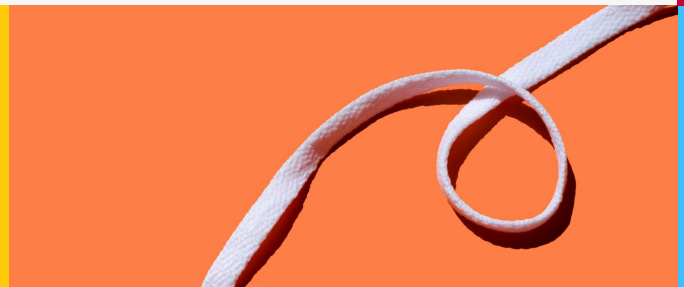
Methacton SEA Meeting 11/13/25

Unified Activities







Best Buddies Club

Overview:
The Methacton High School Best Buddies Club is a student-led organization that promotes inclusion, friendship, and understanding between students with and without intellectual and developmental disabilities (IDD). The club reflects Methacton's commitment to fostering a welcoming, respectful, and connected school community where every student is valued.

Purpose:
To create meaningful one-to-one friendships between students with disabilities and their peers, reducing social isolation and building a culture of acceptance and inclusion throughout Methacton High School.

Structure:
Members are paired as "buddies," connecting students with disabilities to peers who share common interests. Pairs and small groups spend time together during school activities, club events, and occasional outside gatherings, strengthening social connections and promoting mutual respect.



https://www.youtube.com/watch?v=F4IULAzru-8

Best Buddies Club

Activities:
The Methacton Best Buddies Club organizes a variety of inclusive events such as social mixers, themed dances, movie nights, and service projects. Activities are designed to build friendships, increase awareness, and celebrate the strengths and contributions of all students.

Leadership:
The club is supported by dedicated student officers and faculty advisors who coordinate meetings, plan events, and lead initiatives that align with both the Best Buddies mission and Methacton's inclusive education goals.

Benefits:
Participation in Methacton's Best Buddies Club helps students develop empathy, leadership, and advocacy skills. Students with disabilities gain meaningful social opportunities and confidence, while all members contribute to making Methacton High School a community where inclusion and friendship thrive.



Best Buddies Club

Club Advisors: Andrea Borgmann and Sarah Quintos

About the Club:
Best Buddies fosters inclusion and friendship between students with and without intellectual or developmental disabilities. Members build meaningful connections through shared activities, events, and everyday interactions.

Membership:

- Students can join **anytime throughout the year**.
- The **main membership drive** happens at the start of the school year.
- Sign up online: Best Buddies Membership Form

Best Buddies International is a global nonprofit organization that creates one-to-one friendships, integrated employment, and leadership development for people with intellectual and developmental disabilities (I/DD). It operates in all 50 U.S. states and in over 45 countries worldwide, working to build an international movement for inclusion.



Best Buddies Club

Communication:

- A **Google Classroom** is used to post announcements and upcoming events.
- Parents receive **emails** with event details and **Google sign-up forms** for attendance and transportation.
- **Remind App messages** go out to both students and parents.
- Club **meetings are held once a month** for about one hour after school in the cafeteria.



Events:

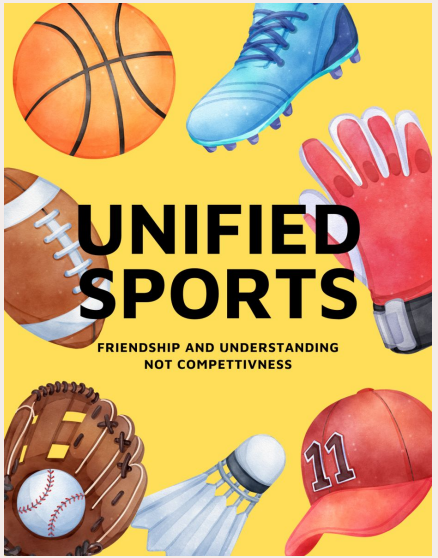
- We host **two or more events each month**, both on and off campus.
- Activities range from **typical high school experiences** (like dances or sporting events) to **friendship-building gatherings** (such as movie nights or game days).
- Event durations vary from **1–3 hours** depending on the activity.

What are Unified Sports?

About the Program:
Unified Sports bring together students **with and without intellectual or developmental disabilities** to **train, compete, and grow as teammates**. These inclusive athletic programs promote **friendship, understanding, and respect** through shared sports experiences.

Key Details:

- Unified Sports are official **school athletic programs** supported by Methacton High School and **Special Olympics Pennsylvania**.
- Students **practice and compete together** in a variety of sports throughout the school year.
- The focus is on **teamwork, inclusion, and school pride** rather than competition alone.



What are Unified Sports?

Recognition:

- All participants are eligible to **earn varsity letters** for their involvement.
- Students who participate **each year through graduation** receive a **four-year varsity letter award** at commencement.

Goal:
To celebrate the abilities of all athletes while fostering **inclusive friendships and a stronger school community.**



More Than a Program — It's a Movement
Unified Sports brings students **with and without developmental disabilities** together on the same team to **train, compete, and grow as teammates**. It's about more than winning games — it's about **building friendships, understanding, and school spirit**.

What Students Gain:

- **Leadership skills**, **empathy**, and **teamwork**
- The **joy of competition** in an inclusive environment
- A stronger sense of **confidence**, **respect**, and **belonging**

The Impact:
Parents often share that Unified Sports has transformed not only their child's school experience, but their **outlook on life**.

How to Get Involved:
Whether your child is an **athlete who loves to play** or a **partner who wants to make a difference**, there's a place for them on a Unified team.

Join the Movement. Celebrate Inclusion.
At Methacton, **every student benefits when we play unified!**

Inclusion Counts!



"Diversity is a fact. Equity is a choice. Inclusion is an action. Belonging is an outcome"
- Arthur Chan

Methacton Athletics Paperwork

Methacton Athletics - Student Central Instructions

PIAA Physical Form





Unified Sports

What is Unified Sports?

Unified Sports joins students **with and without intellectual disabilities** on the same team.
It's based on a simple but powerful idea:

> *Training together and playing together creates friendship, understanding, and inclusion.*

Team Structure:

- **Athletes:** Students with intellectual or developmental disabilities (IDD)
- **Partners:** Students without IDD
- To compete, teams must maintain a **50/50 or 60/40 ratio** of athletes to partners.

Participation Guidelines:

- Students **may not compete for another Methacton team** in the same season as Unified Sports.
- **All athletes** will be part of the competition team.
- **Not all partners** will compete each season due to ratio requirements.
    - Priority is given to **upperclassmen** and those with **previous Unified Sports experience**.
    - Additional students may join as **practice players** to train and participate in team activities.

Unified Sports

Skill Placement:
At the start of each season, students complete a brief **skills assessment** and are placed in heats or groups based on ability to ensure balanced and enjoyable competition.

Unified Sports Club:

- Any student may join the **Unified Sports Club**, even without participating in Unified Bocce or Unified Track & Field.
- All athletes and partners on Unified teams are **automatically members** of the Unified Club.

How to Register

1. **Create an account on Student Central (formerly PlanetHS)**
    - Complete the **athletic registration packet** online.
    - **Upload Section 6** of the physical form, signed and dated by a doctor.
2. **Physical Requirements**
    - Physicals must be **dated after May 1, 2025.**
    - If your student already participated in a sport this school year, only **Section 7 (Recertification)** needs to be completed.

Unified Sports

Unified Bocce

- **Season:** Approximately **November 17 – March 1** (dates may vary based on playoffs)
- **Athletic Forms Due: November 8**
- **Note:** If your student already played a Methacton sport earlier in the **2025–2026** school year, only a **recertification form** is required.



Unified Track & Field

- **Season:** Approximately **March 2 – May 15** (depending on playoffs)
- **Athletic Forms Due: February 16**
- **Note:** If your student already played a Methacton sport earlier this year, only the **recertification form** is needed.

Unified Sports

📱 **Instagram:** @MethactonUnified
Follow us for photos, event updates, and highlights from our Unified teams!

💬 **Remind Messages:**
Text **@8f2688** to **81010** to join the **Unified Club Remind** for event reminders and announcements.

🖥️ **Google Classroom:**
Join the **Unified Club Google Classroom** using code **mfsa4fu** for schedules, sign-ups, and resources.

📧 **Questions?**
Contact **Mrs. Sarah Quintois** at **squintois@methacton.org**



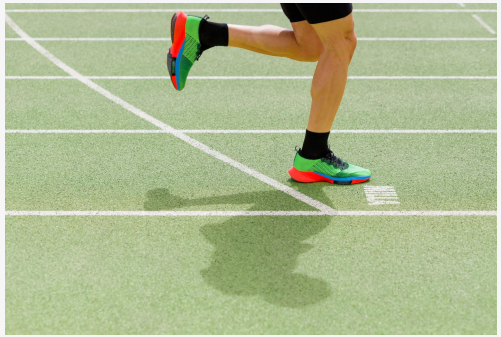
Unified Bocce



Fall/Winter

This High School Varsity Sport is a favorite amongst all of the participants!

Unified Track



Spring

This Spring Sport draws a huge crowd and there are many events that students can choose from to participate in.

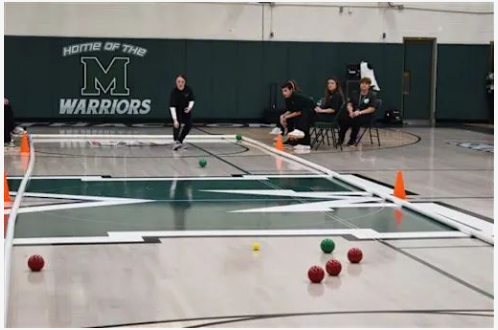
Special Olympics

May 6, 2026

This annual event will be held at Spring-Ford Area School District and the entire county comes to cheer our students on!

Unified Bocce

Bocce in Action



Our Team has previously qualified for the Montgomery County Bocce Championships multiple years in a row!

Methacton's Warrior News

@MethactonWarriorNews · 961 subscribers · 1.6K videos

More about this channel ...more

Subscribe

Home Videos Shorts Live Playlists

[Unified Bocce on Methacton's Warrior News]

About Bocce:
Unified Bocce is a **team-based sport** where athletes and partners work together to develop skills, strategy, and communication.

While **Unified Track & Field** includes both team scoring and **individual heats** based on times and distances, **Bocce** focuses on teamwork, coordination, and shared success.

Unified Bocce

Season:

- **Approximate Dates:** November 17 – End of February *(depending on playoffs)*
- **Practice Schedule:** Mondays and Thursdays, **2:30–4:00 p.m.** in the **Methacton High School Cafeteria**

Team Structure:

- **Competition Team:** Approximately **20 players**
- **Practice Team:** Typically **5–10 additional players** who train and participate in team events

Team Leads:
Heidi Alderfer and **Sarah Quintois**

Meet Schedule:

(A)	12/09/25 3:00 PM	vs Upper Merion Area	Upper Merion Area High School
(A)	01/08/26 3:30 PM	vs Harriton Senior HS	Harriton High School
(H)	01/12/26 3:00 PM	vs Pottsgrove	MHS Main Gym
(H)	01/29/26 3:00 PM	vs Perkiomen Valley	MHS Main Gym

Unified Track

Season:

- **Approximate Dates:** March 2 – Early May *(depending on playoffs)*
- **Practice Schedule:** Mondays and Thursdays, **2:30–4:00 p.m.** in the **Methacton High School Cafeteria**

Team Structure:

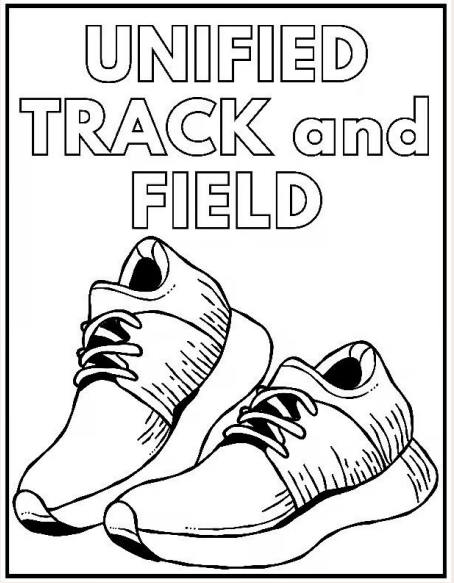
- **Competition Team:** Approximately **22–25 athletes**
- **Practice Team:** Typically **40 or more additional team members** who train and participate in team activities

Team Leads:
Matt Alzamora and **Sarah Quintois**

Meet Schedule:

- Typically **3–4 meets** per season
- Dates and locations will be shared through **Remind**, **Google Classroom**, and **email**

Unified Track



Events Include:

- 100-meter run
- 400-meter run
- 800-meter run
- Long jump
- Shot put
- Mini Jav (a lightweight javelin with a rounded end for safety)
- Relay teams

About Unified Track:

Unified Track & Field celebrates teamwork, inclusion, and personal growth. While students compete in both individual and team events, the focus is on **fun, friendship, and shared achievement**—not just running or winning.

"The track team is amazing, and there's not too much running—Unified Track is truly about the experience!"

Special Olympics

Hosted by Spring-Ford Area School District

Keys to a Successful Day:

- Arrive early! Parking is abundant, but since the event is huge, so are the lots!
- Wear sunscreen, a hat, and sneakers.
- Bring extra water and food. There are items to purchase, but the lines can be long and options are limited at times.
- Umbrellas are really helpful to protect from the sun.
- Backpacks and bags are helpful to hold everything.
- Folding chairs might be helpful to individuals who cannot stand for long periods of time.

Special Olympics Unified Sports®

Click to watch the 2025 video!

2026 Special Olympics – Methacton School District Participants

The Methacton School District is thrilled to announce that our students will be participating in the **2026 Special Olympics**, hosted by the **Spring-Ford Area School District**!

📅 Event Details



- **Event Date:** Wednesday, **May 6, 2026**
- **Rain Date:** Thursday, **May 7, 2026**
- **Location:** Spring-Ford Area School District Campus
- **Eligibility:** Students must be **at least 8 years old** as of **May 6, 2026**

How to Participate

Families must complete **two required steps** by the deadlines below:

1. **Participation Form – Due November 10, 2025**
   Complete the Google Form: https://tinyurl.com/3pr27jxk
2. **Special Olympics Medical Form – Due January 3, 2026**
   - The **Special Olympics medical form** (attached to the email) is **required for participation**.
   - Forms must be **dated within three years** of the event date (after May 6, 2023).
   - If your child's form is older, please have a new physical completed and signed by a licensed healthcare provider before submission.
   - **Late submissions cannot be accepted** by the hosting organization.

Special Olympics

If you have any questions about the **2026 Special Olympics** or how to get involved, please contact:

🏫 **Elementary (K–4):**
Corina Todd — ctodd@methacton.org

🏫 **Middle Level (5–8):**
Lori D'Andrea — ldandrea@methacton.org

🏫 **High School (9–Age 22):**
Joelle Mensch — jmensch@methacton.org

Ready to join something powerful? The Special Olympics Montgomery County brings together individuals of all abilities to train, compete, and thrive — fostering confidence, connection, and community spirit.

With a wide range of sports, volunteer roles, and opportunities for families and schools, SOMC is more than athletics. It's an inclusive movement where every athlete, partner, coach, and supporter experiences the power of belonging.

Be a part of the change. Go inclusive, go united, go Special Olympics.🔗 specialolympicsmontco.org

Transition

PAES Lab

Introducing the Mobile PAES Lab at Methacton High School

Preparing Students for Real-World Success Through Hands-On Career Exploration



https://www.youtube.com/watch?v=hDU-LUluOEY

PAES stands for **Practical Assessment Exploration System**.
It is a **hands-on, simulated work environment** that allows students to:

- Explore a wide range of career fields
- Learn and practice job skills
- Build independence and workplace readiness
- Develop soft skills such as teamwork, responsibility, and problem-solving

Transition

PAES Lab



Students engage in **five major career domains**:

1. **Business/Marketing**
2. **Computer Technology**
3. **Construction/Industrial Skills**
4. **Consumer/Service Skills**
5. **Processing/Production**

Each area includes dozens of task-based activities to help students discover their strengths and interests.

How It Works

- Students rotate through various job tasks within each domain.
- Each task is **observed and scored** on accuracy, speed, and independence.
- The system automatically tracks progress and identifies areas of strength and need.
- Students receive **immediate feedback** and **data-driven career insights**.

PAES Lab

The PAES Lab serves **students with diverse learning needs** who are developing **career awareness and work readiness skills**.

Ideal for:

- Students with IEP transition goals
- Students in life skills, autistic support, or vocational programs
- Students exploring post-secondary pathways (work, training, or college readiness)



Skills Students Gain

- Job task performance and hands-on experience
- Workplace behavior and professionalism
- Following directions, time management, and self-assessment
- Increased confidence and independence
- Understanding of personal career interests

Benefits of the Mobile Model

- Brings **career readiness to multiple schools and classrooms**
- Offers **flexible scheduling** for participation
- Promotes **collaboration across special education, transition, and CTE programs**
- Provides **equitable access** to real-world learning opportunities

Transition

PAES Lab



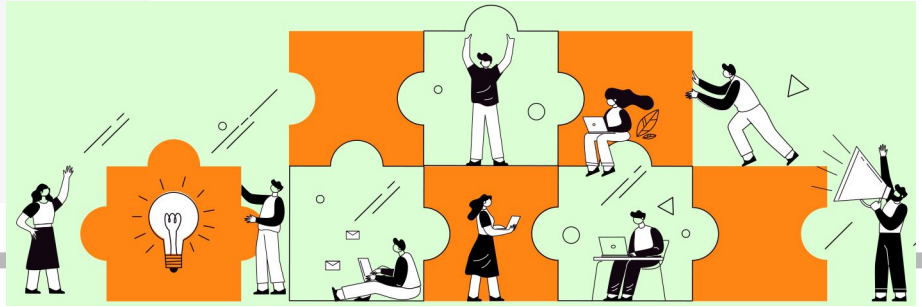
Data and Outcomes

- Objective data reports summarize student performance and growth.
- Helps guide **IEP transition goals** and **work-based learning planning**.
- Supports district wide goals of **career readiness and inclusive education**.

Transition Program

Apartment Brainstorming Work

Program Description
The Methacton High School Apartment Program provides students with real-world opportunities to learn, practice, and generalize independent living skills within a fully equipped apartment setting. Designed for students in grades 11–12 and eligible students in post-secondary programs (ages 18–21), the program emphasizes functional academics, daily living skills, vocational training, and community participation. Students gain hands-on experience with household responsibilities, money management, meal planning and preparation, personal care, and recreation, all while receiving individualized instruction aligned with their IEP goals. The apartment environment serves as a bridge between school and adult life, preparing students to transition successfully into independent or supported living, employment, and active participation in their communities.
Mission Statement
To empower students with the skills, confidence, and independence needed to successfully transition into adulthood by providing authentic, real-world learning experiences in a supportive apartment-based environment.



Transition Program

Apartment and Work Study Brainstorming Work

Vision Statement
The Methacton Apartment Program envisions graduates who are confident, self-sufficient, and active contributors in their communities — prepared to live as independently as possible, maintain meaningful employment, and pursue fulfilling adult lives.
Primary Goals
Independent Living Skills
Teach students practical skills for managing a household, including cooking, cleaning, laundry, shopping, budgeting, personal organization, and self-care.
Community Integration & Social Development
Foster independence in the community by providing opportunities for students to access local businesses, public transportation, recreational activities, and social interactions in authentic settings.
Vocational & Transition Readiness
Provide students with job readiness training, supported work experiences, and connections to adult agencies and community resources to ensure a smooth transition to employment and post-secondary opportunities.

Transition Program

Apartment and Work Study Brainstorming Work

Criteria for Eligibility
Students may be considered for the Apartment Program when:
They are in grades 11–12 or part of Methacton's 18–21 transition program.
They have an IEP identifying a need for intensive instruction in independent living, daily functioning, and transition skills.
They demonstrate readiness to benefit from instruction in an apartment-based or community-based setting.
The IEP team determines that participation in the Apartment Program will best prepare the student for post-secondary transition outcomes, including independent or supported living and employment.

Thank you!