

## **The Week At WHMS**

Week of February 28, 2022



### Thought for the week:

“There is virtue in work and there is virtue in rest. Use both and overlook neither.”  
– Alan Cohen

### Weekly Calendar:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Sat/Sun</u>
2/28	3/1	3/2	3/3	3/4	3/5-3/6
<i>Day 1</i>	<i>Day 2</i>	<i>Day 1</i>	<i>Day 2</i>	<i>Day 1</i>	
<b>WELCOME BACK!</b>  3:00p – Inter-disciplinary Teaming Committee	All day – 8 <sup>th</sup> graders meet with their counselors during art classes  3:00p – Faculty meeting  7:30p – Board of Education Budget Workshop @ HS VCR	1:15p – PST meeting  <b>Club Meets:</b> Art club; Dignity & Tolerance	3:00p – STW committee meeting  <b>Club Meets:</b> Art club; Science & Robotics	all day – Math PD with Savvas  8:45a – RTI meeting	

### Instructional (life) tips: (from *Forbes*)

#### **Why Taking Vacation Time Could Save Your Life** by Caroline Castrillon (excerpts)

*Taking vacation time is essential to employee survival. That’s because time off from work is integral to well-being, sustained productivity and high performance. Here are some additional reasons to start planning your next getaway.*

#### **Vacation time increases mindfulness**

Going on holiday makes you feel more present and stimulated. “When we travel we are usually breaking our normal routine,” [says Richard Davidson](#)... That means we can’t operate on autopilot. “That decreased familiarity is an opportunity for most people to be more fully present, to really wake up,” he says. The report found that both meditation exercises and vacationing were associated with higher levels of well-being and [increased mindfulness](#).

#### **Vacation time improves heart health**

Taking regular vacations could help reduce the risk for metabolic syndrome—a cluster of health issues including high blood pressure, high blood sugar, excess belly fat and abnormal cholesterol levels.

[Another nine-year study](#) followed more than 12,000 middle-aged men at high risk for heart disease. In the end, those who took more yearly vacations were less likely to die from any cause, including heart attacks and other cardiovascular problems.

### **Vacation time reduces stress**

Stress raises levels of certain hormones, such as cortisol and adrenaline. In the short term, this can be helpful, triggering the “fight or flight” response that helps you deal with immediate threats. But over time, chronic stress can increase your risk for health issues, including heart disease. [A study released by the American Psychological Association](#) concluded that time off helps to reduce stress by removing people from the activities and environments that they associate with anxiety. Are you thinking of heading to the beach or going camping this summer? [Another scientific report](#) highlights that spending at least 120 minutes a week in natural environments (such as parks, woodlands and beaches) is associated with good health and well-being.

### **Vacation time boosts brainpower**

Taking time off improves the capacity to learn. When your brain is completely relaxed, it consolidates knowledge and brainpower. “Neuroscience is so clear, through PET scans and MRIs, that the ‘aha’ moment comes when you’re in a relaxed state of mind,” says [Brigid Schulte](#)... That’s why you have your best ideas on a walk, in the shower or on vacation. Adam Galinsky, professor and chair of the management division at Columbia Business School, has conducted numerous studies drawing a link between travel and creativity.

### **Vacation time improves sleep**

Restless nights are a common complaint—often stemming from the fact that we have too much on our minds. Researchers say that time off from work can help interrupt the habits that disrupt sleep, like working late into the night or checking your cell phone before bed. Researchers found that after two to three days of vacation, the participants averaged an hour more of good quality sleep and experienced an 80% improvement in their reaction times. When they returned home, they were still sleeping close to an hour more, and their reaction time was 30% to 40% higher than before the trip.

Don’t be a vacation slacker. Time off is linked to a slew of benefits, including better sleep and improved mental health. So, what are you waiting for? Put the guilt aside and plan your next holiday. Your body and mind will thank you.

For full article see <https://www.forbes.com/sites/carolinecastrillon/2021/05/23/why-taking-vacation-time-could-save-your-life/?sh=72ab079224de>

### **Items of importance:**

- **WEATHER NOTICE**: we have outdoor recess, outdoor AM line-up, and outdoor PE daily unless it is raining. Please make sure your child has appropriate clothing and outerwear. We only stay indoors if the temperature falls below 30° or the wind chill falls below 28°
- **Have you downloaded the West Hempstead App yet?** It is available in the App Store and Google Play, just search “West Hempstead.” This will let you keep track of everything happening in our school and access documents such as this “Week @ WHMS” newsletter.
- *Let me know when you have exciting learning taking place that I can tweet out and be sure to tag @WH\_MSRRAMS if you tweet yourself*

### Items of interest:

- The yearbook is still for sale. Go to [www.jostens.com](http://www.jostens.com) for more information.
- Our club calendar is available on the website at: <https://www.whufsd.com/o/whms/browse/221769>. Students should listen to AM announcements for the most up-to-date information about meeting dates and locations.
- The **extra help schedule** can be found at: [https://core-docs.s3.amazonaws.com/documents/asset/uploaded\\_file/1553808/Extra-Help\\_Schedule\\_MS\\_21-22.pdf](https://core-docs.s3.amazonaws.com/documents/asset/uploaded_file/1553808/Extra-Help_Schedule_MS_21-22.pdf). Students should take advantage of teachers' availability to do their best work.
- The Homework Center is open after school on Monday, Wednesday, and Thursday. See details below:

### Homework Center Information: 21-22

Homework Center is open 2:45-3:45 on the following days

Day	Teacher	Room	Notes
Monday	Ms. Healey	257	Support available for any subject, or just a quiet place to work after school.
Wednesday	Ms. Geiger	17	
Thursday	Ms. Rogan	16	

### "COVID Corner" Information:

- The district has updated its plan and protocols regarding quarantine, isolation, and who is considered a "close contact" based on guidance from New York State. Go to: <https://www.whufsd.com/page/reopening-information> for more information.
- I cannot say how vital it is that **if your child, or anyone in your home, feels sick, your child MUST REMAIN HOME FROM SCHOOL**. Call the nurse or Mr. Murray for advice on when it is okay to return to school.
- **Please send your child to school with a refillable water bottle.** Our water fountains are "COVID-safe" and only the water bottle filler function is available.
- For more information about the COVID vaccine for 5-15 year-olds, go to: <https://covid19vaccine.health.ny.gov>

### Looking ahead:

Monday, March 7: *Day 2*

- 57<sup>th</sup> anniversary of "Bloody Sunday" violent dispersal of civil rights demonstration on the Edmund Pettus Bridge in Selma, Alabama

Tuesday, March 8: *Day 1*

- Department meetings, 3:00pm
- Board of Education Budget Workshop, 7:30pm @ HS VCR

Wednesday, March 9: *Day 2*

- PST meeting, 1:15pm
- SEPTA meeting, 7:30pm @ Cornwell

Thursday, March 10: *Day 1*

- Get your Ram Pride Award nominations in by noon

Friday, March 11: *Day 2*

- RTI meeting, 8:45am