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West Central CUSD 235

March 2018 Edition

Mrs. Lafary
Principal

Mark Your Calendars

Mrs. Harrison
Asst. Principal

- ◆ **Friday, March 9th: 3rd Quarter Ends**
- ◆ **Sunday, March 11th: Daylight Savings Time—Move clocks forward one hour.**
- ◆ **Thursday, March 15th: 2:15 DISMISSAL—Parent/Teacher Conferences (4:00-7:30)**
- ◆ **Friday, March 16th: NO SCHOOL—Parent/Teacher Conferences (8:00-12:00)**
- ◆ **Thursday, March 22nd: Jim Gill Concert (Pre-K—2nd Grade) @ 6:00 PM (Free Family Concert!)**
- ◆ **Thursday, March 29th: 2:15 DISMISSAL**
- ◆ **Friday, March 30th: NO SCHOOL—Easter Break**

Parent/Teacher Conferences: March 15th (4:00—7:30) March 16th (8:00—12:00)

Parent-teacher conferences are an opportunity to establish strong, clear communication between parents/guardians and teachers. We look forward to working together in order to become more effective in helping your child reach their full potential. Teachers will first send home forms and then you will receive a note confirming your conference time.

Spring Music Concerts are Approaching! Students of West Central Elementary would like to invite you to the Spring Concerts which will be held on the following dates and times. These concerts will be held in the high school gym in Biggsville.

- Pre-K—2nd Grade: Monday, April 16th @ 6:30 PM
- 3rd—5th Grade: Tuesday, April 17th @ 6:30 PM

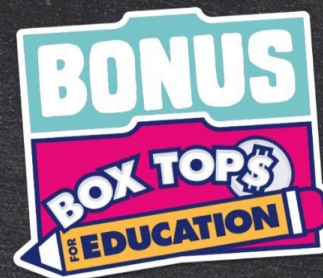


State Mandated Testing

In compliance with state mandates, we will be administering our state assessments again this year as follows:

- PARCC will be given to 3rd Grade and 5th Grade the week of March 12th—March 15th.
- PARCC will be given to 4th Grade the week of March 19th—March 23rd.
- The Illinois Science Assessment will be given to 5th Grade on April 19th.

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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 March, the character trait is "COOPERATION". Please talk to your child about showing cooperation at home, at school, on the bus, and when they are out in public.

COOPERATION

Finding ways to understand others and work together to achieve a goal

The West Central Bullying Incident report form can be found online at www.wc235.k12.il.us under the heading Bullying Prevention

Pre-Kindergarten Screening:

If you have Pre-K aged children that are in need of a pre-kindergarten screening, please call West Central Elementary to schedule your appointment. These will be conducted on April 26th from 2 PM until 5 PM. We will also conduct screenings for students entering kindergarten and children ages 0 to 3 years.

"WE SEE HOW EARLY CHILDHOOD EXPERIENCES ARE SO IMPORTANT TO LIFELONG OUTCOMES, HOW THE EARLY ENVIRONMENT LITERALLY BECOMES EMBEDDED IN THE BRAIN AND CHANGES ITS ARCHITECTURE."

-- Andrew S. Garner

Sparklers & Friends:

Sparklers and Friends is a program run through the Regional Office of Education #33 that provides twice monthly playgroups that are free and open to the community for parents with children ages 0 to 5 years. For more information follow West Central Sparklers and Friends (@Hcpatplaygroup) on Facebook!

Toothmobile:

The toothmobile will be available to all district students on Thursday, April 5th. Be looking for more information in your child's book bag!



Signs and Symptoms of Depression

Below you will find a list of signs and symptoms of depression. If you notice a combination of these symptoms, please consult your child's pediatrician.

- **Frequent feelings of sadness or hopelessness**
- **Low Self-Esteem**
- **Frequent feelings of loneliness**
- **Emotional Instability**
- **Frequently mentioning unhappy thoughts and sad memories**
- **Loss of appetite**
- **Compulsive overeating**
- **Frequently appears very tired**
- **Avoiding socializing with friends or family**
- **Seeking isolation**
- **Change in eating, sleeping or activities**

WE NEED TO TALK ABOUT YOUTH DEPRESSION

It's time to remove the stigma on this important issue

By Aobh O'Brien-Moody