

**ELEMENTARY SCHOOL**

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HIGH SCHOOL

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L.I.F.E. ACADEMY (Ages: 18-21)

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January 10, 2017

Dear Parents/Guardians,

We are excited to share with you some wonderful news about a new program coming to Banyan High School this spring term! Starting Friday, January 27, the L.I.F.E. Academy will begin a partnership with William Paterson University, where it will participate in the Young Adult Transition Program (YATP). This is a unique opportunity for Banyan High School and the L.I.F.E. Academy, as we are the only accredited, private school in the State of New Jersey to have this partnership with William Paterson University.

Developed by the Department of Kinesiology, the YATP is a community-based service designed to provide student participants with learning differences a means to successfully achieve educational outcomes through adapted physical education programming in an environment befitting a young adult; a college campus. The YATP's core belief is that all individuals, regardless of ability, should be entitled to an enjoyable and lifelong, physically active lifestyle.

By placing a strong emphasis on creating learning environments that maximize opportunities for comprehension, executive functioning, and self-regulation of learning, the YATP will help prepare students, whether college or workforce bound, for various career, social, and personal experiences. Incorporating best practices, founded on the guiding principals for establishing community-based programs as set forth by the Society of Health and Physical Education (SHAPE) America, the YATP uses an evidence-based, customized and/or individualized curriculum based upon the unique needs of the students.

The customized curriculum includes following outcomes:

Socialization – Increase skills and strategies necessary to interact and communicate successfully with others.

- Listening and speaking skills
- Behavioral decision making skills across authentic settings
- Oral, written, and/or technology-driven communication skills

Team Building – Increase skill dynamics associated with groups of people working towards common goals.

- Teamwork skills founded on cooperation and cohesiveness over competition
- Skillsets associated with decision-making, conflict resolution, risk taking, and affirmation
- Self-esteem and personal fulfillment skills

Technology Use – Increase awareness and utilization of technology for personal achievement.

- Skillsets related to communication and socialization demands
- Skillsets related to acquisition and dissemination of information
- Skillsets related to personal health, well-being, and fulfillment

Health & Nutrition – Increase knowledge and understanding of healthy lifestyle promotion.

- Dietary knowledge and decision-making skills
- Interpreting and applying dietary information and goal-setting skills
- Apply skillsets across physical, social, and psychological dimensions

Physical Activity – Increase appreciation for bodily movements, which produce energy expenditure.

- Identifying personal choice and interests
- Patterns and techniques contributing to a positive, physically-active lifestyle
- Specific skillsets (e.g., exercise, dance, sport, work-related)

Fitness – Increase attributes related to physical performance capabilities.

- Balance and coordination skills
- Goal-setting and self-regulation skills
- Specific skillsets (e.g., weightlifting, dance, aerobic behavior, body composition, flexibility)

Sport, Recreation, & Leisure Activities – Increase knowledge, awareness, and capabilities of physically-related activities.

- Sport skillsets (e.g., basketball, volleyball, football)
- Recreation skillsets (e.g., walking for fitness, adventure education, orienteering)
- Leisure skillsets (e.g., Wii Fit, DrumFit, bocce, bowling, Frisbee/disc golf)

The YATP also values accountability and evidence of learning. For that reason, a multi-factored approach to assessment and evaluation is used to provide all stakeholders with a comprehensive review of learning performance. Evaluation reports are generated for each student at the end of the program. Reports include a multi-factored collection of evidence in order to accurately represent the breadth and depth of learning outcomes. Sample evidence includes present levels of performance summaries, statements of strengths and areas for improvement, pre- and post-test results, behavioral and attitudinal measures, and recommendations for future success.

Starting in the spring term, the L.I.F.E. Academy students will visit the William Paterson University campus twice a month on Fridays from 12:00pm to 1:30pm, where under the supervision of faculty they will receive instruction from aspiring future professionals currently enrolled as undergraduate and graduate students. Instruction will be applied within authentic settings across the campus (e.g., classrooms, weight room, gymnasium, student center, and dining halls). This time slot also gives our students opportunities to seek additional community-based and social experiences during the morning hours, such as campus navigation, transportation training, dining instruction, and interaction with similar-age peers.

Again, we are very proud of our newfound relationship with William Paterson University and are grateful for the educational experiences that they will be providing our students as they transition to adult life. We truly hope that you share in our excitement!

If you have any questions regarding the YATP, please do not hesitate to call Banyan High School at (973) 785-1919, extension 106.

Sincerely,

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