



# Quarter 4 2023-2024 Newsletter

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## **A message from Ms. Wells:**

As our school year comes to an end, I want to thank all of our families for another great school year. We have much to be proud of as many students completed their required coursework and showed huge growth in attendance. We are proud of everyone who made a commitment to grow in the school community by reaching daily, weekly, and quarterly goals. I am sending a huge **congratulations** to our students who will be returning to their home schools in the fall. As for our 2024 high school graduates, I couldn't be more excited for your tremendous achievement. Keep pushing to be your very best in all you pursue.

Even though summer is quickly approaching, it doesn't mean the learning has to end. We are holding 9<sup>th</sup> through 12<sup>th</sup> grades summer school at The Academy from **June 3rd-21st**. Information should have already been received via U.S. mail, however if you have any specific questions, please give me a call.

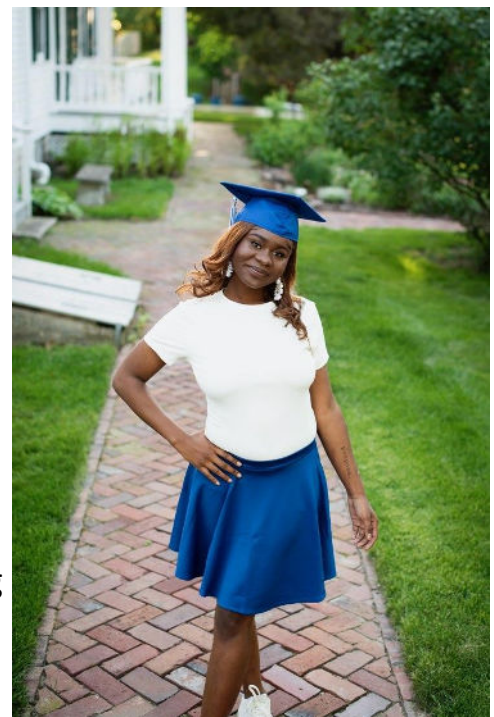
The school's main office will be closed beginning June 6th. If you need something beyond June 5th, please leave a message on the voicemail as it will be checked periodically until June 27th. No one will be available after June 27<sup>th</sup> until August 1st. Please see the attached flyer for information regarding next fall.

Have a safe and wonderful summer break!

## **A message from Mrs. Bockenfeld:**

### **Navigation Time**

We are focusing on skills to finish strong. In April, we discussed communication and listening, choosing your attitude, brain power, self-control, and automatic thoughts. The more we get to know ourselves, the more self-control we have over our regulation to focus on learning. One lesson shared that we have three reasons to finish strong in everything we do: 1. You only live once, so do your best. 2. Continuously finishing strong creates a habit of finishing tasks. 3. Finishing strong minimizes regrets in the future.



## Student Support/Family Liaison Reminders:

The Academy students who attended regularly and are engaged have seen a lot of progress during 23-24 school year. Most of those students are receiving the opportunity to attend their home school for the 24-25 school year due to passing classes and meeting attendance and behavior goals. High School students are earning credits toward graduation requirements and some are beginning to see the light at the end of the tunnel. We are excited for the students who have taken advantage of the opportunity to get back on track and thrive at The Academy. We are looking forward to working with students next school year and we are hopeful that they will continue to accomplish goals to not only succeed in school but also in life.

## School Wellness Update:

**SUMMER increases**

**TEEN Drug & Alcohol USE**

**WHY?**

- ▶ MORE FREEDOM
- ▶ LESS RESPONSIBILITY
- ▶ LESS STRUCTURE
- ▶ LESS SUPERVISION

**More teens will initiate use during June and July than any other month.**

ALCOHOL:	MARIJUANA:	CIGARETTES:
Daily summer new use: <b>11,000</b>	Daily summer new use: <b>4,800</b>	Daily summer new use: <b>5,000</b>
Compared to: 5,000-8,000 in other months.	Compared to: 3,000-4,000 in other months.	Compared to: 3,000-4,000 in other months.

**PRESCRIPTIONS:**  
Prescription pain pill misuse does not follow the same pattern as alcohol, marijuana, and cigarettes. **2,500** new adolescent users try pain pills daily, with small spikes in January, September, and November.

### What Can Parents Do?

- KEEP CONTROL:** During the summer, teens continue to need supervision, structure, and responsibility. Maintain control even as your teen's schedule changes.
- TALK:** Talk to your teens about not using alcohol and other drugs. Use scientific information and family values to drive the conversation. Talk frequently.
- DELAY:** The longer you can keep your teens from trying alcohol or other drugs, the less likely they are to have life long issues with substances.
- BE ALERT:** Don't ignore changes you see in your teens. Monitor their phone and social media use, and get help if you see a problem. All kids can have issues.