



Newsletter

O c t o 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.

Helping Women NOW.

Please take some time to explore and

learn: <https://www.nationalbreastcancer.org/breast-cancer-awareness-month/>



Breast Cancer Awareness Month - National Breast Cancer Foundation

October is Breast Cancer Awareness Month. Join us in Helping Women Now! Share your story, get free resources, and help spread awareness.

www.nationalbreastcancer.org



CONNECT WITH US

brower.loribeth@district205.net

708-225-5875 or 708-225-5879



THORNTON TOWNSHIP HIGH SCHOOL DISTRICT 205 OUTLOOK ACADEMY

405 EAST 170TH STREET, SOUTH HOLLAND, ILLINOIS 60473-3481
MAIN: 708.225.5875 | FAX: 708.225.5870 | 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

Patricia A. Malopsy-Fortier
Outlook Academy Program Administrator
fortier.patricia@district205.net
708-225-5872

Steven Valant
Outlook Academy Asst. Program Administrator
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 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

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

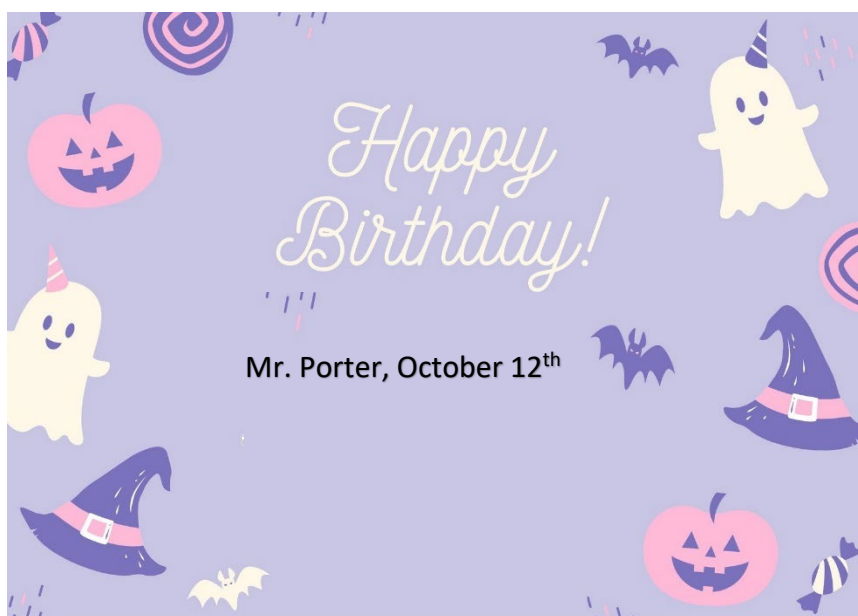
Look for information coming soon on a Girls' Group to meet for mentoring, discussion, and support.

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

Outlook Academy
Mr. Josh Folsom
OA Credit Recovery Coordinator
folsom.joshua@district205.net



October

2024

From: Patricia A. Malopsy Fortier, Program Administrator

Happy October Outlook Academy:

October is Breast Cancer Awareness Month, a time dedicated to raising awareness about breast cancer and supporting those affected by this disease. At Outlook Academy, we are committed to educating our students and community about the importance of early detection and supporting breast cancer research.

1. Awareness Activities:

Throughout the month, we will be organizing various activities to promote awareness. These will include informational sessions and providing educational materials to help students understand the impact of breast cancer and the importance of regular screenings.

2. Pink Day:

We will be hosting a "Pink Day" where students and staff are encouraged to wear pink to show their support for breast cancer awareness.

3. Support Resources:

Our school's social worker will be available to provide support and resources to any students or families who may be affected by breast cancer. We understand the emotional toll this disease can take, and we are here to offer assistance and guidance.

5. Community Involvement:

We invite parents and guardians to join us in these efforts by participating in events, volunteering, or simply spreading the word about the importance of breast cancer awareness. Together, we can make a difference.

We are proud to be part of a community that cares deeply about health and well-being. Thank you for your continued support and involvement in our school's initiatives.

Warm regards,

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
				Parent Teacher Conferences		
6	7	8	9	10	11	12
			Board of Education Meeting TR 6:30 p.m.		No School Institute Day	Mr. Tom Porter's Birthday
13	14	15	16	17	18	19
	No School Indigenous People Day					
20	21	22	23	24	25	26
		Practice ACT		College Expo Day		
27	28	28	30	31		
				Happy Halloween		



Outlook Academy

STUDENT SERVICES DEPARTMENT

Academic Support

Mrs. Martin's Counselor's Corner

Here are some effective tips for preparing for the ACT:

1. Understand the Test Format

- Familiarize yourself with the structure: English, Math, Reading, Science, and the Writing section.
- Review the types of questions in each section.

2. Create a Study Schedule

- Develop a study plan that allows you to cover all sections consistently.
- Allocate time for practice tests and review.

3. Use Official Resources

- Utilize ACT's official practice materials and sample tests.
- Consider the ACT Prep Guide for in-depth content review.

4. Practice, Practice, Practice

- Take full-length, timed practice tests to simulate test day conditions.
- Review your answers thoroughly to understand your mistakes.

5. Focus on Weak Areas

- Identify which sections or question types you struggle with.
- Spend extra time improving those specific areas.

6. Build a Vocabulary List

- For the English and Reading sections, expand your vocabulary by reading diverse materials and noting unfamiliar words.

7. Review Math Concepts

- Brush up on math concepts and formulas that frequently appear on the test.
- Practice problems from different math topics to build confidence.

8. Develop Reading Strategies

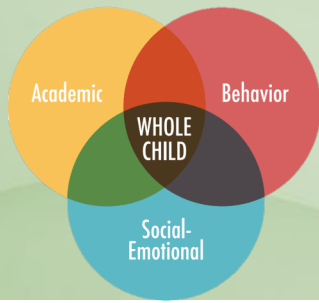
- Practice skimming passages for main ideas and details.
- Work on timing by reading quickly but accurately.

9. Familiarize Yourself with Science Reasoning

- Focus on interpreting data and graphs, as well as understanding scientific concepts.
- Practice using the process of elimination to answer questions.

10. Take Care of Yourself

- Get plenty of rest, eat well, and stay hydrated, especially in the days leading up to the test.
- Manage stress with relaxation techniques.



MTSS

Multi-Tiered System of Supports

From the Desk of Ms. Cheryl West MTSS/EL



This month, MTSS in Life Skills classes focused on empowering students with essential study and organizational skills that are crucial for academic success. We engaged in interactive lessons designed to help students develop effective habits that will serve them well throughout their educational journey and beyond.

Study skills and organizational skills are crucial in school as they help students manage their time effectively, improve retention of information, and enhance overall academic performance. Strong study skills allow students to delve into subjects deeply, while good organizational skills ensure they keep track of assignments and deadlines, ultimately leading to greater success and reduced stress.

We introduced several proven study methods which encourage learning and understanding of material. Students practiced active learning strategies, such as summarizing content in their own words and teaching peers, which deepened their understanding and retention of material.

In addition to study techniques, we emphasized the importance of organization. Students learned to utilize planners for tracking assignments and deadlines. We discussed color-coding notes and materials by subject and practiced creating checklists to prioritize tasks. We explored both paper and electronic means of organization.

To reinforce these concepts, we engaged in hands-on activities where students created personalized study schedules and organized their materials. We believe that equipping our students with these skills not only enhances their current academic performance but also prepares them for the future.

We enjoyed meeting parents and families at Back to School Night and look forward to discussing academic progress at Parent Teacher Conferences. Students are busy as we approach the end of the term and prepare for finals in a few short weeks. We will be implementing our Outlook PRIDE awards and Honor Roll awards 2nd quarter. We are looking forward to a productive and busy month.





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/>

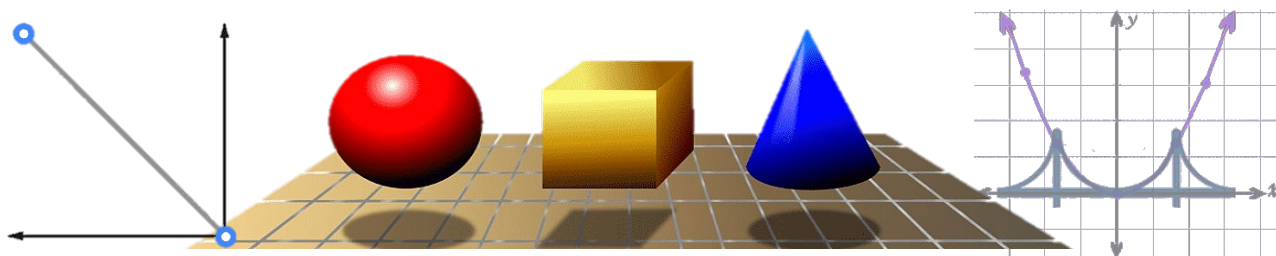
If you have any questions or concerns
regarding your FAFSA please email
bholmes@ttdsitriect205.net or
call at 708-596-2000 ext. 3575.

It was great to see our students registering to vote and knowing how important it is to vote. It was amazing to work with these ladies and so thankful for teaming up with us to get as many students registered to vote as possible. We are looking forward to continuing this effort with them in the future as elections are coming up!!!

The Power of the Vote is Inviolable!

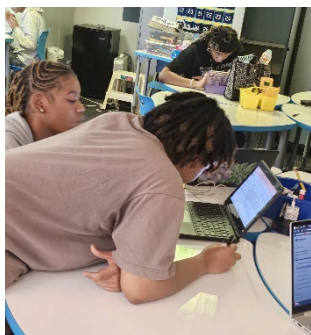


U.S. DEPARTMENT OF EDUCATION
FEDERAL STUDENT AID

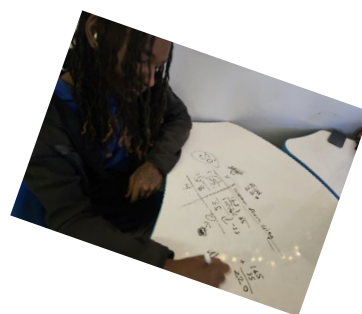
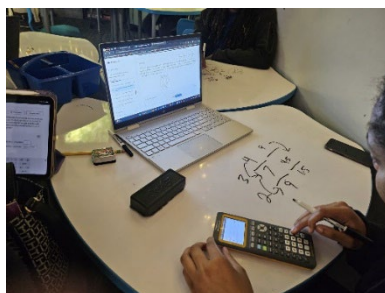


Math Department

From the Desk of Mrs. Garza



Students are off to a strong start in building their math skills and confidence through DeltaMath. They have realized that many of their mistakes come from not paying attention to detail, and they have learned that precision is key to avoiding and correcting errors. Students enjoy DeltaMath because it provides immediate feedback and allows them to fix their mistakes. One group even shared that they now have a "love-hate relationship" with math because they find it challenging, but they always go back for more. In class, we are covering key topics such as expressions, equations, functions, systems of linear equations, quadratic functions, and graphing real-life problems. DeltaMath keeps students engaged and motivated, helping them grow personally and academically through productive struggle.



From the Desk of Mr. Bailey

As October begins, we are putting the finishing touches on the first quarter in statistics. We have worked through our lessons on graphing and data. The students have been able to explore the concept of a normal distribution. We have searched distinct types of data and been able to identify which types of data form normal distribution.

We will finish the quarter with some basic concepts about probability. This will lead into the second quarter and merging probability with a normal distribution. We will finish with a project on probability about the color of ducks.

You should have received a contact, at the number on record, with your students' current grade if they are not passing. If you have any question concerning their grade, please email me: rbailey@ttddistrict205.net

Second semester will bring more concepts about normal distributions. The students will explore Z-scores and probability under the curve. Students explore frequency tables with cumulative and relative values.

Week 9 – 10/7 to 10/11 - Duck Toss Project and Probability Assessment

Week 10 – 10/14 to 10/18 - Review and Semester 1 Final

2nd Quarter

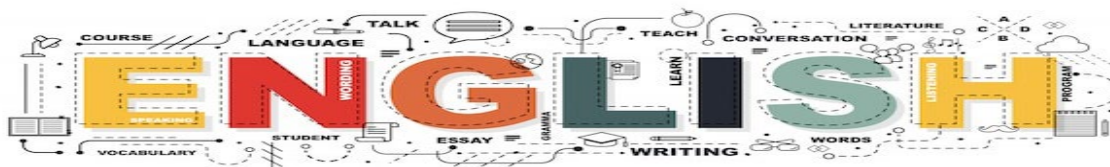
Week 1 – 10/21 to 10/25 - Statistical definitions and Vocabulary

Week 2 – 10/28 to 11/1 - Vocabulary Assessment and Plinko Demonstration

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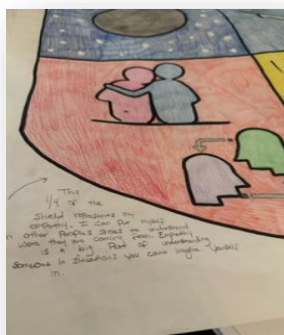
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English Department

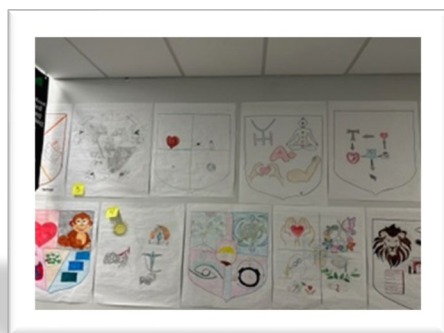
From the Desk of Mrs. Goodman



Over the last month my English IV classes have been reading King Arthur stories and creating a Shield of Power for themselves. Their shield is more than a family crest, it is designed to help them block out anything that stands in the way of their goals in life. The students had first to write out what they thought could symbolize their name, their long-term goal, a short-term goal: conquering what they believe will hold them up, and their strongest character and physical traits that will help them in the future. The kids are so proud of their shields! At their request, we are having a school-wide Shield Contest where the students and staff can all vote for the one, they like the best.

Upcoming stuff:

We will finish this quarter by focusing on our futures by completing a career research project. Students will have this completed by final exams which will be October 12-13.



From the Desk of Mr. Davidson



Congratulations to Vanessa Martinez who won the first free Pizza Lunch in our Word of the Month competition! Vanessa mastered over twenty new A.C.T. words in two weeks. Word of the Month encourages Outlook students to use some of their time to increase their vocabulary by learning new words that occur frequently on A.C.T. and S.A.T. tests. They select from the current word list and then create an original definition of the word, list synonyms and antonyms for the word, use the word in an original sentence, and create some form of visual representation of the word. Using a visual representation to help learn a new word is a relatively new approach called dual coding. Dual coding is a method of teaching vocabulary used by many well-known and expensive companies. These companies charge thousands of dollars to assist clients in increasing their reading levels.

Here at Outlook Academy, we are using the same "state of the art" approach to ensure the success of our graduates in achieving their goals in life

What are organizational skills?

This month, Outlook students have been diving deep into assignments focused on three critical areas: organizational skills, making sound judgments, and embodying role model behavior. These topics are not only essential for academic success but also vital for personal growth. Reinforcing these concepts will help them grow into responsible, thoughtful individuals who are prepared to tackle the challenges of the future.

Organizational Skills

Students engaged in various activities in class and with our Social Worker Mr. Hill designed to enhance their ability to manage time and resources effectively. From creating detailed planners to setting up study schedules, they learned how to prioritize tasks and meet deadlines. This foundational skill will serve them well throughout their academic careers and beyond.

Making Judgments

In a series of discussions, students explored how to analyze situations critically and make informed decisions. They worked in groups to evaluate real-world scenarios, weighing pros and cons while considering ethical implications. This exercise sharpened their analytical skills and encouraged them to think independently.

Role Model Behavior

To culminate their learning, students reflected on what it means to be a positive role model. They identified traits they admire in leaders and mentors and brainstormed ways to incorporate these qualities into their daily lives.





Business Department

From the Desk of Ms. Digiacomo

Introduction to Business:

The students in the business classes are going to be studying the different types of businesses until the end of the semester. This includes:

- 1. Service Businesses:** such as accounting firms, salons, law firms, etc.
- 2. Merchandising Business** such as retail stores, supermarkets, bookstores, online marketplaces
- 3. Manufacturing Businesses** such as automobile manufactures, furniture makers, electronics companies, and food processing plants.

4. Extracting Businesses such as oil and gas companies, mining operations, agriculture, and fishing industries.

Accounting Semester 1:

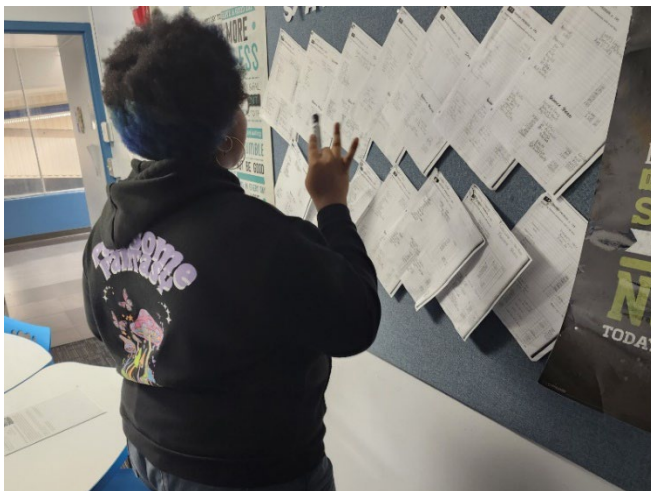
The students will end the semester by completing check registers, writing checks, and bank reconciliations.

Bank reconciliation is the process of comparing your internal financial records (your check register) with the bank's records. Discrepancies can occur due to outstanding checks, bank fees, or errors. By reconciling regularly, you ensure: your checking account is accurate and check for fraud.

A **check register** is a critical document that tracks all payments, deposits, and withdrawals for a specific account. It serves as an internal control tool and ensures transparency in cash flow management.

Key Benefits of Using a Check Register:

- **Real-time Cash Flow Monitoring:** Know exactly how much cash you have available at any moment.
- **Accuracy in Reporting:** Helps ensure that your financial statements accurately reflect all transactions.



ECT students learn how to apply familiar MS Excel functions including, sum, min, max and average in a spreadsheet. Students use those functions to create data tables including their personal budget, a commissions table, and a grades report workbook. Students also apply the **logical IF function**, as well as **SUMIF and COUNTIF**, to solve more advanced MS Excel problems. They then join teams to research budget terms used in their spreadsheets such as revenue, expenses, utilities, mortgage, and escrow including usage and application.

Advanced Computer Apps students are ahead of last year's pace with three students passing the Microsoft Office Specialist (MOS) certification in September. Other students are working to pass the MOS in October. Outlook students look to exceed the over eighty MOS certifications last year. As a reminder, CP is from 2:55 pm to 3:25 pm for those students requiring additional assistance.





Science Department

From the Desk of Ms. Anderson

Integrated Science Semester 1 students are looking at how human activities impact the environment. Students conducted 2 lab experiments, Photosynthesis Prove It and The Oil Spill Lab. In the Photosynthesis Prove It Lab, students designed and conducted an experiment that demonstrates photosynthesis in action. In the Oil Spill Lab, students designed and conducted an experiment that demonstrates how an oil spill affects plant growth.

Forensic Science Semester 1 student concluded their examination of evidence types with the analysis of blood evidence, ballistic evidence and DNA. These students are now learning Forensic Psychology, where they will gain special insights into the minds of criminals and law enforcement.



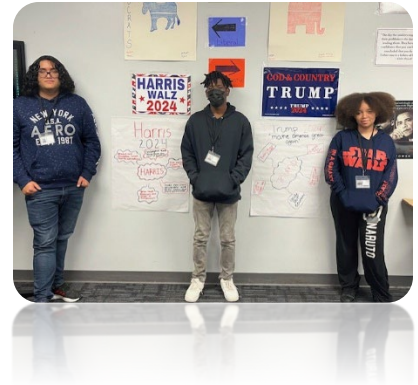


Social Studies Department

From the Desk of Mr. O'Leary

As we near the end of the first semester, it is time to reflect on all the positive relationships that have been created and the success of our students over the past month and a half. I would also like to announce that all my Civics students who have had the opportunity to take the Constitution Test have passed—great job to all of them.

As we step into October, our focus remains on the critical topic of the 2024 Presidential Election. This month, we will delve deeper into the key issues, candidates, and the electoral process. Here's what to expect:



Key Topics for October:

1. Candidate Profiles:
 - We'll explore the major candidates' backgrounds, platforms, and key policies. Students will analyze how these factors impact voter perception.
2. Understanding Electoral College:
 - A detailed look at how the Electoral College works, its historical context, and its significance in determining the outcome of elections.
3. Current Events and Debates:
 - We will review the latest debates and campaign events. Students will participate in discussions to assess the effectiveness of each candidate's message and strategy.
4. Voting Rights and Participation:
 - An examination of voting rights in the U.S., historical struggles for suffrage, and current challenges. We'll discuss the importance of civic engagement and how students can get involved.
5. Media and Elections:
 - Analysis of how media coverage shapes public opinion. We will evaluate various sources of information and discuss the importance of critical thinking in consuming news.

From the Desk of Mr. Martin

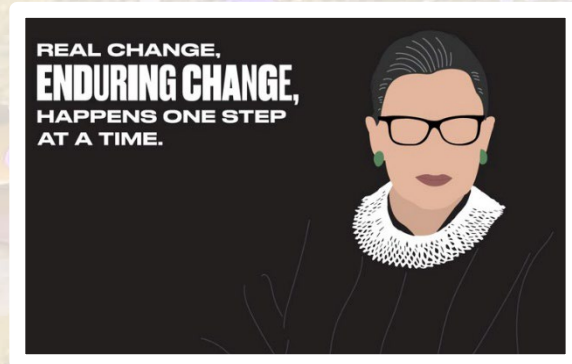
Have you ever wondered why we have started celebrating Indigenous Peoples Day instead of Columbus day. The shift from Columbus Day to Indigenous Peoples' Day reflects a growing recognition of the need to honor the history, culture, and contributions of Native American and Indigenous communities. While Columbus Day has historically celebrated the achievements of Christopher Columbus and his "discovery" of the Americas, it has also been criticized for overlooking the harmful consequences of European colonization on Indigenous populations. By replacing Columbus Day with Indigenous Peoples' Day, communities seek to correct this narrative, acknowledging the resilience, wisdom, and enduring presence of Indigenous peoples, whose histories predate Columbus' arrival by thousands of years. This change promotes a more inclusive understanding of American history and invites reflection on the ongoing struggles and rights of Indigenous communities.

This transition is part of a broader movement toward reconciliation and the celebration of cultural diversity. Advocates for Indigenous Peoples' Day highlight the importance of giving voice to those historically marginalized and ensuring their stories are represented. Many cities, states, and institutions have embraced this shift as an opportunity to educate the public about the injustices faced by Indigenous peoples, as well as their vital role in shaping the nation. As more places adopt this holiday, it serves as a reminder to honor and respect the deep connections Indigenous communities have to the land and to each other.

Welcome to Visual Arts

From the Desk of Mrs. Martinez

Hello October and welcome to the Visual Arts Classroom at Outlook Academy. The students have been busy utilizing different art mediums, techniques, and the Elements of Art to create various artworks. The students have also been learning about different artists through art history writing prompts. Andy Warhol, Frida Kahlo, and Grant Wood are some of the artists the students have analyzed. It has been a joy to read the students' opinions about the artist and their artwork. Two people can look at the same artwork and have different opinions about why they like or dislike the artwork. There is no wrong answer. Art is subjective and open to varying interpretations. And that is okay. The idea is to enjoy looking at art, analyzing it, and interpreting it in one's way



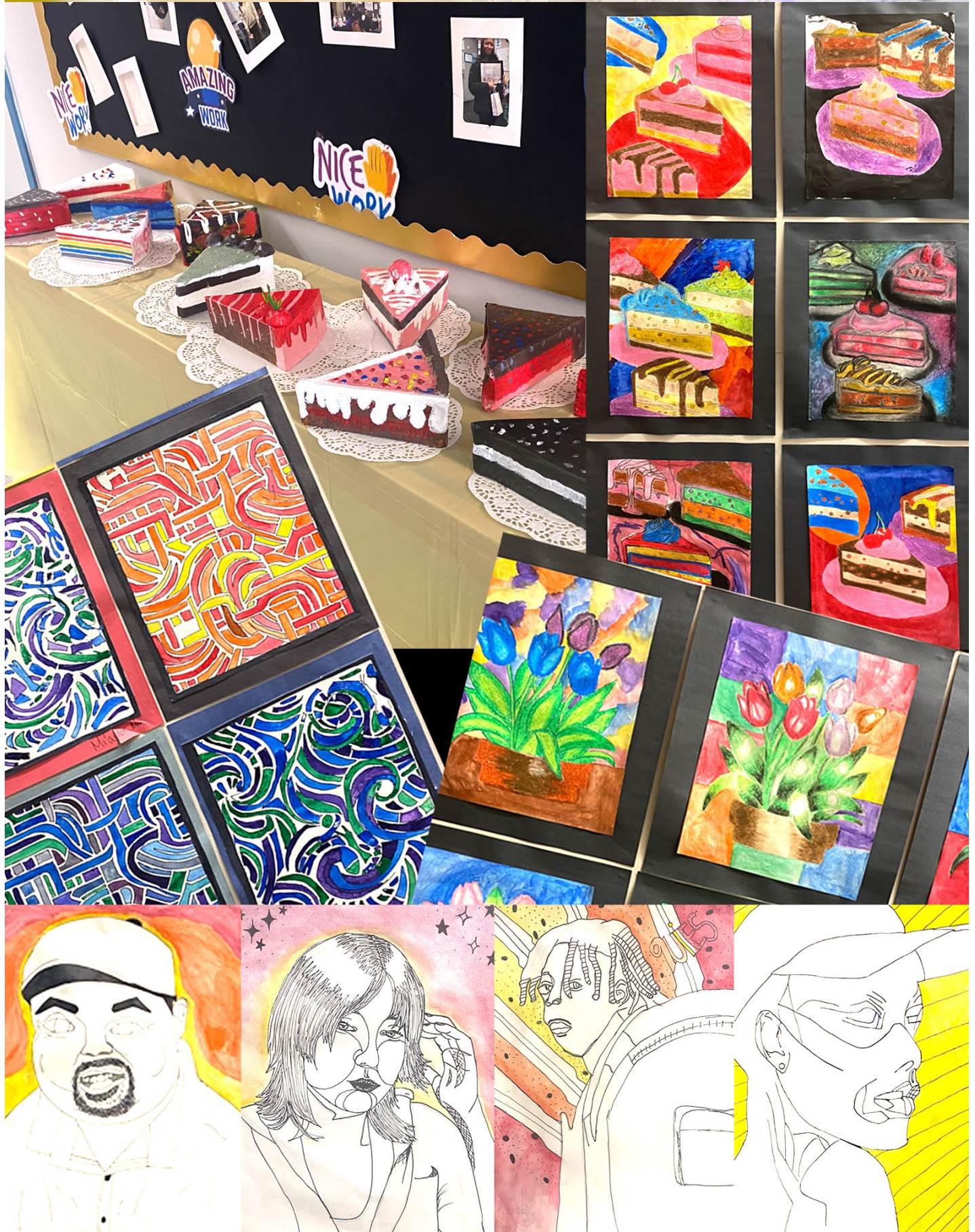
In Intro to Art, students completed an artwork that had them handling oil pastels. With this medium, students created a Tulip artwork focusing on the Elements of Art: Line, Shape, and Value. Students also completed an abstract watercolor artwork that utilized the Elements of Art: Line, Shape, and Color. Our recent lesson focused on Contour Line Drawing. Contour Line Drawing is all about looking at lines and shapes in what you see instead of looking at the whole picture. It is a practice exercise where the eyes must coordinate with the drawing hand. After some practice, the students created a Contour Line Drawing Portrait. This project focused on the Elements of Art: Line, Shape, and Color.

Currently, the Visual Arts class finished their chalk pastel sunset artwork, using the grid enlargement method where an 8x11 sunset line art was enlarged to 16x22 size. They then used earthtone chalk pastels to create a layered sunset artwork. The students are currently working on a Zen doodle design that incorporates various organic and geometric lines to create different Zen doodle patterns. Another art project the students were introduced to is the 1 Point Linear Perspective Name design. 1 Point Linear Perspective is one way to demonstrate the Element of Art: Space. Photos of these two projects will be available in the next Outlook Academy Newsletter.

In Visual Design, students completed their 3D Cake Slice sculpture inspired by the artist Wayne Thiebaud. Utilizing Gradual Release and chunked steps. This was a scaffolded art project building upon the prior lesson where the students completed a 2D Cakes artwork using oil pastels. This project had students analyzing how to use the Elements of Art: Line, Shape, Space, Value, Color, and Texture.

In Visual Design, students will create a cereal box design that includes a unique cereal name, cereal mascot, and flavoring of their cereal. This project focuses on the students thinking like graphic designers by creating a visually appealing packaging design that incorporates typography, font style, layout design, and color choice. One of the last projects the students will complete is creating a 3D model of a food truck and creating their own brand and food idea. Look for examples of the completed art project in the next Outlook Academy Newsletter.

Welcome to Visual Arts





From the Desk of Mr. Pervan



Here is what has been happening in our boy's and girl's PE classes this month. As we dive into the school year, our students are actively engaged in Fitness gram testing, focusing on key components of physical fitness, including push-ups, sit-ups, sit and reach, and the PACER test. These assessments not only help gauge our students' fitness levels but also provide valuable feedback on their progress. We encourage everyone to give their best effort.

The first half of our class takes place in the fitness center, where students train specifically for these assessments. For those ready to challenge themselves further, we have a free weight room available, and some students have already progressed to this space to hone their strength training skills.

After workouts, students have the option to enjoy various games, allowing them to socialize, have fun, and reinforce teamwork skills. For those who want to keep pushing their limits, they can continue their workouts in the fitness center or free weight room.

We encourage all students to stay motivated and support each other as we work through this fitness testing period. Remember, improvement takes time and consistent effort, so celebrate your progress, no matter how small.





From Our Social Worker

From the Desk of Mr. Hill

Healthy Strategies for Managing Emotions During Testing Season

With the testing season fast approaching, students often face a whirlwind of emotions like stress, anxiety, frustration, and even moments of self-doubt. While these feelings are completely normal, it's essential to have a toolkit of healthy strategies to manage them effectively. Let's dive into some ways you can support yourself and others through this period!

Understanding Testing Anxiety: Why Do We Feel This Way? 🤔

Testing anxiety is a type of performance anxiety that arises when students are overly concerned about doing well. It can affect your concentration, memory, and even how well you perform. Understanding what triggers your anxiety is the first step in learning how to manage it.

Common triggers include:

- **Fear of failure** or judgment from others.
- **Negative past experiences** with tests.
- **Feeling unprepared** or overwhelmed by the content.
- **Perceived high stakes**, like college admissions or scholarship eligibility.

Healthy Strategies for Managing Testing Emotions 🧘

1. **Mindfulness Practices** 🌿
Deep breathing exercises, progressive muscle relaxation, and guided imagery are all techniques that can help calm your nervous system. Try a 4-4-4 breathing exercise: inhale for 4 seconds, hold for 4 seconds, and exhale for 4 seconds. Repeat a few times until you notice your heart rate slowing and your muscles relaxing.
2. **Get Organized and Plan Ahead** 📅
Create a study plan that breaks down test preparation into manageable chunks. Start early and focus on one subject or topic at a time. Having a clear plan can alleviate the "last-minute rush" feeling and increase your confidence going into the test.
3. **Positive Self-Talk and Reframing** 🗣️
It's easy to fall into the habit of thinking, "I'm going to fail," or "I'm terrible at this." Instead, challenge these thoughts by reframing them. Replace negative statements with positive affirmations like, "I've prepared well, and I'll do my best," or "This is a chance to show what I know." Building a habit of positive self-talk can change the way you experience testing pressure.
4. **Physical Movement Breaks** 🏃
Short bursts of exercise—whether it's a brisk walk, a few jumping jacks, or stretching—can help release tension. Physical movement boosts endorphins, the "feel-good" hormones, and helps clear your mind.
5. **Nutrition and Sleep** 🍏💤
Your body and brain need the right fuel and rest to perform at their best. Opt for balanced meals with proteins, healthy fats, and plenty of water. Aim for 8–10 hours of sleep, especially in the nights leading up to the test. Sleep is crucial for memory consolidation and overall well-being.
6. **Reach Out for Support** 💬
Feeling overwhelmed? It's okay to ask for help! Talk to a teacher, school counselor, or peer about your worries. Sometimes, just verbalizing your concerns can help alleviate some of the pressure.



Outlook Academy

Assistant Program Administrator

From the Desk of Mr. Valant

As the November presidential election approaches, we here at Outlook would like to remind everyone of the importance of voter participation. Every election shapes the future of our country, but presidential elections determine the direction of national policies that affect us all ranging from education and healthcare to the economy and international relations. By voting, citizens have a direct impact on who will lead the country and make decisions that influence their lives and the generations to come. Our staff continues to push the importance of Voting across the curriculum. But no matter what class students are in the message is clear. Voting is not just a right; it's a responsibility. When we choose not to vote, we allow others to decide the future for us. We instill in our students to become educated and take control of their future. This includes exercising their right to vote and be part of the population that gives direction to this great country that we live in.

Participating in the presidential election is a chance for each of us to voice our opinions on critical issues and help shape the future of democracy in America. This election could influence how key challenges such as climate change, civil rights, and economic justice are addressed. Young voters have a unique opportunity to make their mark, as the policies implemented today will affect their future. By participating in the democratic process, our students can ensure that their voices are heard, securing a stronger, more representative government that works for all citizens. Our collective participation will define the course of the country, making this election a pivotal moment in our history. So, District 205, let us get out there on Tuesday, November 5th and make History.

ELECTION
2024

ADULT TRANSITION PROGRAM

Program Director

From the Desk of Dr. Wayne



At the college, September was a busy month for the Adult Transition Program. We landed our first partnership with the Rucker's Café at South Suburban College, led by the idea of one of the young adults. We now have workers in the cafeteria Monday-Friday 9 am-12:30 pm.

Our young adults participated in the district-led Voter Registration event and now are registered to vote in the election on November 5, 2024.

Urban League has returned, and the Adult Transition Program students have started the intake process.

At Thornwood, our young adults are still attending St. Coletta's two days weekly. While other students are completing job applications and working on skills using Conover. A few young adults will be working at the South Holland Community Center soon.

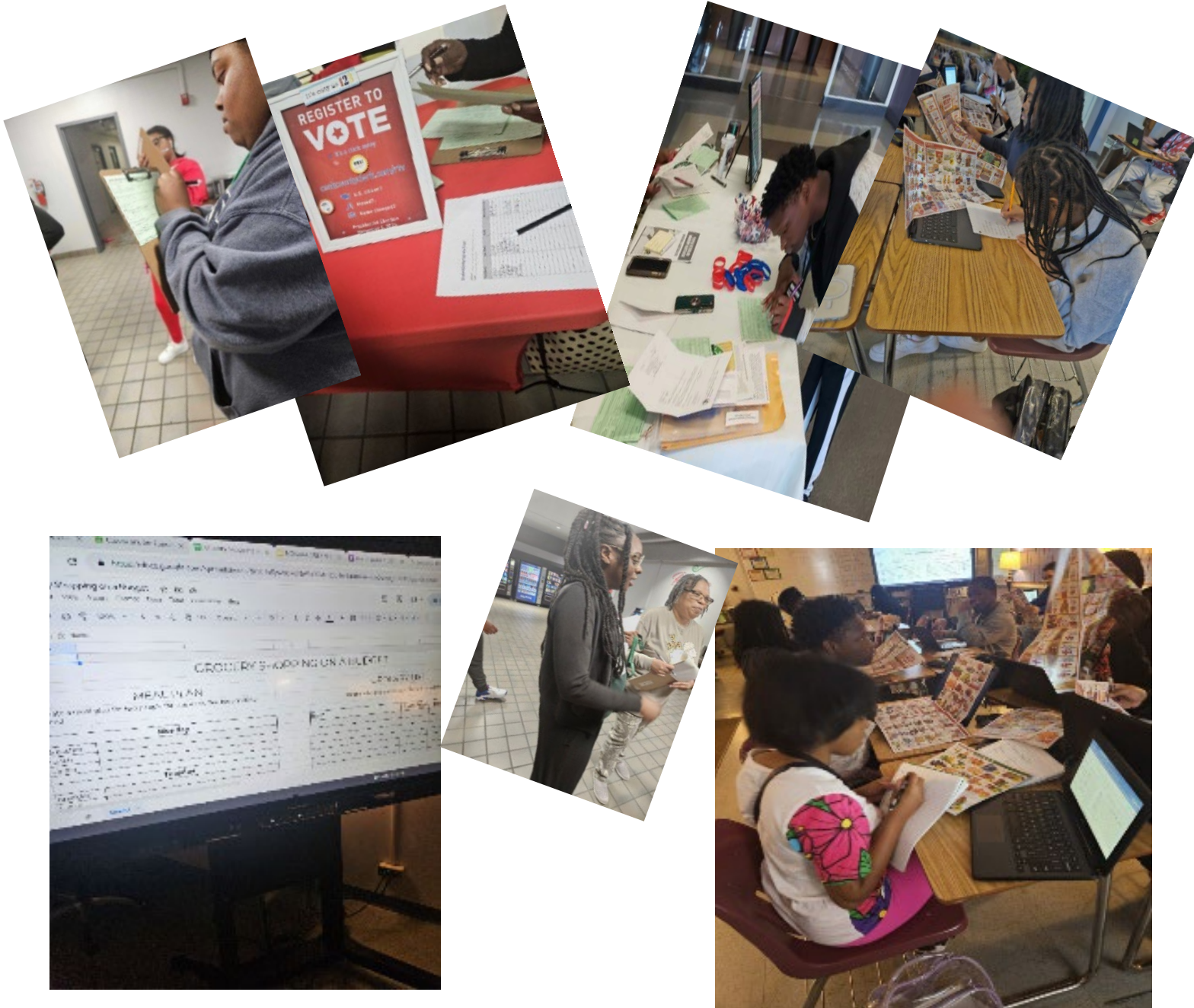
Also, our young adults visited the South Holland Police Station led by Officer Lareau. They saw the holding area, and investigation room, met a detective, and took a picture with Police Chief Staples. The young adults also had the opportunity to sit in a police car, talk on the walkie-talkie, and turn the sirens on.



Adult Transition Program

From the Desk of Ms. Neita

The ATP students completed a unit on grocery shopping on a budget. The students created a weekly grocery shopping plan for three meals a day within a budget of \$100, demonstrating their understanding of budgeting and meal planning. With the assistance of Briana Holmes and Ms. Brownlee, the ATP students successfully registered to vote.



Adult Transition Program

From the Desk of Mrs. Stewart



****Exploring Life Skills: Paystubs, Bank Accounts, and Workforce Simulations****

Hello Everyone,

Welcome to another exciting month of learning in our Adult Transition Program! This month, we dove into some essential life skills that will help our young adults as they move toward greater independence. Here is some of what we did during class:

Understanding Paystubs

Have you ever wondered what all the information on your pay stub means? We broke it down step by step! Our young adults worked on:

- Reading earnings and deductions
- Understand taxes and benefits
- Track your work hours and wages

Bank Accounts

Managing your money is a big part of becoming independent. We covered the basics of bank accounts:

- How to open and manage a checking or savings account
- Understanding deposits, withdrawals, and account balances
- How to keep your money safe and avoid fees

Workforce Simulations: Grocery Store Scenarios

To give hands-on experience, we took part in a workforce simulation. In this activity, the young adult got to play different roles in a grocery store setting:

- Practice customer service, stocking, and cashier skills
- Learn how to handle real-life work situations like managing transactions and interacting with customers
- Build confidence in a supportive and fun environment

These activities will help our young adults gain the knowledge and skills to navigate real-world tasks with confidence. We are excited to see them grow and develop through these life skills.