

The Week At WHMS
(parent edition)
 Week of March 14, 2022



Thought for the week:

“Cultivating a generous spirit starts with mindfulness. Mindfulness, simply stated, means paying attention to what is happening; it’s about what is really going on.”

– Nell Newman

Weekly Calendar: ESSA School Climate Survey in SS classes this week

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Sat/Sun</u>
3/14	3/15	3/16	3/17	3/18	3/19-3/20
Day 1	Day 2	Day 1	Day 2	Day 1	
<p><i>All week – students will complete ESSA School Climate Survey in SS classes</i></p> <p>Club Meets: Chess Club</p> <p>7:30p – PTSA meeting @ HS VCR</p>	<p>Club Meets: Mathletes</p> <p>7:30p – Board of Education Meeting @ HS VCR</p>	<p>9a – Mr. Murray “at” NCMPLA meeting</p> <p>1:15p – PST meeting</p> <p>Club Meets: Art Club; Dignity & Tolerance</p> <p>7:30p – SEPTA meeting @ Cornwell</p>		<p>Q3 Interim Reports Viewable on PowerSchool</p> <p><i>All day – JVE “field trip” to Virtual Trade Show @ WHHS library</i></p> <p>8:45a – RTI meeting</p> <p>11:55a-2:40p – Admin PD for Amplify program</p>	

Instructional tips: (from *Edutopia*)

4 Ways to Cultivate Mindfulness in the Classroom – VIDEO “article”

These simple exercises can bring more focus and calm to your school day—while helping students practice regulating their emotions.

You can watch the 3-minute video with 4 ideas here: <https://www.edutopia.org/video/4-ways-cultivate-mindfulness-classroom>

For full article see <https://www.edutopia.org/video/4-ways-cultivate-mindfulness-classroom>

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:

- 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. 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

<u>Day</u>	<u>Teacher</u>	<u>Room</u>	<u>Notes</u>
Monday	Ms. Elezi	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:

- NYS has removed the “mask mandate” from public schools and the decision to wear a mask is a personal/family choice. We will ensure that regardless of your family decision, students are treated with dignity and civility.
- **ESPECIALLY in light of the reduced mask use, 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.

Looking ahead:

Monday, March 21: *Day 2*

- MS spring sports begin next week – SEE MS. MILLER in the nurse’s office ASAP to check your paperwork

Tuesday, March 22: *Day 1*

- Site-based team meeting, 7:10am
- Board of Education budget workshop (if necessary), 7:30pm @ HS VCR

Wednesday, March 23: *Day 2*

- Sports paperwork DUE TODAY to the nurse’s office for Monday tryouts
- PST meeting, 1:15pm

Thursday, March 24: *Day 1*

- Parent meeting for 6th and 7th grader regarding changes to English class structure for 22-23 school year, 7:15pm (link to follow)

Friday, March 25: *Day 2*

- RTI meeting, 8:45am

Week of 3/28 – NYS ELA exams administered to all 7th and 8th grade students