

FRIDAY NOTES

David J. Moody, Principal | Chris Grinde, Assistant Principal | Jeff Steckbauer, Athletic Director

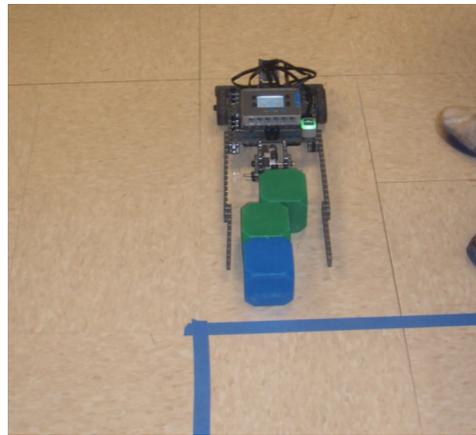
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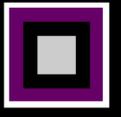
MARK YOUR CALENDARS

- 3/5 - Forensics District @ Adams-Friendship
- 3/6 - MS Band Concert @ 7pm
- 3/6 - VAC Regional @ Mauston
- 3/12 - 3/16 - Spring Break, No School
- 3/23 - MS Dance in Multipurpose Building from 4-6pm
- 3/27 - District Choir Concert
- 3/29 - Blood Drive from 9-3pm
- 3/29 - 3rd Quarter Ends
- 3/30 - No School, Easter Break

Project Lead the Way Receives Donation from Cooperative Education



Project Lead the Way received a grant from Cooperative Education to help buy more materials for the STEM-based activities for the program. Pictures above are of students using the kits and supplies that were provided for the kits to build their chassis. Thank you Cooperative Education for the grant money to help students further their knowledge in this area!



SCHOOL DISTRICT OF WESTFIELD COMPREHENSIVE SCHOOL COUNSELING PROGRAM

Four Program Components

Delivery System

Guidance Curriculum

Classroom activities

Interdisciplinary curriculum development

Group activities

Parent Workshops

Individual Student Planning

Individual or small group appraisal

Individual or small-group advisement

Student and parent educational/career planning conferences

Responsive Services

Consultation

Individual and small-group counseling

Crisis counseling

Referrals

Peer facilitation

System Support

Professional development

Consultation, collaboration and teaming

Program management and operation

Confidentiality

All personal information shared with a school counselor is confidential unless it involves:

1. Harming self or others
2. Abuse and/or neglect

School Counseling Mission Statement

The mission of the School District of Westfield's School Counseling Program is to provide a comprehensive, developmental counseling program addressing the academic, career and personal/social development of all students. In partnership with other educators, parents or guardians and the community, school counselors facilitate the support system to ensure all students in the School District of Westfield have access to and are prepared with the knowledge and skills to contribute at the highest level as productive members of society.

Middle/High School

Counselors

Grades 7th-12th

John Bradley—(608) 296-2141 x1018

bradleyj@westfield.k12.wi.us

Students L-Z

Linda Wacker—(608) 296-2141 x1017

Students A-K

wackerl@westfield.k12.wi.us

ACT TEST DATES

All Juniors take the ACT in the spring. However Seniors who want to retake the test, the dates are listed below.

October 28 th , 2017	Registration deadline	September 22 nd .
December 9 th , 2017	Registration deadline	November 3 rd .
February 10 th , 2018	Registration deadline	January 12 th
April 14 th , 2018	Registration deadline	March 9 ^h
June 9 th , 2018	Registration deadline	May 4 th

Sign up at www.actstudent.org

**Fee waivers are available for students on free and reduced hot lunch.*

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10 Reasons Why Today’s Teenagers Are So Anxious

- 1) Electronics offer an unhealthy escape.
- 2) Happiness is all the rage. Kids grow up believing that if they aren’t happy around the clock then there must be something wrong.
- 3) Parents are giving unrealistic praise. This can put pressure on kids to live up to unrealistic expectations.
- 4) Parents are getting caught up in the rat race. They send the message that their kids must excel at everything in order to have a successful future.
- 5) Kids aren’t learning emotional skills. We put little effort in teaching kids the emotional skills they need to succeed.
- 6) Parents view themselves as protectors rather than guides.
- 7) Adults don’t know to help their kids face their fears right away.
- 8) Parents are parenting out of guilt and fear. Parenting stirs up uncomfortable emotions and instead of feeling those emotions, parents are changing their parenting habits.
- 9) Kids aren’t being given enough free time to play.
- 10) Family hierarchies are out of whack.

How to address the anxiety epidemic: We’ve created an environment that fosters anxiety in young people, rather than resilience. While we can’t prevent all anxiety disorders, we can do a better job of helping kids build the mental muscle they need to stay healthy.

To read full article go to: <https://www.psychologytoday.com/blog/what-mentally-strong-people-dont-do/201711/10-reasons-why-todays-teenagers-are-so-anxious>

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Sadie Strong No One Fights Alone

Dear Parent/Guardian,

The purpose of this letter is to reach out to our Westfield School District Community in support of one of our families. Sadie Bartolaba, a middle school student at Westfield Middle School, has recently begun receiving medical treatment for Hodgkins Lymphoma. Sadie and her family are actively involved in the school and community. Sadie has siblings that attend Coloma Elementary, and Westfield High School. Sadie’s mother, Sara, is currently a paraprofessional for the 4K classroom at Westfield Elementary school.

The district is taking steps in helping the family in several ways. The staff has created a monthly meal calendar, and meals are being delivered to the family on a regular basis. Two fundraisers are currently active to offset the cost of meals and travel on days of treatment.

Here are a few ways you and your child can help support Sadie and her family during this difficult time.



___ YM \$12	___ AS \$12	___ AM \$12
___ AL \$12	___ AXL \$12	___ AXXL \$14
___ AXXXL \$16		

- Purchase a Sadie Strong T-shirt (Please indicate quantity below)



- Purchase a Sadie Strong Bracelet \$2

Quantity _____

- Monetary donations are graciously accepted to help Sadie’s family with medical costs.
- Notes and cards of encouragement for Sadie

Name: _____ School: _____

SCHOOL SOCIAL WORK WEEK

I'm happy to be celebrating School Social Work Week from March 5-16 this year. I'm very proud of my work as a school social worker, and grateful for the opportunity to serve our students and their families. The School District of Westfield values its students, and understands the value of supporting kids. When a student is facing certain challenges, it can affect their academic success. School Social Workers can help students through challenging times, offer resources and support to families, and help to teachers to better serve students.



School safety is a growing concern across the country, and school social workers play a very important role in maintaining a safe and healthy school climate. Supporting students who are struggling with mental health issues can prevent serious issues later on. Early identification of students who need support can save lives. Whether a student is feeling depressed, angry, or overwhelmed, a school social worker can help and can take steps avert potential tragedies.

Social workers partner with teachers, parents and other helpers to help kids succeed! For students who are working with a therapist, a school social worker can work with the therapist to ensure that the student has the proper support when needed. If a child is struggling with behavioral issues, the social worker can collaborate with teachers and parents to ensure that we are working as a team, capitalize on successes, and improve any challenges. Social workers are partners in parenting. If parents need support or information, social workers can help. Social workers also maintain relationships with other agencies and programs that help families in need, and work to promote child health and community well-being.



School Social Workers are a great resource! Whether you have questions about parenting, mental health, stress, family dynamics, or other things, I am happy to help you! Please feel free to call me at 608-296-2141 x1065, or send me an email at oliphants@westfield.k12.wi.us.

MIDDLE SCHOOL BAND

On Saturday, February 24th, members of the Westfield Area Middle School Band participated in Solo and Ensemble Festival. The middle school band sent 36 events and received first ratings on 26 of those entries, including a first rating for our jazz ensemble.

Students receiving first ratings on Class B solos included: Braylee Wolff, Kimmy Sengbusch, Natalie Gundrum, Alex Cujak, and Gunnar Rasmussen. Students receiving second ratings on Class B solos included: Amyiah Cohoon, Trista Drew, and Molly Fortin.

Students receiving first ratings on Class C solos included: Rabeca Schwarz, Emma Hamilton, Chloe Stampfl, Caleb Hooks, Hunter Thomas, Hayden Hockerman, Troy Swan, Dominic Ferraro, Chris Greiner, Hunter Goodwin, Carson Lyson, and Marlee Mullens. Students receiving second ratings on Class C solos included: Katie Alcorta, Danielle Schroeder, Kaytlin Landgraf, and Kash Kangas.

Students receiving first ratings on Class C ensembles included: Rabeca Schwarz and Jazalyn Hutchison; Brianna Montney and Bryanna Winkler; Emma Hamilton, Kyla Thoren, and Chloe Stampfl; Francisco Moyotl, Tommy Huff, and Brandi Lentz; Grace Phillis and Emily Bittelman; Taylor Flyte and Andrew Palmer; Nadia Hoffa and Mya Reetz; and Teagan Rehwinkel and Abby Halverson.

Students receiving second ratings on Class C ensembles included: Tanner Popp and Joella Winkler; and Cesar Moyotl, Veronica Birkholz, Trevor Kraft, and Kenzie Borzick.

MIDDLE SCHOOL AND SIXTH GRADE BAND CONCERT TUESDAY, MARCH 6th @ 7pm HIGH SCHOOL LARGE GYM

This concert only includes the following groups: sixth grade beginning band, middle school concert band, and the middle school jazz ensemble. The students need to arrive at school by 6:30pm. The students should wear nice dress clothes for this event. The sixth grade students are expected to stay and listen to both middle school bands.

PROM MEETING

Friday, March 9th there will be a Prom Decorating Meeting during homeroom in Mrs. Kopach's room.

MRS. TEMANSON

Choir Butter Braids will be delivered next Thursday, March 8th. Pick up time is 3:20pm until 4:00pm at door number 3 (outside of the choir room).