



Garfield Park  
Academy

# GPA TODAY

EDUCATION...  
**FOR A LIFETIME**

JUNE 2023

## INSIDE THIS EDITION

- Learning Lifelong Wellness

- Transition to Success

Effective, evidence-based special education for students in grades K-12 with challenges:

■ learning ■ social ■ emotional ■ behavioral

## LEARNING LIFELONG WELLNESS

Physical education at Garfield Park Academy is virtually unrecognizable to anyone who attended school only a decade ago. Gone are the one-size-fits-all gym routines.

"We teach innovative wellness strategies that empower students to learn and practice healthy active behaviors that last a lifetime. Students learn skills and develop habits to support their mind, body, and spirit as they mature," said Kerrie Morse, Director.

***Social workers play an important role in the wellness program, helping students learn how an active body promotes a more balanced mind and contributes to their overall well-being.***

While students still learn traditional activities like basketball and softball, staff at Garfield Park Academy also teach wellness through a wide variety of fun and safe activities that allow for positive social interactions.

A newly renovated gym and two state-of-the-art outdoor fitness areas, including a 10-piece circuit training loop and new reflection garden, offer therapeutic spaces for movement.

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## LEARNING LIFELONG WELLNESS *(continued)*

Students at GPA learn about self-evaluation, personal goal setting, social engagement, sportsmanship, and the joy of movement. They learn portable skills and strategies that contribute to their personal, emotional, and social well-being.

Through activities like yoga, weightlifting, running, meditation, Tai Chi, and dance, students learn self-regulation, self-care, and self-expression.



This approach pays off in the classroom too. Data from the National Institutes of Health show a positive correlation between health, physical activity, and academic achievement. Students with healthy habits do better in school. Students have higher attendance, better grades, and perform better on tests.

"We want to keep those benefits going into adult life by teaching lifelong wellness," concluded Morse.



## TRANSITION TO SUCCESS

Through Momentum® Transition, students at Garfield Park Academy learn concrete skills and develop a toolbox of strategies to help them achieve independence and prepare for a career that interests them.

Students learn the skills and knowledge they need to be active citizens in their communities, including voter registration, workplace health and safety, worker rights and responsibilities, recreation, housing, and public transportation. Social workers work closely with students and families to provide linkages to post-secondary providers including DVRS, DDD and the Centers for Independent Living.



### Evidence-based support services include:

- Intensive individual counseling
- Daily group counseling
- Family counseling
- Stress management
- Clinical social work services
- Neuro/biofeedback

"Our approach to transition is student-centered and emphasizes self-directed, individualized planning," said Jeff Dalrymple, Transition Coordinator.





For students interested in entering the military, we help prepare them for the ASVAB Test and to navigate the process of entering Military Service.

For those who considering college, staff help prepare them to take the SAT and ACT, complete college applications and financial aid forms, take Accu-placer testing, and more.

Our strong connections with community colleges allow students to learn on a college campus with all necessary supports. Research shows that students who take college courses while in high school have greater success when they graduate.

***“We do more than prepare our students for jobs or higher education. We teach them the skills they need to rebound from life’s unexpected challenges.”***

**- Jeff Dalrymple, Transition Coordinator**

Our Work Study program on campus helps students gain the job skills they need to be successful. Students develop resumes, secure references, and interview for jobs. Working with Job Corps and Camden County Vocational School, students can be prepared for high demand careers. On campus, our own certified vocational programs are some of the most successful in the state. We offer:

- **Auto Mechanics**
- **Culinary Arts**
- **Cosmetology**
- **Horticulture**
- **Carpentry**
- **Retail and Business Education**

“We do more than prepare our students for jobs or higher education. We teach them the skills they need to rebound from life’s unexpected challenges,” concluded Dalrymple.







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**Garfield Park Academy is accredited by the Middle States Association and by the Teaching-Family Association.**

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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