

West TV PTC Monthly Newsletter

October 2017



Welcome Message

Guest Writer Natalie Bodenhamer

As a parent, there are certain threats that make me want to gather up my kids and usher them back into the womb. It used to be unfenced pools, jumbo grapes and steep stairs. But now they swim, chew and climb, so my anxiety has dissipated. Instead we've graduated to risks like uneven bars, half pipes and mean girls. The last one seems more of a real and present danger as my kids stretch their legs and grow in their independence.

October is National Bullying Prevention Month, which is a great reminder for us parents to take some time to consider our own role in bullying prevention. The idea of my kids getting caught up in bullying (as victim or offender) makes me want to construct an underground compound on a rural plot of land and hide them away. Because the consequences of bullying, be them emotional or physical, are real and lasting. I know, I know. An underground habitat isn't the answer. But what is?

Diversity. Individuality. Acceptance. Empathy. These values are the answer. And elevating them for our young people is where we begin. Because how does bullying survive when diversity and individuality are strengths? When acceptance and empathy are expectations? It doesn't.

The fact that You Be You is West TV's theme for the year gives us a great head start. Diversity, individuality, acceptance and empathy are values that will be familiar to our kids. With these as our cornerstones, we create diverse and inclusive places – environments where physical or emotional mistreatment doesn't stand a chance. With You Be You! as our battle cry, we raise curious and inclusive people – kids whose idea of connection is based on interest and inclusion, instead of mistreatment and shame.

And yet, we're raising real humans in a real world. In addition to reinforcing values that prevent bullying, we have to be ready to confront bullying it dead on. Here are a few helpful online resources to equip us:

- PACE Center's Kids Against Bullying interactive website is full of videos, stories, quizzes and tips for our kids (<https://pacerkidsagainstbullying.org/>)
- Disney Jr's Kindness Kit is a perfect resource for early elementary kids (http://www.pacer.org/bullying/resources/publications/ChooseKindness_Vamp_FNL.PDF)
- Ten actions all parents can take to eliminate bullying from TheBullyProject.com (http://d3n8a8pro7vhmx.cloudfront.net/themes/51e1be8f9670a42080000002/attachments/original/1377636619/2_10TipsforParents.pdf?1377636619)
- Recognizing signs that your child is bullying or being bullied by StopBullying.gov (<https://www.stopbullying.gov/at-risk/warning-signs/index.html>)

West TV, may we move forward with confidence. Together we can change this world. We can set inclusive tables, cultivate accepting places and raise a kind, empathetic and loving generation.

Fundraiser Alert

PICCOLO MONDO SHOPPING WEEK – November 12-17, 2017

Mark your calendars for Sunday, November 12 - Friday, November 17 to knock out some holiday shopping at Piccolo Mondo Toys in Bethany Village (4768 NW Bethany Blvd Portland, OR). If you would like to get some ideas ahead of time, visit <https://www.piccolomondotoys.com/>
Family and friends who are not able to attend in person can also call in orders during the week of the 11/12 - 17 at 866-578-TOYS. **15% of sales will be donated back to our school!**

Spotlight: Continent Club

My name is Julie Le Gassick. I've been volunteering to help with Continent Check for 7 years, beginning when my oldest daughter Ivy was in 1st grade. My two 3rd graders, Sadie and Stella, love learning about geography, too, and I am happy to help bring maps and exotic locations in to your children's lives.

Continent Club has been a popular program at West TV for many years. It is thanks to many volunteers as well as the teachers, Mrs. Van Kleek, and the front office staff that facilitate the program. Each month, we focus on one continent. This month, our focus is Europe, and we are asking the children to learn the locations of 20 preselected countries and states.

On a typical *Check Day*, each class is scheduled to come to the cafeteria for 10 minutes between 8:45am and 10:45am, where parent volunteers meet each student while they locate the 7 continents and as many pre-selected countries/states as they can identify. After the Check, students go the "stamp" table and pick out 1-5 stamps (one stamp per group of 4 countries/states) to glue into their passports. In addition, the kids that successfully locate all 20 states and countries may choose to participate in the Challenge. For the Challenge this month, we have chosen 10 rivers in Europe for the children to locate. Other months the Challenge will focus on physical landmarks, rivers of the continent, or UNESCO sites, just to name a few.

All the supporting study documents, including the study map, the blank study maps, the study guide, and the Challenge Study Guide are located as hard copies in the library, or available for download on the PTC website <http://wtvptc.org/continent-club/>

We really want the kids to try to learn what they can, so we ask that you start off with the first 4 countries or states. If your kids are willing to learn more than that, then continue on to the rest of the countries. My favorite part of Continent Check is helping my kids study and learning about different parts of the world. Every month we find new locations we want to visit, and have good discussions about how each continent differs. If each child can walk away from Continent Check knowing all 7 continents and learning the location of a few new countries, I feel like it has been a success.

Keep in Touch

We want you to feel welcome and informed about all WTV activities, so please follow our news on our **website** www.wtvptc.org and on Facebook at <https://www.facebook.com/wtv.ptc/>, get a quick reminder of upcoming events every Monday in your email inbox from our **Monday Minute**, attend our monthly **PTC meeting** (every 3rd Wednesday evening,) and get to know our organization more in-depth in this monthly **newsletter** sent via email. Cheers!

If you have any content suggestions for upcoming newsletters, please contact Jami Keene, PTC Secretary, at jamikeene@hotmail.com.