



Academy

of Physical & Social Development

The Academy at 65

This September the Academy began its 65th year of operation! Back when The Academy started gas was .22 cents a gallon, minimum wage was .75 cents/hour and the average new home was just over \$10,000. While we all know that gas, minimum wage and the cost of housing are just a bit higher now what has remained constant is that play and social connectedness can be a great influence on one's self-esteem.

The mission of the Academy has been the same throughout our history:

To provide to children and their families high quality programs and services which promote mastery, self-esteem and confidence through social, psychological and/or physical competence.



We look at a child's "inventory" of Care, Competence, Connection and Consistency as a way of assessing their self-esteem and resilience in times of stress.

Care – are there people and/or things I care about and am I cared for?

Competence – am I spending time doing things that I feel good about doing?

Connection – am I connected to people, places or things?

Consistency – am I living a steady, balanced, regulated life?

The more stock in these areas, the greater the potential for growing self-esteem.

Now to break down self-esteem a bit more:

A simple definition of self-esteem would be confidence and satisfaction in oneself. But how do you determine this? Or measure confidence and satisfaction?

At the Academy we have focused on factors that can contribute to building one's self-esteem. These include but are not limited to:

Positive social and relationship skills

Improved self image / body image

Ability to read social cues
Improved communication skills and expression of needs appropriately
Increased frustration tolerance
Regulated emotions and feelings
Increased peer interaction, connectedness and social awareness
Responsible decision-making
Trying new behaviors and roles
Learning cause and effect of behavior and making adaptations
Managing transitions
Identifying and expressing feelings

The activities children participate in each week are designed to enhance self-esteem by having them see themselves in relation to others and that they belong to a group. By being physically successful in the activities, self-esteem can be enhanced with this sense of mastery. Our mission remains the same in year 65 as it did in year 1: Enhancing self-esteem.

Therapeutic Space

Over the summer the Academy underwent a facelift to promote the therapeutic feel of our space. Research indicates that a space designed with intentionality and planning can increase its therapeutic value for all who experience it. Our hope is that Academy families will find a sense of peace, grounding and calm each time they arrive.



Did You Know

In addition to being highly skilled group leaders our staff have areas of specialty they assist children, adolescents, adults and parents:

- We help individuals impacted by:

Anxiety
Depression
Attention Deficit

***Grief and Loss
Autism Spectrum
LGBTQ
Substance use***

- Additionally, we assist those who are navigating:

***Self-image
Life transitions
School related issues
Parenting Challenges
Social challenges
Emotional regulation
Behavior management
Sport and exercise
Athletes looking to enhance performance
Strengthen sports specific mental skills***

Please contact the Director of the Academy, Ken Barringer, at 617-969-2200 x 12 or KBarringer@Academynewton.com if you're interested.

