



The Rocket Report

RISE LEARNING CENTER
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FOOD DRIVE



MAR
3-7

HELP IF YOU CAN

Any canned food items would be appreciated

For More Information Contact Us!
317.789.1621

The class that brings in the most food by weight will win a pizza party!

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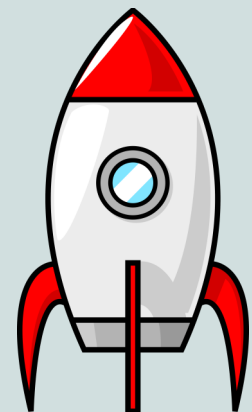
See our Rockets one last time this season!

The RISE Rockets cheerleaders and basketball team will have one final showing this school year. We have invited the Southport Police Department for our 3rd annual event on Thursday, March 6th at 6:30 at RISE Learning Center. Join in the fun and please bring a canned food as admittance. Hope to see you there!

03/06/2025
6:30 PM

JOIN THE FUN

riselearningcenter.org 317.789.1621 5391 Shelby Street



Spring
Break

March 17

March 28



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 mponce@riselearningcenter.org. Cash, check (made out to the RLC) accepted. Please allow 1-2 weeks for delivery.

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

UPCOMING EVENTS!

- ⇒ SAT Window ~ March 3–14
- ⇒ IREAD Window ~ March 3–14
- ⇒ RISE vs Southport Police Dept Basketball Game ~ Mar 6, 6:30
- ⇒ End of 3rd Grading Period ~ March 7
- ⇒ Clocks “Spring Forward” ~ March 9!
- ⇒ Spring Break ~ March 17–28
- ⇒ I AM Test Window ~ March 31–May 9
- ⇒ ILEARN Test Window ~ April 14–May 9
- ⇒ Family Fun Night ~ Apr 30
- ⇒ Last Student Day ~ May 29

March 3- March 7
(School dress code still applies!)

Dr. Seuss WEEK

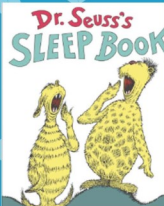
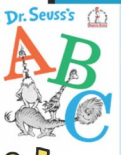
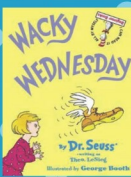
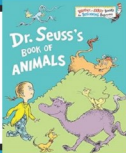
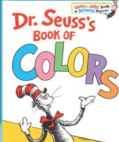
Monday
Book of Colors
Wear your favorite color!

Tuesday
Book of Animals
Wear animal print!


Wednesday
Wacky Wednesday
Dress Wacky (hair, socks, mismatched clothes)

Thursday
Book of ABC's
Wear something that starts with the first letter of your name

Friday
Sleep Book
Wear your pajamas



Community Outreach Corner



The Westside Secondary Transition Council Presents the

2025 Transition Fair

Tuesday, March 4th, 2025
5:30 to 8:00 p.m.

Mooresville High School, Door 30
* 550 N Indiana Street, Mooresville, IN 46158

Financial and Legal Planning


Join us at 6:00 as we welcome Financial Group/Special Care Planner, Gordon Homes, from WestPoint Financial Group and Special Needs Planning Attorney, Elizabeth Homes.

Indiana Waiver Presentation

Join us at 7:00 as we welcome Karly Sciortino-Poulter, Director of the Arc Advocacy Network. She will be presenting an overview of the different Waiver supports in Indiana.

- Over 50 Vendors will be available on site
- Teens and young adults are invited to join Mooresville Key Club for carnival games, crafts, and more
- Family Support Waiver/Voc. Rehab. sign up station available (Bring individual's SSN with if you are interested)

<https://tinyurl.com/wstc-transition-fair>



Johnson County Transition Council
presents:

JOHNSON COUNTY DISABILITY RESOURCE FAIR

Franklin Community High School
Door 54-Performing Arts Center
March 20th | 6pm-8pm

2600 Cumberland Dr.
Franklin

Free!

Light Snacks & Refreshments

30+ Disability Resource Vendors!

Kid Activities

Breakout sessions



FAMILY GAME NIGHT

- Board Games • Individual Games
- Group Games • Sensory Space
- Pizza • Access to Kid City

Friday, April 25th
6:00pm to 8:00pm
Greenwood Community Center



Family Game Night is free, and registration for the event is required.

For 18 years old +

Join ES Gaming Indy today and be part of the fun in creating our team! Your involvement will provide you with chances to meet with others in person and online; we have some great summer activities planned, as well.

Joining is simple; scan the code and fill out the brief form. You must be 18+ years of age to join. Be part of the movement to level the playing field in gaming and create a community that is welcoming to gamers of all abilities! <https://eastersealscrossroads.dm.networkforgood.com/forms/join-easterseals-crossroads-gaming-team>

Southport Dairy Queen would like everyone to know March 20th is FREE CONE DAY! This particular store has supported RISE throughout the school year. Consider visiting for Free Cone Day or any day you crave DQ!





March School Nurse Newsletter



🌸 Spring into Health! 🌸

March is here, bringing warmer days and a fresh start to focus on **health and wellness!** Here are some important reminders and tips to keep our students feeling their best this season.

📌 **Staying Healthy During Seasonal Changes**

As the weather shifts, it's common to see an increase in allergies, colds, and other illnesses. Help your child stay healthy by:

- ✓☐ **Encouraging handwashing** – The best way to prevent the spread of germs!
- ✓☐ **Dressing in layers** – Mornings are chilly, but afternoons can be warm.
- ✓☐ **Eating nutritious foods** – A balanced diet strengthens the immune system.
- ✓☐ **Staying hydrated** – Water is essential for energy and focus.
- ✓☐ **Getting enough sleep** – Rest is key to staying well.

🌸 **Spring Allergy Alert**

Spring allergies can make it tough for students to focus. If your child suffers from allergies:

- Check with their doctor about medications or treatments.
- Remind them not to rub their eyes and to wash their hands frequently.
- Keep windows closed on high pollen days.

Health Office Reminders

Medications: If your child requires medication at school, please ensure we have an up-to-date **doctor's order and medication** on file

- **When to Stay Home:** Please keep your child home if they have: ✗ A fever of **100°F or higher** (must be fever-free for 24 hours without medication). ✗ Vomiting or diarrhea within the last **24 hours**. ✗ A persistent **cough or sore throat** that disrupts learning.
- **Annual Check-ups:** Spring is a great time to schedule your child's physical, dental, and vision exams!

🌸 **March is National Nutrition Month!** 🍎

Healthy eating fuels growing bodies and minds! Try these easy tips:

- ☐ Add a fruit or veggie to every meal.
- ☐ Swap sugary drinks for water or milk.
- ☐ Involve kids in meal prep to encourage healthy habits.

💙 **Caring for Mental Health**

March can be a stressful time with schoolwork and activities picking up. Remind your child:

1. . It's okay to talk about feelings.
2. . Take deep breaths or stretch when feeling overwhelmed.
3. . Limit screen time before bed for better sleep.

If you have any questions or concerns, feel free to reach out to the health office. Let's work together to keep our students **happy, healthy, and ready to learn!**



TRACK AND FIELD CALL OUT

Do you want your daughter or
son to participate in track
and field at RLC?

RETURN THIS FORM TO MR KREBS BY THURSDAY, 3/13/2025



SIGNATURE

DATE

*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.

**TRACK & FIELD PRACTICE BEGINS THE WEEK OF
MARCH 31ST - DAYS TBA**

www.riselearningcenter.org



FYI!!!

VIBRATION PLATES



Whole-body vibration has been shown to decrease stereotypical behaviors, alleviate hyperactivity, increase tactile sensitivity, and improve motor movement in individuals with autism.

Vibration plates can be used to help individuals with special needs. Whole-body vibration training involves standing on a specially designed vibration plate that simulates a pattern similar to walking, which is thought to improve balance and coordination.

Whole-body vibration has been shown to decrease stereotypical behaviors, alleviate hyperactivity, increase tactile sensitivity, and improve motor movement in individuals with autism. If you have an individual in your family receiving waiver services through one of the Indiana waivers, we can help you to obtain a vibration plate!