



## Summer school offers outdoor enrichment along with academics



Summer school is in session and our students are having a blast! Students have been going on a lot of field trips and experiencing the joy of being outdoors, in addition to advancing their academics. Above are some Kevin O'Grady School students enjoying the splash pad at Beverly's Lynch Park. See the column to the right for more summer fun.

### Message from Executive Director Fran Rosenberg

*Northshore Education Consortium's mission statement asserts our commitment to equity and culturally responsive practice. At the beginning of this past school year, I asked our staff to think more deeply about these topics.*

*Did ALL students, families, and staff members feel that they were fully included? Were we responsive to the needs of people who were part of racial, cultural, or religious minorities in our schools? Were there activities, or unconscious biases, that made any members of our community feel excluded or uncomfortable?*

### Program News

## Summer Fun!

### Northshore Upper Academy



Northshore Academy Upper School students (grades 7 to 12) have been exploring the great outdoors this summer. The school's Outdoor Adventure program has been taking students hiking, fishing, canoeing and swimming at local parks and waterways.

Students have gone on field trips to Chebacco Lake in Essex, Stage Fort Park in Gloucester, Breakheart Reservation in Saugus, the Ipswich River Wildlife Sanctuary in Topsfield, Round Pond in Hamilton and the Hamilton - Wenham Waterway Canal.

Pictured above is Owen Riley with the big striped bass he caught at Stage Fort Park.

Below is adventurous 7th grader



*Data from across the state and country show that children from certain racial and cultural groups don't do as well as others. I wanted to make sure that we were not replicating those achievement gaps in our own programs. (Message continues below)*



*Twelve staff members, including those above, are part of a new Consortium-wide Diversity Task Force. They are leading us in looking at issues of equity to make sure that our schools are following culturally responsive practices. We want all students and staff to feel comfortable and thrive in our community. The task force is headed up by school social workers Jesus Pena of the Northshore Academy Upper School (far left) and Alison Dudley of the Kevin O'Grady School (third from the right).*

*I asked two of our school social workers, Jesus Pena from Northshore Academy, and Alison Dudley from the Kevin O'Grady School, to lead a Diversity Task Force to begin exploring these topics and advise administration as we work toward increased awareness of these issues.*

*The task force, which comprises a dozen employees from across the Consortium, met throughout the year and in the spring they hosted three events: one for staff, one for high school students, and one for parents.*

*All three activities were voluntary and well attended. We got lots of great feedback about where we are succeeding and where we might improve. These discussions will inform our professional development planning for the coming year. As an added plus, the parent event was hosted by KOG parents Julio and Maria Garcia at their restaurant April's in Salem. -**Fran***

## Two RHS students win "Upstander" awards

Malik Ward examining a painted turtle he discovered at the Ipswich River Wildlife Sanctuary. Malik's teacher says he loves the outdoors and will look for snakes, bugs and animals wherever he goes. Behind him, Tristan Tirasuik can be seen looking in the pond where Malik found and returned the turtle.



## Transition Programs



*Summer fun for SOAR and Embark students included petting baby goats.*

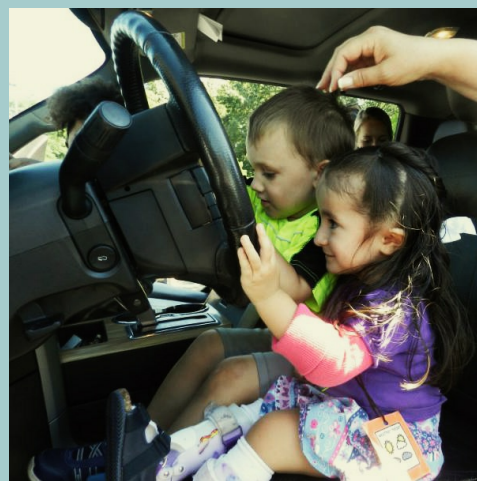
The SOAR and Embark transition programs for ages 18 - 21 have had an exciting summer. The overnight program in Atlantic Hall on the campus of Salem State was a huge success. Students participated in meal planning, negotiating roommates, leisure activities, medication administration, travel training

and all kinds of FUN!

Staff have been busy setting up the new training site/rec room to get it ready for the fall. An interactive mural was painted. CVS has been setting up the program's new mock store that will allow students to practice retail skills.

Students had a tour of the Audubon Center in Topsfield to identify internship opportunities that will begin in the fall. The Audubon and SOAR/Embark programs are partnering through a grant from The Tower Foundation to provide nature-based vocational internships for young people with intellectual and learning disabilities. Students are very excited about the opportunities.

### KOG preschoolers learn about transportation



These Kevin O'Grady preschoolers got to check out the cab of this big truck as part of their summer curriculum on transportation.



Northshore Recovery High School student Alexis (left) and 2019 graduate Faith (center) were recognized as "Upstanders" by the Center for Holocaust and Genocide Studies at Salem State University. They won honorable mentions for their essays about how to fight hatred and prejudice by helping their communities. Here they are pictured with English teacher Michaela Gile (far right).

### "Being Human Means Standing Up with People, Helping People" -- Faith Brock's Winning Essay

Trying to pick one thing I've done to show how I've helped my community, and fit it on one page, is a challenge for me. I've helped people who were bullied, much like myself, and I've supported people who struggle with eating disorders, because I've seen my sister battle anorexia for six years.

Helping others stand against discrimination toward different minority groups, volunteering to help the homeless get a good meal and shelter, being a part of the LGBTQ community ... I've helped others like me in times of need.

I am a sponsor for women in recovery from drugs and alcohol, because trying to let people know they're not alone is something I've always strived to do. No matter your age, sex, race, religion, social class, or identity, I will stand with you and teach you to speak up, even when your voice shakes.

I'm listing these things not for recognition or applause, but because this is what being human means to me: standing with people, helping people. There's one human race, and sometimes people seem to forget that. Learning to help others when they're down instead of pushing them further down is my purpose in life.

I've been sober for two years and live my life by the 12 steps of Alcoholics Anonymous. Being a young woman in recovery from drugs and alcohol has led me to help and support a great deal of people like me. In addition to being a temporary sponsor for woman in AA, I've helped educate people who don't quite understand what addiction is. I've spoken at Tufts Medical School, Salem State University, and Faneuil Hall.

On my one-year anniversary, I spoke at Tufts Medical School. I was seated in front of a class of about 200 students who were



planning to go into the field of addiction. I told them my story about drugs and alcohol and detailed what had happened to me while I was in the throes of my addiction. They began to ask questions on what they didn't understand about the disease. To my best ability, I helped explain and answer their questions.

I also spoke on a panel with fellow recovering addicts and alcoholics at Salem State University. We spoke to people who were in the mental health field, told them our stories and answered their questions. They asked why addiction is classified as a disease, what helped us to get sober, and what actions to take when someone relapses.

Although those experiences were helpful, I felt like I should be doing more. I began talking to young women in recovery and in active addiction about my recovery and the steps to get there. I've taken women under my wing in trying to help them seek out recovery.

I've had to use Naloxone on people -- some I knew and some I'd never even met. Naloxone is a narcotic that can reverse an opiate overdose. Watching people in the position I've been in before makes me want to help them as much as I possibly can. Going to college will make it possible for me to help and teach more people how to live with the disease of addiction, and how to grow from it. -- ***Essay by Faith Brock, 2019 graduate Northshore Recovery High School***

## A Year of Generosity - Development Report

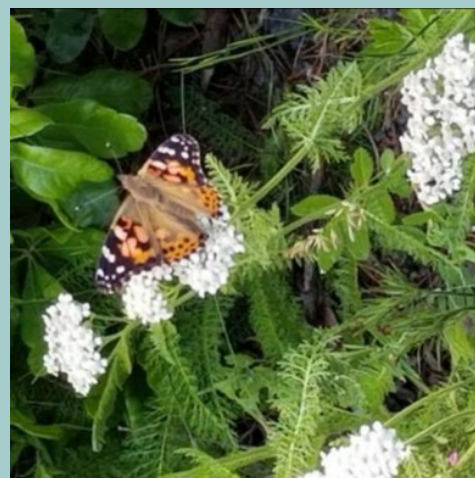
Each year, we begin with a plan for ways to invite both long time and new "friends" to support the students we are gifted to serve. Each year ends with us being blessed and deeply impacted by the kindness of those who give to the Consortium through our nonprofit Friends fundraising arm. *(continued below)*



KOG students have been outside enjoying their accessible playground and recreation field.



KOG students have taken field trips to Beverly's Lynch Park, which features a splash pad, climbing structure, swings, a ball field, rose garden and beach with lots of tide pools to explore.



Tracy Pang's class at KOG has been learning all about Painted Lady Butterflies, exploring the



*The Coolidge Rock Wall at the Northshore Academy Upper School has been completed and students began climbing it in the spring. The wall was made possible with a major donation from Linzee and Beth Coolidge.*

The past fiscal year (July 1, 2018 - June 30, 2019) was no different as our Festivus 5k for Autism, the annual race through Salem each December that is organized by Rick & Cindy Johnson, raised over \$23,000 to benefit our students. This year brought in our highest total for the race yet. Rick and Cindy are the parents of Trevor, a rising senior at the Upper Academy.

Our Annual Appeal received over \$42,000 in donations, again, our highest year ever.

life cycle of these beautiful butterflies. Students saw caterpillars transform into chrysalises and later emerge as butterflies. "It all happened a bit more quickly than we expected, but we had fun learning about the life cycle of the Painted Lady," said Tracy. The class put two more chrysalises into their butterfly enclosure and are hoping to see them emerge and begin to fly, just like the one pictured above.

## Topsfield Voc Academy



Topsfield Vocational Academy woodworking students and their teacher Mark Webster worked this past year with the Essex Shipbuilding Museum to build an historic skiff.

In June, they had the joy of launching the skiff in the Essex River as enthusiastic onlookers cheered and clapped.

The project was subsidized through a grant from Essex County Community Foundation. The Shipbuilding Museum is one of the many community sites that students work at to practice what they've learned in class.

This summer they are working on the historic Adventure Schooner in Gloucester, an old fishing vessel that was built in Essex and launched in the fishing banks of Gloucester in 1926.





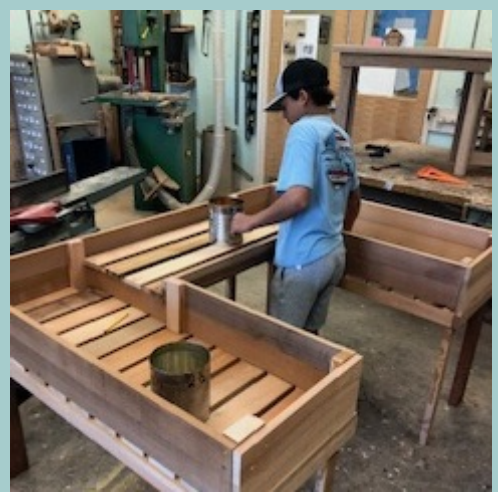
*A student pushes past his fear of heights as he scales the rock wall. He is being guided by Northshore Academy physical education teacher Mike Burns.*

The Raffa family, who have organized the annual Frankie's Voice event, in tribute to their son who tragically died of an overdose, presented a check to Recovery High School for \$25,000.

Finally, John and Mollie Byrnes generously gave \$50,000 to expand our capacity for student enrichment opportunities both in and out of the classroom. John and Mollie offered this as a \$30,000 challenge match, which spurred new donations and we successfully met the match.

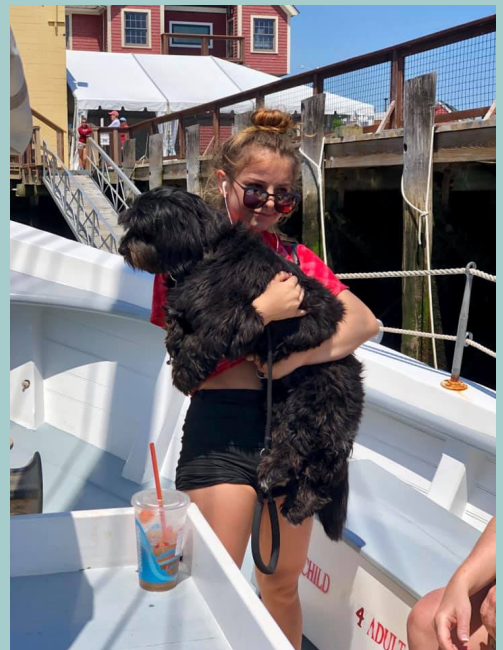
More than \$140,000 in grants was awarded to us from charitable foundations for mental health initiatives, professional development, classroom technology, the Kevin O'Grady School's vocational program and extracurricular activities.

Each year we see the reality of giving in the lives of our students. They learn more, experience more, and grow more because people choose to give. As the Kevin O'Grady School's motto says, "Every student. Every day. Whatever it takes." - Sarah Wadhams-Seiler, Director of Development



Woodworking students also built raised beds so that students at the Lower Academy and Kevin O'Grady School can enjoy gardening this summer.

## Recovery High School



Northshore Recovery High School students have been out on the water a lot this summer. They recently went sailing on the Schooner Ardelle in Gloucester Harbor, and trusty school mascot Franklin went along. He's an old salt!

Thirteen seniors graduated from Recovery High in June, including Faith Brock whose award winning Upstander essay has been reprinted in this newsletter (left).





*High Five! This student is jubilant as he returns to the ground after climbing to the top of the rock wall. He never thought he could do it, as he has a fear of heights. Accomplishing the climb was a great confidence booster for him. This is one of the many creative ways that our staff are working with students to develop their bodies, minds and spirits. These enrichment activities are made possible with generous support from our individual, corporate and foundation donors.*

### **Fiscal Year 2019 Grant Awards:**

\$10,000 - John W. Alden Trust for Youth Mental Health First Aid trainings

\$25,000 - van Otterloo Family Foundation for Think:Kids CPS staff training

\$5,000 - East Boston Savings Bank renewed support for Chromebooks

\$69,000 - The Tower Foundation- year one of \$115,000 grant to pilot a wraparound program

\$10,000 - People's United Community Foundation Eastern Mass renewed support for Chromebooks

\$2,253 - New England Biolabs Corporate Contributions for KOG Vocational Program

\$5,500 - Cell Signaling Technology renewal of environmental grant for NSAU Outdoor Adventures program

\$9,000 - van Otterloo Foundation for consultation from Dr. Stuart Ablon of Think:Kids

\$6,000 - Bruce J. Anderson Foundation renewal of grant for NSAU LAN Parties.

Click on the link below to read an article in the Salem News by Paul Leighton about Faith and her classmates called "Recovery School graduates beat the odds." [Salem News Article](#)

### **Lower Academy**



Students at the Northshore Academy Lower School have had a great summer. While reviewing academics for five weeks, they also explored Boston, swam in the ocean many times, and even managed to catch a new summer movie on the hottest of days! Students enjoyed art, social skills and sensory focused groups in school. They also planted vegetables in the school's garden and are anticipating their fall harvest.

**Lincoln Invitational Golf Tournament August 12th at the Ipswich Country Club to benefit our students.**

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