

# P W PRINTS

September 2017

## Principal's Message

Dear Westridge Families,

With Labor Day weekend quickly approaching, I want to wish all of you a fun and safe holiday weekend. August is about getting back into the swing of things, but September is the month when things are really starting to roll. We have a busy month ahead with lots of fun and exciting events. We have Outdoor Ed for our 5<sup>th</sup> graders, our first Walk-a-thon is scheduled for the 15<sup>th</sup>, the Book Fair will be towards the end of the month, and finally our Fall into Books evening is scheduled for the 22<sup>nd</sup>. The district also has their first no school in-service date scheduled for Monday, September 18<sup>th</sup>.

It can be difficult to keep up with everything going on at school and at home. One way to make it easier to keep track of everything is to subscribe to the Westridge online calendar. You can do this by going to our website at: [www.elkhornweb.org/westridge/](http://www.elkhornweb.org/westridge/). Then simply scroll down to click on the calendar icon. On the right-hand side of the calendar it will allow you to subscribe to the Westridge calendar. Once you have done that, any events or changes made to the online calendar will show up on your own personal calendar.

The school website is also a great place to find other information from lunch schedules and menus to the parent handbook. If you have not visited our site, I would encourage you to check it out.

Finally, I would like to invite all of you to our next PTO meeting on September 5<sup>th</sup> at 6:30 PM in the library. This is a great chance to meet other parents and get involved in your child's school. Our PTO meetings have two parts to the meeting. The first part of the meeting is focused on PTO activities. The second part of the meeting is structured around our Parent Advisory Team. This team is designed to engage in open communication about improving our school. We look at data, celebrate successes, and discuss issues. My goal is to bring parents into the school improvement discussions similar to the ones we have with our staff. I hope you will join us next Tuesday night.

**Mr. Broshar**

[MONDAY] **Sept 4**

No School- Labor Day

[TUESDAY] **Sept 5**

PTO Meeting 6:30 PM to 7:30 PM

[WED & THURS] **Sept 6 & 7**

Outdoor Ed (5<sup>th</sup> Grade only)

[MONDAY] **Sept 11**

School Board Meeting @ 6:30 PM

[WEDNESDAY] **Sept 13**

Mid-quarter Reports sent home

[FRIDAY] **Sept 15**

Westridge Walk-a-thon

[MONDAY] **Sept 18**

No School- Teacher In-service

[TUES-FRI] **Sept 19-22**

Westridge Book Fair

[FRIDAY] **Sept 22**

Fall into Books 5-8 PM



## Westridge Elementary Mission Statement:

In an effort to create life-long learners, the staff at Westridge Elementary School working closely with parents and community strives to realize each child's fullest potential in the areas of personal, social, intellectual, emotional, and physical development.

### 3 More Easy Ways to Help Earn \$\$ for Westridge



Did you know there is a Boxtops app that you can double your boxtops?! Check it out and earn even more money back to our school. Don't forget to send your paper boxtops to school for the school competition!



Do you shop at Hy-Vee? Make sure to save your receipts. For every \$200 spent at Hy-Vee they donate a portion back to the school. You can also drop your receipt in the box at 156th and Maple Hy-Vee or bring them to school with your child and we will add it for you. Make sure to mark on your calendars



Join us on September 12th for our school kickoff party at Chic-Fil-A on 120th and Dodge.

## Question of the Month



### Where does the question of the month come from?

Last year during the Parent Advisory Team meetings, I got feedback from the team that there were common questions that families had about Westridge Elementary. In order to increase the level of communication, I collected questions that families had and started to answer those questions in the newsletter. My hope is that the question of the month has helped answer some of those common questions that many families might be wondering about.

Since we are starting a new school year, I wanted to provide everyone the opportunity to submit any new (or old) questions that they might have. We also have many new families to Westridge, and I want to provide our new families with the same opportunities to ask questions about what and how we do things at Westridge. Many times it is the new families that ask the best questions.

Below is a link to a google form. You can click on the link below, and the link should take you to a form where it will ask you two general questions. The third item on the form is where you can type in your question. If you have multiple questions, you may type all of your questions into the third item.

Please note that all of the questions do come directly to me. All of the responses that I receive are completely anonymous. This is a great way for me to communicate with our families and provide the information that you are looking for. I hope you will take advantage of the opportunity to submit any questions you have and in order to learn more about Westridge Elementary.

Link:

[https://docs.google.com/forms/d/e/1FAIpQLSdb1mM6Eo97sqJAeNdSrAUF36i38HfceX0xikTe3lhd\\_BITIA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdb1mM6Eo97sqJAeNdSrAUF36i38HfceX0xikTe3lhd_BITIA/viewform)

# P W PRINTS



The school directory is ready to go! Need an address for invitations? Need a number for play dates? Just follow the directions below. Make sure to mark this page in your favorites! Here's all the details you will need:

Website: [myschoolanywhere.com](http://myschoolanywhere.com)  
Login: [westridgePTOdirectory@gmail.com](mailto:westridgePTOdirectory@gmail.com)  
Password: wildcats1234

The Wildcat Walk-a-thon is September 15th. Your child will be walking a designated route with fun stations to keep them entertained. Our all school goal is \$20,000 for updated Smart Boards for the classrooms. There are many goals set for our kids, including classroom goals, individual goals and school goals.

Make sure you check out [www.thegetmovincrew.com](http://www.thegetmovincrew.com) to register your child. Click on the big star to register. Once you have your child(ren) registered, click the share button and send the email Facebook and twitter! Another nice feature on your child's page is you can see where the classrooms are for standings and the school. This is a great teaching tool for our kids to see where they are each day!

Look for more information and incentive lists to come home! Let's work as a team to reach the all school goal. Best of all if we make the all school goal Mr. Broshar will let the kids vote on what he has to do! Make sure to come watch at our celebration assembly!

THANK YOU to all the parents who donated food for the teacher the first two days of school. We had a great turnout, and they were very appreciative. It makes their day easier when that is taken off their plate!

Also, thank you to everyone who came out to Freddy's the first day back to school. It was wonderful to see so many familiar and new faces! We had a great turnout and look forward to more.

PTO MEETING SCHEDULE	
Next Meeting: Sept. 5 <sup>th</sup>	
October 3 <sup>rd</sup>	February 6 <sup>th</sup>
November 7 <sup>th</sup>	March 6 <sup>th</sup>
December 5 <sup>th</sup>	April 3 <sup>rd</sup>
January 23 <sup>rd</sup>	May 1 <sup>st</sup>
All meetings are held in the library at 6:30 PM.	

RESTAURANT NIGHT
Coming Up: Sept 12 <sup>th</sup> - Chic-Fli-A



[www.facebook.com/westridgeelkhorn](http://www.facebook.com/westridgeelkhorn)



## September 15th is the Wildcat walk-a-thon. Get ready to get movin!

The teachers requested new updated smart boards for their classrooms. Thanks to your support we raised \$10,000 last year towards the boards. The goal for the Walk-a-thon is \$20,000 and we need your help to reach this. There are individual goals and classroom goals with prizes for reaching each! All proceeds from the Walk-a-thon will go towards the boards.

Westridge PTO has teamed up with *The Get Movin' Crew*© for our Walk-a-thon event!

With this online partnership, we can break the barriers of our own community and reach the world with Student Webpages. This allows us to accept credit/debit donations online from anywhere in the world, in addition to cash & checks.

### **Attention All Parents: Follow these 3 Simple Steps!**

1. Simply [Register](#) or [Login](#) at [www.thegetmovincrew.com](http://www.thegetmovincrew.com)
2. Once registered, share via Facebook or other social media with just a few clicks
3. Our goal is for all parents to send 10-15 emails to family/friends



All students who register online will receive a toe charm just for getting registered! Thanks for your continued Support!

Dear Parents/Guardians!

Welcome back! I just wanted to introduce myself. My name is Miss Wamsat and I am the 2-5 art teacher at Arbor View elementary (AM) and I am also the K-4 art teacher at Westridge elementary (PM). In the next few months you may hear your child call me by a new name. In October my name will change to Mrs. Wellendorf ☺

We have some really fun and exciting lessons planned for the 2017/2018 school year! **SQUARE 1 ART**, a fundraiser (specializing in your child's creations) is starting to come together in your child's art classroom. We are busy creating, learning new skills/techniques and working with a variety of art mediums. Next time you are in the building, take a look at a few of the products available to order! There are posters hanging up around the building and the display case out front shows a few items as well. A portion of the proceeds earned come right back to the art room!! These products make great birthday, holiday and incentive gifts for your child, family members, and your child's classroom teacher. Thank you for your support.

Thank you,  
Miss Wamsat

## REMINDERS FROM YOUR SCHOOL NURSE...

If you haven't done so already, please get those required kindergarten physical and vision exams turned in, and copies of updated vaccines.

We want to take great care of your child, and one way to help us do that is to provide the health office with current health information and medication needed for your child.

If your child has any health needs such as Asthma, Severe Allergy, Diabetes, Seizures, etc we must have an *action plan* on file that is signed by the doctor and the parent. This information is very important, so we know exactly what is best to do for your child, in the event of an emergency. Please remember if your student has any medications such as an inhaler, Epi-Pen, Benedryl, etc to be used in an emergency situation, we need to have those available at school, with a signed medication authorization, so trained staff can administer.

If your child requires **any** medication while at school, this includes all prescription and/or all over-the-counter (e.g. ibuprofen, acetaminophen, cough drops, etc) ALL MEDICATION requires a medication authorization, signed by the physician and the parent. All medication must be unexpired and provided in the original store packaging or pharmacy labeled container.

Links to blank forms, or your doctor may use their preferred version.

### **Medication Authorization**

<http://www.elkhornweb.org/wp-content/uploads/2011/05/Med-Auth-Form-Front-Only.pdf>

### **AireNebraska Asthma/Allergy Action Plan**

<http://nebula.wsimg.com/cfbaa74b1585069c3e62e082be27a34c?AccessKeyId=32029651ABFAD3DBF315&disposition=0&alloworigin=1>

I do travel during the week to several buildings in the district, so please feel free to contact me via email [alaughlinhardick@epsne.org](mailto:alaughlinhardick@epsne.org) or leaving a message for me at your school's office, and I will get back to you as soon as possible. I look forward to a great school year!



Amy Laughlin-Hardick, BSN, RN  
VNA School Nurse  
ESHS  
ERMS  
Fire Ridge Elementary  
West Ridge Elementary



# PERSPECTIVES

August/September 2017

## Career Mentors are a Must— Multiple Ones are a Plus

We hear it all of the time, and it is true: those who are more successful in business are likely to have a mentor who has invested time and energy in shaping them into the successes they have become. Have you ever considered the advantages of having multiple mentors? Research shows this trend is advancing rapidly. In the past, people sought a mentor who was grounded in the career path the mentee was seeking. Once people determined the plan of advancement, it was with one company, and usually it entailed regular steps up the ladder.

Today, however, employment is different. There are fewer and fewer corporate entities where people begin their career in the mail room and retire as a vice president. Businesses are smaller, and with the global focus and high technology that accompanies job positions today, it is a whole new world.

Mentors help you develop relationships with people who have interests similar to yours. If you have more than one mentor, your possibilities can expand exponentially. Having several mentors also allows you to better clarify what direction you want to head. Mentors are a great source for helping with redirection when needed.

When you are seeking mentors, they need to be people willing and able to coach you according to your needs. Time commitments may be hard to come by. One person may not be strong in all of the areas you need to address, and for this reason, it is wise to choose to work with different people to address different aspects of your professional goals.

Mentors are valuable in many areas. Mentors:

1. May be a help as you navigate the job market in the first place.
2. Can be an asset to managing the various aspects of your life.
3. May be of valuable assistance in deepening your knowledge in your field or even suggesting further study to broaden your scope.
4. Could be the catalyst for identifying new opportunities you had not considered.
5. Can help you set goals and give you an avenue for some accountability as you develop.
6. May act as a sounding board when you are having problems making things come together.
7. Can possibly help you with stress and time management—whether career- or family-related.

As you progress through your career, be open to new people and ideas. Be aware that mentoring takes time and energy on the part of a mentor, as well as yourself. By utilizing a variety of people, you are apt to get a variety of fresh ideas on your path. Once you are at least somewhat established, don't give up your mentors. You should, however, be open to becoming the mentor someone else needs.



# Ways to Reduce Your Anger

Anger is not healthy. All of us have pangs of anger at some time or another; however, if we allow it to consume us, we create anxiety. If we don't redirect anger, it is easy to become a slave to it, and we are likely to become physically and/or emotionally drained. Some ideas that can help identify and redirect the anger include:

**Anger takes energy.** No matter how it is expressed, anger takes a lot of energy to maintain. When you are using your energy to be angry, even silently angry, you don't have enough left over for anything else. Your resources can actually be drained by this negativity.

**Depression can be anger.** If you find yourself depressed or blue and don't know why, think back over the past twenty-four hours, and try to figure out who may have done something, or what may have happened to trigger your anger. (Depression can be the result of repressed anger.) Look for tension—a clear clue is repressed anger.

**Recognize your anger.** Once you recognize your anger, sit quietly and listen to your inner dialogue. Are you vested in a certain outcome? Is your anger connected with fear of losing something, or not getting something you want? Look for a hidden agenda you may have that is driving you to gain something—a reward, approval, acknowledgement, a bonus or affection—the list is endless.

**Choose positive approaches.** Believe it or not, anger can be used to reach positive outcomes. Often your anger motivates you to change something—whether it is a process, a relationship, or an idea. However, these changes can only occur if the anger is recognized and addressed. The past is discarded, and unrealistic expectations are channeled appropriately. Most importantly, anger should not be used to perpetuate more conflict.

Knowing the source of your anger is one thing, but managing it can be difficult. This will surely take practice as you implement these principles over time. If you truly take time to look at your own behavior when you become angry, you are on the road to handling it.

***This introspection requires you to 1) own the anger, 2) recognize blocks to expressing anger, 3) release the anger appropriately, 4) write an anger inventory list, 5) confide in someone, 6) construct goals and solutions, 7) fuel positive growth through redirection, and 8) use anger for positive outcomes.***

## WHAT DOES ARBOR EAP HAVE FOR YOU?

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# OUR PROGRAM

The Elkhorn Public Schools Partners in Education Mentoring Program differs from other mentoring programs in two key ways:

1) **Academically-focused:** the primary goal of mentors in our program is to assist students with their academic needs and curriculum understanding.

2) **Based at school:** all mentoring sessions occur during school hours. This ensures that the focus remains on academics. Mentors are welcome to meet with their mentees outside of school hours if permission is granted by the mentee's guardians.

By focusing primarily on academics, our students are regularly reminded of the importance of education.

# THE MENTORING IMPACT

Mentors help keep students in school - studies show that students who meet regularly with their mentors are 52% less likely than their peers to skip a day of school and 37% less likely to skip a class.

Mentors can improve academic skills by assisting in developing positive study habits and growing a passion for learning. The development of these skills increases the likelihood of students going on to pursue a higher education and improves attitudes towards education and learning.

Youth who meet regularly with their mentors see them as role models and are generally 46% less likely than their peers to start using illegal drugs and 27% less likely to start drinking due to a mentor's positive influence.

# MENTOR RESPONSIBILITIES

- Provide academic support at the appropriate level
- Be a positive role model
- Provide guided/independent practice
- Reinforce classroom objectives, skills, and strategies
- Follow confidentiality guidelines
- Attend weekly sessions with mentee
- Come prepared and be on time

Make a difference in a child's life  
by becoming a mentor today!

For additional information or to get an application to become a mentor, please contact Kara Perchal at (402) 289-2579 or [kperchal@epsne.org](mailto:kperchal@epsne.org) or visit [www.elkhornweb.org/programs/mentoring-partners](http://www.elkhornweb.org/programs/mentoring-partners).

ELKHORN PUBLIC SCHOOLS

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