



OPTIONS FOR TOMORROW

*Transition Planning for the Future...
Produced by the Anchorage School District STeP Center and
the Secondary Special Education Department*

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Options for Tomorrow is a publication for secondary special education transition planning for the future. It is distributed quarterly (September, January, March and May) To subscribe or unsubscribe to this newsletter, call 742-3868 or email: loutrel_barbara@asdk12.org.

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Important Dates to Remember

Summer Job School Credit

Summer is a great time to obtain work experience as well as earn extra money. If you are working a job and want to earn high school credit, you need to sign up for "work experience" credit at a summer school site (Bartlett, Dimond, Eagle River, East, West, King Career Center, SAVE)



Summer Jobs 'R Us **Sponsored by 9 Star**

Open to all youth ages 15-21 whether in school or not!

Here are the topics being taught each week through June 19, 2006:

Mondays: Interest Assessment: 3-4:30pm

Tuesdays: Job Searching: 3-4:30pm

Job Applications 4-5:00pm

Weds.: Interviewing Skills 3-5:00pm

Thursdays: Follow-up 3-5:00pm

Contact Laura for more information or to register for classes:
743-6074 Ext. 302 or email at: laurap@ninestar.com

Youth Job Fair **and Career Exploration**



Looking for a Summer Job?
Interested in apprenticeship opportunities?

Want to do some career exploration?

Friday, May 19

11am-4pm

Mt. View Boys & Girls Club

315 Price St., Anchorage, AK

NO COST! Everyone is Welcome!

For more information call:

The Business Connection at 269-4777.

**Municipality of Anchorage
Parks & Recreation Dept. Presents:
Therapeutic Recreation Programming**

Parks & Recreation provides recreational and leisure opportunities for people who experience a disability.

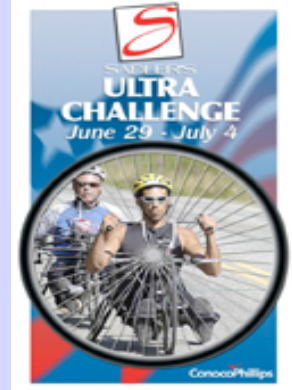
We offer year round recreation opportunities such as:

- * **Adapted Swimming Lessons**
- * **Weight Training**
- * **Arts & Crafts Class**
- * **Field Trips**
- * **Special Events: Dances, Family events, Ice fishing, Jamboree, etc.**

These are just a few of the programs that Therapeutic Recreation offers. For more information contact 343-4247. View the current Programs & Classes Brochure on the Parks & Recreation homepage, or pick one up at any Parks & Recreation facility.

Challenge Alaska Summer 2006

Challenge Alaska improves the quality of life for people with disabilities & the whole community through adaptive sports, therapeutic recreation & education.



Community Activities:

May Events:

- Cooking Group
- Wild Turkey Shoot
- Party in the Park

May/June Events:

- Golf Clinic
- Beginners Hiking Club
- Bird to Gird Bike Ride

July Events:

- National Veterans Wheelchair Games
- Nancy Lake Canoe Trip
- Sea Kayaking Trip

August Events:

- Susitna Fishing Trip
- Summer Splash
- Card Club
- Advanced Hiking Club
- BlazeSports Summer Sports Clinic

For more information and registration visit: www.challengealaska.org or call 344-7399



Our programs are designed to help people expand their horizons, master new skills, make new friends, and increase motor coordination. Most importantly, participants experience growth in self-confidence and independence that affects all aspects of an individual's life. Our services are open to all, regardless of type of disability or age. Our one-to-one ratio allows us to meet individual needs and abilities. Our goal is to help others reach their full potential.

Alpine Alternatives has 3 Camps this summer:

* **Camp Alpine I:** June 25-30: (ADD/ADHD) Campers must be totally independent, ambulatory, learning disabled, ADD/ADHD or any other comparatively mild disability. Campers will be very physically active and must be able to hike up to 2 miles at a steady pace & participate in other sports-related activities. Ages 7-25

* **Camp Alpine II:** July 23-27: (Partial Assistance) This camp is for individuals who experience developmental disabilities, behavior challenges, mental challenges or those who need partial/minimal assistance with daily needs. AA does not provide one-on-one behavioral support. Campers must bring their own support person if the behaviors warrant such. Ages 7-25

* **Camp Alpine III:** August 1-6: (Inclusion) This camp is for individuals who experience a disability, their siblings and/or friends. Individuals who experience physical challenges, moderate mental challenges and are non-ambulatory or have sensory impairments are welcome at this camp. Ages 7-25

Day Outings: 26 Outings are planned for this summer which include: Campbell Creek Science Center, Reindeer Farm; AD Wildlife Conservation Center. the Musk Ox Farm, Pyrah's U Pick Farm, Kulis National Guard Base tour, and many parks and hikes.

Horseback Riding: Alpine Alternatives provides 3 sessions of horseback riding. Wednesdays horseback riding takes place at Pt McKenzie outside Wasilla and the Monday sessions take place at Peter's Creek Horse Park.

Summer programs fill up quickly so call to find out costs and availability.

For more information call: Louise or Margaret at 561-6655 or go by their office: 2518 E. Tudor Rd. Suite 105

Summer School !

King Career Center Summer School '06

Learn new skills; do cool projects
Earn .5 elective credit
2 sessions daily: 8-11am & 12-3pm
Open to all 9th-12th graders
June 21-July 31

Classes offered:

- *Introduction to Cosmetology
- *Introduction to Small Engines
- *Introduction to Radio & TV Production
- *Introduction to Carpentry
- *Introduction to Body & Fender Repair
- *Introduction to Culinary Arts
- *Introduction to Early Childhood Education (am only)

For more information contact your school counselor or contact KCC at 742-8900.



Blaze Sports Alaska Your input is needed!

The Anchorage School District is excited to partner with Challenge Alaska to bring the Blaze Sports Program to Alaska. Blaze Sports provides sporting opportunities for people with physical disabilities comparable to those provided for non-disabled persons. This program is forming right now in Alaska and your valuable input will help in its design. Open to athletes able to learn and follow rules to games independently and fall into one of these classifications: spinal cord injury, visual impairments, amputations, polio, spina bifida, neuro-muscular, and other (dwarfism, orthopedic impairment, etc.)

Athletics that might be available include: Wheelchair tennis, Wheelchair basketball, Goalball (for visually impaired), Track & field, Wheelchair power soccer, Swimming, Cycling, Skiing, Sled Hockey, Sitting Volleyball.

The Blaze Program is NOT a current ASD program yet, but could be in place for the next school year if they get feedback from willing participants. Please go online and complete the survey: www.asdk12.org/depts/ape/

**Or contact: [Dave Poulin](mailto:poulin_david@asdk12.org)
Adapted Physical Educator
Anchorage School District
907-242-4221**

poulin_david@asdk12.org



Anchorage School District Summer School 2006 for High School

Summer school is open to Anchorage School District high school students in grades 8 through 12. Summer School students include those who have a failing course grade, or did not pass any portion of the High School Graduation Qualifying Exam (HSGQE), or students who wish to take a course to get ahead or free up their schedule for more electives in the Fall.

Dates:

Last day to preregister: June 8th
Summer school registration: June 19th
1st Day of Summer School: June 21st
Summer school Holiday: July 3 & 4
Last Day of Summer School: July 28th

Summer School Sites: Bartlett, Dimond, Eagle River, East, West, King Career Center, SAVE

Classes:

High school courses in social studies, mathematics, language arts, physical education, science, job co-op, art, and electives are offered. Complete course lists appear on the summer school registration form. It is possible to earn 1/2 credit for each summer school course; in some instances, you may be able to complete 2 courses during the summer.

Fees: \$75 for each class. A parent may apply for a fee waiver or deferred tuition due to an economic hardship. (This application can be obtained at the school.)

Camp Aurora Adventure Camp for Deaf & Hard of Hearing Youth

**Dates: August 6-19th
August 13-19th**

**For more information contact:
The Deaf & Hard of Hearing Center
at 258-2232 (TTY), 276-3456 (V)**

Captioned Movies: The Bear Tooth Theatre Pub has closed captions movies. For more information contact: 276-4200 (V) or visit www.beartooththeatre.net

Captioned Films at the Dimond Center 9: Each week there are 2 captioned films on the schedule. For information on these films call the theatre for a recording or go to: www.fandango.com

Parent Resources and Training Topics

Alaska Youth and Family Network

Support Group for Parents who have children with emotional/behavioral disability: Discussion group about grief and stigma associated with children's mental illness.

Youth Group: While the parents are meeting there are simultaneous groups for youth 6-14 and 15-24. The older group discusses how to choose and evaluate relationships while the younger group is doing socializing activities.

Time: Every **other** Friday, 6-8:30pm at the AHFC Gateway Learning Center (9th and Karluk St.) The next meeting is on May 12th. Call 770-4979 for more information.

Stone Soup Group Family Training Schedule for Summer 2006

Most trainings will be held in the evenings from 7-8:30pm at the Stone Soup Group conference room. Please contact Katy no later than 3 days prior to the training to arrange for free child care or other accommodations. 561-3701

- May 24: Creative Community Programs for My Family
- June 28: Autism Today webcast
- July 26: Autism Today webcast
- August 23: Advocacy & Collaboration, Opening More Doors for Your Child

The Alaska Statewide Autism Spectrum Support Group

The Alaska Statewide Autism Spectrum Support Group is a parent run support group that meets once a month in Anchorage. For more information contact Jill Simmons at: rickjill@alaska.net

Important Dates to Remember:

Last Day of School 05/06: June 8, 2006

2006/07 Fall Registration for High Schools:

Seniors:	August 7th
Juniors:	August 8th
Sophomores:	August 9th
Freshmen:	August 10th



First Day of School for the 2006/07 School Year: August 22nd

Fall SAT tests: Oct. 14, 2006

Go to this website for more information about fees and deadlines for applying:
<http://www.collegeboard.com/splash>

Fall ACT tests: Oct. 28, 2006

Go to their website for more information about fees and deadlines for applying:
<http://www.actstudent.org/regist/nextdates.html>

HSGQE Fall Retake (11th & 12th graders): Oct. 3-5, 2006