

the MTC VOICE

Monticello Transition Center

Dream, Believe, Achieve

Realize your potential and your dreams. Believe in yourself and others.
Achieve independence by learning life skills, communication skills, and work skills.



Spread your wings and fly!

Year 1 Issue 5
Jan/Feb 2013

2013

Calendar of Events

February

2/7 1pm Early Out
Conferences 2-8
2/14 1pm Early Out
2/15 No School
2/22 Cedar Rapids
Skate/Eat out
w/Linn-Mar
Transition Students
2/27 2pm Early Out

March

3/5 End of 3rd Qtr
Goal Progress
Updates Sent Home
3/13 Chili Cook-Off
(MTC)
3/13 2pm Early Out
3/18-22 Spring
Break
3/27 2pm Early Out
3/28 Chili Cook-Off
(Linn-Mar Trans.)
3/29 No School

Mondays: Grocery
Shopping
Wednesdays: KCC
and Community
Activity

Contact Us:

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You can sign up for
weather email
notifications @
www.monticello.k12.ia.us, scroll down
to cancellations and
follow the prompts

From the teacher:

Hello Everyone,

I hope everyone had a restful holiday and was able to spend time with family. I spent time with two of my grown children and was able to talk for a while to the third, who is in Kuwait. Now with January over, the students are back into the swing of things and starting new routines. We are keeping a few of our old work sites and have a couple of new ones too. Everyone has or will be starting a new job during Jan/Feb. I look forward to meeting with all my families to discuss next year. Some students will be staying for year 2 and some will be moving on. I'm excited for all of them! Enjoy Our Newsletter!

A Look Back

In the classroom, students focused on kitchen safety. Lessons included always using hot pads to remove things from the microwave and the oven, staying in the kitchen when cooking on the stove, setting a timer for things we put in the oven, remembering to turn off the oven or stove when done, and good hand washing before, during and after cooking. We talked about cross-contamination, keeping hot foods hot and cold foods cold, and proper storage for food. Each student practiced all of these safety rules and more in our kitchen. We also learned about all of the appliances and utensils in our kitchen. We took them all out of our cupboards, passed them around and talked about the "right tool for the job."

We continue to practice backwards planning, this time with a focus on planning an entire meal and having all of it done at the same time. Planning a meal with a main dish, side dish and fruit or dessert dish. Reading the recipes to determine which takes the longest, starting that dish first and doing the rest while the first one is cooking or baking. Once we knew what time we wanted the dishes to be done, we wrote down the start time on the recipes, which helped us remember when to start each dish. Much more practice is needed in this area and would be a good thing to practice at home.

Social skills covered were: being a good listener, minding your own business, catching others doing good, and treating co-workers like you want to be treated.

Rights and Responsibilities

~Rights: "that which is due to a person from nature or law" We can cook our own food, We can have food that is healthy for us, We can use kitchen tools and appliances, We can be safe in our kitchen.

~Responsibilities: "particular duties and jobs that are expected" We know how to follow recipes to make food, we know how to plan balanced meals, We know how to use kitchen appliances and tools safely, We know how to follow kitchen safety rules.

3-Way Planning is a money management strategy. It is a structure to money management that involves:

- Money for things you need now.
- Money for something special you want.
- Money to save for the future.

As young adults get closer to adult living, they should be aware of the responsibility to pay for needs (e.g. bills) before they spend money on things they want. Most apartments come with stove/oven, microwave and refrigerator.

At School: We talked about the appliances that are wants, ones that just make life easier, but aren't necessary for everyday cooking. A food processor, or electric can opener is a want, but a colander, measuring cups/spoons and cutting boards are needs. We looked through online stores (Target, Kmart, Amazon) and compared prices of some of our kitchen tools.

At Home: When in the kitchen, discuss some of the more expensive kitchen tools or tools that are just for convenience. Show him/her what can be used instead.

Help at/from Home.

- We have eaten out a few times now. To prepare for this, we study the menu before going and students choose their meal, including tip and tax staying under \$7.00. As each one is practicing this skill in multiple settings, it would greatly benefit him/her when going out with the family, to have a set amount of money for a meal in order to practice selecting and calculating tip and tax each time. Believe me, I know how much work is involved with this, but boy what a needed skill.
- Continue to practice backwards planning (see "A Look Back" section). This time with a focus on meal planning. It doesn't have to be some grand meal, even planning chicken nuggets, a can of chilled fruit, canned vegetable, and planning to have all three done at the same time will require backwards planning.

A Look Forward, In February:

Our lessons will cover first aid and emergencies. What to do when the person you are with gets injured, what to do if you get injured. First aid and prevention for burns, sprains and cuts to self. Knowing when an injury is an emergency and what to do if it is. What items to keep in a first aid kit. Students will make a first aid booklet to keep at home. I am in the process of finding emergency personnel to come visit us to talk and demonstrate. While on this subject, we will be talking about emergency preparedness for severe weather. It might be a good time to review the process of what to do during severe weather when your student is home alone.

We have been invited to join the gang from the Linn Mar Transition Center for roller-skating in Cedar Rapids. This is set for Friday, Feb. 22 from 9-11. We will also be having lunch there. No money is needed; however there are video games there and students will need to bring their own money for that if they choose to play. That Friday is a workday and students will get a chance to practice notifying their jobs for that day off from work.

We continue to do recorded mock interviews with students once a month. Next time you're visiting ask your student to watch his/her recorded interview video on their iPad.

Student Voice

In January, my favorite thing was visiting the model railroad in Monticello. I liked how they made it. Don said it was a lot of work and it took a long time. It probably cost a lot of money to make with all the pieces. I liked the bridges the best.

by Morgan

