

# Rhode Island Transition Academy 2024

## JANUARY NEWSLETTER

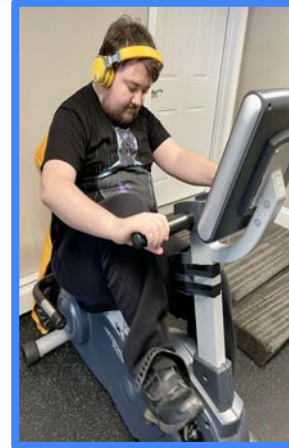
*Welcoming A New Year Filled With Opportunities & New Beginnings*

### RITA EVENTS

- \* Theme For  
January
- \* Monthly Featured  
Internship
- \* Community Day  
Roundup
- \* Apartment  
Happenings



# *The Month of January Theme: All Things Fitness*



Students discussed 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 toured a variety of local gyms and health clubs and discussed the importance of keeping yourself healthy physically and mentally. **(Pictured Top-Left to Right)** Our Students taking advantage of exclusive access to our apartment complex, personal, fully-equipped, mini-gym. Kizari, Jalissee, Pete, Group Pic, and Jon.

# *This Month's Featured Internship: CVS*



**CVS in Warwick**, is one of our many business partners. They offer our students the opportunity to gain valuable work experience in a retail sales environment. Some of the students responsibilities at this worksite include: checking inventory on shelves and in refrigerators, restocking shelves, checking dates on perishable items and straightening inventory on shelves. **(UPPER Left/Right)** Caught in action, first-year student, Alexis, scanning each aisle carefully, ensuring the shelves are properly stocked and free of expired items. Great job Alexis!

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



**(TOP Row)** In January, RITA visited the *Newport Car Museum* in Middletown. This museum has a modern design experience, with 95+ cars on permanent display in seven large galleries. **(BOTTOM Row)** Another class-favorite was our guided tour of the *Armory museum*, East Greenwich. This site serves as the Varnum Continental's headquarters and contains a huge collection of Military/Naval memorabilia.



# RITA's Community Day Roundup for January (cont.)

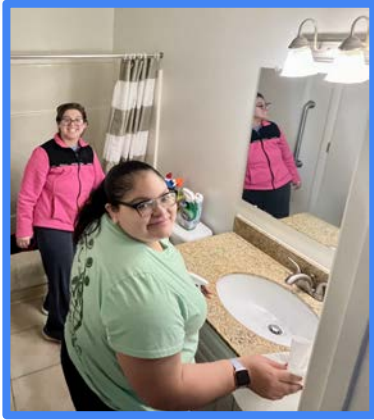


**(TOP Row)** In January, RITA had our annual trip to the *RI State House*. Here the students had an extensive, guided tour, and the unique opportunity to take part in a 'mock debate' in the congressional chamber, where the students debated/voted on [fictional] bills/laws. **(BOTTOM Row)** New to this year's community day lineup, students had tour of *Providence College* campus, guided by our own staff/PC grad Karen.



# RITA Apartment Happenings...What's Going on in January?

**(Top Left)** Marissa & Jalisse combining their efforts to thoroughly clean the bathroom. **(Center)** RITA students taking full advantage of the apartment complex 'mini-gym. On each apartment day, students end their day with a 30-minute workout. **(Top Right)** Leo prepping the stove for his homemade quesadillas.



**(Bottom Left)** Jalisse & Landon putting the finishing touches on their version of quesadillas, including sides of yellow rice and fresh salad. **(Bottom Right)** Jack making his contribution to the apartment-cooking session by taking care of the dessert portion. Homemade cookies!

