

# Summer Recharge at The Academy

Want to press the reset button  
this summer?

Want to rediscover the  
true you?

Academy Recharge is  
for you!!

## What?

**Journaling**  
**Arts & Crafts**  
**Team Building Exercises**  
**Improving Self-Image**  
**Dealing with Bullying**  
**Dangers of Drugs & Alcohol**  
**Ways to Handle Stress**

**Self-Exploration**  
**Coping Skills**  
**Social Skills**  
**Problem Solving**  
**Outdoor Activities**  
**Mindfulness**  
**Reducing Anxiety**

## WHO?

**Rising 6<sup>th</sup>,  
7<sup>th</sup>, and 8<sup>th</sup>  
grade  
students**

## WHEN?

**Monday-Friday 9am-12pm**

**Session 1 → July 8 - 12**

**OR**

**Session 2 → July 22 - 26**

## WHERE?

**Glenfield  
Middle School  
25 Maple  
Avenue  
Montclair, NJ  
07042**

**Limited space available - first come, first serve**  
**Snack is provided**

**To register your child: Email child's name and current grade to**  
**[Lfossella@montclair.k12.nj.us](mailto:Lfossella@montclair.k12.nj.us)**

**For more information: (973) 509-5741 x 5531**