

# Lakeland STAR News

**STRONG • TALENTED • ADVENTUROUS • REMARKABLE**



### Holiday Feast

STAR students, staff and guests enjoyed a holiday feast

## STAR STUDENTS ENJOY HOLIDAY SHOPPING-DINING OUTING TO RHINELANDER

Students and Staff went on a holiday trip to Rhinelander to shop for Christmas gifts for friends and family. Stops included Walmart, GameStop, Dollar Tree, Dunham’s Sports, Kohl’s and Goodwill. Afterwards, everyone enjoyed a delicious lunch at Pizza Ranch! Fun was had by all and students got to practice making and following a budget while getting all of their Christmas shopping done! Additionally, students got to learn how to tip while eating out at restaurants and why it is important to do so.



### Holiday-themed crafts

STAR students enjoyed making gingerbread houses for the holidays



### STAR Students Swim

Swimming at LUHS is a favorite on Wednesdays, Fridays.

## STAR “SHOUT-OUT”

Lakeland STAR School/Academy student Ethan Driver reflects on what difference attending STAR has made in his life

Lakeland STAR News recently sat down with STAR sophomore Ethan Driver (pictured with long-term substitute teacher Leslie Thompson) to learn more about his STAR experiences and the impact that attending the school has made in his life. Here’s Ethan in his own words:

“What I like about STAR is that there is always someone to help me when I need help, and that everyone is nice to me and I get a lot of work done here, compared to when I was over at Lakeland (Union High School),” Ethan says. “I enjoy it (STAR) because it is a lot calmer than the classes I would do when I was over at Lakeland. There’s not as much noise and it’s a lot less distracting when I’m in the classes.

“It (swimming) is really nice because we have time to just have fun with each other. The [STAR School/Academy] PAES Lab (at Howard



Young Medical Center) is also a great opportunity because it shows us what we’re good at and what jobs we might get in the future. Expressive Art has gotten me interested in art again.

“STAR Academy has really helped me change in a better way. I don’t get angry as much as I did last year because of all the stuff that STAR’s been doing like the swimming. It just helps me calm down ...”

**“STAR Academy has really helped me change in a better way...”**

## THURSDAY MORNINGS IS YOGA TIME AT LAKELAND STAR

On Thursday mornings, you will find students participating in a Yoga/Mindfulness class that is facilitated by Betsy Schussler, Speech/Language Therapist. Yoga/Mindfulness provides the tools to build self-regulation, focus and resilience and helps students engage more actively in the learning opportunities within the classroom. Students are taught short breathing techniques, movement and mindfulness exercises to achieve this goal. Current research has indicated that students on the Autism Spectrum who receive this intervention, along with occupational therapy, assists students in maintaining therapeutic gains and decreases the incidence of regression. Attainment of therapeutic goals is significantly impacted on what the student does outside of therapy. Lakeland STAR is very fortunate and appreciative to work and learn from Betsy. “THANK YOU” to Betsy for your sharing her talents and expertise with our students!

