

### **401 Bioeducational News**

Winter is here! December has been a busy month for the students of 401 as we prepared for the holiday season. Students had the opportunity to purchase gifts at the Lighthouse Holiday Shop. They each saved five hundred tokens which allowed them to choose two items for a family member or loved one. All items were donations from staff, and members of the Lighthouse community. This year 401 embraced the Christmas spirit early with decorating the room with lights, ornaments and miniature Christmas tree. Before Christmas Vacation, the class participated in watching the video yearbook and eating cookies together and giving a chance for everyone to reflect on the past year. Each student identified a food that they associate with Christmas and described its importance to them. Homeroom staff cooked those foods to share at a homeroom family dinner before vacation. We look forward to seeing everyone in 2019 and wish you a safe and happy holiday.

### **402 Bioeducational News**

It's hard to believe that we are nearing the end of the month and the holiday season. As a class, we discussed the theme of the month, faith, with the students. During Group Therapy, the students talked about having faith in themselves and in others. They did a wonderful job working together to decorate the classroom and window display for the holiday season. In our "World Cultures" elective, the students learned about Mexico's culture and traditions and enjoyed making tacos as a culminating activity. We wrapped up the month with our many annual holiday activities. The students had the opportunity to think about others by spending their tokens at the Holiday Shop. They were able to purchase up to two gifts with their hard-earned tokens to give as presents to family and friends during the holiday season. We also celebrated Holiday Fest as a school. The students had the opportunity to participate in holiday craft activities such as making ornaments and holiday cards. We ended the month by having a homeroom family lunch before the winter break, and enjoyed our time together doing fun activities. Have a nice holiday vacation with your children and a Happy New Year!

### **403 Bioeducational News**

December has been a busy yet fun month for the students of room 403 at Lighthouse School! This month's Bioeducational theme was faith, which is the confidence, belief, or trust in something or someone, including self and other. In Group Therapy, students discussed the role of faith in their lives. They also worked together to create a unique and wonderful splatter paint work of art that we hung in the classroom! They did an amazing job working cooperatively on the piece and were very proud of their work. The month of December also saw the return of the Holiday Shop to Lighthouse School! Students saved 500 tokens and used them to purchase items, donated by Lighthouse School staff, for family and loved ones this holiday season. On the 20th of December we had our annual Holiday Fest, where students enjoyed a number of holiday activities and exposure to different cultural celebrations of the holidays. 403 chose board games as its afternoon activity, in order to promote a more familial sense of socialization and togetherness in our homeroom, as well as creating holiday slime. We also had a family style lunch on the 21<sup>st</sup> to celebrate the holidays and the last day of school before winter break. In the afternoon, the students gathered in the gymnasium in order to watch our Lighthouse video yearbook from last year, updated to include students and staff who started this year.

### **404 Bioeducational News**

First off, let us start by wishing you and your family happy holidays. While December is a shorter month due to the break, we certainly filled it with many fun activities for the students. Our homeroom really embraced this month's bioeducational theme of faith. We had many discussions in the homeroom about each other's faith and what it means to have faith in something. This went well as we had practiced tolerance and gratitude the past couple of months, so the class was open and non-judgmental.

In terms of activities, we had a hat and mitten drive that many of our students donated their tokens to. Students also had the opportunity to spend their tokens at the Holiday Shop, giving them a chance to find gifts for those they care about. To finish up the month strong, our students participated in Holiday Fest where we explored different holiday traditions from around the world. And finally, to celebrate the end of the calendar year we had a family style lunch and celebration in the homeroom, before viewing the video yearbook at a whole school assembly. This month was certainly filled with educational and therapeutic opportunities. We look forward to seeing everyone at the start of the new year.

### **405 Bioeducational News**

December is here and with it, lots of cheer. It sure was another busy month at Lighthouse School and we had our first snowfalls of the year! Perhaps the best part of the season comes in our annual Holiday Shop. Using items donated by Lighthouse School staff, a large conference room was transformed into a festive Holiday Shop, where students could spend their well-earned tokens to buy gifts for friends and family members. This wonderful activity helped to demonstrate the monthly theme of faith. Each student thought about who in their lives have helped to give them faith in themselves and how we could appreciate these people. We also had our Holiday Fest, where students participated in a variety of holiday-themed activities in the gym. In 405, through our elective Health and Wellness, we have had the opportunity to explore different types of exercises. To our surprise, the class really enjoyed the yoga portion. It was great to see them helping out each other with the different poses. They were really able to have faith in themselves and did not give up on any new exercise presented to them.

### **406 Bioeducational News**

It is hard to believe that we are almost half way through the school year and that 2018 is drawing to a close. At Lighthouse School, December is traditionally a busy month, and this year it has been no different! The school-wide theme for the month was "Faith". Discussion groups in 406 focused on the fact that faith is the confidence, trust or belief in someone or something. It is a belief in a higher power not based on proof. This month, tryouts were held for our Varsity and Junior Varsity basketball teams; the season will be starting in mid-January. There were also various motivational student activities held this month. Included in these were an opportunity for a group of students to see a live production of "A Christmas Carol" in Manchester, NH; a "Holiday-shop", where students had an opportunity to spend their tokens to buy holiday gifts for friends and family. On the 20<sup>th</sup>, we celebrated "Holiday-Fest" where the students participated in games and crafts related to the season. An all school assembly was held on Dec. 21<sup>st</sup> where we watched a video of staff and students having fun together during activities throughout the year.

We celebrated all the accomplishments of the students to this point of the year.