



BUILDING THE STARS OF OUR FUTURE

December 2018

Issue 16



Porterdale Elementary



Career Day

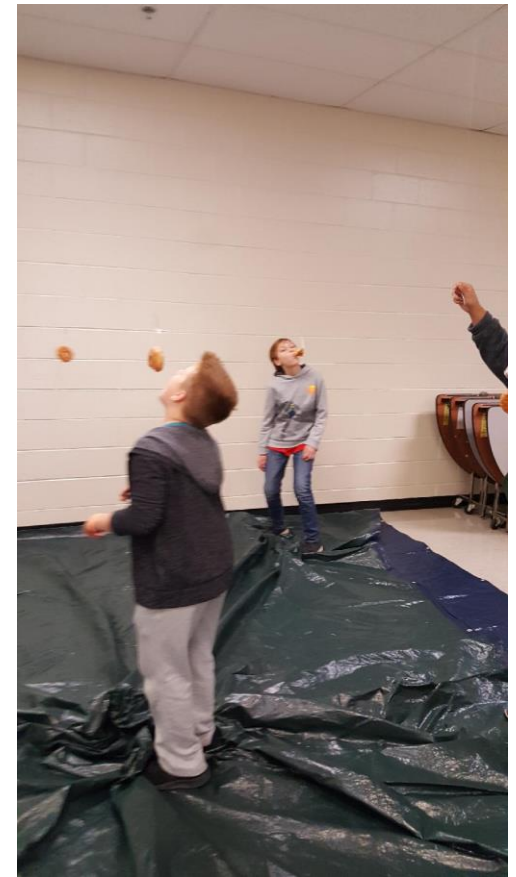
For the month of November, the Apex clinician had the pleasure of serving on the Career Day committee. Representatives from various professions attended and provided students with an opportunity to learn about future careers. Students were able to meet and explore pathways to becoming a nurse, police officer, fire fighter, accountant, painter, football player, barber, animal rescue worker, mechanic, car salesperson, and many other careers.



Indian Creek Middle



Check out these pictures from the Fall Festival that was held in October! Everyone had an amazing time.





Middle Ridge



Apex clinician assisted at Strive Clubhouse Annual Thanks-Giveaway Community Day. During this event, families were greeted with warm chili and hot apple cider as they picked up their free turkey, socialized, & browsed through the free clothing, toys, and shoes for adults and children.

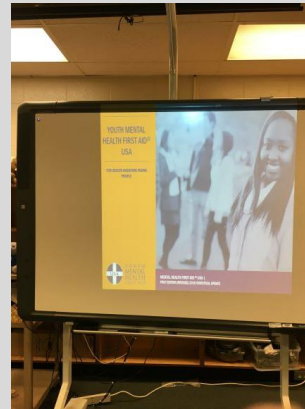
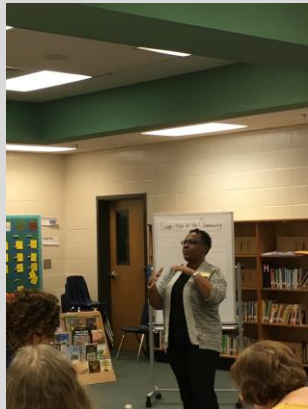
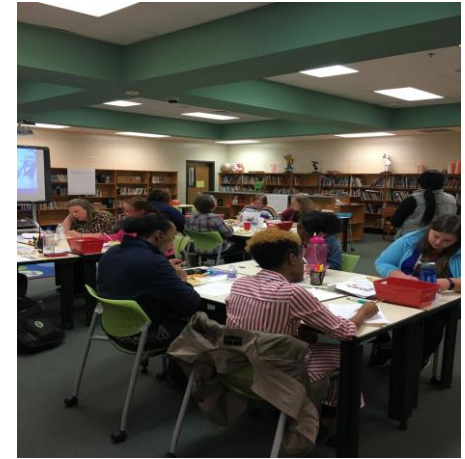
Clements Middle & Middle Ridge Elementary

Apex clinicians attended the Georgia Positive Behavior Interventions and Supports Convention at the Georgia World Congress Center. There was a wealth of opportunities to engage in workshops to help improve social, emotional, behavioral, and academic outcomes for all students including students with disabilities and students from underrepresented groups. Clements Middle Apex clinician won a Samsung Galaxy Tablet at a raffle during one of the workshops!



Middle Ridge Elementary

Apex clinician collaborated with Project Aware to host the Youth Mental Health First Aid Training to teachers at Middle Ridge Elementary School. The interactive training prepares participants to interact with a person in crisis and connect that person with help. Middle Ridge has a total of 36 staff trained as Certified Mental Health First Aid responders.



Indian Creek Middle



Teachers, administrators, and staff were able to participate in a duty free lunch and learn. Topics included what to expect as the holidays arrive, the hardships that have transpired (teachers losing parents, husbands, and the loss of a fellow teacher) during the holiday season , and up- coming celebrations at school to celebrate the holiday season.




**Lunch
& Learn**



Clements Middle

No matter what
obstacles come
across my path
today I overcome
them with
renewed inner
strength.

<http://www.thoughtaffirmations.com>

Students participating in Apex program had the opportunity to partake in a "Positive Affirmation Candy Cane" event. Students selected a candy cane with a positive affirmation message and then had to discuss/process about at least 3 ways they can utilize the affirmation to cope with emotions, symptoms, and effectively & safely deal with challenges. Students were excited about being able to keep and eat the candy canes as well!

I release
my
negative
thoughts,
embracing
positivity
and
optimism.

I believe
in my
skills
and
abilities.



I accept
myself
even though I
sometimes
make
mistakes.

POSITIVEMOTIVATION.NET



Middle Ridge Elementary



Apex clinician collaborated with Middle Ridge PTO to host Family Game Night. The event provided families with games that can help them interact and connect, open up conversation and enhance communication, create family traditions, and assist with problem solving skills. Families were treated with “Walkin Taco” a simple meal that can be prepared in less than 20 minutes.

