



# WILDCAT'S ROAR

WESTRIDGE ELEMENTARY SCHOOL

Where  
Children  
Achieve  
Total  
Success

August 31, 2009

Dear Parents,

We are off to a great start!

Preliminary testing is almost complete and the teachers and students are settling into a routine that focuses on instruction and student success. We have begun receiving last year's MAP scores; Teachers will send them home the week of September 21. During the next few months, we will create a school improvement plan to position Westridge Elementary on a successful course.

Check your child's Monday folder each week for communication from school and his/ her teachers. Parents/guardians can reinforce what is taught at school: good study habits, appropriate behavior, and organizational skills. These are important in the educational and communal development of students. I urge teachers and parents/guardians to work together and keep the lines of communication open. In doing so, we can make a difference in the growth and development of all children.

Communication between home and school is a critical part of a successful educational process; therefore, in addition to the monthly newsletter, I will send a weekly update, BROOKS' VIEW, via email to all parents.

Finally, please take time **every** day to ask your child what he/she did at school. Talk to them about their experiences, support them in their conversations, and encourage them to "Bee the Best they can Bee".

Sincerely,

Dr. Meg Brooks  
Principal

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**Special dates of interest:**

- \* Papa John's Night  
September 1
- \* No School  
September 7
- \* Early Dismissal  
September 15
- \* PTO Meeting  
September 15

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A MISSOURI GOLD STAR SCHOOL

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Meg Brooks, Principal





## Counselor's Corner

By Mrs. Theresa Rose



Welcome Back Wonderful Westridge Parents!

We are excited to start our school year. It was wonderful to see so many of your faces at "Bring Your Parent to School Day". What a great way for the school to partner with the parent community.

I would like to let you know what to expect from the guidance department at Westridge Elementary this year.

**Guidance Lessons:** I will be in every classroom 8-12 times this year teaching relationship/self-esteem skills, study habits, and career fields. I will be send frequent emails upon the completion of a unit in each grade level.

**Individual and (Need-Based) Small Group Consultation:** Individual and small groups are intended to help students with specific issues. Groups such as Banana Splits (separation/divorce/blended families), study skills, friendship, and grief can/will be implemented at the recommendation of teachers and the needs of students. If needed/requested recommendations to a private counselor can be provided.

**Talented and Gifted Referrals:** A parent or a teacher can nominate the student. Please let me know if you are interested in referring a student to the gifted program and I will send information home. The CCL notifies the teacher, office, and me of the testing date. I will then notify to the parent. *If a child has been previously tested, parents must wait two years until a child is eligible to be tested again.*

**Starlight Student:** Several students per classroom will be recognized each month for displaying excellent character. Frequently throughout each month the class will engage in a class meetings to discuss character traits. The students will decide on the "Starlight Student." Look for your child's picture in the fourth grade hallway.

Please feel free to email or contact me with concerns or questions: [neytheresa@rockwood.k12.mo.us](mailto:neytheresa@rockwood.k12.mo.us).

I look forward to a FANTASTIC school year!



## The Art News

By Mrs. Sarah Zack



### 'Doing Well' Murals

The 'Doing Well' Murals are complete. Please take a moment to walk through our beautiful courtyard and enjoy the student's hard work.

During the fall semester each student created a 6x6" ceramic tile depicting, through picture, how they are "doing well" in their school and community. Students used additive and subtractive ceramic techniques to create their story. Tiles were fired, glazed, and hung on the brick wall surrounding the 'Doing Well' Fountain as a permanent art fixture in our school. The project is an ongoing reminder of the importance of "Doing Well" at Westridge and giving back to the community.

The funding for this project was donated by a matching grant through The Rockwood Schools Foundation (The Bartlett Family) and Westridge PTO.

A special thanks to the parent volunteers for their time and effort in helping create this project, as well as Krueger Pottery Supply (St. Louis, Missouri) for their guidance and expert advice throughout the process.

### Riding Rules

- **Obey the driver's instructions**
- **Remain seated at all times**
- **Keep hands, head, arms, legs, and objects inside the bus**
- **Eating and drinking are not allowed**
- **Talk only to your seatmate, using a polite, inside voice**
- **Keep the aisle clear**

Bus drivers are considered part of the school staff and the bus an extension of school. Students disregarding the safety rules will be subject to disciplinary action. For more information, please visit the Rockwood website.



[www.rockwood.k12.mo.us/departments/transportation](http://www.rockwood.k12.mo.us/departments/transportation)

# Nurse's Notes

By Mrs. Dian Phillips



Welcome back to a HEALTHY new school year!

Just a few start of the school year reminders about Rockwood Health Room policies:

## **PHYSICALS:**

All kindergarten students and students entering the Rockwood School District for the first time are required to have a physical one year prior to starting school or within the first 30 days after the student's start date. If you have not already done so, please have this completed as soon as possible. Be sure to bring a copy of the physical results to the nurse.

## **EYE EXAMS:**

All kindergarten students are required by state of Missouri to have a comprehensive eye exam completed by an optometrist or ophthalmologist (not pediatrician). If you do not wish your child to have the exam, there is a waiver that you can sign.

## **MEDICATIONS:**

Please bring all medications to the health room or office. Do not send medications to school with student, it's too easy to misplace.

**All over-the-counter medications, including cough drops, TUMS, Tylenol, Motrin, etc.,** must have a parent permission slip **and a doctor's note** on file at the school. Doctor's notes may be faxed to 636-207-2577.

**Prescriptions** need to have the label attached to the medication bottle. Doctor signature is not required if prescription label is included, but the parent permission form does need to be filled out.

A parent (or adult designated by the parent) may administer any medication to his or her own child at school. Please come to the health room and the student will be called out of class.

## **HEALTH INFORMATION FORM:**

If you haven't already, please fill out the Health Information form and return as soon as possible.

## **VISION AND HEARING SCREENINGS:**

In the next couple of weeks, your child will be screened for vision. Vision screening will be done class by class in grades 1-5. Due to the required

eye exam, K students will not be included in this screening. Special School District will be here to conduct the hearing screening on in October for grades K,1,3,&5. If your child does not pass one of the screenings, you will be notified that further testing is necessary. Please remember these are screenings and do not necessarily mean your child will need glasses or hearing devices.

Please feel free to call any time to discuss your child's health concerns or if you have questions.

## **Food Allergies**

We've started a group for parents just like you. Our group shares information and experiences so we can all stay on top of issues that relate to our kids' food allergies.

We are the Rockwood Food Allergy Network, and we'd love to hear from you!  
email: [debmicahels2004@yahoo.com](mailto:debmicahels2004@yahoo.com)  
call: 636 587-3267.  
Deb Michaels, RFAN Organizer

**Be more informed. Get support.**

## **Health Insurance**

MO Health Net is a health insurance program made available to uninsured children of low-income families who do not have access to affordable health insurance. If you are interested, please contact the office to have an application form sent home with your child.

## **Outdoor Recess**

It is important that all students dress appropriately during extreme temperatures. Running will be limited in warm weather and children improperly clothed for cold temperatures will not be allowed outside. The following policy is followed to ensure the safety and health of our students:

<20 degrees stay inside  
20-95 degrees outside  
>95 degrees stay inside



*How can kids make healthy eating and physical activity choices in today's world?*

# First Steps for Healthy Habits

*Create a healthy habit foundation that works for ALL kids regardless of size, shape or weight!*

## Begin to build the **Healthy Habit Foundation**

Role model! Be a "family leader of healthy habits."

### **A family leader of healthy eating choices.**

Sit down and eat with your kids. Use this time to talk about healthy choices. Your kids will learn by watching what you eat and modeling your choices.

### **A family leader of active play.**

Show your kids you have fun with active play. How about a walk in the park? While you walk, jump on leaves, or hop over cracks in the sidewalk. Decide together what is fun!

## Add structure to your **Healthy Habit Foundation**

- Set a regular time and place for meals.
- Set a time and place for snacks. *Planned snacks give kids "go" power, are a healthy part of their day and help replace nibbling.*
- Turn off the TV during meals and snacks. *TV is a distraction that keeps the family from talking together. Young and old alike don't notice what they are eating, or how much, when TV and meal/snack time are combined.*
- Choose a regular family time for active play. How about 15 minutes before dinner, or instead of TV on a Saturday night?

## Make your **Healthy Habit Foundation** fun

*Make healthy habits fun by involving the whole family.*

### **Kids help decide!**

Take turns deciding how to spend active playtime, or choosing a favorite meal.

### **Kids learn by exploring healthy choices at the grocery store!**

Make grocery shopping a fun, healthy learning experience by planning time to explore healthy choices...like the rainbow of fruit and veggie colors.

### **Kids get interested preparing meals**

Prepare meals together. Find simple tasks for the little ones like pouring water, setting the table, or arranging fruits *you* have sliced.

### Family Talk

List things you can do to involve your kids in building a *Healthy Habit Foundation* at home.

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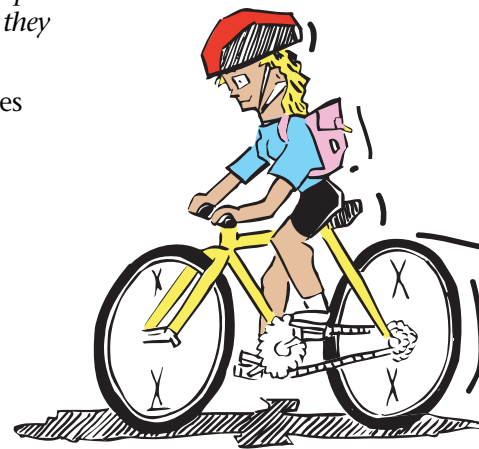
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**Resources**

**KidsHealth**

[www.kidshealth.org](http://www.kidshealth.org)  
 Nutrition, physical activity  
 and other health topics

**Kidnetic** [www.kidnetic.org](http://www.kidnetic.org)

Tips for building self-esteem,  
 healthy eating, and physical  
 activity

**Fit & Fun Family Goals**

Use the following checklist as a guideline for setting healthy goals. Build a healthy habit family foundation by choosing one or more of these goals to work toward. *In this busy world, the BEST plan may not always be possible, but it is ALWAYS worth working toward!*

**Healthy Habit Foundation Checklist**

For each of the healthy habits, write your thoughts about what is happening now.

- Be a role model \_\_\_\_\_
- Include active play in family time \_\_\_\_\_
- Plan meals together \_\_\_\_\_
- Grocery shop together \_\_\_\_\_
- Eat meals together \_\_\_\_\_
- Set regular meal and snack times \_\_\_\_\_
- Turn off the TV when eating meals or snacks \_\_\_\_\_

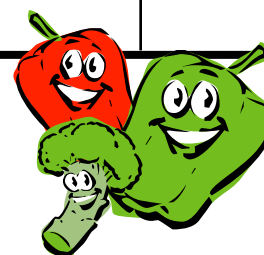
**Use the table below:**

- Write one or two SIMPLE goals to help your family build a strong healthy habit foundation.
- Recognize your progress. Success keeps you going and is fun.

**For the next month, mark each week that you reach your Healthy Habit Foundation goals.**

*Examples of goals: If you always eat with the TV on, try: Our family will find at least one day this week to eat with the TV off. Or, if you never have active play as a family, try: Our family will spend 30 minutes before dinner on Sunday to play catch, or dance, or go for a walk.*

	Week 1	Week 2	Week 3	Week 4
<b>Goal 1:</b>				
<b>Goal 2:</b>				



August 2009



Charles Pace  
Director

Dear Parent,

St. Louis County Library is excited to officially start its first Library Card Campaign, and we want to make sure that all children who go to school in St. Louis County have the most important school supply of all – a library card. Our newly designed children’s card, the “Imagination Passport,” is being unveiled this month.

Getting a library card for your child is easy. Simply complete and sign the enclosed application and mail it to:

St. Louis County Library Headquarters  
Attn: Circulation Dept.  
1640 S. Lindbergh  
St. Louis, MO 63131

The card will be mailed to the student’s home address.

Please note:

- Any student who attends a county school is eligible for a County Library card, regardless of their home address.
- **The library will waive all previous fines on existing student library cards for the duration of the campaign, so students can have a “clean slate.”**

Studies show that children who are read to in the home and who use the library perform better in school and are more likely to continue to use the library as a source of lifetime learning. Students can get free access to books, computers, Internet, music, DVDs, video games, and much more. Even if you do not visit a branch, students will find the library web site’s electronic resources for homework invaluable.

Campaign kick-off activities at each County Library branch will take place on Saturday, August 22. For more information, please visit the library online at [www.slcl.org](http://www.slcl.org), or call 314-994-3300.

There’s a lot happening at St. Louis County Library, and the best part for both kids and parents is that it’s all free with a library card.

**St. Louis County Library Card Application for Students in Grades K-8**

Please return completed form to student's teacher. School Name: \_\_\_\_\_

Please print:

Last name of student: \_\_\_\_\_ First name: \_\_\_\_\_ Middle I. \_\_\_\_\_

Street Address: \_\_\_\_\_ Apt. #: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone number: (    ) \_\_\_\_\_ E-mail address: \_\_\_\_\_

Student's Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Print Name of Parent/Guardian \_\_\_\_\_

*I understand that St. Louis County Library will issue my child a card which will entitle him or her to borrow materials and to have access to computers at St. Louis county Library branches. I agree to be responsible for any materials issued on this card and any fines accrued.*

Signature of parent/guardian: \_\_\_\_\_ Date: \_\_\_\_\_



St. Louis County **Library**

## Health and Safety: H1N1 Flu Update

Protect your child and family from getting sick with the flu with the following three steps:

- 1) Practice good hand hygiene by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- 2) Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.
- 3) Stay home if you or your child is sick for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine).

Health officials are predicting an increase in the virus during the coming months. For more information about H1N1 flu and what steps the school district is following to keep students safe, visit [www.rockwood.k12.mo.us/parent/student\\_health](http://www.rockwood.k12.mo.us/parent/student_health).

## Bond Issue Funds at Work

Progress continues on schedule and on budget to complete the 2008 voter-approved improvements to Rockwood schools:

- heating and air conditioning system upgrades
- technology updates
- roof repairs
- classroom additions
- bathroom renovations
- and more.



View the entire list of the school improvements provided by the 2008 bond issue on the Rockwood Web site: [www.rockwood.k12.mo.us/Prop3](http://www.rockwood.k12.mo.us/Prop3).

## Community Forum for the Rockwood Superintendent Search

Superintendent Craig Larson has announced his retirement effective at the end of this school year. The Rockwood Board of Education has hired an executive search firm, Ray and Associates, Inc., to conduct a national search for the next leader of the Rockwood School District.

The public is invited to a community forum. This meeting will allow our parents and patrons to provide input into a leadership profile for our new superintendent.

**Date: Wed., Sept. 9**

**Time: 7 – 8:30 p.m.**

**Location: LaSalle Springs Middle School**

**Address: 3300 Highway 109 in Wildwood**

Please join us for this important discussion. In addition, the community may provide input via an online survey that will be posted on the Rockwood Web site in early September.

Find more information at [www.rockwood.k12.mo.us/community/boe/suptsearch](http://www.rockwood.k12.mo.us/community/boe/suptsearch).



# Calendar of Events

## September

- 1 Entertainment Book Sales Ends  
Papa John's Night
- 3 Market Day pick-up (5:30)
- 7 NO SCHOOL
- 9 Fall Fundraiser Ends
- 15 EARLY DISMISSAL (12:08)  
PTO Mtg. (6:30-7:30)
- 16 Mobile Science Lab
- 17 Mobile Science Lab
- 26 RSD Science Expo
- 28 *WILDCAT'S ROAR*

## October

- 1 Market Day pick-up (5:30-6:30)
- 6 Papa John's Night  
Picture Day
- 9 End of 1st Quarter  
Fall Family Night (6:30-8:00)
- 10 RSD Cross Country Meet
- 12 PIE Safe House
- 13 Fall Parties  
EARLY DISMISSAL
- 15 Reading Store
- 17-18 Marquette Craft Fair
- 20 PTO Mtg. (6:30-7:30)
- 22 Hearing Screening
- 26-29 Red Ribbon Week
- 26-28 Book Fair  
Parent/Teacher Conferences
- 28 Flu Shot Clinic (3:00-6:00)
- 29 Market Day pick-up (5:30-6:30)
- 30 NO SCHOOL

For more information regarding our school calendar and upcoming events, please visit our website and select calendar from the left side of our home page.

<http://www.rockwood.k12.mo.us/westridge/>

