



RISE Learning Center

March 2023

The Rocket Report

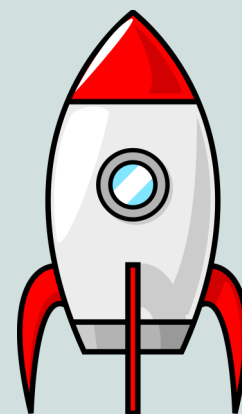
RISE and The Southport Police Department

The RISE Learning Center Rockets basketball team was very excited to partner with the Southport Police Department (SOPD) in a special community basketball game on Tuesday, February 28, 2023. The game featured players from both organizations, as well as the RISE Rockettes and Southport Cheerleaders, and a great time was had by all! There was an admission fee of a monetary donation or a dry good food item. Our partnered event raised over \$220 and we collected over 100 canned goods. A huge thanks to our many volunteers that made this event possible! Without you and the families in attendance, this would not have been such a success! We look forward to hosting the Southport Police Department for many more events in the years to come.

RISE LEARNING CENTER
5391 SHELBY ST
INDIANAPOLIS, IN 46227
317.789.1621
317.780.4268 FAX
riselearningcenter.org
Facebook: RISE Learning Center

INSIDE THIS ISSUE:

Spring Break.....	2
Prom	2
Upcoming Events	2
Note from the Nurse	4
Special Olympics Track & Field	5
Teacher Contact Info	6





March 20

March 31

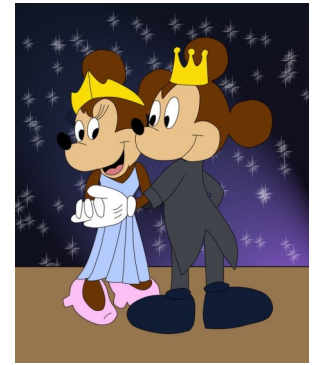
SAVE THE DATE!!!

What: RLC Prom

When: Friday 5/5/22

Time: 6:30-8:30pm

Who: RLC Students. Must be 14 or older to attend and in good standing with school behavior.



“In my world, everyone’s a pony and they all eat rainbows and poop butterflies!” ~Dr. Seuss

UPCOMING EVENTS !

- ⇒ Pacer Game ~ March 9; money was due Feb 13
- ⇒ SAT Window ~ March 3—14
- ⇒ IREAD Window ~ March 6-17
- ⇒ End of 3rd Grading Period ~ March 10
- ⇒ Clocks “Spring Forward” ~ March 12!
- ⇒ **Spring Break ~ March 20-31**
- ⇒ I AM Test Window ~ April 3—May 12
- ⇒ ILEARN Test Window ~ April 17—May 12
- ⇒ Last Student Day of School ~ May 24



Dog Treats



3 for \$1

18 for \$5

Flavors: Peanut Butter & Honey

or

Peanut Butter & Pumpkin

Homemade, all natural dog treat sales support the MOVE program at the RISE Learning Center. Please email all orders to Monica Ponce at mmay@riselearningcenter.org. Cash or check (made out to the RLC) accepted. Please allow 1 week for delivery.

Southport Police Department, Homecroft Police Department, and Mayor Cooney of Southport will have collection boxes at their offices. Thank you to them and the Marion County Prosecutor's Office (MCPO) Outreach Team for partnering with us to fill our pantry!!

RISE

Food Drive



- March 1 - 31
- Hosted by MCPO Outreach Team

March is Developmental Disability Awareness Month and the Community Outreach Team is hosting a food drive for the Rise Learning Center.

Rise Learning Center is a school for students with special needs. Their program includes a curriculum of Education, Life Skills, and MOVE (Mobility Opportunities via Education).

NOTE:

The pantry is in need of non-perishable items



**NOTE
FROM
THE CLINIC**

March is *National Save Your Vision* Month

Save Your Vision Month is observed every March and sponsored by the American Optometric Association. Save Your Vision Month aims to increase awareness about good eye care and encourages people to get regular eye exams. With computers becoming an everyday part of people's lives, the risk of eye strain and damage is higher than ever.

Save Your Vision Month reminds us not to take eye care for granted. From work to play, eyes are a large part of our everyday life. It is important to note that just like visiting the dentist regularly, regular eye checks are also important. Digital technology not only redefines how people interact with the world, but also how they see it, making it all the more important to make smart eye care choices.

Stop Staring

A record number of people of all ages are spending many of the hours each day looking at a computer, tablet or phone. Try this helpful trick! Limit your digital eye strain by adopting the 20/20/20 rule developed by the American Optometric Association. Take a break from your screen every 20 minutes, focusing on something at least 20 feet away for 20 seconds.

Stay Hydrated

Staying hydrated is important for the health of your eye. Dehydration reduces the lubrication of your eye, which can make eye-strain and dry-eye even more uncomfortable. Dehydration can even cause blurred vision and headaches. Just like proper diet and exercise is important for your overall health, hydration is another way to keep those headaches at bay, so be sure you are getting enough water.

Cover Up

Wear your sunglasses, your hats and your protective goggles when necessary. When the days are longer and the sun is shining, don't forget to protect your eyes with 100% UV blocking glasses. Donning a hat is also an extra layer of protection. Just like sunscreen protects your skin, these protect your eyes from light damaging rays. Those windows don't give you as much protection as you might think. Sun damage can happen quickly, but it also compounds over time, so it is important to be diligent.

The same goes for protective goggles if you are participating in a sport. The dangers of playing baseball, for example, can result in orbital fractures, cornea abrasions or even a retinal detachment. Protective eye wear is key in reducing sports-related eye injuries.

If your child has been referred for a vision screening please send the result of his/her Vision Professional to the School Nurse.



A special Thank You! to Lighthouse Baptist Church and Jeff and Delores Tyree for gathering food donations for our school pantry. We greatly appreciate the generosity and giving hearts from all. We serve 87 families on a weekly basis so the donations are greatly appreciated.





Special Olympics
Indiana



Special Olympics
Indiana



Special Olympics
Indiana

Is your child/young adult interested in participating in SPECIAL OLYMPICS TRACK & FIELD at RISE Learning Center this school year?

Join us for track & field practice beginning the week of Monday, April 3rd, from 2:30 to 3:30 (dates and schedule coming soon).

If you **HAVE NOT** completed the Athlete Registration and Medical Forms, please do so before beginning track practice. On the form, under Local Area/Delegation, you will need to select "Marion County South". <https://medform.specialolympics.org>

If you are interested, please complete the form below and return it to school or contact Mr. Krebs prior to Spring Break..



Sincerely,

Todd Krebs

Athletic Director

317-789-1609

Monica Poncé

Coach

317-789-1648

Name of student: _____

Parent signature: _____

**To be eligible to participate in Special Olympics, you must be at least 8 years old and identified by an agency or professional as having one of the following conditions: intellectual disabilities, cognitive delays as measured by formal assessment, or significant learning or vocational problems due to cognitive delay that require or have required specially designed instruction.*

RLC TEACHER CONTACT INFORMATION

Main Number	317.789.1621		Fax 317.780.4268
Basham, Shawna	317.789.1615	Lifeskills KG-2nd Gr	sbashman@riselearningcenter.org
Boshers, Sandy	317.789.1630	BEP Elementary	sboshears@riselearningcenter.org
Bravo, Maria	317.789.1694	BEP Middle School	mbravo@riselearningcenter.org
Burgess, Lauren	317.789.1696	STAR Room	lburgess@riselearningcenter.org
Cahill, Nikki	317.789.1679	Assistant Director	ncahill@riselearningcenter.org
Carrasquillo, Rachal	317.789.1636	BEP Elementary	rcarrasquillo@riselearningcenter.org
Carter, Chloe	317.789.1620	Lifesills Middle School	ccarter@riselearningcenter.org
Combs, Phillip	317.789.1613	Lifeskills 5th-10th Gr	redwards@riselearningcenter.org
Compton, Allison	317.789.1634	MOVE 4th-7th Gr	acompton@riselearningcenter.org
Crabb, Amanda	317.789.1687	Dept Chair/BEP High School	acrabb@riselearningcenter.org
Dilk, Ashley	317.789.1606	Lifeskills 4th-5th Gr	adilk@riselearningcenter.org
DuBois, Karli	317.789.1619	BEP Elementary	kdubois@riselearningcenter.org
Etter, Matt	317.789.1685	BEP Middle School	metter@riselearningcenter.org
Hill, Alexis	317.789.1628	BEP 6th Gr	ahill@riselearningcenter.org
Kortz, Jennifer	317.789.1667	BEP High School	jkortz@riselearningcenter.org
Krebs, Todd	317.789.1609	P.E./Dept Chair - BEP Elem	tkrebs@riselearningcenter.org
Landis, Elizabeth	317.789.1639	BEP Elementary	elandis@riselearningcenter.org
Nation, Leslie	317.789.1635	Lifeskills High School +	lnation@riselearningcenter.org
Nelson, Nicholas	317.789.1673	BEP High School	nnelson@riselearningcenter.org
Padilla, Beth	317.789.1623	Lifesills High School +	bpadilla@riselearningcenter.org
Poncé, Monica	317.789.1648	MOVE High School +	mmay@riselearningcenter.org
Posey, Renee	317.789.1646	Lifeskills High School +	rposey@riselearningcenter.org
Slaughter, Jennifer	317.789.1689	Elementary	jslaughter@riselearningcenter.org
Sweeney, Rachel	317.789.1617	Lifeskills Elem	rsweeney@riselearningcenter.org
Thompson, Angie	317.789.1642	Lifeskills High School	athompson@riselearningcenter.org
Wessels, Ally	317.789.1607	BEP 6th Gr	awessels@riselearningcenter.org
Williams, Cami	317.789.1625	BEP High School	cwilliams@riselearningcenter.org