

BAY COVE ACADEMY NEWSLETTER

July 2019

SUMMER TRIPS

This summer, we will be taking field trips every Friday! Student participation is based on weekly attendance. Students planning on going on the Friday trip should have no unexcused absences for that week. Students who are not attending will have a regularly scheduled school day at Bay Cove Academy.

6.28 - Houghton's Pond

7.12 - George's Island

7.19 - Newport Cliff Walk

7.26 - Lars Anderson Museum

7.30 - Canobie Lake Park

CONGRATULATIONS CLASS OF 2019

We are so proud of our 2019 graduates! They showed an incredible amount of hard work, perseverance, and dedication. We wish them well on their next adventures!



KEY DATES

7.4 & 7.5 - No school

SELF CARE TIP OF THE MONTH

Self care toolboxes can be incredibly helpful when we need a little pick me up. There are subscription services that will send you a toolbox each month. Or you can make your own!

Here are some suggestions for your own self care toolkit:

- coloring book or paint set
- essential oils or candles
- bath bombs or bubble bath
- comfy slippers or socks
- favorite candy or snack
- crossword book
- some of your favorite photos
- your favorite book
- positive quotes or affirmations
- fidgets, like putty or stress ball
- a list of people you can call
- journal or writing prompts
- tea/cocoa and a favorite mug

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EVERY ENDING IS A NEW BEGINNING

Last month, we said goodbye and good luck to Yosh, one of our career counselors. Yosh has been with Bay Cove Academy for ten years! He was an assistant teacher before joining the career development department. Yosh was also part of the gym coaching staff. Yosh is moving on to work in fitness, which has always been an interest for him. We are so happy for Yosh pursuing his goals, but we will miss him dearly.

