

The Longhorn Way

Parent Edition No. 14

November 10, 2017

Thanks to all that joined us today to honor our Veterans. A big thanks to our Student Lighthouse Team that planned the entire event!

During the next few weeks the grade level administrators and counselors will be visiting teams to discuss bullying in our school with the focus on bystander empowerment. We will help students understand the definition of bullying as well as provide them with some strategies they can use if they witness such behavior. Our school's mission is to make sure West is a community where everyone feels safe. Below are the strategies that we will encourage students to use as a bystander:

- Don't join in the laughing or teasing,
- Tell the person "that is not funny" or "that is not cool",
- Change the conversation,
- Cause a distraction ,
- Help the target leave the conversation ex. "Let's get out of here",
- Stand near the target,
- Show empathy to the target afterward ex. "I would feel sad, too" "I'm so sorry this is happening",
- Don't forward or negatively respond to unkind posts,
- Post supportive things about the target,
- Report to a trusting adult

Please talk with your child about these strategies so we can all work together to help our community be a positive and safe one.

7th and 8th Grade Mixer: Students have been planning the 7th and 8th grade mixer. It is scheduled for Friday, November 17, 3:20pm-4:20pm. The theme is "Glowsters". Tickets are \$5 each and sold in the school store. After activity buses will be available.

CHAD'S Coalition: We are fortunate to partner with a valuable community resource: CHAD's Coalition. In support of our instruction on mental health and suicide awareness/prevention, information is presented by a speaker from this organization. The emphasis is on recognizing the signs of depression and A.C.T.ing: Acknowledge, Care, Tell. We encourage our students to talk to parents and trusted adults if they have a concern about themselves or someone else. This program is a collaborative effort of our Counseling Department and PE/Health. Seventh graders participated this past week; 8th graders will participate Monday or Tuesday of the coming week. The most powerful tool of prevention is communication. Please talk with your children about this topic. If you have questions or need additional information, please contact your child's health teacher or grade level counselor. You can get more information about CHAD's Coalition at www.chadscoalition.org

PTO: Jr Longhorn Spirit Night: Tuesday, November 21 from 4:00-9:00 pm at Qdoba 1082 Town & Country Crossing. Come out for some great food & great company and support the Jr. Longhorn Spirit Campaign at the same time.

Thanks for sharing your kids with us!

~Annie

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Mark Your Calendar

November 14: PTO Meeting 7:00 pm Library

- November 15:** West Time/Team Time Schedule
Board of Education Meeting 7:00 pm Central Middle
- November 16:** Hearing and Vision Screening (7th Grade) During Math Classes
6th/7th Grade Choir Concert 7:00 pm Large Gym
- November 17:** 8th Grade Career Conference St. Louis Community College Meramec 10:25am - 1:2:50 pm
7th and 8th Grade Mixer 3:20 pm-4:20 pm

It's not what you look at that matters, it's what you see.