



## A Message to Our Communities

Spring has emerged at our school and in our classrooms, and our students are looking forward to the gifts of this season. This newsletter highlights an inspiring exploration of Women's History Month, a team-building exercise for members of our multidisciplinary team, a new addition to our school fitness center, and more.

We appreciate your continued support and engagement. Please reach out to me if there is anything you need. As always, our safety plans are posted [here](#).

Sincerely,  
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## Of Superheroes and Hope

Northwest Village School received a special visit from Kalisha Yopp, LMSW, program supervisor, Wheeler's Community Support for Families program, as part of Women's History Month. Kalisha shared her life experiences to help inspire our young adults who are preparing for life outside of our school. Kalisha's visit concluded with a discussion about superheroes, and we certainly have adopted her as one of our very own. For more uplifting stories from our classrooms, click [here](#).



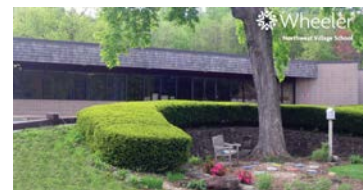
## Team Building and Discovery



Our Education Services team gathered recently to engage in an afternoon of creative team building led by Dylan's Wings of Change. There were many smiles and even more discoveries. Dylan's Wings of Change uses experiential education pedagogies to foster empathy and empower people with the belief that they matter.

## Fostering Wellness Inside and Out

Wheeler has received a \$100,000 gift supporting its campaign for a new health center in Bristol, as well as numerous programs benefiting students at Northwest Village School in Plainville, including a scholarship fund, basic needs support, and an outdoor fitness trail for students. Read more [here](#).



## New Addition to Our Fitness Center



Last month we added a brand new Power Plate® MOVE to our school fitness center, thanks to the support of Wheeler's Information Technology Department. This equipment helps to improve muscle recovery, circulation, and flexibility. Our fitness center includes tread mills, an elliptical exercise machine, stationary bike, pull-up station, and so much more.

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### Questions? Concerns? Feedback?

#### Contact:

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