

# Rhode Island Transition Academy 2023

## JANUARY NEWSLETTER

*Welcoming A New Year Filled With Opportunities & New Beginnings*

### RITA EVENTS

- \* Month of January Theme
- \* Monthly Featured Internship
- \* Community Day Roundup



# *The Month of January Theme: Fitness*



Students will discuss the importance of reaching a balance between the three fitness types, how they affect each other, and how each contributes to total fitness and reaching goals. Additionally, students will tour a variety of local gyms and health clubs to discuss the importance of keeping yourself healthy physically.

## **Fitness Topics Covered:**

- 3 Types: Aerobic Fitness, Muscle Strengthening & Flexibility
- Understanding the differences between each kind of fitness
- Setting Fitness Goals
- Personal Appearance

# *This Month's Featured Internship: CVS*



CVS in Warwick, is one of our many partners that offers our students the opportunity to gain valuable work experience in a retail sales environment. Some of the students responsibilities include: checking inventory on shelves and in refrigerators, restocking shelves, checking dates on perishable items and straightening inventory on shelves. (Upper Left) Student Nic ensuring proper placement of medicine in aisle 11. (Lower Left/Right) Recent grads Ethan and Mike, caught in action. (Top Right) Intern Will, using his trusty clipboard to record important inventory numbers from the refrigerated stock items.



# RITA's Community Day Roundup for January...



**(Top Row)** Manager Mike, at Monroe Dairy in East Providence, took the time to show our students around the expansive facility. Also, at the end of the tour students were treated to a free ice cream!

**(Bottom Row)** Staff at the World War II museum in Wakefield welcomed our students to an informative guided tour. During the tour, our guide happily answered our many questions.

