



## Mrs. Reichert/Mrs. Zappala Life Skills October 2024 Newsletter

Dear Lake Shore Families,

We have had a wonderful first month of school! We are getting comfortable with our daily routines and schedule. There are many fun and exciting activities planned for this first month of Fall.

We will have an Emergency Dismissal Drill on Friday, October 4th. All students in grades K-12 will be dismissed 15 minutes early.

We will be going on a field trip to W&J Awalds Inc. Farm on Wednesday, October 9th. Please dress appropriately for the weather. Coat, hat, boots( if it's cold or muddy outside.) We will send a reminder in our Dojo class about the trip. The students can pack a lunch from home or get a packed lunch from the cafeteria. We will send home a checklist with lunch choices this week.

There will be no school on Monday, October 13th, as we observe American Heritage Day.

This month we will be starting our weekly trips on Fridays ( Buffalo location) for SABAH and participate in ice skating lessons from 10:30-11:30 am. These lessons start on Friday, October 25th.

Community based internships will begin, Wednesday October 30th from 9:30-11:00 am. Some students will be working in our school district Elementary building, others traveling to Cala's Kitchen (Derby) and Tops Market (Angola). The work tasks in each location have been outlined in the consent forms that will be sent home. Please sign and return. I will send a copy of this consent home for your records. Thank you for your prompt response.

Our Unique Learning System theme this month is titled "Nutrition: A Healthy Me," we address the topic of nutrition. The unit provides lessons and activities about the importance of choosing foods that make up a balanced diet, including activities in the Transition Passport: Daily Living/Health. As we assist our young adults in the transition from school to work, it is necessary that they receive training in nutrition and health. Healthy living begins with knowing what foods are healthy, planning balanced meals and making good choices. This unit will provide our young adults with the tools needed to learn how to make good food choices to support a healthy lifestyle.

### Important Dates

10/4-Emergency Go Home Early Drill. K-12 students will be dismissed 15 minutes early. Homecoming Pep Assembly. Homecoming Parade @ 5pm

10/5-Homecoming Dance, Lake Shore HS 7-10pm

Tickets can be purchased this week during Lunch for \$20.00

10/9-Field Trip to W&J Farms

10/13-No School-American Heritage Day Observance

10/25-SABAH Begins every Friday through March

10/30-Community Work Based Internships begin every Wednesday until end of May

If you have any questions or concerns, please call the classroom at 926-3799 or email me at [maureen.reichert@lscsd.org](mailto:maureen.reichert@lscsd.org) and I will be happy to get back to you as soon as possible. Thank you

Enjoy this beautiful Fall season everyone!

Sincerely,  
Mrs. Reichert  
Mrs. Zappala