

THE WESTSIDE POST

WESTSIDE ELEMENTARY MONTHLY NEWSLETTER

UPCOMING EVENTS

GRANDPEOPLE DAYS
OCTOBER 13 & 14

2:00 DISMISSAL
OCTOBER 14

FAMILY FEST
OCTOBER 23

RED RIBBON WEEK
OCTOBER 23-31

FALL CONFERENCES
OCTOBER 25 & 27

NO SCHOOL
OCTOBER 28

DQ FUN RUN
OCTOBER 28

A MESSAGE FROM MS. GLOVER

October marks the beginning of "You Are Strong" month. Our students receive tickets from teachers for being strong in difficult situations and for using their academic and social strengths to help others. We draw tickets once a week to celebrate a few of those students. Watch our Facebook page for pictures of our weekly winners! Search Westside Elementary, Cabot School District to locate the page.

Spirit Week is next week! The themes are as follows:

Monday (10/10) Inside Out Day

Tuesday (10/11) Superhero Day

Wednesday (10/12) Dress Like Your Teacher Day

Thursday (10/13) Crazy Hair Day

Friday (10/14) School Spirit Day



More information about the events on the right will be sent home soon.

Our Bookstore is open! Students can purchase a variety of gadgets. Prices range from \$0.50-\$6.00.



Reminders:

*Students need a water bottle.

*Please charge chromebooks at home each night.

★ WESTSIDE ★ AFFIRMATION

ADULT SAYS.....KID SAYS

You are kind.....I am kind

You are strong.....I am strong

When you fail.....I try again

You are smart.....I am smart

You are important.....I am important

You work hard.....I work hard

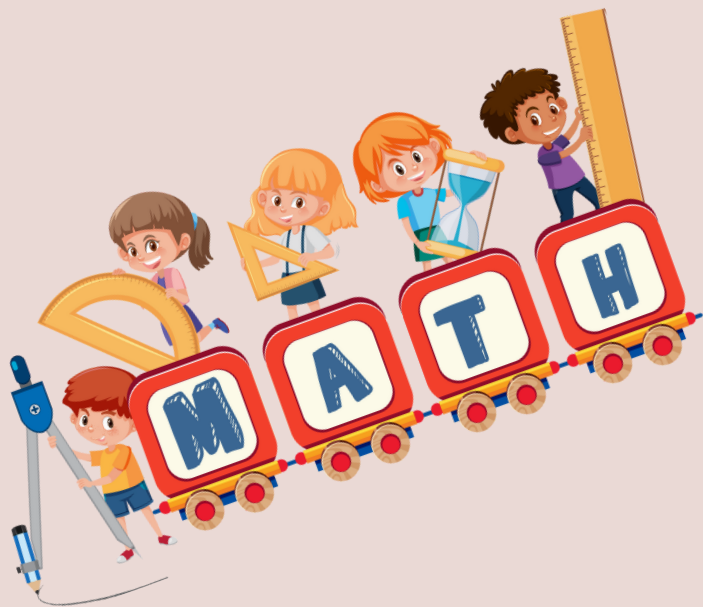
You are respectful.....I am respectful

You are loved.....I am loved



Affirmations are important to us at Westside! We say the affirmations on the left to our students. We would love for you to say them at home as well.

MATH TIPS FROM MRS. COOK AND MRS. RAY



Which One Doesn't Belong?		
Purpose	This routine provides an opportunity for students to reason about images to decide which one doesn't belong. Because any answer is correct, students are able to focus on communicating their reasoning and justifying their choice.	
Summary	Students are shown 4 different images, which may be numbers, equations, shapes, images, or diagrams. <u>They decide which one doesn't belong and explain why.</u>	
Examples	Grades K-1	Grades 2-4
	<p>A </p> <p>B </p> <p>C </p> <p>D 5</p>	<p>A </p> <p>B </p> <p>C </p> <p>D </p>
Questions to ask	<ul style="list-style-type: none"> • Which one doesn't belong? Why? • What is the same and different about the others? • Can you think of a reason why another one doesn't belong? 	

READING IDEAS FROM MS. ZULPO

Read stories and talk about what they mean. Stop at natural breaks in the story and ask questions. Avoid questions with "yes" or "no" answers.

Instead ask questions such as:

- *What do you think will happen next?
- *Which character in the story did you like the best? Why?
- *What was the setting of the story?
- *Who was telling the story?
- *What was the most exciting part of the story?
- *Retell the story in your own words.
- *What was the funniest, saddest, or scariest part of the story?



Try this! Play Pictionary. You don't need to run out and buy the board game. Make up your own list of words to draw. Be sure to include a variety of words such as words with prefixes, compound words, verbs, adjectives, or even your child's current list of vocabulary words. Write the words on strips of paper for the game. You will need two teams or players. The first player selects a word and reads it silently. Start a timer. The player must then draw pictures of the word to show its meaning while the other team/player tries to guess the word. Record the time it took to correctly guess the word. The next player/team takes a turn using a different word. Again the timer records the time. After several rounds, the team/player with the least total time wins the game.

AN EXTRA MESSAGE FROM MS. GLOVER ABOUT AFFIRMATIONS:

Parents can help students overcome negative thoughts and emotions by encouraging their children to think positive thoughts and use constructive self-talk. Constructive self-talk, or affirmations, will help instill confidence, positivity, and ambition. Having your child practice saying these helpful and encouraging words will motivate them and will have a big impact on their mind! Leading by example is a great way to get started! Providing lots of affirmations for your child will not only model what affirmations are but will also help them realize their strengths and unique personality traits. Students can practice affirmations by saying them out loud, writing them down, or turning them into a song. Create your own, or use the ones we provided and start building confidence and self-esteem. These encouraging words will help get the day off to the right start and help your student have a more successful school year.



Affirmation benefits include:

- Improved confidence
- Increased happiness
- Decreased negative thoughts
- Reduced anxiety
- Enhanced Self-Esteem
- Improved problem-solving skills