



# The Oberle Update

## Welcome Back!

We hope that you had a relaxing, fun-filled summer and are ready for all of the enriching and exciting opportunities that the 2016-2017 school year will bring! The start of a new year is often accompanied with the contagious, enthusiastic energy of a revitalized staff and student body! Oberle extends a warm welcome to each of you, both new and returning students. We hope you will find the Oberle staff a committed and caring group of professionals who strive to meet the needs of every student while creating a safe and nurturing educational environment. We are optimistic that this year will be the best yet!

A special welcome goes out to our two new staff members, Mrs. Tolosa and Mr. Stevenson. Mrs. Tolosa is teaching English 11 and 12 and Yearbook while Mr. Stevenson is taking over as our new vocational teacher beginning September 6 and will lead several classes of Small Engine Repair and Carpentry.

Mrs. Tolosa was born in California and moved to Virginia at the age of thirteen. Mrs. Tolosa said, "The cross-country trip was long but extremely fun! The move was a bit of a culture shock and I promised myself that I'd move back to California as soon as I turned eighteen. As it turns out, I didn't keep that promise and have enjoyed every single one of my many years in Virginia." Mrs. Tolosa graduated from Chancellor High School and UMW. A few years ago, she was given an amazing opportunity to participate in a System of Care Training with other local agency representatives. Since that time, Mrs. Tolosa has attended numerous trainings on trauma informed care. When asked why she wanted to come to Oberle, Mrs. Tolosa replied, "Being a part of the Gladys H. Oberle team is a dream come true! I look forward to a successful year with my peers and students." We are so excited to have these two new additions on our team!

For those of you who haven't noticed, construction has been underway all summer as we prepare for the new student and visitor entrances. These projects are estimated to be finalized by September 22. Procedures will be established to accompany these new entrances and specific information will be disclosed once the details have been worked out. Again, welcome back students, families, and staff. Here we go... Let's go Bulldogs!!!

## Counseling Column

All students are assigned to one of our counselors, April Dillow or Sonya Love. Students have access to both individual and group counseling. Groups will begin **Monday, September 12**.

**Wednesday, Sept. 7:**

The Rappahannock Chapter of the National Alliance on Mental Illness Presents

# JAILS & PRISONS TODAY'S ASYLUMS

**Housing 10 times More Mentally Ill People than Psychiatric Hospitals**

Jails and prisons have become a dumping ground. Budget cuts and lack of training have made the mentally ill vulnerable. We need to divert people from jails and into community-based mental health treatment programs.

**ONLY ONE-THIRD PRISONERS, ONE-FIFTH JAIL DETAINEES, RECEIVE TREATMENT**

For those not diagnosed or treated, often the way to cope is to self-medicate with drugs.

**Get Informed Ask Questions Take Action!**

**Meet Michelle Miner**

Michelle Miner, LCSW, has worked for several years for the Rappahannock Area Community Services Board (RACCSB) as manager of the Crisis Intervention Team Program in tandem with law enforcement. Currently she supervises jail-based behavioral services provided by RACCSB. This gives her extensive first-hand experience and knowledge of practical, legal and therapeutic aspects facing individuals with behavioral health issues while incarcerated, facing release, and actually re-entering the community.

**Meet Juanita Shanks**

Juanita Shanks is the President/ Founder of FAILSAFE-ERA, since August 2009. FAILSAFE-ERA is a non-profit organization designed to reduce the rate of recidivism by providing increased support to families, educating inmates and the formerly incarcerated and providing opportunities and resources to build stronger, safer, and healthier communities and families.

**Positive Steps**

Crisis Intervention Team (CIT) Training is a training program developed in a number of U.S. states to help bring together law enforcement, mental health providers, hospital emergency departments and individuals with a mental illness to improve responses to people in crisis.

It's also important to help citizens returning from prisons or jails. The nonprofit, FAILSAFE-ERA, does just that. They change lives, rebuild communities, and heal families affected by incarceration to create safer, stronger, healthier communities by providing educational opportunities, rehabilitative services, and access to community resources to adult men and women affected by incarceration.

**Over 400,000 inmates currently behind bars in the United States suffer from some type of mental illness—a population larger than the cities of Cleveland, New Orleans, or St. Louis.**

Wednesday, Sept 7th  
7 to 8:30 PM  
Open to the public  
Refreshments will be served

Kenmore Club of RACCSB  
Barbara C. Terry Building  
632 Kenmore Avenue  
Fredericksburg, VA 22401

SOURCE: "THE TREATMENT OF PERSONS WITH MENTAL ILLNESS IN PRISONS AND JAILS: A STATE SURVEY"  
SPONSORED BY THE NATIONAL SHERIFFS' ASSOCIATION AND TREATMENT ADVOCACY CENTER

**Thursday, September 29- Grandparents Group resumes at Snow Library from 9:30-12:00.** Support group for grandparents raising grandchildren and other relatives.

# Word of the Month: KINDNESS

## September Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Ham Sub Popcorn	2 Pizza Salad Key Lime Pie
5 Holiday- NO SCHOOL	6 Chicken Parmesan Pasta Broccoli	7 Tuna Sandwich Celery Popcorn	8 Macaroni and Cheese Tomato Slices	9 Pizza Salad Ice Cream Sandwich
12 Steak and Cheese Sandwich Mushrooms Onions	13 Chicken Salad Sandwich Wheat Bread Lettuce/ Tomato	14 Chef Salad Gazpacho Soup Wheat Crackers	15 Cheese Quesadillas Salsa Taco Chips	16 Pizza Salad Jell-O
19 Lasagna Garlic Bread	20 Chicken Teriyaki Veggie Fried Rice	21 Grilled Cheese Bacon Wrapped Potatoes Kale	22 Corn Dogs Cucumber Salad Pretzels	23 Pizza Salad M&M Cookies
26 Roast Beef Sandwich Smashed Potatoes Broccoli	27 Rosemary Chicken Baked Potatoes Vegetables	28 California Veggie Wrap Chips Guacamole	29 Italian Sub Pasta Salad	30 Pizza Salad Blondies

## Important Dates:

September 2: Early Dismissal/Teacher In-service  
 September 5: No School-Holiday  
 September 7: Clubs  
 September 8: Reward Day- Carl's Ice Cream  
 September 15: Yoga Practice Begins 8:45-9:30  
 September 16: Interim Reports  
 September 21: Clubs  
 September 28: Reward Day- Virginia State Fair  
 October 5: Clubs  
 October 13: Report Cards  
 October 17-21: SOL tests- End of Course Writing/Grade 8 Writing  
 October 19: Clubs

## \*\*\*Bulldog Barks\*\*\*

\*\*\*Happy Birthday!!!\*\*\*

Savannah C. - August 28

Christian M. - September 1

\*\*\*Clubs will meet during Bulldog Block the first and third Wednesday of every month beginning Sept. 7. Club offerings this semester include Music, Fishing, Bible, Cooking, Silent Reading, Arts & Crafts, and Competitive Sports. Students will have the option of selecting a different club for the second semester.\*\*\*

\*\*\*Thank you At Once Staffing and Wal-Mart in Central Park for your gift-in-kind donations of school supplies to support the mission of ERI and the Gladys H. Oberle School!\*\*\*

\*\*\* Art in History! Mrs. Mark's Art classes are creating projects inspired by the masters! Fra Angelico's angels inspired her class to create their own guardian or protector. The famous Mona Lisa, by Leonardo Da Vinci is getting a facelift by each student as well. Both Fra Angelico and Leonardo Da Vinci were known for painting murals in fresco (painting on fresh, wet plaster). Each student is creating their own mini fresco painting! \*\*\*



Visit us online: [www.eri-va.com](http://www.eri-va.com)

HOME OF THE BULLDOGS

## Reminders to Students:

1. Students who arrive late to school are required to see Mrs. Sharp for a tardy pass to class.
2. Show your Bulldog **PRIDE** to earn all of your points. Be prepared to learn, respectful of yourself and others, work towards independence, follow directions, and put forth your best effort.
3. Complete and submit a counseling request form should you need to speak with your assigned counselor.

## Reminders to Parents:

1. Medication of any kind cannot be administered without doctor's orders. Please contact Mrs. Sharp to obtain necessary paperwork.
2. Hot lunch is available free of charge to all students. Students have access to a microwave should they choose to pack their own lunch; however, refrigeration is not available.
3. Open door policy—feel free to call or stop by anytime!