

School Calendar

Sept 9 - Nov 5 - [Read and Feed](#) Book Drive

Sept 23 - Interim Reports go out this week

Oct 1 - Backpack Buddies Begins (Hope Community Church)

Oct 2 - Inter-Faith Food Shuttle

Oct 3 - Teacher Workday

Oct 10 - Family

Engagement Night (5-7)

Oct 14 - Teacher Workday

Oct 24 - Field Trip to Naylor Farm

Oct 31 - End of Quarter 1

Message from Principal Perkins

September is Suicide Prevention Month, a time to raise awareness and discuss this urgently important crisis.

[National Alliance on Mental Illness](#) (NAMI) uses this month to spread hope and vital information to people affected by suicide and suicidal ideation. The goal is to ensure that individuals, friends, and families have access to the resources they need to discuss suicide prevention and to seek help. Suicidal thoughts can affect anyone regardless of age, gender, or background. Though suicidal thoughts are common, they are not a normal response to stress, and they often indicate more serious issues.

This [infographic](#) highlights the warning signs of suicide. The National Association of School Psychologists offer these [tips for parents and educators for preventing youth suicide](#).

WCPSS has a variety of resources and supports available to help students who are at risk of and/or struggling with mental health issues. This includes core social-emotional learning and engagement in the classroom; behavioral health support services; counseling with specialized instructional support personnel, such as counselors, psychologists, and social workers; school-based mental health services; mental health support and crisis services coordinated with Alliance Healthcare.

Parents can always reach out to their child's school counselor, who can help you connect to support or access services. You can #BeThe1To help save a life by using these [five action steps](#) for communicating with someone who may be suicidal: Ask. Be there. Keep them safe. Help them connect. Follow up.

Writing Tip:

Freewriting is a good way to learn about your feelings and to explore your thoughts about a variety of personal issues.

Test-Taking Tip:

Use the process of elimination, then choose the BEST answer.

Wellness Moment:

If you or someone you know is in crisis, call, text, or chat 988. Immediate chat available at [988Lifeline.org](https://www.988lifeline.org).

STEM Teacher Highlight: Ms Love

My name is Ms. April Love and I teach the **STEMTASTIC** elective! Engineers have an effective way of problem solving & creating. Most of the lessons are **hands-on** and students can **move around** the room, **be creative** and **work together**. This class encourages teamwork through group projects **hosts** guest speakers who work in STEM areas.

We use recycled material and the [Engineering Design Process](#):

Engineering Design Projects:

- **SEPTEMBER**-Tall Towers, Waterslides & Roller Coasters
- **OCTOBER**-Mazes, Egg Drop & Haunted Dwellings
- **NOVEMBER**-Prosthetics, Sneaker World & Behind the Mask
- **DECEMBER**-Toys, Bioluminescence & Edible Vehicle

