

Rhode Island Transition Academy 2023

DECEMBER NEWSLETTER

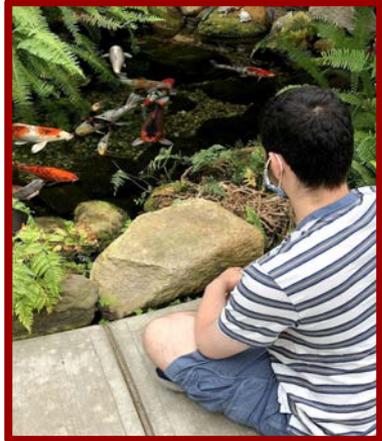
RITA Holiday Happenings. It's the Most Wonderful Time...

RITA EVENTS

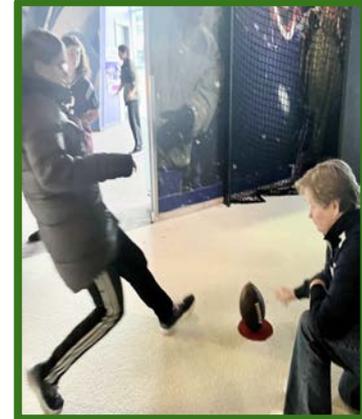
- * Theme For December
- * Monthly Featured Internship
- * Community Day Roundup
- * RITA Apartment Happenings



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.



This Months Featured Student Internship Partner: *SAVERS-Warwick*



Our Business Partner, *Savers-Warwick*, is a part of a chain of national thrift stores. It allows shoppers to find products like unique clothing, homegoods items, antiques, and used furniture. Thrift stores are known for their bargain deals on items that typical you won't be able to find at your local department stores. Additionally, each store has a Community Donation Center where you can donate your things to support to support local nonprofits. **(Pictured Left to Right)** This semester, currently we have two student interns at Savers; first year student **Kizari**, and second year student **Derick**. Both are doing great and gaining valuable work experience.

RITA's Community Day Roundup For December



RITA had our annual Holiday Season visit to Breakers Mansion in Newport. Students were treated to this beautiful, Gilded Age mansion with a Christmas-decor flare.



RITA's Community Day Roundup for December...



(TOP Row) On to Foxboro! RITA brushed-up on their local football history at the Patriots Hall of Fame Museum. **(Far Right)** First Year Student Anthony with his trusty clipboard, making some kicking calculations.

(BOTTOM Row) Lights-Camera-Action! East Greenwich High School invited the Transition Academy for a special, live performance of the Disney movie "Descendants". Bravo East Greenwich Theatre Group...BRAVO!



RTA Apartment Happenings...What's Going On In December?

