



# Newsletter

O c t o b e r 2 0 2 5

## 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 Room 3489, 3rd floor 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.

The Student Board of Education is organizing a significant community initiative aimed at promoting peace and community strength.

Join us for a day filled with positive energy as we support our students' vision for a peaceful community. This event will raise awareness about issues affecting youth and foster unity.

We invite all staff to attend, share the message, and encourage families and friends to participate in this vital day of celebration. Your presence will greatly impact our students and demonstrate the strength of our district united for peace.

This powerful, student-driven event aims to unite our entire community in a day of healing and celebration. Let's come together as a family!



CONNECT WITH US

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

708-225-5875 or 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>

Reporting an Absence, call 708-225-5875 or 708-225-5871



**The 3E Expo for all Seniors  
October 22<sup>nd</sup>**

**Pre-ACT for Juniors  
October 22<sup>nd</sup>**

More information on testing will be forthcoming soon.

**Turn Up The Peace Festival  
October 8<sup>th</sup>**

## **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)



None This Month

# October

# 2025


From: Patricia A. Malopsy Fortier, Program Administrator

Happy Fall Everyone:


October is a month filled with meaningful observances and exciting opportunities for learning, reflection, and community engagement. As we move through the fall season, we want to take a moment to recognize and honor several important themes this month:

 **Breast Cancer Awareness Month**


We stand in solidarity with those affected by breast cancer. Throughout October, we encourage everyone to wear pink on designated days to show support and raise awareness. Early detection saves lives—we will continue to educate and empower.

 **Domestic Violence Awareness Month**

This month also brings attention to the impact of domestic violence. We are committed to fostering a safe and supportive environment for all. Resources and discussions will be available to help students understand the importance of healthy relationships and personal safety.

 **Indigenous Peoples’ Day – October 13th**


We honor the rich cultures, histories, and contributions of Indigenous communities. Students will engage in classroom activities that celebrate Indigenous heritage and promote respect and understanding.

 **Halloween – October 31st**

Wishing everyone a safe and spooky, fun-filled day!

Let us make October a month of awareness, celebration, and connection. Thank you for your continued support and involvement in our school community!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	<b>National Principals Month</b>			<b>Parent Teacher Conferences</b>	<b>Parent Teacher Conferences</b>	
5	6	7	8	9	10	11
		<b>Breast Cancer Awareness Month</b>				
12	13	14	15	16	17	18
	Indigenous Peoples’ Day	Day 1 of Credit Recovery Classes	Board of Education Meeting 6:00 p.m. at TW		Last Day of Session 1	Turn Up the Peace Festival
19	20	21	22	23	24	25
	Day 1 of Session 2		3E Expo Pre-ACT Testing			
26	27	28	29	30	31	
	<b>Domestic Violence Awareness Month</b>				Happy Halloween	



Please take time  
to read and  
understand OA's  
Code of Conduct

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## OA Classroom Code of Conduct

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1. **PREPARED** for the day, arrive on time and bring all the necessary resources with you.
2. OA Student IDs must **ALWAYS** be on and visible. Students are required to have a visible ID from the moment they enter the building until they leave the campus.
3. Enter and Exit the classroom **QUIETLY**. Remember you are on a college campus and are held to the highest standards.
4. Personal electronic devices are **NOT** permitted during instructional time. Only D205 issued devices and headphones are permitted in OA Classrooms.
5. Upon entering an OA Classroom, students **MUST** secure any cell phone in an assigned classroom phone pouch for the duration of the class period.
6. **LISTEN** while your teacher is speaking and follow instructions.
7. Work Hard, Ask Questions, Try Your **BEST!**
8. Bathrooms are accessible before school, during passing periods, lunch and after school. Do **NOT** ask to leave class to use the bathroom.
9. Head coverings, hooded sweatshirts, jackets, and coats are **PROHIBITED** in OA Classrooms. Students may request a locker to secure personal belongings; please see Ms. Verdin for a locker assignment.
10. OA students are allowed to have a clear book bag on campus, and **ONLY** a clear backpack. No oversized bags or purses are allowed on campus.
11. Students **MUST** adhere to the South Suburban College and District 205 student dress code.
12. **ALL IN FOR THE WIN!**





# Outlook Academy

STUDENT SERVICES DEPARTMENT

## Academic Support

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

Dyslexia is often described as both a superpower and a curse—depending on the lens you use to look at it.

#### The “Curse” Side

- **Reading & Writing Struggles:** Dyslexia makes decoding text, spelling, and grammar more challenging. This can affect school performance and self-esteem, especially in traditional academic settings.
- **Processing Speed:** Tasks like notetaking, reading aloud, or timed tests can feel overwhelming.
- **Misunderstanding:** People with dyslexia are often mislabeled as lazy, careless, or less intelligent, even though dyslexia has nothing to do with intelligence.
- **Daily Frustrations:** Navigating menus, filling out forms, or even remembering sequences (like phone numbers or directions) can feel harder.

#### The “Superpower” Side

- **Big Picture Thinking:** Dyslexic brains often excel at seeing patterns, connections, and solutions others miss.
- **Creativity:** Many dyslexic individuals shine in storytelling, art, music, engineering, and entrepreneurship because of their ability to think differently.
- **3D and Spatial Skills:** Dyslexia is linked to strong visual-spatial reasoning, useful in design, architecture, sports, and mechanics.
- **Resilience & Adaptability:** Struggling in a world designed for neurotypical brains often builds grit, problem-solving skills, and innovation.
- **Famous Examples:** Richard Branson, Whoopi Goldberg, Steven Spielberg, and even Albert Einstein are often cited as dyslexic thinkers who turned challenges into strengths.

SENIORS! Did you know??

The 3E (Enrolled, Enlisted, Employed) Expo is coming...

District 205 seniors and their parents/guardians will participate in a day of exploring post-high school options through interactions with colleges, trade schools, military branches, employers, workshops, and more. The conference, held on October 22, 2025, at the Tinley Park Convention Center, is designed to help District 205 seniors with their 3E plans to be either enrolled, enlisted, or employed. Student transportation will be provided.



# MTSS

## Multi-Tiered System of Supports

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

As we approach the end of our first term, it is important to remember to reflect on what worked and what you need to adjust to be successful in the second term. Obtaining credits each term and doing well academically is imperative to graduating on time and setting yourself up for post-secondary goals of enrollment, employment, or enlistment. Below are some helpful tips to stay on track.

### Check in on Goals

- Review the academic or personal goals you set at the start of the school year.
- Adjust them if necessary—October is a good time to recalibrate.

### Stay on Top of Assignments

- Use a planner or digital calendar to track:
  - Homework
  - Project due dates
  - Exam schedules

### Start Studying for Final Exams

- Start creating study guides or review notes weekly instead of cramming.

### Organize Your Space

- Declutter your:
  - Backpack
  - Notebooks
  - Digital files
- Being organized helps reduce stress and increases focus.



### Ask for Help Early

- If you are struggling with a subject, October is the time to get help.
  - Talk to teachers
  - Use tutoring resources
  - Study with classmates

### Take Care of Your Mental & Physical Health

- Shorter days and cooler weather can affect energy and mood. Get enough sleep, eat well, and stay active.
- Build in time to relax and recharge.



### Track Your Grades

- Keep an eye on how you are doing in each class.
- If a grade is lower than expected, you still have time to improve it before the semester ends.

### Balance Academics with Fun

- Participate in school events (e.g., sports and clubs).
- This keeps you motivated and builds connections.

We enjoyed meeting parents and families at Back to School Night and we look forward to discussing academic progress at Parent Teacher Conferences. Partnerships with parents and families are a key factor to student success. Students are busy as we approach the end of the term and prepare for finals in a few short weeks. Our students are being rewarded for progress, respect, integrity, dedication, and excellence during the school day with our Outlook P.R.I.D.E. awards. I am looking forward to a great 2nd term here at OA.



# Financial Aid Department

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*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/fafsa>

**FAFSA Instructions**

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

If you have any questions or concerns regarding your FAFSA please email [bholmes@ttdistrict205.net](mailto:bholmes@ttdistrict205.net) or call at 708-596-2000 ext. 3575.

This month, we have been working with South Suburban College to ensure our students are receiving the best resources to thrive and work within the different programs at SSC. Our students are looking forward to attending the TTHSD205 3E Expo later this month. Weekly, students are introduced to programs here at SSC that they show an interest in: Barbering College, Cosmetology School, Forklifting Certification, Mechanics, Truck Driving, etc. 100% of all OA graduates are Enrolled, Enlisted or Employed by graduation each year.

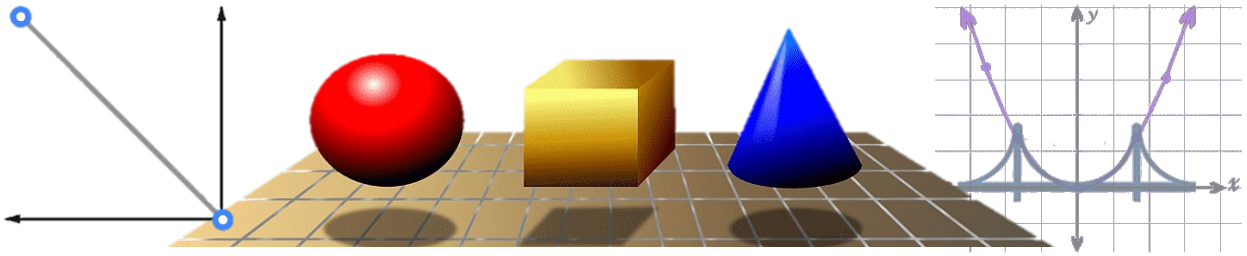
The FAFSA application process is starting for this year. For more information on completing your FAFSA, please stop by my office or visit the following website: [www.studentaid.gov](http://www.studentaid.gov).

[holfmes.briana@district205.net](mailto:holfmes.briana@district205.net)

708-225-5861

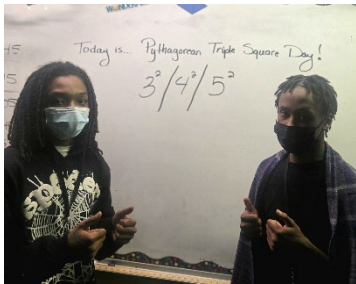
SSC Office - 3475





# Math Department

*From the Desk of Mrs. Garza*

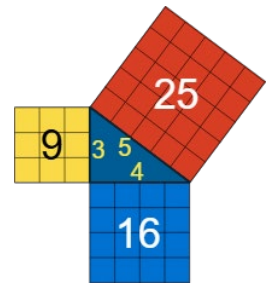


Last month, Pythagorean Triple Squares Day was celebrated **(9/16/25)** with a variety of math-inspired activities. From solving square number puzzles to designing visual models of perfect squares, students had the chance to see patterns in numbers come to life. Some classes even explored how square numbers connect to area and geometry, while others created “square art” to represent the concept visually.

The day was a fun reminder that math is all around us and can be celebrated in creative ways. We are proud of our students for engaging in problem-solving, teamwork, and hands-on learning.

As this term comes to an end, our problem-solving and building mathematical thinking skills will continue into the new term. Students are encouraged to keep asking questions, looking for patterns, and applying what they learn in class to everyday situations.

Looking ahead in October, we will continue strengthening these skills while also trying special math moments such as **Powers of Ten Day (10/10)** and **1024 Day (10/24)**.



*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 normal distribution. We have searched distinct types of data and been able to identify which types of data form a normal distribution.

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

You should have received a call at the number on record, with your students' current grade if they are not passing. If you have any questions concerning their grade, please email me. [rbailey@ttdistrict205.net](mailto:rbailey@ttdistrict205.net)

The 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.

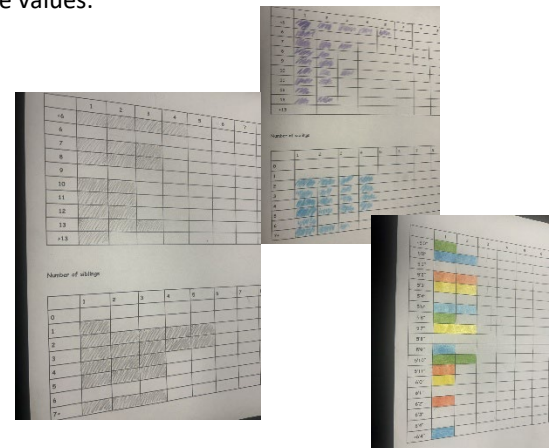
Week 9 – 10/6 to 10/10 - Duck Toss Project and Probability Assessment

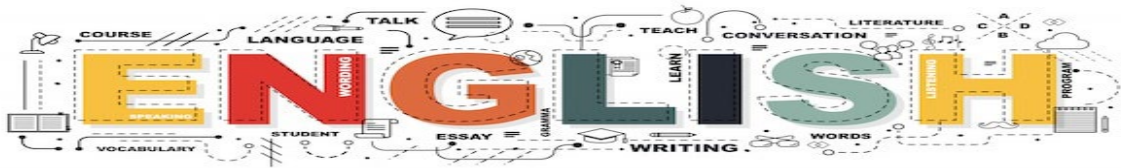
Week 10 – 10/13 to 10/17 - Review and Semester 1 Final

2<sup>nd</sup> Quarter

Week 1 – 10/20 to 10/24 - Statistical definitions and Vocabulary

Week 2 – 10/27 to 10/31 - Vocabulary Assessment and Plinko Demonstration





# English Department

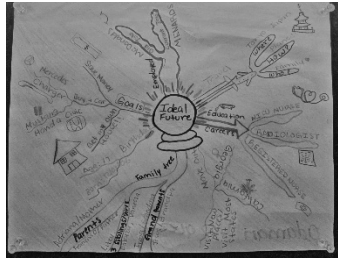
## *From the Desk of Mrs. Goodman*

October is a busy one at OA! Our Senior English classes are working hard and will be finishing their research papers within the next couple of weeks. With the grading term ending on **October 17<sup>th</sup>**, we encourage all students to stay on top of their project work and begin preparing for final exams. Looking ahead, a fresh start is just around the corner—our new "semester" begins on **October 20<sup>th</sup>** with new classes and new opportunities for success!





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



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.

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



Last month I wrote about the importance of increasing vocabulary to improve reading ability. Many people can sound-out numerous words for which they have no meaning. This often happens when a reader has been taught to “decode” or sound out words accurately but has a smaller working vocabulary and therefore cannot attach a meaning to a word they have pronounced perfectly.

This is why vocabulary is so important. But who wants to sit around learning definitions for new words? This month, we will be launching a vocabulary program that enables students to learn new words by identifying several synonyms for a key word. I hope that this process will allow students to acquire many new words more easily and efficiently.

# SOCIAL STUDIES

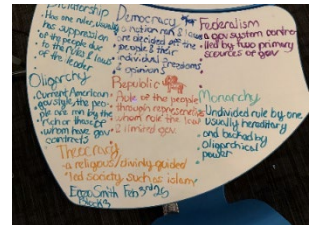
*From the Desk of Ms. DiGiacomo and Mr. O'Leary*

## Civics Update

Our Civics students are wrapping up the first semester by preparing for the Constitution Test. This milestone assessment not only reviews the U.S. Constitution but also highlights the rights, responsibilities, and structure of government at both the state and federal levels. Students have been practicing with review guides, class discussions, and practice questions to strengthen their understanding of checks and balances, individual freedoms, and the rule of law. We're excited to see their hard work pay off as they demonstrate their knowledge!

## Economics Update

In Economics, students have been diving into the fascinating world of markets. This month, we have focused on how shifts in supply and demand impact market price. Using real-world examples—from changes in gas prices to the latest trends in technology—students analyzed what causes curves to shift and how that affects equilibrium. They are learning to think critically about how everyday decisions by consumers and producers influence the economy around us.



*From the Desk of Mr. Murray*

Mr. Murray welcomed his first child to the world this month! Meet Isabelle Rose Murray, Mr. Murray's newborn daughter.

In sociology, students have been hard at work analyzing various social institutions and reflecting how each institution works in their daily lives. To wrap up this semester, students will be discussing what social inequality looks like in economics, race, politics, and gender. They will also be analyzing trends of inequality in government, cities, and schools using a variety of statistics. All students will leave Mr. Murray's class with a deep understanding of society and its various functions but also a more educated perspective on every situation they come across in their daily lives.

# SOCIAL STUDIES

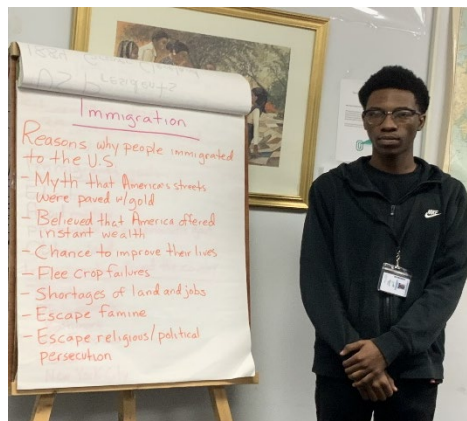
*From the Desk of Mr. Martin*

## US History

We are currently studying 19th Century Immigration

Learning Objectives:

- Historical & Cultural Understanding
  - Articulate the U.S. as a nation of immigrants recognizing how immigration has shaped American culture, language, and traditions.
  - Describe historic waves of immigration to the U.S., including specific time periods and associated countries.
  - Compare and contrast the experiences of immigrants from different countries and historical periods.
  - Identify motivations and rationales for immigration throughout history, including the "push and pull factors" that drive people to leave their native countries.
  - Recognize and evaluate stereotypes and myths surrounding immigrants and immigration, both historically and today.
  - Apply historical analysis skills to critically evaluate sources and understand the interdependence of immigration with social, cultural, and political developments.
- The students have been having some discussions about the genesis of Immigration and comparing it to what is happening currently with this topic.
- We have discussed why immigrants choose to come to the US and the conditions they found in the big cities.
- Many of the students have had interesting observations about the current state of immigration and why the melting concept has come into question.





# Science Department

*From the Desk of Ms. Anderson*

As we begin to wrap up the quarter (time went by so fast), science students will delve into the lives of serial killers. Students have learned about Forensic Psychology which explains the thought process in both criminals and law enforcement and have tried their hand at criminal profiling. In layman’s terms, criminal profiling is looking at the crime scene evidence and using it to develop a profile of the type of person they are looking for. Profiling, when done correctly, can lead to actual suspects.

Below you will find one of the scenarios that our students worked on, along with the worksheet they were to complete. These scenarios were made up by me, so any “googling” did not help.

UNSUB #1			
Age	Gender	Organized/Disorganized	Act/Process
Trolling Phase	Capture Phase	Interpersonal Coherence	Time and Place
Missionary, Visionary, Lust, Power or Thrill	MO/Signature	Other Information/Predictions	

According to police reports, 10 black women ranging in ages from 20-25, were found murdered in their homes with one bullet to the middle forehead. The women did not know each other, and the only commonality between them was that they had gone through, or were going through, a nasty divorce and/or custody situation. There were no signs of forced entry at any of the crime scenes. At each crime scene, a toy train car was left next to each of the victims.



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

In **Intro to Business**, we explored financial records and planning. Students learned about the different types of financial records that businesses must maintain, such as income statements, balance sheets, and cash flow reports. We also discussed the importance of accurate record-keeping for decision-making, securing loans, and long-term business success. Additionally, we examined the government shutdown and national debt, focusing on how these issues impact businesses, consumers, and even the stock market.

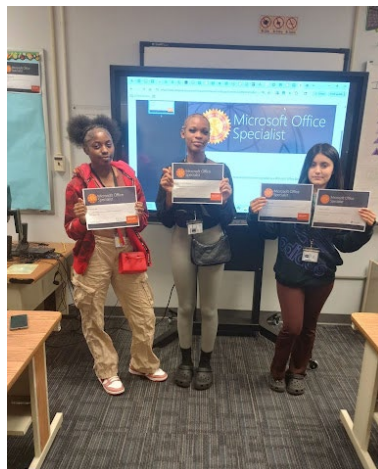
The Netinc Company Income Statement For the 6-month Period Ending December 31, 20xx			
<b>Revenue</b>			
Sales	\$1,289,650		
Sales returns and allowances	-20,200		
Net sales		\$1,269,450	
Cost of goods sold		-325,650	
Interest earned		80,263	
<b>Total Revenue</b>			\$1,024,063
<b>Expenses</b>			
Selling expense	\$32,050		
Marketing expense	282,954		
Administrative expense	52,445		
Rent expense	38,220		
Utilities expense	22,900		
Payroll expense	184,908		
<b>Total Expenses</b>		\$613,477	
Income taxes		-68,250	
<b>Net Income</b>			\$342,336



In **Education & Career Tech (ECT)**, our focus was on Microsoft Excel formulas and functions such as SUM, MIN, and Max. Students also learned how the logical functions IF, COUNTIF, and SUMIF are used in Excel to analyze data. Students also discussed how AI can be used for career and business planning. Students were then introduced to the basics of the Python programming language, including beginner-friendly syntax and examples like creating a program to calculate age. We reviewed how compilers work as well. Each lesson included quizzes and practice questions to reinforce learning.

In **Advanced Computer Applications (ACA)**, students continued working on earning their Microsoft Office Specialist (MOS) certifications in **MS Word, PowerPoint, and Excel**. So far, six certifications have been earned. Each certification serves as proof of Outlook students' skills with Microsoft's most widely used business software. Earning MOS credentials not only boosts each student's resume but also gives them a competitive edge in college applications and the workplace as well. Congratulations to Precious Bell, Xitlaly Venegas, Vivianna Austin, and Brandon Munguia for passing at least one certification so far this session.

Through all three classes, we emphasized how these concepts connect to real-world opportunities. These lessons highlighted the importance of both business knowledge and technical skills in preparing Outlook students to be **enrolled, enlisted,**



# Welcome to Visual Arts

*From the Desk of Mrs. Martinez*

## Mrs. Martinez | “All in for the Win!”

This term has been full of energy, creativity, and growth! From drawing to clay to color theory, students have shown incredible focus, teamwork, and imagination. Here’s a look back at the highlights:

### Crumpled Paper Abstract Art Project

Students practiced tracing techniques to transfer an abstract design onto watercolor paper. Using warm or cool color palettes, backgrounds were layered with markers. Then came the texture—crumpled paper was dabbed to fill in shapes, creating vibrant, tactile surfaces.

#### Elements of Art Used:

- Color: Warm vs. cool moods
- Texture: Crumpled paper layering
- Line & Shape: Abstract forms
- Contrast: Marker vs. textured layers



### Pinch Pot Animal Planters

Students hand-built functional animal-themed clay planters using air-dry clay. Creativity soared with designs ranging from cats to dinosaurs!

#### Elements of Art in Action:

- Form: 3D animal structure & planter cavity
- Texture: Fur, feathers, or scales added with tools
- Space: Positive (animal body) & negative (planter opening)
- Color & Line: Painted details and etched features

### Starry Night Oil Pastel Study

Inspired by Van Gogh’s “Starry Night,” students explored movement, mood, and expressive line work. After practicing the graphite transfer method, they blended oil pastels to recreate swirling skies and glowing moons.

**Central Focus:** How artists use lines, texture, color, and rhythm to communicate emotion through movement.

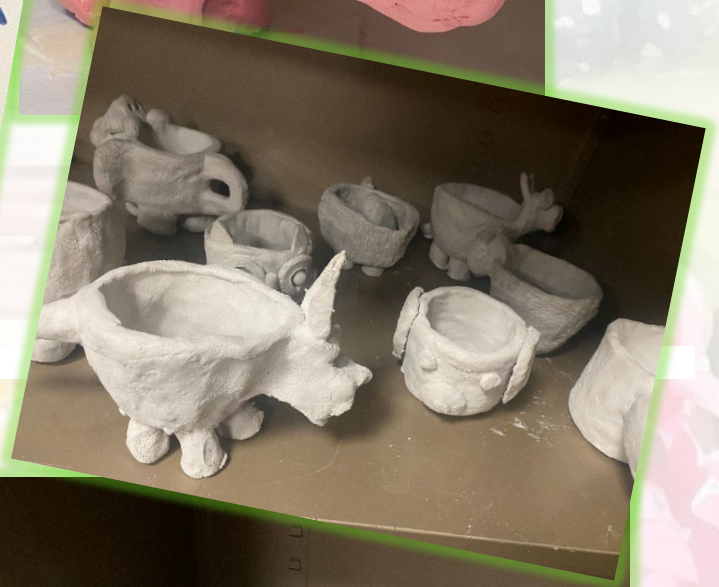
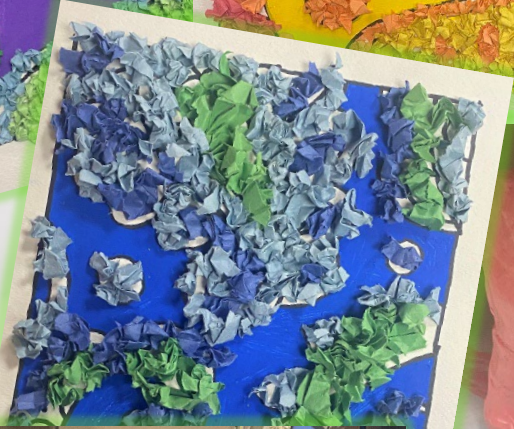
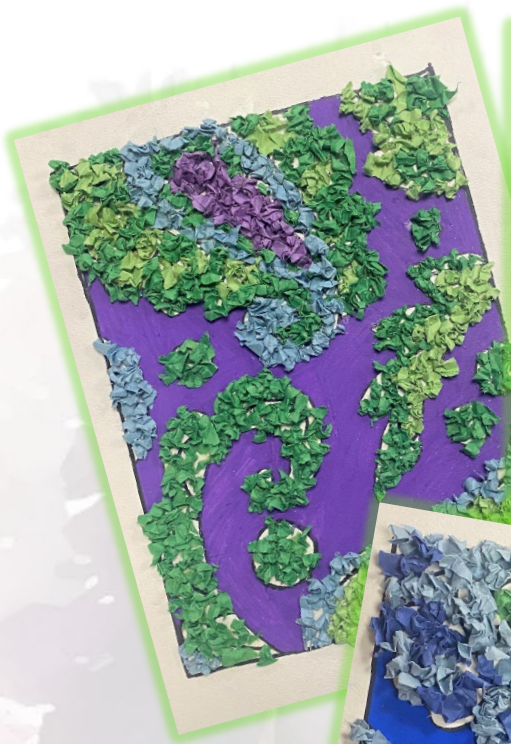
### Self-Care Reminder

Pause. Breathe in the fall air. Notice the leaves, the sounds, the silence. The mind is the greatest tool—take care of it.

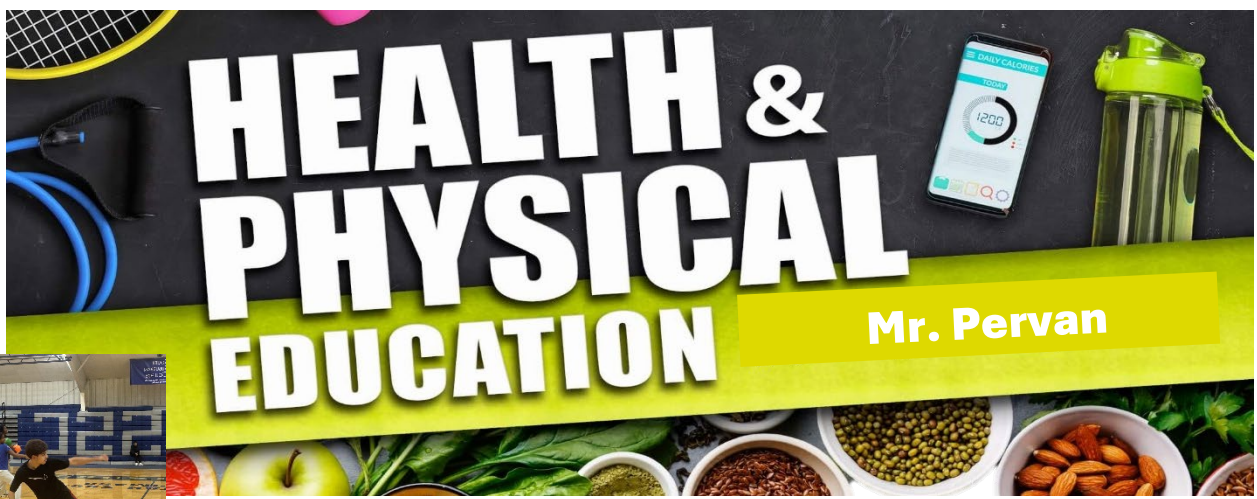
### ALL IN FOR THE WIN!

As Term 1 comes to a close, stay focused and finish strong. Every piece of work is a voice—make it count.







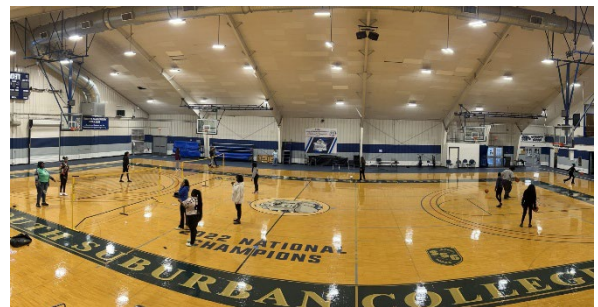


*From the Desk of Mr. Pervan*

### **Outlook Academy Physical Education Update**

*Mr. Pervan P.E./Health*

We've had a fantastic start to the semester in our Junior and Senior PE classes at Outlook Academy! Over the past few weeks, students have completed the first round of fitness testing, which gave them a strong baseline to measure their progress throughout the semester. With two weeks remaining until the final fitness assessments, our focus has now shifted toward training and improvement.



Each class period—lasting 80 minutes—is structured to give students a balanced mix of strength training and competitive gameplay. The first half of our class is dedicated to fitness training in the fitness center and free weight room. During this time, students complete 3–5 exercises of their choice, performing three sets per exercise. Repetition ranges vary depending on whether students are working to improve muscular strength or endurance. To stay on track, students fill out daily workout cards to record their routines and ensure they receive credit for their effort and progress.

The second half of class is all about gameplay and team sports. We just wrapped up an exciting unit on flag football and have now transitioned into a rotation of badminton, basketball, and soccer. Once a week, students get to vote on their activity of choice—and dodgeball has quickly become a class favorite!

It's been inspiring to watch students work hard in the gym, compete with great sportsmanship, and support one another. The camaraderie and positive environment in our PE classes make it a space where everyone feels encouraged to push themselves and grow, both physically and socially.

We are looking forward to continued progress and a strong finish as we head toward final fitness testing!





## From Our Social Worker

*From the Desk of Mr. Hill*

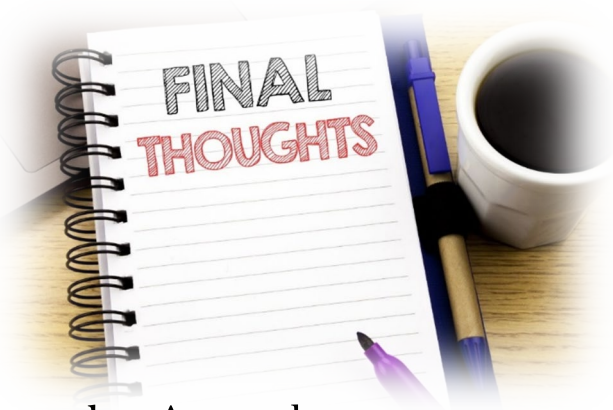
your-mind-matters 

The first week of October is known as **Mental Illness Awareness Week**. During this time, the National Alliance on Mental Illness (NAMI) and people all across the United States work together to bring attention to mental health and its impact on our lives. The purpose of this week is to teach the public about mental illnesses, the different symptoms people may experience, and how common these conditions actually are in society.



It is also a week when mental health organizations make a stronger effort to challenge the negative stigma that often surrounds mental illness. Stigma means unfair judgment, shame, or stereotypes that can stop people from getting the help they need. Breaking this stigma is important because mental illness affects so many people; nearly one out of every five adults in the U.S. lives with some form of mental illness.

Chances are, you know someone who has a mental health condition, even if they have never spoken about it. In fact, many people don't realize that what they are struggling with is connected to mental illness. This lack of awareness may come from misunderstanding symptoms, being afraid to ask for help, or not having access to resources. That is why Mental Illness Awareness Week is so important. Its goal is to spread knowledge, encourage understanding, and remind everyone that mental health matters just as much as physical health.



← Outlook Academy →

Assistant Program Administrator

*From the Desk of Mr. Valant*

Deciding what path to take after high school is one of the most important choices a student will ever make. Whether the next step is college, entering the workforce, or serving in the military, it takes careful thought, reliable information, and the right resources to make a confident decision.

Fortunately, District 205 is providing an incredible opportunity for students to explore these options at the upcoming **3E Expo**, which will be held on **Tuesday, October 22nd at the Tinley Park Convention Center**. This event will feature over **150 representatives** from colleges and universities across the country, the U.S. military, trade programs, and a wide variety of businesses and career fields.

The 3E Expo is designed to give students and families direct access to experts who can answer questions, share opportunities, and provide valuable guidance about what life after high school might look like. With so many options available, events like this help students sort through the possibilities and discover a path that fits their goals and strengths.

**Outlook Academy seniors will be attending this event** to ensure they have the resources and support needed to plan for their future. By engaging with representatives and exploring the many pathways available, students will be better prepared to make informed choices that set them up for success.

The future may feel uncertain, but with the right preparation and information, our students will be ready to take the next big step in their journey.



# ADULT TRANSITION PROGRAM

## Program Director

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

The young adults at the college have recently incorporated physical fitness into their vocational program as part of a holistic approach to career readiness and personal development. This initiative aims to promote both physical well-being and mental focus, which are key components for success in any trade or technical field. As new students prepare for the upcoming placement exam next month, others are actively pursuing certificate and trade opportunities, gaining valuable hands-on experience and skills that will support their long-term career goals.

The students at Thornwood have been actively engaged in a variety of real-world learning experiences. They've been busy applying for jobs, attending classes at St. Coletta's, and practicing community navigation skills. As part of a recent unit on *Speaking Up for Themselves*, the students took a trip to Denny's, where they confidently ordered their own meals and putting their self-advocacy skills into action. These experiences are helping them build independence, communication, and confidence in everyday settings.

# Adult Transition Program

*From the Desk of Ms. Neita*

## Adult Transition SEL Group – Week 1

The Adult Transition Students participated in their first SEL Anxiety Social Group today. During the session, students collaborated to establish group rules that promote respect, safety, and inclusion. They also took part in introductions, giving everyone a chance to get to know one another.

The SEL group will continue meeting every Friday, focusing on a variety of topics related to mental health and social-emotional growth. Each week will include group discussions, activities, and strategies designed to support self-awareness, coping skills, and positive social interactions.



# Adult Transition Program

## *From the Desk of Mrs. Stewart*



This month in the Adult Transition Program, we are welcoming our 1:1 aid to functional work, Mr. Stephen Powell, our focus has been on building essential workforce skills through resumes, cover letters, and interview preparation. Students are learning how to create professional documents that highlight their strengths, experiences, and goals while also practicing the confidence needed for successful job interviews. To make learning engaging, we participated in a fun group activity—**Musical Chairs: Rapid Interview Edition**—where students rotated seats and practiced short, timed interview responses with their peers. This helped them think quickly, build communication skills, and practice answering common interview questions in a supportive and encouraging environment. We are excited to see their progress as they continue preparing for both academic and workforce success!

