



Student Art  
Exhibition:  
Thinking Outside  
the Box

Page 1



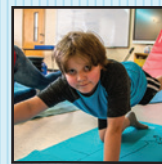
Hooked on  
Science:  
Experiment,  
Make Mistakes,  
and Try Again

Page 2



NJ Legislature  
Recognizes  
GPA with  
Resolution

Page 2



Yoga Yields  
Therapeutic  
and Real Life  
Results for  
Students

Page 3

# Education... *GPA* today

 Garfield Park  
Academy

News and Information  
from Garfield Park Academy

Spring 2018

## "I Dream of a World..."

### Student Art At Virtua Hospital

About a dozen students from Garfield Park Academy took part in an art show hosted at Virtua Hospital in March. The theme of the show, "I Dream of a World..." invited students to explore our uncertain world in a way that focused on hope and solutions.



"The students' creativity was truly remarkable as they literally thought outside the (cigar) boxes that housed representations of their dream worlds. Some students joined two boxes or altered the boxes to create their own unique spaces, representing their inner and outer worlds," said Sheri Roseman, art therapist at GPA.

*continues on page 2*

## Music PRODUCTION Studio

**A new hip-hop beat is pulsing through Garfield Park Academy. The school has launched a Music Production and Sound Studio, adding to the already wide range of hands-on STEAM (Science, Technology, Engineering, Art, Math) learning at the school.**

The studio gives students the opportunity to make and record music, write songs, and create sound effects for video and stage using professional equipment and industry-recognized software including synthesizers, sequencers, mid-boards and track board controllers.

"This is something our students have been asking for, so the idea to add it to the program was very organic. Because this is a high interest area, many students come to us with a solid foundation of skills. We can leverage that interest to introduce new concepts and content aligned with the curriculum in science, math and even language arts," said Dr. Steven Morse, Superintendent.

The connection between music and math has been well established with students learning counting, rhythm, scales, intervals, patterns, symbols, harmonies, time signatures, overtones, tone, and pitch. The Music Studio is perfect for hands-on learning in math, science and engineering. It also adds a new layer to transition services, because students can gain skills using recording and mixing equipment that can prepare them for high value jobs.

Chester Vincent, an educator at Garfield Park Academy for 12 years, adds that the program also has natural connections to the therapeutic component of GPA's program.

"Music is very therapeutic. We have students writing poetry in Language Arts and then coming to the studio to learn to write music."



## "I Dream of a World..."

(continued)

As other schools are eliminating art programs, Garfield Park Academy's art therapy program is growing, helping students find their voice, express their feelings, and become more empowered as they are



heard on many levels. According to Roseman, the relationship building and trust that happens in art therapy makes all else possible. Students feel safe and more confident, adding to their sense of well-being and purpose.

"Making art is all about problem-solving which is a higher level thinking skill. These skills translate very well in the real world, as one must navigate social situations and unexpected events," she added.

Seeing their art in a public space was important and empowering. "By contributing their art to the walls of Virtua, Garfield Park Academy students were able to realize that they have something important to contribute to the community."

# HOOKED ON SCIENCE

"The only sure way to avoid making mistakes is to have no new ideas."

- Albert Einstein



For students in Wilson Klein's science class, engineering labs are a chance to experiment, make mistakes, and try again.

Klein has been with GPA only a year, but has a strong background in urban education, having worked in both Camden and Atlantic City. He brings creative hands-on learning to his middle school students through engineering labs in which students build bridges, kites, and other structures.

"Many of my students are reading below grade level but are quite capable of learning complex concepts, so the instruction needs to side step their literacy deficits," he said.

Klein uses hands-on learning to help students build spatial skills, problem-solving skills and troubleshooting skills as they work



with materials to design a project that will work.

"This lets my students see that they are smart – weaknesses are not the focus – strengths are," he added. "Once they have learned the concept by doing it, they are ready to understand the science behind it. The hands-on learning is motivating and lets my students integrate the knowledge. It hooks them on science!"



## NJ Legislature Recognizes Garfield Park Academy on the Occasion of its Twenty-Fifth Anniversary

The NJ Senate and Assembly issued a Joint Legislative Resolution recognizing and congratulating GPA on our 25th Anniversary. Thank you to our District 7 legislators, Senator Troy Singleton, Assemblyman Herb Conaway, Jr, and Assemblywoman Carol A. Murphy for this auspicious honor. Pictured right, Dr. Steven Morse, GPA Superintendant, with the Legislature's Resolution.



**"...WHEREAS,** Garfield Park Academy has earned a measure of respect as the first school based program in the nation to receive accreditation by the Teaching Family Association and to use the Teaching Family Model, which has been selected by the American Psychology Association as a Model Program in Service Delivery in Child and Family Health...

**BE IT FURTHER RESOLVED,** That a duly authenticated copy of this resolution, signed by the Senate President and Assembly Speaker and attested by the Senate Secretary and the Assembly Clerk, be transmitted to Garfield Park Academy."



## RELAXED, FOCUSED, AND READY TO LEARN



The practice of yoga is more than 5,000 years old, but only recently have schools started to tap into the power and possibilities that yoga can offer for students with learning and behavior challenges.

Yoga's noncompetitive movements have been shown to help improve body awareness, build concentration and help students manage stress through breathing. It can also help energize students when they are feeling low energy, improve balance and increase focus and concentration.

But yoga is far more than the physical practice of familiar poses. It teaches breathing and mindfulness, and works with concepts of 'balance' in both physical and emotional realms.

"It has very natural applications for many students at Garfield Park Academy who struggle with spatial awareness and self-regulation. The insights our students gain in yoga are immediately and concretely

transferred into the classroom," said Lisa Malson, social worker.

Since starting the program with her students this spring Lisa sees a difference.

"We are working on mindfulness, breath work, and body awareness," she said.



## Tips for Doing Yoga with Students with Disabilities

- 1) **Teach children to honor their strengths and limitations**, inviting them to do the pose in a way that feels right for them. Remember – it is a "practice."
- 2) **Have a clear starting and stopping point** so your child knows what to expect.
- 3) **Use a yoga mat.** These inexpensive spongy soft mats can help your child learn about space and boundaries.
- 4) **Teach breath work** from the very beginning. Start the session with eyes closed and focus on the breath for about a minute to let your child "settle in."
- 5) **Help your child take the message off the mat.** Invite your child to think about what they learned that they could use in life.

Education...  
*for a Lifetime*



24 Glenolden Lane  
Willingboro, NJ 08046

Middle States Association Accredited  
Teaching-Family Association Accredited

## Education... *for a Lifetime*

### By the Numbers

**Did you know:** This year alone, 130 educators registered for events hosted by our Training Institute? The 3-hour programs offer CEUs to teachers who come to learn about evidence-based best practice and strategies to improve outcomes for students with social, emotional and learning disabilities.



### The Training Institute at Garfield Park Academy

Learn more, call 609-877-4111.

Or visit The Training Institute online:

[GarfieldParkAcademy.org/the-training-institute-gpa/](http://GarfieldParkAcademy.org/the-training-institute-gpa/)



Garfield Park Academy is a New Jersey state approved, not-for-profit school that provides effective, evidence-based special education services for students in grades K-12 who have a history of learning, social, emotional and behavioral challenges. Garfield Park Academy is accredited by the Middle States Association and accredited by the Teaching Family Association. For more information, please contact Garfield Park Academy or visit our website.

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