**RISE Learning Center** 

January / February 2024

# The Rocket Report



Raffle to support RISE Learning Center athletics! 100% of funds raised go to our teams. Price: \$2 (1 ticket), \$5 (3 tickets), \$10 (7 tickets), \$20 (15 tickets). Basket names/details at the end of the newsletter. You can use all tickets to try to win one basket, or spread them out. See pages 5-6 for info.



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OUR SCHOOL
IS FULL OF
Sweethearty





# **Monday**

2/19







School Smiles, our mobile dentist, will be here on **March 13!** 

Please visit <a href="www.schoolsmiles.com/student-signup">www.schoolsmiles.com/student-signup</a> to sign up. Students who were seen at our visit in September will be automatically added to the schedule to be seen.

"If you're always trying to be normal you will never know how amazing you can be." ~Maya Angelou



- ⇒ Basketball Game with Southport Police—Feb 8, 6:30pm, RLC Gym
- ⇒ Basketball Game—Feb 12, 6:30pm, RLC Gym
- ⇒ President's Day / No School — Feb 19
- ⇒ End of 3rd Grading Period—Mar 8
- ⇒ School Smiles / Mobile Dentist—Mar 13
- ⇒ Spring Break March 18-29

# Community Outreach Corner

- 1. Don't forget to apply for an Access Pass! This pass allows families that meet certain requirements to visit the Children's Museum of Indianapolis and all participating locations. The cost is \$2.00 per family member, per visit, for up to 2 adults and all dependent youths living in the household. You qualify if you receive: Hoosier Healthwise Insurance, SNAP, or TANF. Apply at https//www.childrensmuseum.org/visit/hours/access-pass
- 2. Urban Air Adventure Park, 1172 N. Main St., Franklin, IN 46131 Sensory Friendly, special needs community and their caregivers ONLY First Sunday of every month at 9:00 am (2/4, 3/3, 4/7, 5/5, 6/2, 7/7) discounted rates available
- 3. Greenwood Public Library- Our Ask The Arc webinar series will discuss timely topics relevant to people with intellectual and developmental disabilities, their families, and their support systems. Ask The Arc is brought to you by the key organizations and trusted partners who join in support of our advocacy efforts through our Circles of Support initiative.

https://us06web.zoom.us/webinar/register/WN\_hTnwxka\_S--MknlpiQoNrA#/registration

•Feb 8, 2024 6:00pm •Mar 14, 2024 6:00pm •Apr 11, 2024 6:00pm •May 9, 2024 6:00pm

4. AMC Theaters: Indianapolis 17 Check the website for a theater new you! 4325 South Meridian St., Indianapolis, IN 317-784-0989

Partners with the Autism Society to create sensory-friendly filmshowings, lights dim, sounds are low, and patrons may freely walkabout during the film. Offered on the 2<sup>rd</sup> and 4<sup>th</sup> Saturdays each month. Contact the theater for specifics. https://www.amctheatres.com/programs/sensory-friendly-films

## \*\*IMPORTANT 2023-2024 CALENDAR CHANGE\*\*

Monday, April 8, 2024, is now an E-Learning Day! This is the day the solar eclipse is occurring. As we are in the path of totality, it was the recommendation from Indiana State Police, schools close or have an E-Learning day. Our Governing Board has approved this update. You can always see the updated calendar on our website or our Facebook Page. Teachers will be in touch closer to time with instructions and expectations

for the day.

RISE E-Learning Day
Apr 8, 2024

PEGG

PEG

# **ATTENTION KROGER SHOPPERS!!!**



Support \*\*RISE Learning Center\*\* by enrolling today!!!

- 1. Visit Kroger.com/communityrewards
- 2. Sign into your account or create one
- 3. Edit Kroger Community Rewards Info
- 4. Enter RISE Learning Center or IY837
- 5. Kroger donates every time you shop

\*\*\*From Oct 2023—December 2023, RLC received \$266.10 donations from Kroger Community Rewards. Thank you to the 96 households who participate in this program for us!!\*\*\*



With the possibility of delays, closings, or E-Learning days, please make sure your phone number is updated with the office.

Automated calls and text messages are sent out regarding school delays and closings.

RISE Learning Center will also be listed on the following news stations: WTHR, FOX, and WISH.

\*\*If you did not receive calls/texts during the last E-Learning Day, please call the office.

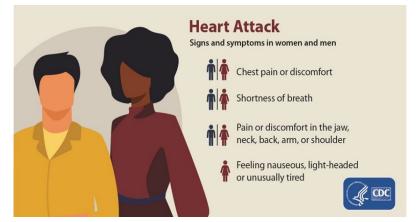


Nurse Angela wants everyone know **February** is American Heart Month ...



#### **Heart Disease in the United States**

- Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States.
- One person dies every 34 seconds in the United States from cardiovascular disease.
- ♦ About **697,000 people in the United States** died from heart disease in 2020—that's **1 in every 5 deaths**.
- Heart disease is the leading cause of death for people of most racial and ethnic groups in the United States, including African American, American Indian, Alaska Native, Hispanic, and white men. For women from the Pacific Islands and Asian American, American Indian, Alaska Native, and Hispanic women, heart disease is second only to cancer.
- The following are health issues that can cause heart disease...
  - High blood pressure
  - ♦ High cholesterol
  - Diabetes
  - Overweight and obesity
  - ♦ Unhealthy diet
  - ♦ Physical inactivity
  - Excessive alcohol use



### **Choose Healthy Habits**

You can choose healthy habits to help prevent heart disease. If you have high cholesterol, high blood pressure, or diabetes, you can take steps to lower your risk for heart disease.

Choose Healthy Foods and Drinks

Keep a Healthy Weight

•Get Regular Physical Activity

Don't Smoke

On another note....If your student is sick with ANY of the following symptoms:

Fever Chills Sore Throat Cough Body Aches

Shortness of Breath Loss of Taste or Smell Diarrhea/Vomiting Stomach Pain

Or has TWO or more of the following symptoms:

Runny/Stuffy nose

• Headache

Nausea

KEEP YOUR STUDENT HOME!!

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<u>Where and how to buy</u>: Purchase tickets any time in the RISE PE office or the night of the raffle with cash. For pre-purchase we accept PayPal, Zelle, CashApp, or Venmo. List your basket of choice in the memo line. See bottom of this email for alternate payment methods.

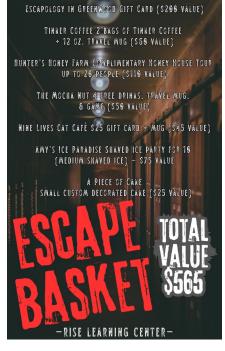
<u>Winners drawing</u>: Thursday, February 8<sup>th</sup> during our basketball game with the Southport Police Dept. (You do not need to be present to win!) There are 13 Baskets available. Basket details below and next page.

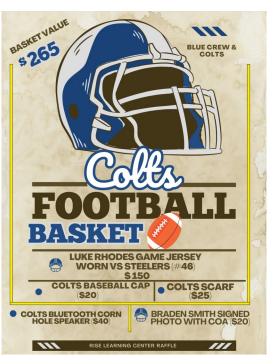












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