



November 8, 2018

Ever hear of an upstander?

I know you've heard of bystanders but there is a big difference between being a "bystander" and an "upstander". A bystander hears a negative comment and while they don't join in, they also don't help improve the situation.

We want all children to become "Upstanders" and move from silence to action. "Bystanders contribute to the problem. Upstanders stop the problem. Research shows that others speaking out or taking action stops bullying behavior over half the time within seconds!

It takes courage to be an upstander. Upstanders are kids who do something that prevents or reduces the bullying they see, or comes to the aid of another child who is being bullied by showing them kindness. Moving from being a bystander to becoming an upstander does not happen overnight. It takes schools and families working together to send the same message."

How do you support your child to be an upstander? Here are some strategies you can suggest:

1. Take action by telling the bully to stop

There are simple ways to speak up. Phrases like, "We don't do that here.", "That's not funny.", or "Stop. That's mean." send a quick and clear message. Talk with your child to find the phrase that works best for them. Having a plan makes it easier to execute.

2. Take action by getting others to stand up with them

When a mean comment is made, other kids tend to laugh at this behavior. That encourages the bully. Simply saying, "That's not funny." or "That was mean." is very powerful. In this case, the upstander is encouraging others to follow suit by being a role model. When one student stands up for the victim, it clears a path for others.

3. Take action by shifting the focus

If someone is being mean at recess (excluding someone or not playing fairly), the upstander can simply say to the victim, "Let's go play over there." The victim will feel supported and you are removing yourself without having to confront the bully or engaging in dialogue. Not everyone feels comfortable being confrontational.

4. Take action by telling an adult who can help

On our annual surveys, 99% of students reported they have at least one adult they could go to if they were bullied or saw someone being bullied. 98% were able to name at least 3 adults. Always encourage your child to tell a trusted adult.

Becoming an upstander...

1. **Takes courage** - Telling a friend who is bullying to stop is hard. They may be mad at you. But at least you won't feel guilty for being silent and allowing the bullying to continue. And you will be doing your friend a huge favor in the end by helping them stop really hurtful behavior.
2. **Takes action** - Doing something that does not support the bullying can be a really small intervention with big results! Three words - "That is bullying" - can cause others to recognize the problem.
3. **Takes assertiveness** - Telling a friend how their behavior makes you feel and how it affects others requires being able to use your voice!
4. **Takes compassion** - Upstanders have the gift of compassion. They recognize when someone is hurt and take steps to help.
5. **Takes leadership** - Upstanders are leaders in their social group, helping others to recognize ways to get along and be supportive to others.

We look forward to seeing you for your parent conference! Our goal is to ensure that you leave feeling well informed about your child's progress. We want you to gain insight into his or her strengths, areas of challenge and the direction we are heading next on your child's educational journey.

Jeff

The following students have earned STRIVE recognition for the month of October



Adrian M.	Charlie P.	Dylan M.	Jumpei O.
Teagan A.	Mason M.	Chance M.	Alexis S.
Isla K.	Will F.	Anna P.	Liam A.
Luke B.			

Public Act 16-189

We believe that it is vital for all students in West Hartford Public Schools to be able to efficiently and effectively use digital tools that empower them in all phases of the learning process, including research, problem solving, content creation, communication, and collaboration. We also believe that we must be committed at all times to protecting students' privacy and providing them with a powerful and safe educational experience. To that end, the West Hartford Public Schools follow the legal requirements of Public Act 16-189 to promote the safety and security of all students and staff.

In compliance with Connecticut State Law, we update online programs used within the district that house student data. The programs may be used district-wide, in a very small number of classrooms, or with individual students. The list will be updated each time the district enters into a new contract where student data is housed. For more information on the specifics of Public Act 16-189 and updates of vendor agreements, visit www.whps.org/pa189.



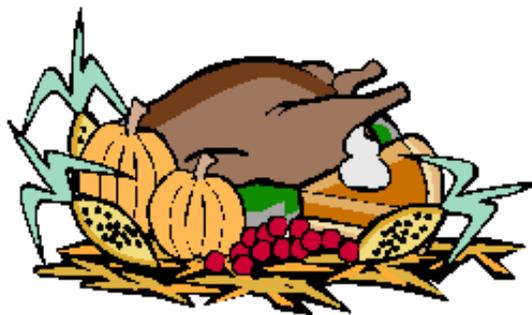
West Hartford Public Schools
Nutrition Services
Happening In The Café

In the spirit of being environmentally conscious, starting January 1, 2019, Nutrition Services will no longer be providing drinking straws in the cafeterias.

We will have straws available for nurses, special needs students and any other circumstances where students might need them.



Thank you for your cooperation in this effort and for your support of Nutrition Services.



Thanksgiving Food Drive

November 12-16, 2018

Food collected will be given to Webster Hill families in need. Please see recommendations below and send in items to school with your child. We thank you in advance for your participation!

The week will culminate with the annual PTO Turkey Bingo on Friday, November 16. Come play Bingo and try to win a turkey!

Pre-K/Kindergarten:	Turkey Gravy/Cranberry Sauce
First Grade:	Bags/Boxes of Stuffing
Second Grade:	Canned Yams or Boxed Potatoes
Third Grade:	Canned Vegetables
Fourth Grade:	Apple Juice
Fifth Grade:	Canned Fruit or Boxed Cookies

These are **suggested** grade-level items. Any non-perishable donation would be greatly appreciated!



Bring Your Family to

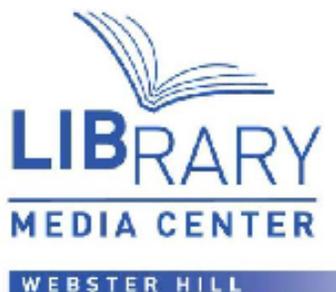
Reading Night, Scholastic Book Fair, and Ice Cream Social



When and Where: Wednesday, November 28, 2018
5:30- 7:30 - Visit reading stations throughout the school, eat ice cream in the cafeteria, buy books at the Scholastic Book Fair in the library
*** Book Fair will stay open until 8:00*

Who: Webster Hill Elementary Students and Their Families

Why: To share your love of reading
To eat ice cream
Receive a **\$4 gift certificate** to the Scholastic Book Fair
To have fun with family and friends



Did you know?

Each of the Library Media Centers in West Hartford Public Schools is home to a substantial collection of books, magazines, and technology for all members of our community to enjoy. Webster Hill currently has almost 18,000 print resources which are circulated to our children everyday! Professor Stephen Krashen noted in *The Power of Reading* that "library quality, defined in terms of the number of books in the library and the presence and quality of library staffing, is consistently related to reading achievement." Additionally, students who read one book each school day from Pre-Kindergarten through Fifth Grade will read over 1,000 books during their time in school. I am proud to serve you and your children as they flourish as readers!

At one time, libraries were a quiet place to borrow an old book. Today, the Library Media Centers in West Hartford Public Schools have been transformed into the information and technology learning commons in our schools. At Webster Hill, each of our students engages in a weekly Library Media lesson and curriculum-based technology integration experience that has been developed in collaboration with classroom teachers. The partnership between Library Media Specialists and classroom teachers helps to create meaningful connections for our students, supporting both the library and content area curriculums standards.

We love when our students find books that are just-right for them! At Webster Hill and throughout West Hartford Public Schools, we have a diverse collection of books, representative of our community and beyond, for students in Pre-Kindergarten through Fifth Grade. This includes literature and informational texts on all topics, from classics to the latest releases. We work hard to instill a love of reading with each child and help them to make selections that are just-right for their interests and level. Please contact me at anytime if I may be of support to you and your child.

Warmly,

Mr. Tavera, Teacher/Library Media Specialist
joseph_tavera@whps.org

Visit our website: <http://websterhill.whps.org> – click on "Library"
Follow the Library on Twitter! [@websterhill_lmc](https://twitter.com/websterhill_lmc)



"Any book that helps a child to form a habit of reading, to make reading one of his deep and continuing needs, is good for him." -Maya Angelou

Health Services Update INFORMATION ON HAND, FOOT AND MOUTH DISEASE

Cases of Hand, Foot and Mouth Disease in Connecticut have been reported in the news. Hand, Foot and Mouth Disease is a common childhood virus that is seen in the summer and early fall.

It is caused by different viruses. It usually affects infants and children under the age of 5, but older children and even adults can be affected. It takes 3-6 days for signs and symptoms to show. It is spread through coughing, sneezing, fluid from blisters on the hands and/or feet or through contact with stool of the affected person. It usually starts with a fever and sore throat followed by a rash with tiny blisters in the mouth, fingers, palm of hands, soles of feet and buttocks. One or all of these areas may have blisters. Symptoms usually can last for about one week. Skin peeling of fingers and toes can occur.

There is no medicine to treat Hand, Foot and Mouth Disease, but the symptoms such as fever can be treated. Ways to control spreading include frequent hand-washing, teaching your children to cover their mouths and nose with a tissue or their arm when coughing or sneezing, and preventing of sharing of food, drink and personal items.

Children with Hand, Foot and Mouth Disease generally do not need to be excluded from school or child care unless the child has a fever and/or is uncomfortable or blisters are open and weeping.

For more information please visit the:

CDC website: <http://www.cdc.gov/hand-footmouth/index.html> or

American Academy of Pediatrics website: <https://www.healthychildren.org>.

Information provided by: Grace Johnson, RN, BSN
Nursing Department Supervisor,
West Hartford Public Schools

Webster Hill PTO



websterhillpto.org

News, Dates and Updates • November

Lyman's Pie pick up & Turkey Bingo - The pies will be available for pick-up on November 16th. Also, join us that night for Turkey Bingo from 7-8pm in the cafeteria! Volunteers are needed. If interested, please email webhillpto1@gmail.com

Thanksgiving Food Drive – November 12th-16th. Food collected will be given to Webster Hill families in need. Any non-perishable donations would be greatly appreciated! We thank you in advance for your participation!

Teacher Conference Lunches: November 13th- 16th. Our PTO provides lunches for our wonderful teachers during conference week. We are looking for families to help provide food for these lunches. Please visit <https://www.signupgenius.com/go/10C0A48AE62BA0FD0-conference> to sign up. Our PTO and especially our teachers thank you very much for helping!

Chess Club - Award-winning chess instructor and coach, Alexander Lumelsky, is offering this instruction-based chess program for students in grades K through 5, beginners welcome. Registration will continue until the start date of Tuesday, November 13th.

Picture Retakes - The PTO is in need of one volunteer to help on picture retake day on Friday, November 9. The volunteer is needed from approximately 9-11 AM, depending on the number of retakes. If you would be able to help out, please email webhillpto1@gmail.com

Book Fair & Ice Cream Social - Wednesday, November 28th from 5:30-7:30pm (the Bookfair will stay open until 8pm). Visit reading stations throughout the school, eat ice cream in the cafeteria & buy books at the Scholastic Book Fair in the library. We are looking for volunteers to help Mr. Tavera set up the bookfair from 12-4pm in the Library. If interested, please email him at joseph_tavera@whps.org.

Paul Cryan Photos - Paul Cryan will set up his studio in the auditorium on November 27th & 28th. The appointments will start at 3:30 pm and will last 5 minutes per child. If interested, please fill out the form that went home with your child and return back to the school by November 20th.

Box Tops for Education - Our monthly challenge is in full swing. We want to encourage every family to collect 10 box tops per month. We hope the collection sheets make this goal easier for families. Keep on clipping!

Parent / Teacher Basketball Game – In the gymnasium at Conard High School on March 15th. This is a fun event to watch or participate! Save the date!

Hartford Yard Goats Game – Our annual Yard Goats outing will be Sunday, April 28th. The kids always have a blast taking pictures with Chompers and running the bases after the game! This is one of the PTOs largest fund raisers. Save the Date!

Don't miss our next PTO Meeting Monday, November 12th at 6:30pm in the Library! Come share thoughts and ideas, ask questions, and learn about our exciting upcoming events/activities. **We will have babysitters **

2018-2019 PTO Board

President
Samantha Paul

Vice President
Aimee Wood

Treasurer
Anita Arakelian

Recording Secretary
Jake & Lizzy Brooks

Communications Coordinator
Liz Wilmes

Fundraising Coordinator
Matt Wilmes

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Event Coordinators
Sonia Williams & Jan Beach

Donations Coordinator
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Community Relations Coordinators
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Volunteer Coordinator
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Christine Velastagui

5th Grade Liaison
Laura Keever

Teacher Representative
Mr. Joseph



West Hartford Special Education PTO News November 2018

Internet Safety for Our Student and the CareCard

Tuesday, December 11th at 7pm, King Philip Middle School Auditorium

Officer Cummings of the CT State Police will discuss internet safety, social media awareness, and current

CT online trends with an emphasis on how special needs children process and partake in social media. The presentation covers current Connecticut laws, social media trends, and free online resources. Officer Kisela of the West Hartford Police Department will join us to register your student for CareCards.

ONGOING

2018-2019 Membership Drive

Receive *The Everyday Parenting Toolkit* by Alan E. Kazdin FREE with your 2018-2019 West Hartford SEPTO Membership; which is just \$15! A book discussion will be held at the Noah Webster Library on Tuesday, March 19 led by Matthew Carbone, MEd, MA, BCBA District-Wide Board Certified Behavior Analyst with West Hartford Public Schools.

Register for your 2018-2019 WHSEPTO Membership at <https://www.whsepto.org/membership.html>

NEW! Online Parent Support Group

http://bit.ly/WHSEPTO_SUPPORT

Caring for a child with special needs or differently abled can be challenging but it doesn't have to be lonely! Join our NEW Online Parent Support Group for friendship and support. Please note: this is a Facebook "Closed" group. You will need a Facebook account to join.



WEST HARTFORD POLICE DEPARTMENT **CareCard**



Please complete the following information for whom the CareCard is intended for. Parent/Guardian/Caretaker can include their name as an "Emergency Contact" if appropriate. Applications can be mailed, hand delivered, or emailed to the police department. If email is preferred, please email applications to: pkisela@westhartfordct.gov

1) Name:

First: _____ Middle: _____ Last: _____

2) Date of Birth/Gender/Descriptions:

Date of Birth: _____ Gender: _____ Height: _____ Weight: _____
Eye Color: _____ Hair Color: _____ Race: _____ Nickname: _____

3) Address:

4) Cell Phone Number (if applicable): _____

Carrier of Cell Phone (i.e. AT&T, Verizon, T-Mobile, etc.): _____

5) Driver License Number (if applicable): _____ State: _____

6) Hearing Impaired: (Deaf) YES _____ NO _____

7) Impaired Visually: (Blind) YES _____ NO _____

8) If 18 or older, legal ability to make decisions regarding medical, financial, and personal affairs:

YES _____ NO _____

If the previous question was answered "no" please explain the legal limitations and who has such legal authority to make decisions:

9) Hospital Choice: _____

PD Use Only: CFS# _____



WEST HARTFORD POLICE DEPARTMENT **CareCard**



10) Medical Conditions: (Include Clinically Diagnosed Psychological Disorders)

11) Important Information: (Information that could help First Responders safely care for and communicate with the individual i.e. does not like loud noises, can read lips to communicate, responds well to females, can become combative when agitated, etc.)

12) Emergency Contact:

1) Name: _____
Relation: _____ Phone: _____

2) Name: _____
Relation: _____ Phone: _____

13) Picture: Please provide a RECENT photograph that can be added to the CareCard. Please email the photograph to: pkisela@westhartfordct.gov

Parent/Guardian/Caretaker completing this form, please provide the following regarding yourself:

Name: _____ Relation: _____
Date of Birth: _____ Sex: _____ Phone: _____
Address: _____

Photograph Uploaded ___ Card Completed ___ Application Scanned ___ Nexgen Photo ___ CFS Written ___ Card Mailed ___

PD Use Only: CFS# _____

The Connecticut State Police Presents: Internet Safety and Social Media Awareness



*Join Trooper Kate Cummings (Instagram: @CT_Dare_Trooper)
for an evening presentation on:*

- Current social media trends and adolescent behavior online
 - What is your digital footprint?
- Resources for keeping you and your family safe



When: Tuesday December 11, 2018

Time: 7-8:30pm

Where: King Phillip Middle Schools

100 King Philip Drive, West Hartford, CT 06117

Cost: FREE