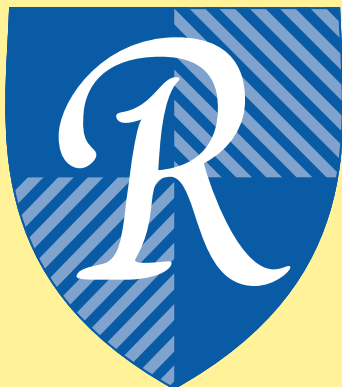


SPRING 2021



Reece School

NEWSLETTER

Reece School, 25 East 104th Street, New York, NY 10029
(212) 289-4872 Follow us: www.reeceschool.org

REECE SCHOOL ANNUAL FUNDRAISING BENEFIT



THE REECE SCHOOL ANNUAL AUCTION CELEBRATION



The Reece School PA held its annual fundraising benefit on May 20th, along with our online auction! Each event was a tremendous success and super fun! Supermix Entertainment hosted a virtual game night full of laughter, movement and humor! All participants, young and adult, had a blast playing Chatrageous, Simon Says, Name that Tune, Scavenger hunts, and more! We were even serenaded by Dr. Duncan's singing! Thank you to our sponsors (Huntleigh USA, BizVolP.com, Austin & Co), to Melissa Feurtado and Sari Siegel (the behind-the-scene engines), and to all families and staff who participated and contributed. Our online auction exceeded our \$6,000 with a \$7,202 grand amount! Way to go, Reece!

Dear Reece Families,

I hope your Memorial Day was packed with fun and meaningful time spent safely with your family and friends; appreciating this opportunity in over a year to do so. I also hope that you were able to pause in remembrance of the real meaning and history of Memorial Day and to remember the many who have sacrificed and have been serving in some capacity, while battling for the health of our nation during the Covid-19 pandemic.

This past weekend also serves as a reminder that the year is coming to an end. This edition of the newsletter is filled with stories from the past four months; though, we are also still looking forward to an action-packed month of June, including our graduation and 'moving on' ceremony, as well as activities surrounding our monthly theme of tolerance.

I would also like to take this opportunity to thank you all for your dedication, support, and flexibility in what will certainly be a memorable year and am looking forward to new memories being made as we move in to summer.

Stay safe and healthy,

Dr. Duncan
Executive Director

REECE 2021 (virtual) CAREER DAY DATES!

Wednesday, June 16: purple, turquoise, and yellow cohorts

Thursday, June 17: orange and red cohorts



More details to follow soon!





Women's History Month

"Women's History Month is an annual declared month that highlights the contributions of women to events in history and contemporary society." Ethan O. from class 410 did a beautiful report on the life of Supreme Court Justice Ruth Bader Ginsburg. Here in an excerpt.

CHILDHOOD	ADULT LIFE
	
When Ruth Bader Ginsburg was a little girl she always like to read books.	When Ruth Bader Ginsburg became an adult she went to college and she worked hard too.
EDUCATION After high school, she went to college at Cornell University in New York City. Later, she went to Harvard but did not finish. She graduated from Columbia Law School.	

"Ruth Bader Ginsburg inspires me because she was a smart and brave woman. She never gave up when she had to deal with discrimination against women. She fought for equal opportunities and equal pay for all women. Ruth Bader Ginsburg became a Supreme Court Judge and helped many people."

- Ethan O.

KEEPING OUR CHILDREN SAFE

The Reece Health Theme for April was **Self-Advocacy, Personal Safety, and Privacy**, which coincided with Child Abuse Prevention Month. As a part of our activities in April, we brought in two agencies, **Child Abuse Prevention Program (CAPP)** and **Safe Touches**, to conduct 60-minute child abuse and sexual abuse prevention lessons with our students. The Child Abuse Prevention Program (CAPP) used life-sized puppets to present the information to our younger students, while the Safe Touches lesson used a lecture and discussion format for our older students. These presentations focused on how students can keep their body safe, recognize the difference between safe and unsafe touches on parts of their body, and what to do if anyone ever touches them, or someone they know, in a way that makes them feel uncomfortable or unsafe. The students did a great job asking questions and participating in these important lessons.

Class of 2021



REECE SCHOOL GRADUATION CEREMONY

Tuesday, June 15th, 2021

10:00-11:00am

Location: To be announced

We will have an in-person
(2 guests per student only for in-person) /
virtual ceremony for family and friends
who choose to participate virtually.

More details to follow

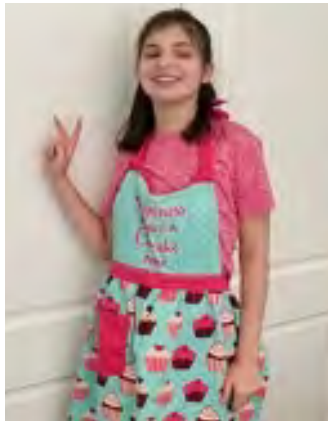
TASTE THE RAINBOW!

The Reece health theme for March was nutrition in honor of National Nutrition Month. As a part of celebrating nutrition month, each class researched foods that represented their class's cohort color. They learned the nutritional benefits of the foods of that color, shared their favorite foods and recipes, and discussed the cultural/ethnic origins or personal significance of their favorite foods. The culminating activity was a cookbook called **Reece Recipes: Taste the Rainbow**, which included a favorite recipe from each class, featuring an ingredient of their class's cohort color, as well as the nutritional information and fun food facts. A hard copy of the book was created for the Reece Annual Online Auction. If you would like to order a copy, please contact the office by June 11th.





COHORT SPIRIT!



In April we celebrated our monthly cohort spirit day with hat day and May saw our students dressing for their future careers to celebrate spirit day! We always love the creative and unique ways our students engage in this day each month! As we close out the school year in June, our students will have the opportunity to vote on their favorite spirit day theme. The winning theme will be our June 25th cohort spirit day!

THANK YOU, SO FUN CITY!

We would like to extend a big THANK YOU to our friends at SO Fun City for all of the joy they brought to our students and the new skills they taught them, during remote learning this winter. From their weekly classes learning new magic tricks to our first ever Family Game Show, our time with SO Fun City helped to keep us connected as a community this year. Our students had many opportunities to display their talents and most importantly, they continued to build their self-esteem and learn the importance of teamwork!

"Thank you so much. We miss you Sarah and Josh. You guys are like the best!" - Amaya, class 411

"Thank you Josh and Sarah. I will miss you all so much. My favorite memory in so fun city this year was the so fun city gameshow and the last day of so fun city. Good luck at your other schools. I will miss you so much. Stay healthy and safe bye!!" - Gianni, class 511

"Thank you Josh and Sarah. I like drawing cartoons characters." - Hawa, class 511

"Thank you." - Rikard, class 518

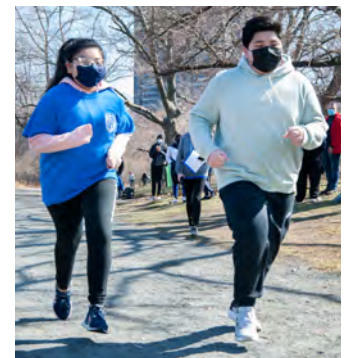
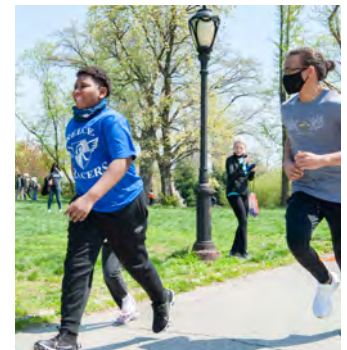
"Thank you Josh and Sarah! My favorite memory is the Magic!" - Jay, class 610

REACHING THE FINISH LINE:



The Reece Racers continue to knock out the miles. In March, the team ran the "Over the Rainbow" run around the Bridle Path in Central Park. In April, we tackled "The Heat is On" - where the runners got to choose to run for distance (3 measured loops around the Northern Baseball fields) or pace (one and a half FAST loops). And in May, for our "It's a Hill - Get Over It!" event, the runners climbed the Great Hill, the biggest hill in Central Park! With all this running, the team has been putting quite a bit of wear and tear on their sneaker treads... Luckily, through the *Rising New York Road Runner* running shoe program, the current team members will each be receiving a new pair of New Balance Sneakers so we can continue to fly through the streets of NYC! It has been an amazing season, and Reece Racers Coaches Charlotte, Kaitlin, and Karen are beyond proud of the commitment and strength of the runners. We are especially grateful to our incredible 2020-2021 Team Captain, Charles VD, for his incredible generosity to the Reece Racers. Without skipping a beat, he was always ready to loop back and check in on his fellow teammates, to encourage new runners on the course, and to help his coaches prepare for race day events over the season. He will be very missed - but will be an Alumni Captain for life!

Our final event of the 2020-2021 Reece Racers season, "The Resilience Run" is taking place on Saturday, June 19th at the Reservoir in Central Park! Come cheer on the team!





THEORY OF OWN MIND



On May 18th, Nicole Cipriani, OT, presented an optional in-service for staff to learn about new research in one of our hidden senses: *interoception*. After attending a webinar on the topic (Theory of Own Mind with Kelly Mahler and Peter Vermeulen), she shared the following information: The sense of interoception tells us many things about the internal status of our bodies. It tells us whether we are hungry or full, if we need to go to the bathroom, or if we are in pain for example. Our sense of interoception also tells us about what emotions we are feeling! Everyone is different, but many of us experience "butterflies in the stomach" when we are nervous or when we are in love! We may feel our hearts beat faster if we are scared or if we are excited! Current research shows that it is very important for individuals to understand what these feelings feel like in their own bodies and in the context of the situation. This is an important first step to set the stage for development of empathy and Theory of Mind - to really understand what someone else is experiencing and to predict how they might feel or what they might do next. One way that research shows this sense can be improved is through body-based mindfulness techniques. Nicole shared some mindfulness techniques that Kelly and Peter have adapted for neurodivergent students. It was nice to see everyone and learn something new!



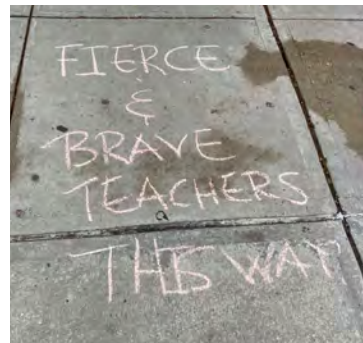
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Thank You!!

**THANK
YOU
TEACHERS
AND STAFF**

The Reece Staff were celebrated all week long for Staff Appreciation Week through the theme of *Thank You for Helping Us Grow*. The staff enjoyed daily treats ranging from coffee and muffins, Reece hats, a delicious lunch provided by the Parents Association, breakfast sandwiches, to the grand finale of miniature succulents for each staff member. Our talented art teacher, Julie Dipaola, made sure the week was festive through her incredible Thank You posters she created. The Reece Admin Team appreciates the hard work, perseverance, and teamwork each staff member has contributed throughout this challenging school year. Thank you and we appreciate you!





PHYSICAL FITNESS MONTH

With the month of May being Physical Fitness Month, the Health Committee created a Movement Challenge Calendar with various activities connecting the mind and body. Some tasks involved physical movement or exercise, while others focused on mental and emotional wellness! Shoutout to Class 211, as well as Aquatics classes for their motivating participation!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Play outside with a friend or family member	2 Pretend you're making a smoothie. Squeeze lemons in hands for 5 seconds. Exhale, relax hands. Repeat 5-10x	3 Touch your hands to your opposite knees 15 times on each side	4 Do as many things you can try to help improve your mood	5 Do 50 skater hops (side to side with 2 feet)	6 Do as many shoulder taps as you can in 1 minute	7 A kiwi has 13 bones. Do 60 air squats
8 Help fold the laundry (or another chore)	9 Breathe in & reach high to sky. Breathe out & touch the ground. Repeat 10x	10 Do as many sit-ups as you can	11 Balance on each foot and count to 50	12 Do 50 skater hops (side to side with 1 foot)	13 Tell someone 2 ways you will make a difference	14 1 cup of broccoli has ~400mg of potassium. Do 60 air squats
15 Help wash the dishes (or another chore)	16 Hands over heart & notice heartbeat. Set timer with watch. Jump 10x in place. Hands over heart, did feeling change?	17 Hold a plank position as long as you can	18 Stretch 5 muscles for 20 seconds each	19 Tell someone 3 mental and/or physical health goals you have	20 Do as many burpees (up-downs) as you can	21 Beans have ~500mg of potassium. Log in place you count to 20
22 Take a walk	23 Take 10 breaths, 3 different times	24 Perform 40 mountain climbers	25 Tell someone 3 ways you can take care of your physical and/or mental health	26 Do as many push-ups as you can	27 Mental Vacation! Close eyes and breathe deeply. Picture yourself in a peaceful place for 1 minute	28 A serving of spinach has ~20mg of magnesium. Do 20 squats
29 Choose an activity with a friend	30 Choose an exercise with a friend	31 Choose an exercise with a friend				



The students who completed the challenge, were given special medals and ice cream!

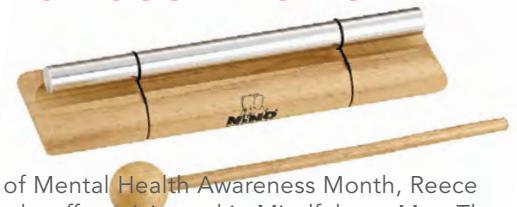
*Congratulations to the Class of 2021!
Well done!*

EARTH DAY CHALLENGE!



In April, our students and staff celebrated Earth Day and helped to raise awareness about climate change by participating in a week-long environmental challenge. Within their classes, students learned about various sustainability topics including, green space, water, waste, climate, and energy. Throughout the week students had the opportunity to participate in daily actions including, taking a break from using electricity for an hour, teaching a family member about how to reduce water use, becoming a climate ambassador and discussing climate change, planning ways to recycle at home and in school, and taking care of trees in the community. These actions highlighted how easy it is for us all to do our part in helping to care for our environment!

May was Mental Health Awareness Month



In support of Mental Health Awareness Month, Reece students and staff participated in Mindfulness May. They learned and practiced various mindfulness skills throughout the month.

One of the strategies that was used throughout the month is called "Chime Time." Chime Time is a mindful listening activity that is used to center students and help them transition into a learning activity. In this activity, students are asked to mindfully listen to the sound of a chime to practice focusing their minds and bodies through their sense of hearing. The activity enhances focus, builds listening skills, and increases awareness.





*We asked our teachers and students
to describe this school year
in one word.
This is what we learned...*

Changing

This year we learned to be flexible, understanding that life is *forever* changing. Together we conquered obstacles, laughed, smiled, and cherished each moment.

- Class 612

Connection

- Class 312

Flexibility

We chose this word, because we had to demonstrate flexibility in almost everything we did. We started learning on Zoom and doing all of our work on the computer. We couldn't see our friends in person for a long time and we had to adjust and be flexible with our school schedule and activities. We showed flexibility by wearing masks and by social distancing, all while still doing our best to continue to learn new things and maintain our friendships throughout the year. Through this experience we learned that being flexible helps everyone get along, shows how much we care about each other and helps us adapt and work together to create a unique learning environment filled with new ways of interacting with each other during this most challenging 2020-2021 school year.

- Class 410

Unique

We have chosen this word because it reflects each of us and how we are all different, but we appreciate each other's differences and celebrate the fact that no one is the same. We also chose the word unique because this past year has been anything but normal, but we have found ways to continue to come together and spread kindness to all.

- Class 317

Challenging

Our class has chosen the word "challenging" to describe the school year. The best reason they gave for this word is that being challenged this past year has helped them prepare for the approaching changes as they move forward to high school and change.

- Class 611

Fun

... because Reece is comforting

- Class 311

Special

This year was special because we got a new teacher, we had to learn in a different way, we had to be flexible in new ways, we got to spend time with our teachers even while at home, and we got to learn new things and create along the way.

- Class 310

Change

Students chose this word because it best describes how much they have evolved this year. They have made great academic and personal gains over the last eight months. Some of them began the school year with new teachers in a new classroom (or recently started at a new school). They have all learned how to set and keep track of goals. They have learned how to take ownership of their work. They learned how to adapt and become flexible with routines and schedules. It has not always been easy for our class to adjust to change in the past, but this year has taught us that CHANGE is not only natural and inevitable—it is also something that is good!

- Class 412

