



Westridge Wildcat

October 24-28

Please call the Attendance Line for Absences and Tardies
303-982-3950 Option #1

Main Office Number 303-982-3975
Visit our Website!

<http://westridge.jeffcopublicschools.org/>

[Westridge Family Calendar 2022-2023](#)

This Week's Events at a Glance

Monday, October 24, 2022	
Tuesday, October 25, 2022	Wear GREEN for Dwarfism Awareness Day 3:00-4:00 Science Matters 3:00-4:00 Taekwondo Club
Wednesday, October 26, 2022	
Thursday, October 27, 2022	Delayed start-First bell rings at 10:25. Tardy bell at 10:30. 3:00-4:00 KidStage
Friday, October 28, 2022	

Fall Picture Make Up Day

Didn't like the way your photo turned out? We have picture make ups on November 11.

Delayed Start

Our first planned delayed start day is October 27. On that day, students arrive at school between 10:15-10:30. The tardy bell will ring at 10:30.

It is not lost on me, as a working parent myself, how challenging it can be to have changes in the schedule. This is a district decision to change the schedule. While I do see the benefits for staff to have this time to discuss the individual needs of students, I also recognize that there are some structures to iron out. Childcare is one of those structures to be ironed out. Please know I'm on your side with advocating for childcare as a need in order for delayed starts to be successful. I appreciate your efforts to adapt to the delayed start schedule in the meantime.

Halloween

We will have fun as a school on Monday, October 31! Students should arrive in their costumes. We will have students go to their classroom for a welcome and attendance. We will have the costume parade from 8:45-9:15. Families are welcome to stand anywhere along the perimeter of the building. We will do a full lap with all of our students!

Costume guidelines:

- No weapons
- No masks at any time

Music Performance

Our second and third graders have been working hard on their performance The Principal and the Pea! The performance will be at 9:30-10:00 on November 3 in the gym. When you arrive, come to the front door for a visitor's pass.

Fall Picture Make Up Day

Didn't like the way your photo turned out? We have picture make ups on November 11.

Movie Night at Westridge

We have a fun community event, hosted by PTA, on the evening of November 11. Come gather and watch a movie and have some snacks!

Art Room Needs

Hello Wildcat families,

The Art Room is looking for a few donation ideas if you have extra around your house.

- Wet Ones Antibacterial Hand Wipes. (NOT Clorox wipes)
- No. 2 Pencils sets of 12 or more
- Acrylic paint (artist quality) of colors you don't want or need. Not house paint.
- Paper towels
- Gallon zip-lock bags
- Large paper plates (plastic coated tops)
- 2 working hair dryers

WatchDOGS Sign Up

Attention all WatchDOG "DUDES"! We need you to help make Westridge thrive! [Sign up here](#) to be a WatchDOG!



Introducing Student Insights

Last spring we introduced [School Insights](#), a web-based resource that offers information about Jeffco schools to help you stay informed and engaged in school quality and improvement efforts. Now, we're excited to share the new [Student Insights](#), which provides information about each student's learning progress.

Student Insights makes it easy to access information about each student's district and state tests



and their individual learning plan goals. It is a helpful way to check in on learning progress, review academic goals, and identify issues to talk about with teachers.

Student Insights is confidential and may only be accessed by Jeffco students and their parents or guardians using the log-in name and password you use for other district tools, such as Infinite Campus.

You can learn more by watching [this short video](#), reading the [Frequently Asked Questions](#), or by talking with your student's teacher or the school principal. Please check out this new resource and let us know what you think!



WESTRIDGE ELEMENTARY

Mental Health Minute

Need Assistance? Contact: Erin Shea
erin.shea@jeffco.k12.co.us

October is National Bullying Prevention Awareness Month!

GENERAL INFO:

<p>TEASING</p> <ul style="list-style-type: none"> • One person is joking, but the other is not • Someone has gotten accidentally hurt • Equal balance of power in the relationship overall 	<p>CONFLICT</p> <ul style="list-style-type: none"> • No one is having fun • There is a possible solution to the disagreement • Equal balance of power
<p>MEAN MOMENT</p> <ul style="list-style-type: none"> • Someone is being hurt on purpose • Reaction to a strong feeling or emotion • An isolated event (does NOT happen regularly) 	<p>BULLYING</p> <ul style="list-style-type: none"> • Attacked physically, socially, and/or emotionally • Unequal balance of power • Happens repeatedly over a period of time • Someone is being hurt on purpose

STRATEGIES:

Resist labeling a child as a bully or a victim, instead focus on the behavior or experience (e.g., the child who was bullied)

- Know the [different roles](#) that children can play in bullying
- Learn [how to support your child](#) whether they are bullying or bullied
- **Avoid these common mistakes:**
 - Telling a child to ignore the bullying
 - Telling a child to fight back
 - Thinking or saying that bullying is just part of growing up
 - Not specifically telling a child what the problem behavior is & giving alternatives to replace it

4 Types of BULLYING

<p>PHYSICAL Bullying</p> <p>Hitting, kicking, slapping, pinching, spitting, tripping, pushing, blocking</p> <p>Stealing or destroying someone's possessions</p> <p>Making mean or rude hand gestures</p> <p>Touching in unwanted and inappropriate ways</p>	<p>VERBAL Bullying</p> <p>Name calling</p> <p>Insults</p> <p>Teasing</p> <p>Intimidation</p> <p>Homophobic or racist remarks</p> <p>Inappropriate sexual comments</p> <p>Taunting</p> <p>Threatening to cause harm</p>	<p>SOCIAL Bullying</p> <p>Lying and spreading rumors</p> <p>Leaving someone out on purpose</p> <p>Telling others not to be friends with someone</p> <p>Embarrassing someone in public</p> <p>Damaging someone's social reputation or relationships</p>	<p>CYBER Bullying</p> <p>Posting/sending hurtful texts emails or posts, images or videos</p> <p>Making online threats</p> <p>Imitating others online or using their log-in</p> <p>Deliberately excluding others online</p> <p>Spreading nasty gossip or rumors online</p>
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ZoCo with the **Wichita** Public Schools **Safe Program**

Want to know more?

[Rude, Mean, or Bullying? A Child Therapist Defines the Differences](#)

Specific to Cyberbullying:

- **Make the most of privacy settings**
- **THINK before you post!**
The internet is public and can never be entirely erased.
- **Keep personal information personal.**
Do not post identifying details about yourself (address, phone, credit card #, etc)

RESOURCE LINKS:

[Prevent Bullying Everyday!](#)

[Stand Up: Stop Bullying!](#)

[American Psychological Association: Definitions/ Types/ Strategies](#)

[Cyberbullying](#)

BOOKLIST:

Wonder- R.J. Palacio
 Smile- Raina Telgemeier
 Out of My Mind- Sharon M. Draper
 El Deafo- Cece Bell
 Fish in a Tree- Lynda Mullaly Hunt
 I Walk With Vanessa - Kerascoet
 Each Kindness - Jacqueline Woodson
 My Secret Bully - Trudy Ludwig
 UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World - Dr. Michele Borba
 Stand Tall Molly Lou Melon- Patty Lovell **(Primary)**

DAKOTA RIDGE KEY CLUB PRESENTS

TRICK OR TREAT STREET



October 27th, 2022 • 5 - 7 PM • Free Entry

DAKOTA RIDGE HIGH SCHOOL

13399 W COAL MINE AVE, LITTLETON, CO 80127

Join Clubs and Activities for a Night of Candy, Music, and Games

Please contact 2041159@jeffcoschools.us for any questions



TRICK OR TREAT STREET

COME IN COSTUME WITH A BAG FOR CANDY!
STAY AFTER FOR AN IMPROV SHOW(7:30)!



OCTOBER 29, 2022, 5-7 PM
AT D'EVERLYN JR./SR. HIGH SCHOOL

DONATIONS BENEFIT THE
JEFFCO ACTION CENTER!

Westridge PTA Happenings

October 19, 2022

Westridge PTA Value Statement

The mission of Westridge PTA is to connect and appreciate the parents, teachers and students of Westridge by supporting their growth and potential through engaging activities, empowering them to use their passion and talent to better our school and community. We give support to engaging activities, which build positive relationships, ignite innovation, and support all types of learning.

Mark your calendar!

Panda Express anyone?! First Westridge restaurant night, coming in December! More details soon...



Dates to know:

Friday November 4th: **SPIRIT DAY!**

Tuesday November 8th: **PTA Meeting @ 6:30 pm**

Friday November 11th: **MOVIE NIGHT!**



MOVIE NIGHTS ARE BACK!

On Friday November 11th, Westridge PTA will host a movie night! Bring pillows, blankets, dress in your comfiest and join us in the Westridge gym for a movie together!

MORE DETAILS COMING SOON!

The Valentine's Dance will be back in 2023!

If you are interested in helping with the planning, please consider joining the PTA Valentine's Dance Committee.

For more details, please contact Amanda Krische at ajandd2010@gmail.com

[Westridge PTA Website](#)

It's Not Too Late... Staff Conference Dinner Donations!

Please consider making a \$10 donation (or any dollar amount) to provide meals for staff dinners during our evening conferences on 10/17 and 10/19.

We are close to having all the meals paid for but we need your help.

Donations can be made at:

westridge-conference-dinners.square.site



Westridge Team Spotlight: 'Getting to Know You' Art, Music and P.E.!



Hello, My name is Jesse Crock. I have been the art teacher at Westridge Elementary since 2007. **Check out Mr. Crock's Full Bio: [Jesse Crock](#)**



This is my fifth year teaching at Westridge and I am over the moon to be part of this incredible staff and community! I love helping students discover worldly and personal connections to music and the importance of music in their lives. It is such a joy creating music with them! **Check out Ms. Meersman's Full Bio: [Avery Meersman](#)**



I am excited to be returning for another year at Westridge and being able to expose students to a variety of physical activities in order to help them lead healthy lifestyles! This is my seventh year teaching here at Westridge, and it has been a wonderful experience working in a school that has so many fantastic students and colleagues! **Check out Mrs. Christensen's Full Bio: [Mrs. Christensen](#)**