



# Riverview School



## G.R.O.W. TRANSITION PROGRAM – “GETTING READY FOR THE OUTSIDE WORLD”

**Our Mission drives the Philosophy of the Whole Student –  
It is our mission for students to develop confidence through  
competence in the following areas:**

**Everyone on campus is responsible for ensuring that each student is safe, happy, learning, and thriving. Your child will have a team of professionals who help them make lasting social connections, experience success in the classroom, be healthy and well – both mind and body, and learn independent living skills needed to lead a fulfilled life.**

**Education:** Each student is part of a team that includes a headteacher, advisor, and other team teachers. Staff meets for one hour daily to focus on curriculum development and communication to provide an effective success-oriented program for each student. Creativity and flexibility guide Riverview’s teaching philosophy, assisting students to reach their full potential.

**Vocational:** The Internship Program is designed to guide students through career development by providing opportunities, leveling instruction, matching abilities/interests, and developing foundation skills. Foundation skills are common to all jobs and should be reviewed as the framework upon which specific workplace and careers skills are added.

First year students explore different career pathways through experiential learning in community internships and on campus work practicums. Focus is on building foundations and transferable skills.



Second and third year students receive job training in community based internships in an area of interest and ability. Students continue to build a level of independence on foundation and transferable skills.

**Social-Emotional:** Riverview students thrive as they experience typical adolescent and young adult academic, extra-curricular, and social pursuits. Whether they are in the dorm, on a field trip, or at a school dance, they learn to build positive relationships, understand emotions, and develop self-advocacy skills.

**The Advisor Model:** Riverview advisors are all master's-level clinicians and serve as a liaison between Riverview's academic, residential, language, and social development teams, as well as student's families, to provide support, resources, and consultation. Each student is assigned an advisor who provides social/emotional support and helps with self-advocacy, self-awareness, self-regulation, stress management, and problem-solving skills.

**Language and Social Development:** Speech and Language services address a variety of skills including, but are not limited to articulation, fluency, expressive/receptive language, and executive functioning. The speech team's primary approach is to provide services within the context of the classroom. Pull out services are also available primarily intended to address articulation and fluency. The speech team also consults and collaborates with advisors, residential staff, and academic staff to support language across all environments.

**Executive Functioning:** Riverview staff implement a variety of strategies across all environments that support executive functioning skills. EF approaches are used academically, residentially and vocationally to support the following skills:

- organization of materials as well as approaches to assignments and organizing thoughts, planning and prioritizing
- elapsed time and time management
- problem solving
- attention
- task initiation

**Wellness:** The Riverview Wellness Program helps teach, promote, and support a healthy lifestyle within our community while focusing on three different areas: Fitness, Mindfulness, and Nutrition. The goal is to integrate a culture of wellness into the Riverview philosophy to enhance the educational experience and drive students to internalize components of a healthy lifestyle. We believe a successful Wellness Program requires a multidimensional approach that will consistently evaluate, develop, and implement elements that support a healthy lifestyle.

**Independent Living:** Riverview's dormitories are more than a place to sleep and study; they are crucial learning environments in the residential program. Each dorm uses a team approach that includes residential supervisors, instructors, and advisors. The Residential instructors focus on a curriculum dedicated to helping students prepare for independence. They follow the same 8:1 student to staff ratio in the dormitories as they do in the classrooms. From social skills and communication to cleaning, laundry, and budgeting, the lessons students learn in the dorms last a lifetime.



**Health Care Center:** The Health Care Center (HCC) is located on the main campus and is staffed seven days per week/ 24 hours per day by a team of nurses, medical assistants, and EMTs. The skilled nursing staff assesses and treats minor ailments and injuries. The six-bed HCC provides students a place to rest if they are ill. Overnight medical staff is available for emergencies or students requiring overnight care in the Health Care Center for medical reasons. Riverview is centrally located and accessible to several area hospitals and urgent care facilities in the event of an emergency.

**Transition:** Transition planning provides a framework for students and families to consider future goals as they design a plan for aging out of school services and pursue eligibility for adult services. The transition planning process collects information about the student's aspirations, strengths, preferences, and interests as they relate to the demands of current and future living, learning, and working environments. Student involvement in the transition process is paramount as each individual is supported in their own self-determination.



## SAMPLE PHASE (YEAR) 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Homeroom</b> Trulaske 4 (8:15 - 8:30)	<b>Homeroom</b> Trulaske 4 (8:15 - 8:30)	<b>Homeroom</b> Trulaske 4 (8:15 - 8:30)	<b>Homeroom</b> Trulaske 4 (8:15 - 8:30)	<b>Homeroom</b> Trulaske 4 (8:15 - 8:30)
<b>Travel Training I</b> Trulaske 21 (8:30 - 11:30)	<b>Vocational Exploratory</b> Job Coaches Hunter Commons (8:30 - 11:30)	<b>Personal Finance I</b> Trulaske 2 (8:30 - 10:00)	<b>Personal Finance I</b> Trulaske 2 (8:30 - 10:00)	<b>Personal Finance I</b> Trulaske 2 (8:30 - 10:00)
		<b>Comm. and Lit. I</b> Trulaske 21 (10:00 - 11:30)	<b>Comm. and Lit. I</b> Trulaske 21 (10:00 - 11:30)	<b>Comm. and Lit. I</b> Trulaske 21 (10:00 - 11:30)
<b>Lunch</b> (11:30 - 12:00)	<b>Lunch</b> (11:30 - 12:00)	<b>Healthy Living</b> Brenner 3 (11:30 - 12:30)	<b>Healthy Living</b> Brenner 3 (11:30 - 12:30)	<b>Lunch</b> (1:30 - 12:10)
<b>Project Forward</b> Auditorium (12:00 - 2:00)	<b>Project Forward</b> Auditorium (12:00 - 5:00)	<b>Lunch</b> (12:30 - 1:00)	<b>Lunch</b> (12:30 - 1:00)	<b>Work</b> Karen's Kitchen (12:10-1:15)
		<b>Vocals</b> James 22 (1:00 - 2:00)	<b>Project Forward</b> Auditorium (12:00 - 5:00)	<b>Drumline</b> James 21 (1:00 - 2:00)
<b>Theories of Comedy</b> James 22 (2:00 - 3:00)		<b>Phase I Meeting</b> Trulaske Seminar (2:00 - 3:00)		<b>Wellness</b> Wellness Center (2:00 - 3:00)



## PHASE II

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Homeroom</b> Brenner 1 <b>(8:15 - 8:30)</b>	<b>Homeroom</b> Brenner 1 <b>(8:15 - 8:30)</b>	<b>Homeroom</b> Brenner 1 <b>(8:15 - 8:30)</b>	<b>Homeroom</b> Brenner 1 <b>(8:15 - 8:30)</b>	<b>Homeroom</b> Brenner 1 <b>(8:15 - 8:30)</b>
<b>Personal Finance II</b> Trulaske 2 <b>(8:30 - 10:00)</b>	<b>Personal Finance II</b> Trulaske 2 <b>(8:30 - 10:00)</b>	<b>Travel Training II</b>  <b>Trulaske Seminar</b> <b>(8:30-11:30)</b> <b>)</b>	<b>Vocational Intern. I</b> Job Coaches Hunter Commons <b>(8:30-11:30)</b> <b>0)</b>  <b>Processing Center</b>	<b>Vocational Intern. I</b> Job Coaches Hunter Commons <b>(8:30-11:30)</b> <b>0)</b>  <b>Processing Center</b>
<b>Comm. and Lit. II</b> Trulaske 4 <b>(10:00 - 11:30)</b>	<b>Comm. and Lit. II</b> Trulaske 4 <b>(10:00 - 11:30)</b>			
<b>Lunch</b> <b>(11:30 - 12:00)</b>	<b>Lunch</b> <b>(11:30 - 12:00)</b>	<b>Lunch</b> <b>(11:30 - 12:00)</b>	<b>Lunch</b> <b>(11:30 - 12:00)</b>	<b>Lunch</b> <b>(11:30 - 12:00)</b>
<b>Advocacy</b> Brenner 2 <b>(12:00 - 1:00)</b>	<b>Work</b> School Store <b>(12:15 - 1:00)</b>	<b>Project Forward</b> Auditorium <b>(12:00 - 5:00)</b>	<b>Advocacy</b> Brenner 2 <b>(12:00 - 1:00)</b>	<b>Advocacy</b> Brenner 2 <b>(12:00 - 1:00)</b>
<b>Project Forward</b> Auditorium <b>(1:00 - 5:00)</b>	<b>Community Recreation</b> Gym <b>(1:00 - 3:00)</b>		<b>Painting</b> James 24 <b>(1:00 - 2:00)</b>	<b>Designing with Tech</b> McKelvey 10 <b>(1:00 - 2:00)</b>
			<b>Musical Theater</b> James Center 22 <b>(2:00 - 3:00)</b>	<b>Social Diversity</b> Trulaske 1 <b>(2:00 - 3:00)</b>



## PHASE III

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Homeroom</b> Brenner 2 <b>(8:15 - 8:30)</b>	<b>Homeroom</b> Brenner 2 <b>(8:15 - 8:30)</b>	<b>Homeroom</b> Brenner 2 <b>(8:15 - 8:30)</b>	<b>Homeroom</b> Brenner 2 <b>(8:15 - 8:30)</b>	<b>Homeroom</b> Brenner 2 <b>(8:15 - 8:30)</b>
<b>Vocational Intern. II</b> Job Coaches Hunter Commons <b>(8:30 - 11:30)</b> <b>Marshalls</b>	<b>Vocational Intern. II</b> Job Coaches Hunter Commons <b>(8:30 - 11:30)</b> <b>Marshalls</b>	<b>Travel Training III</b> Brenner 1 <b>(8:30 - 11:30)</b>	<b>Personal Finances III</b> Brenner 1 <b>(8:30 - 10:00)</b>	<b>Depart for College Internship</b> James Center <b>(8:30)</b>
		<b>Work</b>	<b>Path. to Employ. III</b> Brenner 1 <b>(10:00 - 11:30)</b>	<b>College Internship</b> <b>(8:30-11:30)</b> 9/13-12/2
		Karen's Kitchen <b>(11:15-12:15)</b>	<b>Lunch</b> <b>(11:30 - 12:00)</b>	<b>Lunch</b> <b>(11:30 - 12:00)</b>
<b>Independent Living</b> Trulaske 25 <b>(12:00 - 1:00)</b>	<b>Independent Living</b> Trulaske 25 <b>(12:00 - 1:00)</b>	<b>Lunch</b> <b>(12:15 - 1:00)</b>	<b>Advisor</b> <b>(12:00-12:15)</b>	<b>Independent Living</b> Trulaske 25 <b>(12:00 - 1:00)</b>
<b>Current Events</b> Trulaske Seminar  <b>(1:00 - 2:00)</b>	<b>Project Forward</b> Auditorium <b>(1:00 - 5:00)</b>	<b>Adventure Education</b> Gym  <b>(1:00 - 2:00)</b>	<b>Independent Living</b> Trulaske 25 <b>(12:15 - 1:00)</b>	<b>Social Diversity</b> Trulaske 1  <b>(1:00 - 2:00)</b>
<b>Writing Workshop</b> Trulaske 25 <b>(2:00 - 3:00)</b>		<b>Phase III Team Meeting</b> Brenner 1 <b>(2:00 - 3:00)</b>	<b>Project Forward</b> Auditorium <b>(1:00 - 5:00)</b>	<b>Improv</b> James 22 <b>(2:00 - 3:00)</b>



## PHASE III, PROJECT SEARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Homeroom</b> Holtmeier <b>(8:15 - 8:30)</b>	<b>Homeroom</b> Holtmeier <b>(8:15 - 8:30)</b>	<b>Homeroom</b> Holtmeier <b>(8:15 - 8:30)</b>	<b>Homeroom</b> Holtmeier <b>(8:15 - 8:30)</b>	<b>Homeroom</b> Holtmeier <b>(8:15 - 8:30)</b>
<b>Travel Training III</b> Holtmeier <b>(8:30 - 11:30)</b>	<b>Project Search</b> Spaulding Rehab <b>(8:30 - 3:00)</b>	<b>Project Search</b> SpauldingRehab <b>(8:30 - 3:00)</b>	<b>Project Search</b> Spaulding Rehab <b>(8:30 - 3:00)</b>	<b>Project Search</b> Spaulding Rehab <b>(8:30 - 3:00)</b>
<b>Transition</b> Brenner 3 <b>(11:30 - 12:30)</b>		<b>MCAS Prep</b> Jame 23 1:30 - 3:00		
<b>Lunch</b> <b>(12:30 - 1:00)</b>				
<b>Personal Finance III</b> Holtmeier <b>(1:00 - 3:00)</b>				



# GROW PROGRAM: WEEKDAY RESIDENTIAL AFTERNOON & EVENING SCHEDULE

<b>3:00pm-4:00pm</b>	<p>Return to dorms from afternoon GROW classes (when not attending Project Forward)</p> <p>Music activity opportunities (on select weekdays) Rock Band/Musical Theater Improv/Repertory</p> <p>Free time for the following:</p> <ul style="list-style-type: none"><li>Socialize with peers (phone calls or gathering in common area)</li><li>Use computer</li><li>Watch T.V.</li><li>Homework</li><li>Wellness Center</li><li>Beach and Track walks</li><li>Invite a peer over</li></ul>
<b>4:00pm-6:00pm</b>	<p>Students are returning from Project Forward at this time. Meal preparation, dinner, clean-up and chores.</p>
<b>6:00pm-8:00pm</b>	<p>Activity Choices (examples throughout year):</p> <ul style="list-style-type: none"><li>Musical instrument lessons</li><li>Zumba classes (aerobic dance class)</li><li>Art classes</li><li>Wellness Open gym</li><li>Work out videos</li><li>Beach &amp; track walks (weather permitting)</li><li>Tae Kwon Do</li><li>Sandwich Hollows dance (Once a month)</li><li>Karaoke</li><li>Yoga</li><li>YMCA</li><li>Barnstable Youth Center</li><li>Chorus/Band</li><li>GROW Intramural Sports Program</li><li>Student-run social clubs (ex. Disney Club, Chess Club, Book Club, etc.)</li></ul>
<b>8:00pm-9:00pm</b>	<p>Social Time with dormmates</p> <ul style="list-style-type: none"><li>Technology use Board/Video games DVD/TV</li><li>Meet with staff to review Personal Development Goals</li></ul>





**9:00pm-10:00pm**

Quiet Hour

Winding down – getting ready for bed

Homework

Personal hygiene

Laundry

Room organization

Connecting with family and friends

**10:00pm**

Preparing for bed



## A TYPICAL GROW SUMMER DAY

<b>7:00am-8:15am</b>	Wake-up, prepare breakfast, complete morning routine
<b>8:15am</b>	Depart residences for Trulaske Hall (Academic Building)
<b>8:30am-11:30am</b>	Mon., Tues. Thu. Fri. - Classroom instruction Wednesday; Community outing (9:00-1:30)
<b>11:30am-12:00pm</b>	Lunch
<b>12:00pm-2:00pm</b>	Sample elective/vocational opportunities include:  <b>Electives for the Summer:</b> <ol style="list-style-type: none"><li>1. Musical theater</li><li>2. Deductive Reasoning</li><li>3. Morse Code</li><li>4. Discover Your World (Current Events)</li><li>5. Wellness</li><li>6. Art</li></ol> <b>Work exploratory rotation:</b> <ol style="list-style-type: none"><li>1. Office Technology @ the Business Center</li><li>2. Retail</li><li>3. Processing Center</li><li>4. Maintenance</li><li>5. Basic Foods</li></ol> On the job training @ Helmsman & Karen's Kitchen
<b>1:30pm-5:00pm</b>	Home living skills, afternoon activities and dinner preparation
<b>5:00pm-6:30pm</b>	Dinner and clean-up
<b>6:30pm-8:30pm</b>	Recreational, cultural and evening planned outings, which may include:  Concerts on the Green (Cape Cod & Plymouth)      Cape Cod National Seashore Cape Cod Baseball league      Movies Cape Cod Melody Tent      YMCA Sandwich Boardwalk      Bookstore visits Personal shopping      Canal & beach walks Barnstable County Fair      Local hikes Kayaking
<b>8:30pm-10:00pm</b>	Free time, nightly routines, laundry
<b>10:00pm</b>	Quiet time



## GROW WEEKLY ACTIVITIES - Sample Summer Schedule

SUNDAY	MONDAY Club Choice 2:00 - 3:30pm	TUESDAY Great Outdoors 2:00 - 4:00 pm	WEDNESDAY Team Rec 2:00 - 4:00 pm	THURSDAY Water Fun 2:00 - 4:00 pm	FRIDAY Club Choice 2:00 - 3:30 pm	SATURDAY
Cape & Beyond Excursions Week 1	<b>Art &amp; Crafts</b> Meet in Art Room	<b>Into the Wild Hike</b>	<b>Tennis Courts &amp; Gym Pickleball &amp; Basketball</b>	<b>Pool Hunter Haven Pool</b>	<b>Art &amp; Crafts</b> Meet in Art Room	<b>Survivor Theme Day Week 1</b>
Olympic Theme Day Week 2	<b>Bike Club</b> Meet at Founders	<b>Coastal Exploring Tidal Flats Exploration</b>	<b>Field 1 Kickball &amp; Capture the Flag</b>	<b>Boating Kayak/ Paddleboard</b> or <b>Sailing Lesson (12)</b>	<b>D&amp;D Club</b> Meet in Hunter Commons	<b>Cape &amp; Beyond Excursions Week 2</b>
Cape & Beyond Excursions Week 3	<b>Hip Hop Class</b> Meet in McKelvey	<b>Paved Paths Bike the Rail Trail</b> or Walk the Canal	<b>Field 2 Volleyball &amp; Soccer</b>	<b>Beach Trip Torrey/Hammond</b> or <b>Sandy Neck</b> or <b>Mashpee Wakeby</b>	<b>Dance Club</b> Meet in McKelvey	<b>Summer Snow Day Theme Day Week 3</b>
Pirate Theme Day Week 4	<b>DJ Club</b> Meet in Hunter Commons	<b>Water Rec Kayak/ Paddleboard</b> or <b>Scorton Creek Tubing</b>	<b>Team Strength &amp; Conditioning 1620 Athletics</b>	<i>Dorms will rotate activities each week</i>	<b>DJ Club</b> Meet in Hunter Commons	<b>Cape &amp; Beyond Excursions Week 4</b>
	<b>Fit Club</b> Meet in Wellness	<i>Dorms will rotate activities each week</i>		<i>Dorms will rotate activities each week</i>	<b>Lacrosse Clinic</b> Meet on Field	
	<b>Make a Movie</b> Meet in Heather			<b>Evening Activity Variety Show Practice / Dorm Visitation 4:30-8:30</b>	<b>Pool/Hike Club</b> Meet at Res Office	
	<b>Pool Club</b> Meet at Res Office			<b>Yoga Class 7:45-8:30pm</b> Meet at Wellness	<b>Running Club</b> Meet at Gym	
	<b>Dance Heroes</b> Meet in Auditorium				<b>Watersports Club</b> Meet at Res Office	
	<b>Tennis Clinic</b> Meet on Tennis Courts				<b>Evening Activity Dance Party 7:30-8:30pm</b>	
	<b>Evening Activity Open Mic Night 7:30-8:30pm</b>	<b>Evening Activity Dorm's Choice 5:30-8:00pm</b>	<b>Evening Activity Game Show Night 6:30-7:30pm</b>			





# **Riverview School**

Riverview School  
551 Route 6A  
East Sandwich, MA 02537  
508-888-0489 • [RiverviewSchool.org](http://RiverviewSchool.org)