

June 2023 Newsletter



School Hours

Monday through Thursday 9:30 a.m. to 5:00 p.m.
Friday 9:30 a.m. to 2:00 p.m.

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IMPORTANT DATES

- 6/8 Activity to Idaho Springs
- 6/15 Food Truck Night 5:30-7:30pm
Hosted by University Park at Accelerated Schools
- 6/18 Father's Day
- 6/19 Juneteenth (SCHOOL CLOSED)
- Resource Fair at Accelerated Schools (details at the end)

[Click Here to View our June Calendar!](#)



Birthdays this month

Ms. Val

Monthly Message From Our Executive Director, [Michelle Tuengel](#)



Friday, May 26, 2023 will be a day that will always be special to me. I absolutely love how we as a school celebrate graduation for our seniors, it is

so personal with family tributes, photos of the students over the years, and time to socialize with the families after the ceremony. I want to thank all of the parents, families, and friends that came out to celebrate these amazing 6 students as they wrap up their high school careers and move into the next chapter of their lives.

It has been an honor working with these kids over the past few months and in some cases years.

I want to share one of my favorite "graduation quotes" from Dr. Suess, "You have brains in your head, you have feet in your shoes, You can steer yourself in any direction you choose."

Congratulations to all of our graduates, you will be missed.

The end of the 4th quarter was Thursday, May 25. Report cards will be mailed out the second week in June, and the Summer session started on Tuesday, May 30, 2023.

Father's Day will be on Sunday, June 18th. Happy Father's Day to

Donor Spotlight May 2023

We would like to thank the following individuals and companies for their generous donations and pledges of support during the month of May:

- Madonna Nuce

For information on becoming a donor, please visit acceleratedschools.org or contact us via [email here](#).



all of the dads, step-dads, grandfathers, uncles, and father figures that go out of their way to make a difference each day. I hope each of you has a relaxing and memorable Father's Day. Wednesday, June 21, 2023, is also the first day of summer.

Just a reminder that the food truck nights have started up again. Accelerated Schools is happy to host the fun Food Truck nights for the University Park neighborhood. All are invited to attend. They are held from 5:30 - 8:00 on the third Thursday of each month starting in June and running through August. Feel free to bring a blanket or a chair and join the neighborhood for some summer evening fun.

Happy Summer!

Michelle

To our wonderful students and parents/guardians,

All of us here at Accelerated Schools are so proud of every student in our school. This past school year we have seen so much growth in every single one of our students. The unwavering support of our parents/guardians has had a huge impact on the gains we have seen within the school and for that we are so incredibly thankful! Our students are amazing young individuals who have such bright futures ahead of them. Accelerated Schools is proud and thankful to be a part of their road to success. Thank you all for such a wonderful year and we are looking forward to seeing everyone back next term!

Sincerely,
The Accelerated Team



Cooking Activities for Families to Enjoy Together

Kate Oh, Cooking Instructor

Each class at Accelerated Schools lasts 45 minutes including Cooking class where we have to come up with something that is easy to prepare, fast and most importantly, delicious. Everyone in my cooking class loved making, and especially eating, the dish we made this week. It was “Pierogi”. Pierogi usually take at least 3 hours to make if you follow the traditional recipe to make them. I, on the other hand, picked out ready-to-use products that are sold in the supermarket which were dumpling wrapper (raw) and instant mashed potatoes. I bought the dumpling wrapper in H-Mart. I wanted to let the students know we can utilize ingredients used in Asia that can be used in European countries’ dishes. As everyone knows, Pierogi is a Polish traditional food which takes hours to prepare but we only have 45 minutes in class. We have to be creative to make things fast and delicious at the same time.



Here is the recipe we came up with

Ingredients:

- 1 packet of dumpling wrapper
- 1 cup of instant mashed potatoes
- 1 ½ cup of hot water
- ¼ cup of shredded cheddar cheese
- ½ cup of dried diced onions
- 5 slices of chicken lunch meat (this can be bacon bits, any kind of ham): mince the ham
- Vegetable oil

Instructions:

First prepare a bowl to mix instant mashed potatoes, mix 1 cup of instant mashed potatoes with 1 ½ cup of hot water, add shredded cheddar cheese, dried onions and cut chicken meat into small pieces and mix all together with mashed potatoes.

Prepare a small sauce dish with water, wet the edges of dumpling wrap first and fill

one small spoon of the filling of mixed mashed potatoes in the middle of the dumpling wrap and close the edges by pressing with the fingers or a fork.

Pan fry them until they get golden brown and turn the pierogies over to get the other sides golden brown.

If you love mashed potatoes and pasta, Pierogi is the dish for you to have. You can enjoy making pierogies at home. You can be creative to make the fillings that you want, if you like spicy, you can add green chili in the fillings. Students all loved making and also eating the pierogies they made.

Bon Appetit!

Welcome Ms. Raechel!

Raechel Kimsey, Fine Arts Instructor

Hello! It is my honor and privilege to be here serving as the new Fine Arts teacher at Accelerated Schools. Art has been a life-long pursuit and passion for me, and this school is close to my family and heart. When I was very young my grandmother taught at this school teaching math and chemistry. She took a lot of pride in her work. Items in her home plainly displayed this fact. Delicate structures made of marshmallows and toothpicks filled the garage from her chemistry demonstrations. You may trust that she had much difficulty preventing the 7-year-old me from eating those marshmallows!



Occasionally, I would get to come to Fitzroy mansion to wait for her on certain afternoons, and though I was restricted from most areas of the building due to not being a student, my imagination and curiosity were always engaged by this beautiful place.

Now that I am an adult, I have discovered that a love of education exists alongside my passion for art. I worked my way through a BA in Art with a Minor in Psychology as a barber and hairstylist. During that time, I received several scholarships and joined a few honor societies. One of the scholarships I earned allowed me to study Studio Art and Art History in Barcelona, Spain. I believe that learning is a lifelong process and am eager to share that with the young people here at Accelerated Schools.

Science Corner

Dan McMahon, Science Instructor

Environmental Science

The gentlemen in Environmental Science turned in their final plans for the sustainable redevelopment project. We chose Rosedale park in south west Denver. The goal was to plan, research, and design improvements to the park that align with the 3 pillars of sustainability. After a site visit students used Google Maps and information from the City of Denver to formulate a plan. The finished designs were sent to Denver Parks and Recreation for comments. Last week environmental students also made

a site visit to the original field study area to view the efficiency of the flood control designs. They also did a quick survey of the flora cataloged last fall, as well as collecting some insect species and one new vertebrate.

Physics

The physics students put together materials to illustrate how light travels. The first demonstration using laser light helped demonstrate the Law of Reflection and refraction through different media. They are currently working on a set up to illustrate the principles of constructive and destructive interference that occurs when light is diffracted by a human hair. During the last few weeks of school, we looked into thin film interference, polarization, and the interplay of color.



Middle School Science

We just recently landed back on Earth after touring the universe in middle school science. From Manhattenge, to the “Great Debate” about the origins of our solar system, students have used models, observations, and real time data from space missions to look at our position in space. If you had to count light bulbs at your home last month you probably know that we were looking at energy use for our last unit in science. We combined identifying energy sources and use in Colorado, with ways to conserve energy via the Xcel Energy TAKE ACTION KIT. Students gathered data about home energy use and brought home a kit at the end of the May.

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Which is better a large college or a small college for students with learning differences?

Liam Murphy, Community Outreach/Enrollments High School Instructor

There is no one-size-fits-all answer to this question, as the best type of college for students with learning differences will depend on a variety of individual factors and needs.

In general, some students with learning differences may find that a smaller college with more individualized attention and support can be more beneficial. Smaller colleges may have smaller class sizes, more individualized attention from professors, and more comprehensive support services, such as tutoring and disability services. Additionally, students may find it easier to navigate a smaller campus and community, which can be particularly helpful for those with social or sensory processing difficulties.

However, some students may thrive in a larger college environment, as larger colleges may offer more academic and extracurricular opportunities and a wider range of support services. Larger colleges may also have more diverse student populations, which can provide opportunities for students to connect with others who share their experiences and interests.

Ultimately, the best college for a student with learning differences will depend on their individual needs, preferences, and goals. It may be helpful to research and visit a variety of colleges, including both small and large schools, to get a sense of the environment and support services offered. Additionally, speaking with current students, professors, and disability services staff can provide valuable insight into the college experience for students with learning differences.

Tie Dye for Everyone!!

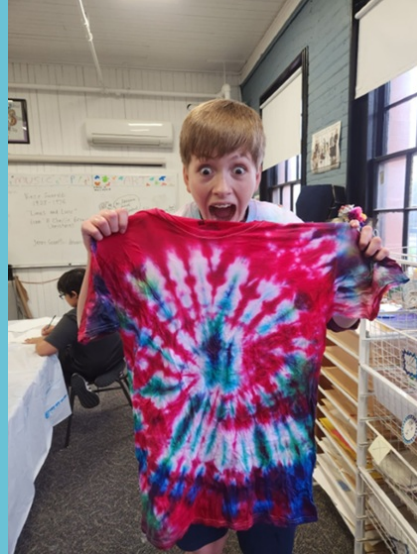
To celebrate the end of the school year, and to connect all of the vibrant personalities at Accelerated Schools, the Fine Arts class led a session on Tie Dye this past month! **Our goal:** to create enough Tie-Dye T-Shirts for every person in the school! This was an undertaking, and many students arrived at the Carriage House one afternoon to offer up excited helping hands!

While we may have ended up a bit more colorful ourselves than intended, the students had an exciting day of rubber banding, dyeing, and then anxiously awaiting their T-shirts!

When our students sat down with 15 colors to choose from, and a simple, crumpled up shirt, it's incredible the groovy designs that came out! Those who were quick and simple created shirts just as intricate, and exciting as one who spent hours!

However, there is a big step of patience when it comes to Tie-Dye, and the 24 hour soaking (and subsequent washing steps!) challenged all our eager artists! And the wait was ever so sweet!

I am amazed (though not surprised!) at the creative, stylish, and unique patterns and colors that were created by our students. Some mixed custom colors, others went nuts with only one, and ultimately, our Field Day was filled with a community of shirts as vibrant and bold as the individuals within them!



12 Touchstones of Teaching at Accelerated Schools- Touchstones 5 and 6

Evan Simpson, Dean of Students

5. Engage Students' Interests with Every Lesson

One of the most important aspects of Accelerated Schools is the small classroom size. Since the average student to teacher ratio is 8:1 it gives students the opportunity for individual attention and to participate in small group work. Combined with the student's Individualized Success Plan, teachers are able to build strong relationships with students, understand their goals, and customize their classroom experience to slant toward their interests while still following the standards. Teachers who are enthusiastic about their subject and engage with students' lives and interests help students to be more enthusiastic about their own learning (Lavrijsen et al., 2021). The time allowed with each student because of the small classroom size means that students can have highly individualized focuses even within one particular class period.

6. Interact Meaningfully with Every Student

Beyond engaging students academically, teachers at Accelerated Schools are encouraged to build strong, positive, personal relationships. Along with the small classroom size, teachers and administrators are in contact with parents/guardians on a weekly basis and are often in contact with therapists, counselors, coaches, and other programs that work with students outside of Accelerated Schools. Building strong relationships between students and staff is mutually beneficial in terms of engagement, behavior, and mental health (García-Moya, Moreno, & Brooks, 2019). All staff at Accelerated use their first names and students are always greeted upon arriving at school and have a designated homeroom for constructed social time at the beginning and end of the school day.

References

García-Moya, I., Moreno, C., & Brooks, F. M. (2019). The 'balancing acts' of building positive relationships with students: Secondary school teachers' perspectives in

Lavrijsen, J., Tracey, T. J. G., Verachtert, P., De Vroede, T., Soenens, B., & Verschueren, K. (2021). Understanding school subject preferences: The role of trait interests, cognitive abilities and perceived engaging teaching. Personality and Individual Differences, 174. <https://doi.org/10.1016/j.paid.2021.110685>

Summertime Tips

Kayla Presnal, Office Manager

For many of our students, summertime is finally here! This long-awaited season signals a long break from school, free time spent with friends, and maybe even a family trip planned. Summer can be a wonderful chance to reset and re-energize for the next school year.

Here are some tips/tricks for ensuring that your summer is as fun (and safe) as possible!



1. Sunscreen is key! - With all the fun outdoor activities available during the summer, it is important to make sure to apply and then reapply sunscreen for the entire duration of being outdoors. If you run out of sunscreen, take cover with some shade to prevent painful sunburns.

2. Hydrate, hydrate, hydrate! – With the temperatures rising and the sun streaming down it is easy to quickly become dehydrated. Now imagine you are playing/running/hiking outdoors, that risk of dehydration multiplies. A good rule of thumb for adequate water intake is children aged 4 to 13 should aim to drink approximately 6-8 glasses of water a day (with younger children needing relatively smaller servings) and the average teenager and adult should aim for at least 8 glasses of water.

3. Always check the weather! - If you are going anywhere, it is a good idea to check the weather before you leave the house. In Colorado, it could be cold and gloomy in the morning, warm and sunny around lunch, and then storming like crazy by 4pm. Check the weather before heading out and always bring an umbrella, just in case!

4. Know the risks and signs of heat related illnesses!– When it is extremely hot, body temperature can rise faster than the body can cool itself which can lead to heat stroke or heat exhaustion. Warning signs vary but can include dizziness, muscle cramps, fatigue, weakness, confusion, nausea, or heart palpitations. If you notice any of these, go indoors immediately! Rest in a shady/air-conditioned place, drink water and blot your skin with cool water to help lower your body temperature.

5. Don't let bugs ruin your fun!- To avoid being bitten by mosquitoes and other pests, use insect repellent. And if you're using a spray, be sure to apply it in a well-ventilated area. Most bug bites are harmless and will go away on their own. However, some bug bites can cause serious health problems. If you are allergic to bug bites, you should see a doctor if you have any reaction to a bug bite, even if it's mild.

June Activities in Denver

Debby Sharp, Middle School Instructor

With the rainy, cool weather we've been having, it's hard to believe June is already here. I don't know about you but I'm excited for more outside



activities to indulge in with the warmer weather

coming. We're so fortunate to live in a city with the Rocky Mountains on the horizon. There are so many beautiful hiking and biking trails nearby. Some of the top 5 great day hikes close to Denver are:

- The Trading Post Trail is one of the easiest and most family-friendly hike, but it's still a great way to get out of Denver, stretch your legs, take in some fresh mountain air, and even visit the famous Red Rocks Amphitheater.
- About 30 miles west of Denver is an outdoor, popular trail of Boulder. The historic area of Chautauqua sits directly beneath the Flatirons with big views and numerous area hikes. A number of easy trails meander from the Chautauqua Ranger Station across Bluebell Mesa, and many people simply walk until they want to turn around.
- Garden of the Gods is a National Natural Landmark just outside of Colorado Springs and is another example of gorgeous red rock formations set amongst the foothills. There are short hiking trails that go in all directions.
- One could argue that the Brainard Lake Recreation Area is the true start of Rocky Mountain wilderness. The hikes above are in the foothills and feature a gorgeous alpine lake, snow-capped peaks and meadows adorned with wildflowers.
- Rocky Mountain National Park is one of the jewels of Colorado, and Emerald Lake is the best short day hike in the Park. If you're brave enough you should drive over the pass and into Estes Park where you can visit the infamous Stanley Hotel.

I have given you a few reasons you must get out this summer and enjoy the glorious beauty The Rocky Mountains have to offer. Who knows, maybe I'll see you on the trail!

Boondocks- 5/17/23





Field Day 5/19/23





Graduation 2023



Join us for an amazing resource fair **THIS MONTH**,
right here at Accelerated Schools!



Guiding Bright Minds




Neurodiversity Resource Fair

Celebrating Different Minds!

ADHD, Executive Functioning, Autism, Mental Health, Speech, Sensory Processing, and more!

Saturday, June 24, 10:00 Am - 1:00 PM
Accelerated Schools, 2160 Cook Street, Denver CO 80210

Providers: Register for a booth at:
<https://342lczdovnf.typeform.com/to/Bbim4I50>

Parents: Join us for a day of family fun, register at: 



For more than 40 years, concerned parents have turned to [Accelerated Schools](#) for individualized learning programs helping students overcome challenges, and excel academically. The fact is, a traditional school system is not designed to meet the needs of every child. When a student is not being successful, or is not thriving in a traditional environment, parents must often look elsewhere for a solution. This is where [Accelerated Schools](#) comes in.

[Accelerated Schools](#) begins by creating a learning program designed specifically for a student. Our work points are toward changing the ratio of failure to success and by cultivating an environment of accountability. Our students are given attainable goals and are rewarded by celebrating their accomplishments. Once a student starts experiencing success, their attitude, motivation and effort improve dramatically. This ends the negative cycle and leads to positive academic progress and positive self-esteem.

If you have comments and/or suggestions about our newsletter, email [Kayla Presnal](mailto:Kayla.Presnal)

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