

BEAR CREEK ACADEMY

Fall 2016



Celebrating 6 Years of Excellence in Therapeutic Education

BEAR CREEK ACADEMY MEETS THE GOVERNOR

By Sam L.



In the Fall of 2015, Bear Creek Academy went to Richmond, VA to visit the capital. 7 students and 2 staff traveled 2 hours to get there. Once we arrived we took a tour and learned about the history of Richmond. The Capital building holds life-size statues of the heads of George Washington, Thomas Jefferson, James Madison, James Monroe, William Henry

Harrison, John Tyler, Zachary Taylor, Woodrow Wilson and the Marquis De Lafayette, all inside the same room. The George Washington statue was my favorite because he is the "Father of Our Country." We saw paintings of Henry Clay, George Mason, Thomas Jefferson, George Rogers Clark, and John Randolph. I liked the George Mason painting because of how it was painted. We learned that some of the scenes in *Lincoln*, the movie, were filmed in the senate chamber. Later on in the day, we met with the governor, Terry McAuliffe. He imparted some wisdom, telling us to take risks and never pass up an opportunity. We walked in the courtyard and saw the Brown vs. Board of Education statues. The movement started in Farmville, in our neighboring county. This trip benefited us because we learned more about our capital and history. Bear Creek does a great deal of field trips, and this one was enjoyable because of the diverse historical references and lovely people we met.

CAREER AND TECHNICAL EDUCATION AT BCA

by Delante B.

Bear Creek Academy provides a food service class to students every semester. In the class you learn to cook as well as preparing, sanitation, proportions, seasonings, temperature, and meal planning. My teacher, Mr. Whiley, is also the cook at Bear Creek. Some of his responsibilities include cooking, cleaning, and teaching. These are just a small part of what he contributes to the school each day. I learned many things from Mr. Whiley while I was in the food service class. I learned how to use seasonings properly and how to proportion meals out like proteins and specific ingredients. I also learned important knife skills and how to store food at the proper temperature. We use a specific sanitation process in the cafe. We have one wash sink, a rinse sink,



and a sanitizing sink. The wash sink has dish soap and hot water in it, the rinse sink has warm or cold water, and the sanitizing sink has 3 capfuls of bleach in it. Each day we have to use this protocol to clean up dishes for both lunches.

We are allowed to design our own menus to cook after about 5-6 weeks of training. You get in the kitchen and you get to make 6 meals of your own. It can be anything you want. The menus were based on meals that I always wanted to try. The meals I made were Cajun Fried Chicken, Beef and Broccoli, Shrimp and Grits, Sausage and Gravy, Chicken Teryaki, and Blueberry pancakes and sausage. Everyone at the school enjoyed the meals that I cooked. Many students at the school told me the dishes were tasty and creative. The most difficult thing was figuring out how to bake our meals. It can be tough to cook enough for such a large number of people. The easiest meal was the shrimp and grits. My favorite dish was Cajun Fried Chicken. Other meals that were made by students in my class included Egg Plant Parmesan, Chili Balls, 6 Bean Casserole, Tilapia, and Sausage Pie. The most memorable part of class was getting in the kitchen and eating the final delicious products of all our hard work.

FIRST AID AND CPR CLASSES

by Jason T.

Bear Creek Academy offers a First Aid and CPR class during Physical Education. The class is taught by ARC Instructor Jason Lake. The class size for Gym and Health ranges from eight to twelve students. The class is typically offered in the Spring. I was allowed to participate in last Springs First Aid class. Once we went through some of the book work and concepts we were given some real world situations. Mr. Lake gave our class a simulation where a student had broken his back. The rest of the class made a stretcher out of canoe paddles and life jackets, then carried him sixty yards to the infirmary. An additional simulation given to another class was working on chest compression to breaths ratios and choking scenarios. The injured person rates how their peers transported them while they were impaired. The class also learned about typical first aid content such as splints, minor and severe burns, and open and closed wounds. The class is usually taught on Tuesdays and Thursdays during Health. First Aid is beneficial to the students so they will know what to do in case of an emergency. My favorite part about this experience was when Mr. Lake challenged the class during a hypothetical situation. A student pretended to have fractured his arm, and we were asked to come up with splint materials out of our surroundings. It is these types of hands-on activities and real-world lessons that set Bear Creek apart from other schools.



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FUN AT THE GLORY REINS RANCH

by Michael L.

Before school closes for summer break every year, our school goes to the Glory Reins Horse Ranch, which is located about 15 miles away. This field trip is a reward for the students that have good grades and have met their behavior goals. The trip is very therapeutic, since petting and riding the horses is fun and comfortable and heals stress and anxiety. The school and the ranch join in supplying burgers and hot dogs for lunch. This is a great meal after a hot day on the Ranch.

The ranch has two dogs, ten horses, and one cat. The dogs love to be around people so much that they seem to smile. The cat is very peaceful and will make a purring sound that is very relaxing.

Riding the horses is exciting and is very safe, since they go slow and steady, and you have a helmet to stay safe. When we ride the horses we get to play games, such as soccer with a giant ball. The owners

and ranchers, Robin and Kevin Warren, also host gaming tournaments such as beanbag corn hole toss and tug of war. They also play music on the radio

box and we usually sing along with the music during the trip. There are about 8 or more youth volunteers that work at the ranch who talk with us and play games with us. Glory Reins has been providing a therapeutic riding program to the area for 7 years.

The drive to the ranch from our school is very scenic and beautiful. We drive by trees with bright green leaves; you can even see Willis Mountain in the distance, where they mine for a metal called kyanite. When we arrive at the ranch, we gather in a circle and introduce ourselves by saying our names, age and our favorite thing. The ranch introduces us to the horses by saying their names and letting us take pictures with them. The experience at the ranch leaves wonderful memories in your head to reflect upon. I have been to the ranch around seven times, and every trip to the ranch was amazing and full of adventure.

