

Rhode Island Transition Academy 2022

DECEMBER NEWSLETTER

RITA Holiday Happenings. It's the Most Wonderful Time...

RITA EVENTS

- * Month of December Theme
- * Community Day Roundup
- * RITA-2022 Year in Review



December Theme: Healthy Mind & Body



Having a healthy mind is key to your overall health and well-being. A healthy mind includes emotional, psychological and social well-being and affects how you think, feel and act. It works in unity with your body and influences how you handle stress, relate to others, and make choices. Some topics discussed this month include: Health Goals and what it means to truly be healthy, Attitude & Self-esteem, Mind & Body and Spirit.



RITA's Community Day Roundup for December...



(Above/Below/Right) RITA had our annual Holiday visit to Breakers Mansion, Newport. Students were treated to this Gilded Age mansion with a Christmas-decor flare.



(Above/Below/Left) Keeping with the holiday theme, RITA experienced a guided-tour of the Linden Place house of colonial Bristol, RI.



RITA's Community Day Roundup For December (cont.)



As a special holiday treat, RITA students were treated to a few hours at “*Electromagnetic Pinball*” in Pawtucket, RI. This included a Free Guided Tour and All-You-Can-Play on any of the 100+ various games on the property.

