




The Phoenix Legend

June 2019

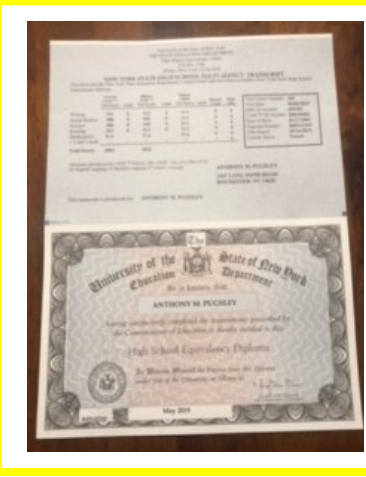
Informing and engaging students and parents
in the Phoenix Academy
of the Greece Central School District.



Phoenix student Daniel Santos visited Niagara Community Culinary Institute, a division of Niagara Community College, on April 29 with his WEMOCO Culinary Arts program. Daniel toured state-of-the-art kitchens, had lunch in the program's own restaurant, and experienced the bakery café and TV studio. We are so proud to have Daniel represent Phoenix for this field trip.


Math Bits by Heidi Bossard
Our Math Challenge:
Students participated in a Spring Challenge to design and construct a puff mobile that can hold one marshmallow peep and will travel the farthest distance on only three puffs of air. The materials provided were 4 life savers, a sheet of cardboard, tape, 4 straws, scissors and one bunny peep. Students worked in pairs or independently to engineer the most air efficient mobile.

Alex M. finished in first place having his vehicle and peep travel a total of 112.5 inches. Ian H. was awarded the most sophisticated design as well as traveling 96.2 inches.



From the TASC Room, by Nancy Dejesus

Congratulations to Anthony Pugsley for obtaining his High School Equivalency diploma! Great work!

End of Third Quarter

Here are a couple of pictures from our celebration. Congratulations to all of our students for putting in a strong effort, and to the new kid, who we haven't seen since this event.

Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.

John Lubbock



Reminders...

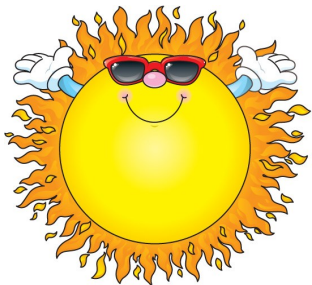
Monday, June 17
 Tuesday, June 18
 Wednesday, June 26

Last day of classes for grades 9–12
 Regents exams begin
 Last day of classes PreK – 8

*SELF CARE
 FOR
 FAMILIES*



<p><i>EMOTIONAL</i></p> <ul style="list-style-type: none"> ☉ Watch a good movie ☉ Write each other positive notes ☉ Verbalize and talk about feelings ☉ Draw self-portraits ☉ Say “I love you!” ☉ Spend time writing ☉ Have a sing-a-long ☉ Try a new craft 	<p><i>PHYSICAL</i></p> <ul style="list-style-type: none"> ☉ Have a dance party ☉ Go for a walk ☉ Go for a family bike ride ☉ Take a hike ☉ Play kickball ☉ Play tag ☉ Go roller skating ☉ Go to the pool ☉ Jump rope ☉ Do yoga ☉ Play games on Wii Fit 	<p><i>SPIRITUAL</i></p> <ul style="list-style-type: none"> ☉ Make a Gratitude List ☉ Go outside ☉ Talk about forgiveness ☉ Write thank you notes ☉ Volunteer ☉ Spend time in nature ☉ Practice positive self-talk ☉ Plant a tree, flowers or vegetables ☉ Find shapes in the clouds
<p><i>MENTAL</i></p> <ul style="list-style-type: none"> ☉ Read together ☉ Draw or write stories ☉ Meditate ☉ Practice belly breaths ☉ Go on a walk and find new things ☉ Make a vision board ☉ Try the Headspace app ☉ Create mandalas ☉ Make mindfulness jars ☉ Play memory games 	<p><i>PRACTICAL</i></p> <ul style="list-style-type: none"> ☉ Have a cleanup day ☉ Declutter ☉ Assign chores ☉ Make a grocery list together ☉ Learn about money ☉ Make a weekly budget check-in ☉ Do homework and study ☉ Develop a morning and evening routine 	<p><i>SOCIAL</i></p> <ul style="list-style-type: none"> ☉ Play in the park ☉ Call or visit relatives ☉ Prepare a family dinner together ☉ Play board games ☉ Host a sleepover ☉ Invite friends to your home ☉ Plan a BBQ ☉ Join a team ☉ Have a neighborhood food drive ☉ Talk about friendships



All of us at the Phoenix Academy wish you a safe, relaxed, sun-filled summer!

