



March
2014



FROM THE LILY PAD. . . BY JANE
SAMUEL

Lake House Ski Club Wraps up Season

This year, Lake House established our first official Ski Club. The club recently wrapped up this winter's ski season with an overnight trip to Banner Elk, NC, home to NC's largest ski areas, Sugar and Beech Mountain. Beech is also the highest ski area east of the Rockies. Accompanied by Recreational Therapist, Kyle Shepard and Director of Residential Life, Tara Beardsley, girls left Saturday night, driving toward a chalet nestled at 4,000 feet elevation.

The first night saw everyone settling in and preparing for the big day ahead. Students helped cook great ski-trip meals such as pasta, pancakes, and burgers to keep them fueled. Early the first day, they headed for Sugar Mountain. The girls enjoyed long and steep runs in balmy spring conditions, as temperatures hovered in the upper 50's. They returned to the house to relax after a day on the slopes, watching movies, enjoying Mr. Kyle's "secret recipe" burgers, capping the day off with brownies and ice cream.

The next morning, the group headed to Beech Mountain. The Ski Club had previously made one day trip to Beech, and thus, were eager to return.

Beech features a Terrain Park and, as the girl had recently watched the Winter Olympics, they were eager to try it out. Don't worry-- they keep their skis on the snow--for the most part! Once the skiing was finished, the group headed back with LHA, making a pit stop at Chili's to dine, laugh and talk about the weekend events. It was a great way to enjoy each other's company one last time as a Ski Club. When asked what they really enjoyed about the trip, one student remarked, "I have really enjoyed the bonds and friendships that I've made from being a part of the club."

We believe that this is the most important part and therapeutic part of any activity!



It's Soccer Season at LHA!

What's kicking at LHA? 8 LHA girls signed up to play soccer this spring--and the season is already underway! Lake House students are assigned to one of two team levels--a high school aged team, and the U14 teams, meaning all players are age 14 or younger. Both teams are a part of the Henderson County Parks and Recreation Department league. LHA students play right along side and against other girls of the same age who live in the community and surrounding areas. Our girls attend practice twice a week and play games every Saturday. Playing soccer in the community is a great way for the students of LHA to get out into the community, make new friends, get fit and build confidence. While everyone hopes to score a goal, the girls are learning the value of teamwork by playing defense as well, shifting as the game demands.

Soccer is just one of many options LHA students have to participate in healthy activities appreciated by middle school kids nationwide! We believe that our girls need to have many options to learn and enjoy new activities that help their self-esteem, confidence, sense of belonging and well-being!

FOR MORE INFORMATION
CONTACT JANE SAMUEL AT

CELL:
828-707-8985

TOLL FREE
877-267-5888

admissions@lakehouseacademy.com

jsamuel@lakehouseacademy.com



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Academy
Inspiring A Lifetime of Hope and Resiliency

447 Lily Pad Lane, Flat Rock, NC 28731
Office: 828.355.4595 Fax: 828.378.0140
Website: www.lakehouseacademy.com