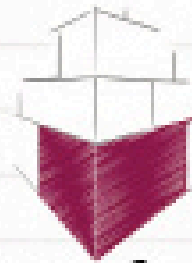


AROUND

The Corner



JULY/AUGUST
2016

FROM THE DESK OF

Ms. Johnston, Executive Director

Celebrating Our Graduates

I would like to wish all of our families, districts, and staff a happy summer!

As you are reading this, our summer schedule will already be well underway. Students here at Cornerstone attend school year-round, continuing to develop both therapeutically and academically over the summer months.

I am happy to share that our graduation ceremony took place on Thursday, June 30, 2016 at the Galloping Hill Country Club. The class of 2016 consisted of eighteen graduating eighth graders and thirteen high school seniors. In keeping with our commitment to being a transition school, some of our eighth grade graduates will return to their home districts in September to start freshman year at their district high schools.

With regard to our senior class, I'm pleased to say that eighty-five percent of our seniors will be attending college in September. Many will attend two year community colleges, while others will begin four year colleges, such as Rider University and Pace University.

It was a day of great pride and excitement, as this was the largest combined graduating class in the ten years since Cornerstone opened. In addition,

Cornerstone recently became a member of the National Honor Society, and we inducted our first student, Esmerelda, a junior from Lyndhurst School District. Congratulations to Esmerelda for all her dedication and commitment to her work here at Cornerstone, both therapeutically and academically!

We were all very excited to welcome back a Cornerstone alumnus, Connor from Westfield, to share with our graduates and their families his own personal journey. Connor recently graduated from Fordham University and will enter Seton Hall University law school in September.

All in all, it was a wonderful celebration of all our students' achievements - current students, current graduates, and alumni. It is always so moving for me at graduation ceremonies to look out upon the students, their families, and our staff members, and to witness the smiles of pride and gratitude reflected on their faces.

I hope you all have a wonderful summer and I encourage our students to continue to work towards achieving their goals. Please enjoy this newsletter that highlights the many aspects of student life here at Cornerstone. Happy summer! ■

Ms. Johnston

CALENDAR of EVENTS

July 11

First Day of New School Year

July 15, 22, 29

School Closed

August 2, 12, 26

School Closed

August 15-19

School Closed for Summer Break

August 30

Interim Progress Reports Issued



Senior Trip included a visit to the observation deck of the Empire State Building. See story on page 2.

APRIL



STUDENT OF THE MONTH
Esmeralda L.



MOST IMPROVED STUDENT
Destiny H.

MAY



STUDENT OF THE MONTH
Neena L.



MOST IMPROVED STUDENT
Jaden C.

CLINICAL CORNER

Ms. Hayes

Director of Clinical Services

At Cornerstone Day School, students attend school year-round, as the staff wants to provide the continuity of care throughout the summer months. We emphasize to all students and their families that psychiatric issues do not take a summer vacation. Having a routine and the structure of the school day is a positive habit that is conducive to maintaining healthy mental health functioning. Students continue to receive the intensive therapeutic services throughout the summer months.

Research shows a strong connection between participation in constructive, prosocial activities and psychological, behavioral, and academic adjustment (Bartko and Eccles, 2003). This translates to the importance of students engaging in some type of positive activity to occupy their time. The type of activity could be volunteering, working a part-time or full-time job, participating in a summer camp, and/or doing a recreational activity such as sports, swimming, etc.

Participation in an activity can stave off boredom. Being bored may trigger negative emotions and can be conducive to students engaging in unhealthy behaviors. We have all heard the warnings about how idle time can be associated with involvement in negative behaviors. SAMSHA (2012) reported that there is an increase in the number of adolescents who use alcohol for the first time during the summer months, compared with other times of the year. More than 11,000 adolescents use alcohol for the first time during June and July compared with 5,000 to 8,000 adolescents who use alcohol throughout the rest of the year (SAMSHA, 2012).

As parents, it can be beneficial to do the following to help prepare students for the summer months:

- Encourage your son/daughter to identify goals that they may want to focus energy on during the summer months. We do this on a daily basis at CDS, utilizing our point system.
- Encourage your child to schedule some structured time; this could be a part-time or volunteering after school hours. Our summer hours are conducive to provide an opportunity for students to participate in these types of activities.
- Encourage your child to explore a new hobby or enhance their skills with an existing hobby

Artwork at Cornerstone



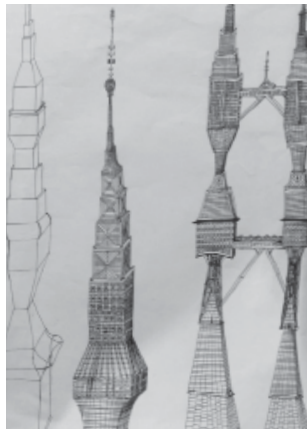
Artwork by Emily R.



Artwork by Ashley E.



Artwork by Cindy



Artwork by Marcus



Artwork by Makenzie



Artwork by Esmeralda

- Encourage your child to maintain some type of daily routine in order to preserve some stability over the summer months.

It is important to acknowledge the balance between structured and unstructured time. Attendance at CDS over the summer months helps to establish this balance while providing the continuity of the services.

Resources:

W. Todd Bartko and Jacquelynne S. Eccles. Adolescent Participation in Structured and Unstructured Activities: a Person-Oriented Analysis. (Aug 2003). *Journal of Youth and Adolescence*. Vol 32. 4. 233-241.

<http://www.acs-teens.org/how-to-keep-your-teens-safe-in-the-summer/> ■

themselves up for this adventure after school and received a special surprise when a stretch Lincoln Navigator was parked outside of the school to escort them to the departure dock in Weehawken, NJ. The students danced all night long as they enjoyed the spectacular views of the Statue of Liberty, Ellis Island, the Freedom tower, The Empire State building, and much more! The students also took a day trip into Manhattan to see the sights from the dinner cruise up close. In order to do so, they visited the observation deck of the Empire State Building to take in the sights. They bonded as a group over lunch at TGI Friday's before returning to school for dismissal. ■

Senior Dinner/ Cruise

This year's senior class enjoyed a fun and exciting trip that was divided into two parts. The first excursion took place on a Friday evening with a dinner cruise along the Hudson River that offered breathtaking views of Manhattan. Students gossiped



MESSAGE FROM THE PRINCIPAL Mr. Weisman

As the 2015-2016 school year comes to an end, the staff and students are getting prepared for fun and exciting summer. In addition to both our academic and clinical program this summer, the students on level two and above will be exposed to many fun and exciting field trips each and every Thursday. The following is a list of trips planned for this summer: Jenkinson's Pier, Shark Speed Boat, Glass Works, Rebound-erz, Hackensack River Keeper, and our annual end of summer Deep Sea Fishing trip.

During our August vacation, the building will receive a top to bottom deep cleaning and freshening up. All floors will be waxed, all fabric clinical chairs as well as all carpets will be steam cleaned, and every nook and cranny will be dusted, vacuumed, and disinfected. All areas of the school will be painted and/or touched up where needed. We anticipate that the building will look as fresh and clean as the day we moved in.

Soon the longer, slower days of summer start will start to wind down and it will be time once again to focus our attention on returning to our regular full day schedule and daily routine. Although our new school year begins in July, it is ingrained in all of us that the month of September marks the beginning of the new school year. I'm confident that the upcoming school year will be a rewarding and enriching experience for each child. Please refer to the upcoming events section of this and all subsequent parent newsletters for a list of upcoming events and important dates.

Fifth marking period Honors and High Honors were achieved by the following students:

Honors:

Alex B.	Harmond A.
Amber R.	Hunter H.
Anna T.	Hyungjin S.
Ashley E.	Jaclyn B.
Avigail R.	Jack L.
Ben G.M.	James S.
Ben K.	Jeff D.
Ben T.	Liz M.
Brandi D.	Marcus B.
Blaise P.	Matt D.
Cameron H.	Nick S.
Cindy G.	Olivia J.
Danielle C.	Orianna A.
Destiny H.	Raizzi S.
Elijah S.	Rich B.
Erin M.	Ritz N.
Esmeralda L.	Sam K.
Gabe R.	Zoe V.

High Honors:

Alexis G.	Makenzie S.
Anthony P.	Matthew R.
Brian B.	Nathanael J.
Emily R.	Neena L.
Lian G.	Randi W.
Jeremy S.	Rupali K.
Kendall M.	Steven P.
Maddie B.	Tori W.

I look forward to seeing all of you at our Back to School Night on Wednesday, September 14, 2016. ■

HIGH SCHOOL HAPPENINGS

Summer 2016

Every July at Cornerstone the students get their new schedules and in the math department it means going onto the next level. New students coming to the high school from the middle school will trade their Pre-Algebra course for Algebra. Algebra students will move into Geometry and Geometry students switch into Algebra II. Those brave students interested in a fourth year of math begin Pre-Calculus. Additionally, Seniors get to begin Financial Literacy and learn life lessons needed to create a financially sound future.

This can be both a stressful and rewarding time for students. Starting something new can always bring a certain stress level especially because new math is challenging. Moving up a rung in the math curriculum can bring a level of reward to students as they are recognized for having completed one level and are therefore capable of the demands and rigors of the next level course. This is especially true for the transition of the past middle school students as they adjust to new and more challenging high school standards. Cornerstone can help students through some of the stress of new beginnings in Math (as well as other coursework) since students know all of the staff members and have some idea of what to expect from the teachers in their new classes. For upperclassmen, math classes here are critical for preparation as students transition to college or everyday adult life, regardless of what career path students are pursuing.

Whether it be Algebra, Geometry Algebra II, Pre-Calculus or Financial Literacy, the math teachers are prepared to help students as they transition to new course material and to smooth out the rough spots that come with new beginnings. ■

MIDDLE SCHOOL MESSAGES

The final months of the school year was filled with excitement for the middle school students. Students in the fifth and sixth grade class made significant improvements in their classroom behaviors and methods of interacting with one another and received an ice cream party for their outstanding work. Seventh and eighth grade students also practiced acting and interacting appropriately in their social skills classes. In their social studies classes, students completed projects about ancient Egyptian gods while others studied modern inventions. Students concluded the year with a unit on creative writing in their language arts classes. Eighth graders prepared for the transition to high school while seventh graders prepared for the year ahead as eighth graders. ■

Transition Topics

Congratulations to the Class of 2016 and good luck in your future endeavors! A new school year is now beginning, which means the movement of all current students up to the next grade level.

Senior News - Class of 2017

The Class of 2017 is now the class of high school seniors. They will work this summer on their transition plans and figuring out post-secondary options for life after high school. Cornerstone Day School recommends that all high school seniors to take the SAT or ACT in October or November of their senior year prior to sending in any college applications. The test is offered at CDS and students who would like test accommodations need to let Ms. Evancho, Transition Coordinator, know by August 20th to ensure accommodations are approved by the October test date.

Additionally, the Class of 2017 will begin working one-on-one with Ms. Evancho to discuss transition planning and their options are for after high school. Discussion topics include, but are not limited to, researching colleges, applying to colleges, college essay writing, job searching, resume writing, etc.

The Class of 2017 will also begin to discuss fundraising opportunities and ideas to help raise money for their Senior Trip next June. All the money they raise through fundraising and events will help to offset the cost of their senior trip and costs of other events for seniors throughout the year. ■

Sophomore/Junior News

Sophomores and juniors are encouraged to take the PSATs in order to prepare them for the Scholastic Aptitude Test (SAT), which is needed for college applications during their senior year. The PSATs are offered at CDS once a year in October. This year the PSAT will be offered on Saturday, October 15th. Students who are interested in taking the PSAT please let Ms. Evancho know by August 1, 2016. This will allow CDS to know how many tests to order and will allow ample time to apply for test accommodations for those students wanting accommodations for the test. The PSAT is a practice version of the SAT. Taking the PSAT allows students to become familiar with the format of the SAT and the types of questions found on the test. It will also allow students to see where they currently would score on the regular SAT and on which areas they can direct their attention for improvement. ■

Student Council News

The CDS Student Council hosted June's 150 Club, and it was one of the most successful ones to date! The theme we decided upon was "Summertime"! Students had many fun and exciting activity options: viewing a film, participating in a gym activity, art, or cooking activity. We decided upon *Finding Nemo* as the movie to be shown because the content of the film matched the theme and because the sequel *Finding Dory* had just been released. The art activity may have been

the biggest hit of the afternoon. Students filled a votive holder of their choice with colored sand and topped off the sand with a battery-operated candle. The completed candle holders were so beautiful and the students were excited to show off their work! Students participating in the cooking activity made ice cream in a bag using ice, salt, milk, and vanilla. Students seemed surprised to receive a science lesson while they created "homemade" ice cream in school. Students participating in the gym activity flexed their muscles and showcased their athletic talents while playing both soccer and basketball. The afternoon concluded with Italian ice for all the participants! ■

Crusader Corner

Coming off of a successful season, the CDS Softball team has a lot to celebrate. Thanks to the participation and sportsmanship of Al B., Brandi, Esmeralda, Hunter, James, Jeff D., Jeremy, Mike, Rich, and Salem, the team was able to work hard and band together to ensure each member was motivated on game-day. Regardless of score, the team remained cohesive, displaying camaraderie during post-game lunches at various restaurants. Over the course of the season, the students were not only able to improve their batting and fielding skills, but enjoy being involved in an extracurricular activity. Thanks to Mr. Grill, Mr. Paterno, and Mrs. Constatas for coaching us through a great spring. ■

Quality Corner

Our recent student survey conducted in June, 2016 revealed that 92% of our students are satisfied with the overall Clinical program here at Cornerstone and 87% of our students are satisfied with the overall Educational program here at Cornerstone.

Clinically, the students believe they:

- Understand why they attend Cornerstone.
- Understand their treatment goals.
- Feel supported by the clinical staff.
- Know how and why they take their medication.

With regard to the Educational program students feel:

- Supported by the educational staff.
- Believe the technology is accessible to them throughout the day.
- Believe the homework assigned is appropriate and reinforces what is learned in class.
- Teachers are consistent in their approach to instruction.

The Student Spotlight

The student submission is a reverse poem written by Lian E. Reverse poems are meant to be read forward (starting with the first line), and express one meaning and then backward (starting with the last line) and express an opposing meaning. This poem was completed while the students in English 10 were studying various forms and genres of poetry during a poetry unit.

An Unbroken World

*I am a girl in a broken world
And I refuse to believe that
Good can come from any of us
I realize this may be a shock, but
Dreams come true
Is a lie
No one cares about each other
In 30 years I will teach my children that
I have my priorities straight
Because
Fear
Is more important than
Love
I tell you this:
Once upon a time
All men were gentlemen
But this is not true in my era
Girls don't take care of themselves
Experts tell me
We have forgotten who we are
I do not conclude that
We are the best of mankind
In the future,
We will only get worse
No longer can it be said
People truly care about each other
It is evident that
No one cares
It is foolish to presume that
We will make it through this*

(Now read the poem from the last line up) ■

New Faces at Cornerstone

MAY

Ashley – Grade 9

Steven – Grade 9

Randi – Grade 9

JUNE

Marisa – Grade 7

Alex – Grade 11



MAY 17, 2016

Grounds for Sculpture

Imagine rounding a corner and being confronted by three 20-foot-tall witches crouching over a cast-iron cauldron full of steaming broth. Imagine rounding another corner and finding yourself face-to-face with the Mona Lisa, flanked by two rugged security guards. On May 17th, the level three students went on a trip to the Grounds for Sculpture in Hamilton, NJ and saw both of these amazing exhibits among others. Although we did not see the real Mona Lisa, and the witches were only sculptures, the detail, craftsmanship, and artistry enabled each display to appear believable and life-like.

While students roamed beautiful gardens, they were also able to admire different modes of sculpture, including bronze, stone, concrete, clay, steel, and resin. Some displays even incorporated water. For example, the witch sculpture featured artificial broth. In addition to appreciating the displays, the students also had the opportunity to observe live peacocks wandering the grounds. Initially everyone believed them to be sculptures; however, as the students bravely approached, the peacocks let out a loud screech. The screech, though startling, elicited laughter.

The students were grateful for this amazing experience. Thank you, Mr. Webb and Ms. Constas for arranging this trip! ■

MAY 2016

Bronx Zoo

In May the high school and middle school took a combined trip to the Bronx Zoo in New York City. The students received a private tour of the zoo by their own personal safari guide. Students enjoyed seeing various mammals and reptiles in exhibits modeled after their native habitats in Asia, Africa, or South America. Favorite sights seemed to be gorillas, tigers, and polar bears. Prior to boarding the bus bound for Cornerstone, students visited the gift shop and the ice cream store. The students had a wonderful time and seemed eager to return to the Bronx Zoo. ■



JUNE 16TH, 2016

Culinary Workshop

On Monday, February 29th Ms. Gamba and Ms. Murtagh hosted the first CDS opera trip of the year by bringing the level 3 and bridge level students to see Gaetano Donizetti's Don Pasquale at the Metropolitan Opera. Don Pasquale follows a classic comedic premise: two young lovers scheme to be together by any means necessary, even if that means they must create a harebrained scheme and lie to those closest to them to do so. Donizetti's score is graceful and lively and the students were captivated by the storyline from the moment the curtains were raised. Suffice it to say, a magnificent time was had by all! ■

JUNE 2016

Sterling Mine

For the month of June, high school students went on an amazing field trip. We had the opportunity to visit the Sterling Hill Mine museum in Ogdensburg, NJ. Students had the chance to visit the one-of-a-kind museum where they learned about various discoveries and minerals found at Sterling Hill Mine. The mine was a working mine that produced different metals and minerals. After visiting the museum part of the tour, students were led on a 1,300 foot underground path through the mine where they learned about the safety requirements the original miners had to meet before being transported into the deepest part of the mine. Prior to leaving, students visited the mineral glow in the dark closet where they were able to see some minerals reacting to a black light. The trip was both informative and enjoyable. ■



Liberty Science Center

The middle school ventured to Jersey City to visit the Liberty Science Center. The children were very excited to see the new exhibit featuring the Ninja Turtles in addition to the other interactive features. The other extraordinary exhibits included one called the Dino Dig, which taught students about dinosaur bones. Another exciting exhibit featured the human body and explained how it works. Students also witnessed a reptile show, where a Liberty Science Center staff member showed off a turtle and snake and shared many fun facts about the animals. The students engaged with the staff member by asking questions and learning about were the animals live and what they eat. They also enjoyed helping each other navigate through the touch tunnel, a darkened tunnel meant to simulate the experiences had by those who are visually impaired. Many of the exhibits encouraged a cooperative effort. After engaging in all the fun that The Liberty Science Center had to offer the students sat down to enjoy lunches of chicken nuggets and sandwiches before returning to school. ■

JULY 14

Jenkinson's Boardwalk

On Thursday, July 14th, students who had earned Level 2 or higher attended the field trip held at Jenkinson's Boardwalk in Point Pleasant, which began a string of summer field trips with fun and games. Students and the staff tested their mini-golfing skills at Castaway Cove in a unique course that took them past waterfalls, through caves, and past a shipwreck. They enjoyed lunch at the Pavilion and battled the heat with ice cream and sweet treats on the boardwalk. The students then tested their luck in the Jenkinson's Arcade where they played video games, sports games, crane games, and more in or to earn tickets. Tickets were exchanged for a variety of prizes, including stuffed animals and jewelry. At the end of the trip, the students filed onto the bus with their stomachs full of delicious sweets, hands full of prizes, and smiles on their faces! ■

GENERAL INFORMATION

Absences

If your child will be out of school for the day, please call Carol Petrosyan or Raquel Sandoval and leave a message on the voicemail or e-mail them by 7:45 a.m. at cpetrosyan@cornerstonedayschool.com or rsandoval@cornerstonedayschool.com with the reason for the absence. Also, students are asked to call their therapist on the day they are absent. Any other absence, in order to be excused, must be pre-approved by the administration. ■

School Closings

In the event of inclement weather, please watch Fox 5 News for the school closings at the bottom of the screen. You may also call the school. Any closing will be announced on the school's automated system. Please be aware, if your school district is closed, certain transportation companies from that district may not provide services even if CDS is open. ■

Transportation

Transportation companies are asking parents contact them directly if students are being transported to or from school by someone other than the regularly scheduled bus. They assume if the student did not ride the bus in the morning, they will not need to be picked up from school in the afternoon. Don't forget to contact them if you plan picking up your child on a given day so they can avoid any unnecessary waiting or driving. Thank you for your cooperation. ■



Students vs. Teachers Softball Game

Doctor's Corner

As a reminder, please let us know about medication refill requests at least one week in advance. Dr. Khanna is at Cornerstone Monday-Thursday and Dr. Fennelly is at Cornerstone on Fridays. In order to assure that your child has no gaps in receiving the proper medications, refill requests need to be made in a timely manner. ■

Medication Safety Tips for Parents

To ensure your child's health and safety:

- Lock up all medications.
- Supervise your child when he/she takes medication.
- Ensure that your child is taking the right dose of the right medication at the right times.
- Notify the doctor if your child is refusing to take medication.
- Observe your child's response to the medication regularly.
- Report medication side effects to the doctor immediately.
- Speak with the doctor BEFORE discontinuing any of your child's medications.
- Refill prescriptions on time. ■

On Call Emergency Services

Please be aware that on-call clinicians utilize a blocked or private number. On-call clinicians will not be able to contact numbers that block unidentified callers. Important Note: in the event that there is an immediate risk of harm to you, your child or others, please call 911 first and then call Cornerstone. ■

Nurse's Desk

Given the complexity of our students' issues, and the potent effects of prescribed medications, parents are requested to lock up all medications used by both their child and other members of the family. Certain over the counter medications also have the potential of abuse and/or overdose, including most cold (e.g. cough medicines), pain (e.g. Tylenol), and sinus (e.g. Sudafed) medications.

We would like to remind you that students are not allowed to carry any prescribed or over the counter medications (including Tylenol, Advil, etc.) to school except in those instances when this has been prearranged with and approved by the Clinical Director. ■

Baked Goods Reminder

We appreciate parents sending baked goods for their child's birthday; however, we are not allowed to accept home-baked goods. We can accept store bought goods that are clearly labeled with ingredients. Please be aware of the items in the ingredients list due to particular allergies and health concerns of our students. ■

E-mail

If you are not receiving Cornerstone Day School e-mail correspondence and would like to, please call or e-mail Carol Petrosyan at cpetrosyan@cornerstonedayschool.com. This is an earth-friendly, quick, and easy way to receive information about upcoming events as well as communicate with us regarding any questions or concerns. ■



Bronx Zoo 2016



Integrating state of the art psychiatric treatment and outstanding academics within a dynamic school environment.

*Accredited by the National Independent Private School Association, and the Middle States and AdvancED Commissions.
Licensed by New Jersey Department of Human Services for Outpatient Mental Health Services.
Cornerstone Day School does not discriminate based on race, creed, national origin, or sexual orientation.*

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