

# Westside Village Magnet School

"A Fun and Innovative Place to Learn"

## Upcoming Events

October 20th	First Six Weeks Ends
October 23rd	Second Six Weeks Begins
October 23rd	Volleyball: WVMS @ North Lake 2:00pm
October 24th	1st Community Celebration 4:30pm
October 25th - 27th	No School
October 30th	Kemple Clinic Dental Screenings
October 31st	Harvest Celebration
October 31st	Friends of WVMS Jog-A-Thon Fundraiser
November 9th	Picture Retake Day
November 10th	No School - Veterans Day Holiday
November 16th	College Day
November 20th - 24th	No School - Thanksgiving Break

## 1st Community Celebration

Please join the WVMS Community for our Community Celebration on Tuesday, October 24th, from 4:30pm to 6:30pm. We will have a parent community meeting to discuss important topics, have a scrumptious dinner and dessert, and enjoy performances by some talented WVMS students. Centers, Youngers, Olders, and some Elders will be performing. We hope to see you there!

## It's Getting Cold Outside!

With the change in weather and drop in temperatures, it is important to bring a warm jacket to school. We go outside in all sorts of weather and want our kids to stay warm and healthy. Please remember to bring jackets! If you need help with a new winter jacket for your child, please let Anne know, or call our FAN Advocate, Nicole Stefano at 541.355.2408 or 541.355.7715.

## Kindness Club Bake Sale

The WVMS Kindness Club will be hosting a bake sale at our Community Celebration on Tuesday, October 24th! Proceeds from the bake sale will go towards a Friendship Bench for kids to use during Safe Play times. Bring your wallets and your sweet tooth, we hope to see you there!



## Curriculum

Students have started their Inventerprise project! They are applying the Design Thinking Process to identify problems humans have with transportation and a possible invention to solve this. After identifying the problem and their design challenge, students are designing and building prototypes to share their solution. We can't wait to hear their ideas and see what they come up with!

In math, students are completing a problem solving to investigate the area, dimensions, and layout of the heart mural we are creating in the downstairs commons. Math groups have started geometry stations and math seminar. We are continuing to focus on math fluency which is the ability to accurately, efficiently, and flexibly solve problems.

In the afternoons, Olders and Elders did a mindful movement inquiry, applying the Science Inquiry Process to experiment with how mindful activities increase or decrease heart rate. They experimented with exercise and calming techniques to see how their hearts react with these activities.

## **Praising Kids With Mindfulness**

In our last newsletter, parents were given suggestions about ways to praise their children. Research suggests that parents should think twice about praising our kids for being "smart" or "talented," because this may foster a fixed mindset. Instead, if we encourage our kids' efforts and acknowledge their persistence and hard work, then we will support their development of a growth mindset. Children with a growth mindset believe that with effort and persistence they can learn and achieve in school. A growth mindset will better equip them to persevere and pick themselves up when things do not go their way. Parents should also examine their own belief systems. Do you have a growth mindset? Do you believe that with effort, persistence, and motivation your children can achieve their goals?

Dr. Carol Dweck, an educational researcher states,

"Parents should not shield their children from challenges, mistakes, and struggles. Instead, parents should teach children to love challenges. They can say things like "This is hard. What fun!" or "This is too easy. It's no fun." They should teach their children to embrace mistakes, "Oooh, here's an interesting mistake. What should we do next?" And they should teach them to love effort. "That was a fantastic struggle. You really stuck to it and made great progress" or "This will take a lot of effort - boy it will be fun."

Some parents need to work at having a growth mindset. It takes time and practice, but it is well worth it when you see the difference that it makes in your children.

## **Harvest Celebration & Friends of WVMS Fun Run Fundraiser**

We will be celebrating the harvest on Tuesday, 10/31. We will be going on a Friends of WVMS Fun Run Fundraiser, doing arts and crafts, making some delicious treats, and having a lot of fun! Please have your child wear their costume to school, but leave any masks in backpacks until they are at school. Please do not bring scary masks to school, we want everyone to feel safe and have a good time. Your child doesn't have to wear a Halloween costume. It could be a fun, homemade costume, just something fun they'd like to wear, or regular clothes. Please note that small pieces to costumes are easily lost. It is suggested that small pieces stay at home so that they are ready for trick-or-treating and Halloween fun on Tuesday night. Also, please do not bring candy to school. We have several fun treats planned already.

We are looking for parent volunteers to come help with our Harvest Celebration. If you are available to come help, please call the office at 541.355.2000.

## **A Note from Friends of WVMS About the Jog-A-Thon Fundraiser**

Thank you for the excitement and questions we have received so far. Friends of WVMS is conducting its first fundraising event during school hours to support school day programs. Every year at the Harvest Festival, students have had the opportunity to run throughout the community in their costumes. Friends of WVMS is hoping that this year, students ask friends and family for sponsorship donations for this Fun Run fundraiser that will take place during the harvest festival. Proceeds will support our Art, Music, and Spanish programs. All students will be participating in the Fun Run. The sponsorships are an extra way for students to get pumped up and excited about running to support the programs they love, but sponsorships are optional. We are hoping that you will help your student collect sponsorships by mailing or emailing attached letters, or create a social media post asking for sponsors to support the school programs they participate in, or better yet joining them in the Fun Run or Harvest festival. No donation is too small, even the donation of your time. As a board, we have set a goal to raise \$8,000 for our 1st annual Fun Run. Our supporters have always been generous and we are thrilled that there will be prizes for students that have been donated by local companies, but most of all we are excited to have some fun!

## **Día de Los Muertos en Madras - Day of the Dead in Madras**

Saturday, October 28 at 12:00 PM - 7:30 PM, 241 SE 7th St, Madras, OR 97741

Hosted by: [Let's Talk Diversity Coalition](http://letstalkdiversity.net/) (<http://letstalkdiversity.net/>)

A cultural event provided by GAB- Girl's Advisory Board

Activities and workshop presentations offered by the Central Oregon chapter of Titlakawan.

Spend the day with the Mexicas and learn the components of an altar.

## **School Report Cards**

Each year the Oregon Department of Education provides a [Report Card](#) for our school and district. If you would like to view either of these, please visit: <https://www.bend.k12.or.us/district/academics/academics-overview>.

## **Tips On How to Deal With Media Violence**

With all of the violence in our current world climate, it is important to know how media violence impacts kids and to know how to choose quality age-appropriate media. Media violence is too common and easy for kids to access - in video games, movies, cartoons, the internet, news, etc., and it's becoming harder to avoid.

So how can you as a parent manage media violence in your kids' lives?

### Tips for parents of all kids

- Explain consequences. What parent hasn't heard "but there's no blood" as an excuse for watching a movie or playing a video game? Explain the true consequences of violence, and point out how unrealistic it is for people to get away with violent behavior.
- Keep an eye on the clock. Don't let kids spend too long with virtual violence. The more time they spend immersed in violent content, the greater its impact and influence.
- Teach conflict resolution. Most kids know that hitting someone on the head isn't the way to solve a disagreement, but verbal cruelty also is violence. Teach kids how to use their words responsibly to stand up for themselves -- and others -- without throwing a punch.
- Know your kids' media. Check out ratings, and, when there are none, find out about content. For example, content in a 1992 R-rated movie is now acceptable for a PG-13. Streaming online videos aren't rated and can showcase very brutal stuff.
- Keep an eye on interactive media violence. There's no way to accurately measure whether there's more or less violence than in the past, but the pervasiveness of it in interactive forms, such as social media, online videos, and video games, is relatively new.

### Advice by age

- 2 to 4-year-old kids often see cartoon violence. But keep them away from anything that shows physical aggression as a means of conflict resolution, because they'll imitate what they see.
- For 5 to 7-year-olds, cartoon rough-and-tumble, slapstick, and fantasy violence are OK, but violence that could result in death or serious injury is too scary.
- 8 to 10-year-olds can handle action-hero sword fighting or gunplay so long as there's no gore.
- For 11 to 12-year-olds, historical action -- battles, fantasy clashes, and duels -- is OK. But closeups of gore or graphic violence (alone or combined with sexual situations or racial stereotypes) aren't recommended.
- Kids age 13 to 17 can and will see shoot-'em-ups, blow-'em-ups, high-tech violence, accidents with disfigurement or death, anger, and gang fighting. Point out that the violence portrayed hurts and causes suffering, and limit the time they're exposed to violence, especially in video games.
- Most M-rated games aren't right for kids under 17. The kid down the street may have the latest cop-killer game, but that doesn't mean it's good for him. The ultra-violent behavior, often combined with sexual images, affects developing brains. Just because your child's friend is allowed to play violent games or watch violent movies doesn't mean they're OK for your child.

(Information above is furnished by <https://www.common sense media.org/blog/tips-on-how-to-deal-with-media-violence>).

## **Kemple Children's Dental Clinic Screenings**

Kemple Clinic will be providing free dental screenings for Kindergarteners, 1st, and 2nd graders on Monday, October 30th. If you don't want your child screened, write OPT OUT on the forms that were sent home. If your child is assessed as needing sealants, they will be returning at a later date to provide this service. Dental sealants are plastic coatings put on the back teeth to seal out germs and prevent cavities. Sealant applications are conveniently provided for free by the Kemple Clinic on school premises, completed by licensed dental professionals. If you need an additional Opt-In/Opt-Out form, they are in the office.

## **Firebusters!**

FireBusters is run by the Central Oregon Fire Prevention Cooperative. Each year the group joins forces with News Channel 21 to air fire safety messages throughout Central Oregon. Students are given worksheets to fill out throughout the week of messages. Once completed, students can turn in those worksheets for a chance at winning a bike! Our school can also win some cool prizes, if enough of our kids turn in their worksheets. Extra worksheets are available at school, or you can watch the videos and fill one out online at [http://www.centraloregonfireservices.org/?zone=/unionactive/view\\_page.cfm&page=COFPC](http://www.centraloregonfireservices.org/?zone=/unionactive/view_page.cfm&page=COFPC).

The goal is to provide elementary aged kids exposure to safety tips that they can use and share with their parents. These messages range from match/lighter safety, to home escape plans and stop, drop and roll. The topics rotate annually so that each year the kids learn new topics.