



## Quarter 1, 2017 Week 2 Summary

Hello Students and Families!

\*For the next two weeks, you will receive an email summary directly from me. Leigh, our RMDSA E-Blast Coordinator is on vacation:)

Today we began our class with a guest presenter from the CC Best Buddies Program who spent some time with us to share his experiences as a "Buddy" with a CC student. Many of the students in our class have a CC Best Buddy. If your student is not already involved with Best Buddies at CC and you are interested in learning more about this program, you can contact CC Students, Will or Ivaly:  
w\_osier@coloradocollege.edu  
ivaly.cline@coloradocollege.edu

In addition to our presenter, each student had an opportunity to share about their week and allow others to ask questions. We will begin each class with this communication opportunity along with warm-up exercises to get our brains ready to engage and learn.

We began our first quarter topic on relationships by discussing Friendship: What friendship is and what friendship is not; how to meet, develop and strengthen friendships, as well as planning for get togethers with friends. The students participated in conversations to learn more about one another and their preferences in activities to do with friends.

\*I provided an activity sheet for students to use for planning a get together with friends. I instructed them to complete the activity this week and return it next week to share with the group.

\*\*Next week we will continue our topic on relationships. Additionally, I will send home photo releases with the students. If you are fine having photos taken of your son or daughter participating in classroom and community activities, please return the signed form to me for RMDSA records. I will typically post the photos on the e-blasts for your enjoyment and we may eventually use some of them for an HVE@CC Brochure and other HVE/RMDSA info.

\*\*\*Planning ahead- On September 20th, we will have the CC Safety Officer join us for a safety and awareness discussion to include self-defense techniques. Please ensure your student wears comfortable clothes and shoes for active participation on this date.

Enjoy a wonderful rest of your week and I'll see you next Wednesday!