Wayne*

Many of the young adults at the college are scheduled to take the placement test to prepare for spring 2025 classes. The young adults working in Rucker's Cafe' are working to obtain their Illinois Food Handling Certificate. Outlook's main office has requested student workers throughout the day. The young adults are assisting with a host of tasks throughout the day.

Three out of the four ATP classes attended the 3E Expo College and Career Fair at the Tinley Park Convention Center. They were eager to engage with colleges/universities and organizations' personnel to discuss possible future opportunities.

Ms. Mangin and Mrs. Frederick took their class to Navarro Farm. They toured the farm, held chickens, brushed goats, and went to the pumpkin patch.

Several of our young adults who became registered voters last month took advantage of early voting at South Suburban College. Thanks to Ms. Neita and Mrs. Stewart, who had great projects in the classrooms where the young adults had to research, present material, and complete a mock vote in the upcoming presidential election.



# Adult Transition Program

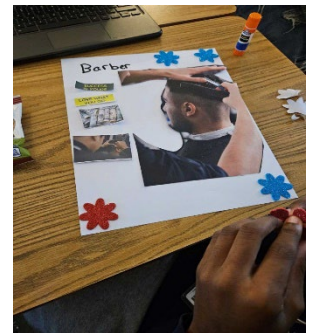
## *From the Desk of Ms. Neita*



With the assistance of Ms. Brownlee, some of our ATP students successfully participated in voting at South Suburban College.

With the assistance of Ms. Brownlee and Brieana Holmes, one of our former ATP students, Miss Averionna Jones, is currently doing an internship with The Chicago Urban League. She participated in their program last school year (2023/2024) and applied for a summer internship position that Ms. Brownlee posted. The team at The Chicago Urban League was very impressed with Averionna, leading them to extend her internship until December 2024.

The ATP students created some impressive Career Vision Boards focused on their career choices, showcasing their creativity and aspirations.



CREATE A  
vision

dream  
big

Follow  
your  
dream



# Adult Transition Program

*From the Desk of Mrs. Stewart*

This month we capitalized on navigating the workforce and enjoyed our own presidential debate. As we approach the upcoming presidential election, our students in the Adult Transition Program had their own debate in the class on supporting arguments for people with disabilities. As well as the current job market that presents unique challenges and opportunities, influencing voter priorities and candidate platforms. The young adult visited the district's 3E Expo and collected resources. They are grasping the networking procedures and gaining knowledge on why debates are of importance when making an informed decision. Understanding what each candidate stands on these issues, better navigate challenges, and seize opportunities ahead.

