

The Longhorn Way

Parent Edition No. 30

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Knowledge is Power!

Parenting can be a difficult job. I have never heard a parent say, "This is easy, I know exactly what I am doing." My own mother once told me, "Parenting is the hardest job you will have." I believe staying informed, having a support network, and being engaged are a few of the most important ways we as parents can create successful children. To do these things we need to have information. Knowledge is power!

We can't do better if we don't know better. Many things move faster than we can keep up. Not to mention, times have changed since we were kids. One way to stay informed is to mark your calendar for our **Parenting University on April 19th, 6:30 pm at West Middle.**

We will have several breakout sessions to increase your knowledge and keep you informed on hot topics. It will also give you a chance to network with other parents. Please take time out of your schedule to be and stay informed. More information and sign up to come after spring break.

Parental Advisory: Heroin and Opioids-The Crisis in Our Own Backyard.

Again, Knowledge is Power! Alliance for Healthy Communities is sponsoring an event provided to help parents understand the warning signs of heroin and opioid abuse. This event will include specific actions to take to protect your children, and insights from a panel of experts to answer your questions. **March 21st, 6:30 pm-8:00 pm in the West High Theatre, see attached flyer. West St. Louis County Opioid Task Force** recently shared with us information from the [CDC report](#) reveals a significant increase in emergency room visits of nearly 70% in the Midwest. This is the highest increase in the nation.

What's Cooking, West Middle?: Understanding our diversity is an important aspect of building a strong community. Please sign up to attend our What's Cooking, West Middle Night on April 26, 2018.

[See link here for details and registration](#)

Lost and Found: Please check out the lost and found in the front hallway. We will donate the items remaining on our Spring Break.

Thanks for sharing your children.

~Annie

Mark Your Calendar

March 20-23: 6 Red Outdoor School
March 20: Fire Drill 3rd Hour
March 21: West Time/Team Time
Baha'i New Year
Parental Advisory: Heroin and Opioids @ West High 6:30 pm
March 22: Visiting Nurse Association Clinic 8:00 am - 10:00 am
Board of Education Meeting at Central Middle 7:00 pm
March 23: Staff/Student Basketball Game
6th Grade - 6th Hour; 7th Grade - 3rd Hour; 8th Grade - 7th Hour
March 26-30: Spring Break

An investment in knowledge pays the best interest.