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West Central CUSD 235

April 2018 Edition

Mrs. Lafary  
Principal

## Mark Your Calendars

Mrs. Harrison  
Asst. Principal

- ◆ **Monday, April 2nd: No School—Spring Break**
- ◆ **Tuesday, April 3rd: School Resumes**
- ◆ **Thursday, April 5th: Toothmobile has been cancelled**  
**Pre-K Parent Advisory Meeting @ 6:00 PM**
- ◆ **Monday, April 16th: Pre-K—2nd Grade Spring Concert @ 6:30 PM**
- ◆ **Tuesday, April 17th: 3rd—5th Grade Spring Concert @ 6:30 PM**
- ◆ **Thursday, April 19th: 5th Grade State Science Test**
- ◆ **Friday, April 20th: Pre-K goes to Family Museum**
- ◆ **Monday, April 23rd—Friday, April 27th: Stress Relief Week (More information below.)**
- ◆ **Wednesday, April 25th: 5th Grade Visit to the Middle School**
- ◆ **Thursday, April 26th: SIP Day—11:30 Dismissal**  
**Pre-K/Kindergarten Screening @ 2:00—5:00 PM**

### Warm Clothing Reminder

**Throughout the remainder of the school year, our staff will try to take the students outside during recess, weather permitting. With that being said, it may be a good idea to send a sweatshirt or light jacket with your child to keep in his or her locker, in the event that the temperature changes drastically over the course of the day.**

### Stress Relief Week

Doesn't everyone need a little stress relief right now? We will be spending extra time talking about ways to relieve stress during the week of April 23rd through April 27th.

- Monday, April 23rd: **PAJAMA DAY!** We will also talk about breathing techniques.
- Tuesday, April 24th: Dance Parties in PE!
- Wednesday, April 25th: We will have a school wide assembly to discuss and practice calming techniques.
- Thursday, April 26th: Each class will do a "Write It Down" or "Talk It Out" Activity
- Friday, April 27th: Each class will choose an activity that will help reduce stress in their classroom.



**Our students have been working hard to prepare for their Spring Music Concerts!**

**We hope to see you in attendance for these events!**

**These concerts will take place in the high school gym!**



## PBIS

Each month the students have a character trait that will be focused on in the classroom and throughout the building. For the month of April, the character trait is "COURAGE". Please talk to your child about showing courage at home, at school, on the bus, and when they are out in public.

**KNOW YOURSELF.  
BE AUTHENTIC.  
HAVE COURAGE.**

The West Central Bullying Incident report form can be found online at [www.wc235.k12.il.us](http://www.wc235.k12.il.us) under the heading Bullying Prevention

## RUDE VS. MEAN VS. BULLYING

### *Defining the Differences*

**RUDE:** Inadvertently saying or doing something that hurts someone else.

**MEAN:** Purposefully saying or doing something to hurt someone once (or maybe twice).

**BULLYING:** Intentionally aggressive behavior, repeated over time, that involves an imbalance of power.

- Physical Aggression
- Verbal Aggression
- Relational Aggression
- Cyberbullying

**STOP**  
  
**BULLYING**  
**STAND UP. SPEAK OUT.**

## **A Checklist of Responsibilities That Promote Independence**

Whether it is keeping track of their belongings or remembering to turn in homework, responsible behavior is a must for simple success. The best way to *teach* your child responsibility is to *give* them responsibilities. Here is a starter checklist you can adapt:

- Going to bed on time.
- Getting up on time.
- Fixing breakfast.
- Selecting an outfit.
- Packing lunch.
- Completing homework.
- Returning signed forms.
- Maintaining grades.
- Getting along with siblings.
- Keeping room clean.
- Completing assigned chores.
- Reading at least 20 minutes a day.
- Taking care of personal hygiene.
- Feeding or caring for pets.

Looking for a way to give back to a classroom, or know someone who is? DonorsChoose.org is a website that some of our teachers have taken advantage of in order to get certain items funded for their classrooms. Visit the website and search for local classrooms to give back to! Our teachers and students will thank you!

