



# ALAMANCE ACADEMY DAY

## PROGRAM INFORMATION

Alamance Academy Day is an intentionally small microschool for boys in grades 5–8. We specialize in serving boys with emotional, behavioral, and learning challenges or who benefit from a small and structured learning environment. Our comprehensive program merges trauma-informed counseling support with individualized academic instruction, real-world vocational training and developmentally appropriate life skills activities in a nurturing environment designed for long-term growth and success.

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### Daily Schedule Overview

8:00-8:30am	Arrival/Drop Off
8:30-9:00am	AM Community Meeting Attendance, Announcements, Daily Goal Setting
9:00-9:45am	Block 1
9:45-10:30am	Block 2
10:30-11:15am	Block 3
11:15-12:00	Block 4
12:00 – 12:45pm	Lunch and Recess
12:45-1:30pm	Block 5
1:30-2:00pm	Interest Clubs
2:00-2:30pm	PM Community Meeting Goal Review, Celebrations, Check Out
2:30-3:00pm	Dismissal/Pick Up
3:00 – 4:30pm	Extended Day (by appointment only) Family Therapy, Mentoring, Tutoring

Students will be periodically pulled from scheduled activities for individual counseling.

Extended Day activities including Monthly Family Counseling must be scheduled in advance.

## **Course Offerings**

- Foundational Mathematics
  - Financial and Consumer Mathematics
  - Graphic Literature & Analysis
  - Grammar and Composition
  - Literacy Through Music
  - Music Production Studio
  - International Culture Studies
  - Civics and Citizenship
  - Cultural Rites and Responsibility
  - Horticulture Science
  - Sports and Motion Science
  - Vocational Enrichment
  - Life Skills
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## **Behavioral Support, Well-Being and Enrichment Activities**

- Emotional Regulation Practices Embedded into Routines
  - Individualized Behavior Intervention Plans
  - Daily Check-ins/Check-outs
  - Positive Behavioral Interventions and Supports Framework
  - Mindfulness and Meditation Activities
  - Regular Communication with Families and Caseworkers
  - Outdoor Education and Nature Exploration
  - Creative Outlets: Music, Art, Journaling
  - Movement and Physical Activity
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## **Behavior Intervention Methods**

- 1) Positive Behavior Support (PBS) Systems
  - i) Clear expectations
  - ii) Positive Reinforcement

- iii) Visual Behavior Charts
- 2) Social-Emotional Learning (SEL) Curriculums
  - i) Emotional Regulation
  - ii) Problem Solving Skills
  - iii) Group Discussions
  - iv) Self-Reflection Journaling
- 3) Cognitive-Behavioral Strategies
  - i) Self-monitoring Checklists
  - ii) Thought Logs
- 4) Restorative Practices
  - i) Structured Conversations
  - ii) Peer Mediation
  - iii) Group Conflict Resolution
  - iv) Culture of Community Responsibility
- 5) Clear Consistent Consequences
  - i) Immediate and Proportionate
  - ii) Preserving Dignity
  - iii) Privilege Systems
- 6) Skill-Building Groups
  - i) Executive Functioning Support
  - ii) Coping Skills and Anxiety Management
  - iii) Social Skills
- 7) Motivation Techniques
  - i) Goal Setting
  - ii) Decision-Making
  - iii) Intrinsic Motivation Building
- 8) Trauma-Informed Approaches
  - i) Consistency
  - ii) Safety Prioritization

- iii) De-escalation
- iv) Recognition of Emotional Dysregulation/Trauma Response

### **Other Program Highlights**

Counseling Services provided by experienced mental health professionals using trauma-informed and evidence-based care

Intake Assessment (academic, psychological and behavioral)

Educational services provided by experienced and licensed teachers

Small class sizes (8:1 student-to-staff ratio)

Development of (or adoption of existing) Individualized Treatment and Education Plan

All related services provided on site with implementation of academic accommodations, modifications, and assistive technologies

Regular IEP goal tracking and progress reporting.

Transition planning for students returning to their home schools and 8th grade students moving to high school