

The Rocket Report

Read Across America

Spirit Week
March 1st–March 5th

 **Monday: If I Ran the Zoo**
Bring a stuffed animal to class or wear animal print!

 **Tuesday: Cat in the Hat Day**
Wear red or stripes. You can also wear a hat!

 **Wednesday: Wacky Socks Day**
Wear your wackiest socks.

 **Thursday: Green Eggs & Ham Day**
Wear a green shirt!

 **Friday: Oh, the Places You'll Go!**
Wear a college t-shirt or your school's spirit shirt!



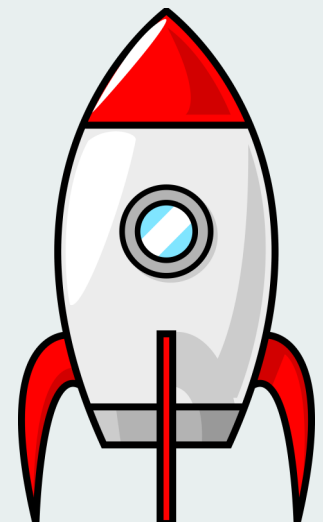
Exciting News!!!! Our hybrid Middle School and High School Classrooms (Miss Crabb, Mr. Londeree, Mr. Nelson, Mr. Wheeler) will return to school full time (5 days/week) on MARCH 8!!!



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INSIDE THIS ISSUE:

Spring Break.....	2
Misc Info	2
Food Pantry.....	2
Clothing Closet.....	3
TAG Spring Break	3
Notes from Nurse ..	4
Track & Field	5





IREAD Testing for 3rd Grade

March 8 —
March 19, 2021

Thursday March 11th, from 3:30-6:00PM, we are going to try another Pantry Drive Thru! This time we will have food boxes. Last month, our order was put in wrong, and we did not receive what we thought we were going to get. Please plan to drive thru and pick up a box of food at RLC Door 3.

If you are not signed up for pantry and would like to be, please call 317/789-1646 or contact your student's teacher for a sign up form. You can also call Mr. Akers at 317/789-1611 or April Bryant at 317/789-1689 with any questions pertaining to pick up of food.



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



**March
22**

April 2



Clocks “Spring Forward”
Sunday, March 14!!

- Jagers Fundraiser for Marion County South Special Olympics—
Come and join us for lunch or dinner at Jagers on March 16 from 11:00 am to 10:00 pm
- Gleaners Food Bank Hours of Operation
Gleaners Community Cupboard
3737 Waldemere Ave
Indianapolis, IN 46241 Marion [\(317\) 925-0191](tel:3179250191)
10 am to 3 pm on Tuesdays and Wednesdays
2 to 7 pm Thursdays
9 am to Noon on Saturdays - STARTING FEBRUARY 20
- CHECK IT OUT!
Special Needs Living Southside Magazine
<https://issuu.com/specialneedslivingindy>

Clothing Closet

Please send in sizes with your student and specific needs. This can be for any family member. We need to get some clothing moved out. We are only accepting teachers and staff as shoppers and are not currently open to the public with COVID restrictions and visiting restrictions, but will be happy to shop for anyone in need. You can contact Ms. Posey at 317/789-1646 or rposey@riselearningcenter.org with any specific needs. **We are in need of Men's Athletic type pants sizes Small to XXL. Send them in a bag and be sure to label "Clothing Donation". Our Transition age classrooms (Posey and Nation) are busy washing, folding, organizing, and hanging all clothing items.



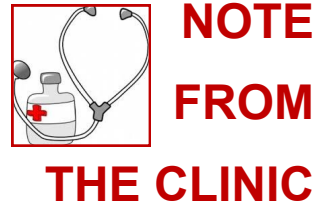
TAG's **Spring Break Camp** will be March 22 thru April 2. We have set up themes for the 2 weeks of our camp that will be both fun and engaging to our children. We are accepting both disabled and non-disabled children for the fun and learning experience. We feel this exposure will enhance the opportunities for children that join our camp. An added feature to our camp will be in-house therapeutic services to aid our families. We feel that offering services in house will be a convenient opportunity for children and families.

~ Spring Break Camp will be 8am -3:45pm (Pick-up by 4pm) ~



**THE
AKERS
GROUP**

Contact Chris Akers at 317.643.1791
or cakers@riselearningcenter.org for
more information.



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.



Is your son/daughter interested in participating in SPECIAL OLYMPICS TRACK & FIELD at RISE Learning Center this school year?

Time to get off your seat and on your feet ... join us for track & field practice beginning the week of Monday, April 5th from 2:30 to 3:30 (exact days to be determined).

If you **HAVE NOT** completed the Athlete Registration and Medical Forms, please do so before beginning track practice. <https://medform.specialolympics.org>

On the form, under Local Area/Delegation, you will need to select "Marion County South"

You will also need to complete a Covid-19 Code of Conduct. All participants (family/caregivers/guardians) will need to have one on file with Mr. Krebs.

Please let me know if you are interested.

****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.***

Thank you.

Todd Krebs
Athletic Director
317-789-1609



Name of student: _____

Parent signature: _____

Please return the bottom of this paper to your student's teacher as soon as possible as intent to participate.

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 May at mmay@riselearningcenter.org.**

Cash or check (made out to the RLC) accepted.

Please allow 1 week for delivery.