



Dr. Matthew Redcay
Principal

Mrs. Michelle Kersikoski
Assistant Principal

FROM THE PRINCIPAL – DR. REDCAY

Hello WHEC Families,

We are a full month into the new year, which brought us a few FID days and a delay. Our students and families did a great job adjusting to the change in schedule and making the best of the situation. Hopefully, we enjoyed the snow with friends and family, too. As we move into February, the possibility of bad weather is always present, so continue to use Class Dojo and the website to see the latest updates and schedule changes if necessary.

We celebrate the 100th day of school on Friday, February 2. It is hard to believe the year is moving so quickly, but the next 80 days have many new opportunities and activities for our students and community.

In the classroom, students and teachers will explore new skills and content and look to increase responsibilities and expectations to prepare them for new opportunities and the transition ahead of them. With all the hard work in the classroom, we will continue to celebrate our successes with the Spartan Assemblies, and we are closing in on field trip season. Teachers and staff will communicate the activities and events happening school-wide and in the classroom.

Thank you for the support, and we look forward to all the positive things this year still has to give us at WHEC.

Take care-
Dr. Redcay



[School Cafe](#)
[Breakfast Menu](#)
[Lunch Menu](#)

IMPORTANT DATES AND LINKS

Monday, January 29th - Monday, February 9th - Souper Bowl 2024

Students are invited to bring canned goods and place them in the designated box for the team that they want to win in the Super Bowl. We will tally the cans and provide updates via Dojo. All food will be donated to Olivet Boys and Girls Club.

Monday, February 12 - Friday, February 16 - Random Acts of Kindness Week

Additional information can be found in this newsletter under SAP

Friday, February 16 - Early Dismissal, 12:30pm

Monday, February 19 - No School / Offices Closed

WHEC

FEBRUARY 2024
NEWSLETTER



*Inspiring Excellence,
One Spartan
at a Time!*



[Join the PTA](#)

[Become a Volunteer](#)

[Watch Dog Sign-Up Genius](#)

[Confidentiality Form](#)

[Volunteer Agreement](#)

GET INVOLVED! – VOLUNTEERING, WATCH DOGS, PTA

All volunteers must have current clearances on file and be approved by the School Board in order to volunteer directly with our students. Please visit www.wyoarea.org/our_district/volunteers for more information or email: volunteer@wyoarea.org

Complete the WHEC Volunteer Agreement and Confidentiality form and return it to the WHEC main office. We will not hold a monthly volunteer or Watch Dog training as we have in the past, but we ask that you review our agreement and expectations before returning the form.

Once those documents and clearances are on file and the Board of Directors has approved you, you can sign up for classroom opportunities and a day for our Watch Dog Dads through our [Sign-Up Genius](#).

Message from our PTA:

[Wyomissing Area PTA Roller Skate Party New Date!!!](#)

Friday, April 12th from 5-7pm

Skateaway

2275 Lancaster Pike

Bring your own Skates, Rent Skates for \$3, Rent Rollerblades for \$4

The cost to enter for students is free; however, we will be asking for optional donations to the school such as tissues, hand sanitizers, paper towels, kids socks, gloves, hats and items for our prize cart

Amazon Link: [PTA WHEC Prize Cart Amazon Link](#)

Wyomissing Area
PTA
everychild.one voice.®



WHEC

FEBRUARY 2024
NEWSLETTER



*Inspiring Excellence,
One Spartan
at a Time!*



Our WHEC theme
This year is H.A.P.P.Y. =
Have a Positive,
Productive Year

[School Forms](#)

WHEC NEWS!

Who will win this year's Super Bowl? It's up to you to decide! Starting Monday, students are invited to bring in non perishable canned food items into school and "vote" for their favorite team by placing them in their team's box. We will keep a running tally of the cans collected, and the team with the most cans will win our SOUPER Bowl! We will announce the winner at the end of our drive on February 12th! All food will be donated to Olivet Boys and Girls Club.



[Email Mrs. Kern](mailto:mrs.kern@wyoarea.org)

FROM THE SCHOOL NURSE – MRS. KERN

Winter Health Reminders:

It's cold and flu season! A healthy school environment requires all of us to work together. To protect yourself and your family from these illnesses, follow the Habits for Good Health recommended by the Center for Disease Control.

Habits for Good Health

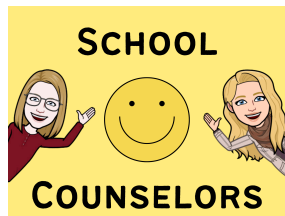
- **Cover your nose and mouth** with a tissue when you cough or sneeze – throw the tissue away after you use it. If you do not have a tissue, cover your mouth and nose with the inside of your elbow.
- **Wash your hands** frequently with soap and water or an alcohol-based hand sanitizer, especially after coughing or sneezing.
- **Keep hands away from the T-Zone.** Try not to touch your eyes, nose, or mouth. Germs often spread this way.
- **Dress for the weather.** Come to school dressed for the winter. Wear layers of loose-fitting clothing. Wear mittens and gloves. Wear a hat. Remember the air trapped inside your clothing, warmed by body heat, is the best protection from the cold.

FLU or flu-like symptoms:

- **Keep sick kids home.** Attendance is important, however, a child who is sick does not perform well in school and has the potential to get others sick as well.
- **Attendance** – Please contact the attendance office when your child is out sick. Attendance office: whec-attendance@wyoarea.org
- **Fever** – Your child needs to be fever-free, without fever-reducing medication, for 24 hours before returning to school.
- **Vomiting/Diarrhea** – your child needs to be free from all GI symptoms for 24 hours before returning to school.

Positive for COVID-19

- Wyomissing Area School District has a health and safety plan with guidelines for COVID. Please see it [here](#).
- Isolation for 5 days from symptoms onset, followed by 5 days of continuous masking.
- Call your school nurse – absences from COVID can be medically excused by your school nurse.



[Email Mrs. Cheslock](mailto:mcheslock@wyoreo.org)
School Counselor K-2

[Email Mrs. Stem-Zmoda](mailto:rstemzmoda@wyoreo.org)
School Counselor 3-4

FROM THE SCHOOL COUNSELORS – MRS. CHESLOCK & MRS. STEM-ZMODA

Mrs. Molly Cheslock (K-2) - mcheslock@wyoreo.org - ext. 4506
Mrs. Rebekah Stem-Zmoda (3-4) - rstemzmoda@wyoreo.org - ext. 4505

We can also be reached on Class Dojo!

Classroom Guidance Lessons for December

The school counselors teach classroom lessons which focus on social, emotional, behavioral, and career skills and growth.

Kindergarten discussed what taking turns means and practiced specific ways to take turns using time (such as one student uses it today and another student uses it tomorrow) and numbers (each student plays with the toy for five minutes).

First Grade started talking about feelings. We read the *Color Monster* book and students drew why they feel the specific feelings from the story.

Second Grade reviewed what feelings are and how they work. Students played feelings bingo to expand feelings vocabulary beyond the basic feelings.

3rd Grade was quite busy this month learning about self-esteem, self-talk, and coping strategies! Students learned that self-esteem means knowing and liking who you are, believing in your abilities, and knowing that even when you make a mistake, you're still a good person. Students brainstormed how self-talk (the voice in your head) influences your self-esteem. Later in January, students learned how to "bounce back" from problems like a bouncy ball by using different coping strategies.

4th Grade started our unit on Career Exploration! We explored the question, "What do you do after high school?" Students learned what each pathway is, benefits of each, and examples of careers. The five common pathways are: trade or technical school, a job without any additional training, community college, military, and a four year college. We reviewed some careers they already knew about and learned about some new ones by playing Career Bingo!

Spartan Skills

February's Spartan Skill is Kindness. We will be focusing on different ways to show kindness, being compassionate, offering to help, and spreading kindness like confetti!

Check out the [Counselor's Corner Website!](#)



[Excuse Notes](#) - or use
the QR Code to send
an excuse email!



[Email the
Attendance Secretary](#)

ATTENDANCE INFORMATION

Phone calls to report absences are no longer required. Please utilize our email to communicate: whec-attendance@wyoarea.org

Please do not call the school office after 12:00 p.m. to change after-school plans for your child unless it is an emergency.

On FID days, any student who fails to complete their FID assignment within three (3) school days will be marked with an "unlawful" absence from school.

Did you know...?

In a school year, if your child is
late every day by...

5 minutes

Your child would have lost
approximately...

3 days from school

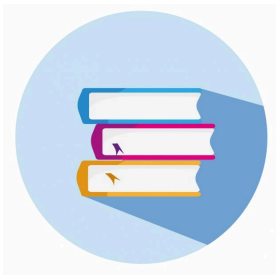
or they would have missed
approximately 12 lessons



- Getting to school on time is crucial for starting your day off strong. What does your child miss by being even 10 minutes late?
 - The opportunity to participate in morning meeting, building important relationships with both classmates and teachers.
 - Time to prepare and settle in for the day.



- The ability to learn and participate fully in the classroom routine.
- A chance to create a sense of commitment, responsibility, and discipline.
- Establishing a morning routine is key to arriving at school on time! Here are some tips to consider:
 - Wake up at the same time every day
 - Get ready in the same order (example: first eat breakfast, then brush your teeth, then get dressed)
 - Create a checklist
 - Set a timer to keep you on track
 - Limit screen time in the morning
- Sleep is like food for your brain! It's the only time of day that your body gets to rest and repair. The American Academy of Sleep Medicine recommends 9-12 hours of sleep per 24 hours for children ages 6-12. By having a consistent bedtime routine, your child will be well rested and the brain will be ready to learn.
 - Here are some tips for a night time routine:
 1. Pack your backpack and leave it by the door
 2. Set out your clothes for the next day
 3. Pack your lunch or decide if you are going to buy
 4. Keep screens out of the bedroom
 5. Read before you go to bed
- YCare, KinderCare, and Learning Ladder provide transportation to WHEC for students in their before/after care programs. To learn more about these options, visit their website:
 - YCare: <http://tinyurl.com/3ahkz9wh>
 - KinderCare: <http://tinyurl.com/yc6vnn5e>
 - Learning Ladder: <https://www.learningladderacademy.net/>



ACADEMIC RESOURCES

Did you know kids spend around 1,100 hours in school each year? But learning isn't locked behind classroom doors! In fact, the real magic happens at home. By engaging in educational activities outside of school, you can show your little ones how exciting learning can be, while also bonding over shared experiences and creating cherished memories that last a lifetime. It's a total win-win situation, and here are some fun ways to make it happen:

- Game on! Board games are not just for rainy days; they're also a sneaky way to build social skills, math and reading concepts. Scrabble and Boggle will turn your child into a spelling wizard, while Yahtzee, Uno, and Chutes and Ladders will sharpen their number sense and addition and subtraction skills. Check out more games [here](#) and [here](#).
- Read! Grab a book and snuggle up with your little one. Read to them and have them read to you. Pick books that match their interests or current



school subjects. For younger kids, spot letters in words and have them identify them. Make a game of looking for sight words in the text. Ask your child what they think will happen next and why characters act the way they do. After the book, ask questions focused on the story, characters, and themes to build comprehension and critical thinking.

- Cook it up! Whipping up a meal together is a tasty way to practice sequencing, comprehension, and fractions. Your child can become a scientist by helping to measure ingredients and witnessing how cooking changes food. Even younger kids can practice one-to-one correspondence and counting by gathering materials and setting the table.
- Create! Get artsy with crafts, and build fine motor skills. Draw or paint a picture and make up a story together about it. Enhance science and math skills by creating a tool or product that solves a problem. It's a fun way to get creative and bond over a masterpiece!



TECHNOLOGY SUPPORT

Upcoming security changes to the PowerSchool Parent Portal may require you to reset your password to more complex rules including: minimum of 8 characters and no previous passwords. Users will also be prompted to change their password if the password is a well-known password. PowerSchool will check existing or newly created passwords with a known list of existing passwords that are security risks.

If you need help with your Parent/Guardian Account please email:

Student Information System (SIS) Support.
SISHelp@wyoarea.org
(610) 374-0739, Ext. 1140

For WHEC Technical Support, please contact:
[Zach Myers](#)

For PowerSchool Help, please contact:
SISHelp@wyoarea.org



FROM OUR SUPPORTING AGENCIES & ORGANIZATIONS

WASD Community Bulletin Board

The community bulletin board is a service to families in the Wyomissing Area School District. The goal of the bulletin board is to share information that may directly benefit the students and families of the WASD. Click [HERE](#) to check it out!

Student Assistance Program (SAP)

The Student Assistance Program (SAP) identifies students who are experiencing emotional, behavioral, and/or academic difficulties which pose a barrier to learning and academic success.

There may be times when you do not know how to help your child. This is okay and someone else may know how to help. Contact your child's school counselor or scan the QR code to request the SAP process.



SAP is proud to sponsor Random Acts of Kindness Week!

RANDOM ACTS OF KINDNESS WEEK
February 12th - 16th

Monday	BE KIND REWIND Throwback to a different decade or wear neon/bright colors
Tuesday	TIED TOGETHER WITH KINDNESS Wear a tie, bow tie, bow, scrunchie or tie dye
Wednesday	WE LOVE KINDNESS Wear red, pink or hearts
Thursday	KEEP CALM AND BE KIND Wear PJs or comfy clothes
Friday	KIND PEOPLE ARE MY KIND OF PEOPLE Wear WYO GEAR or blue/white

Be Kind



COOK CENTER FOR
HUMAN CONNECTION

[Cook Center](#)

Cook Center for Human Connection

February Newsletter ([English](#)) ([Spanish](#))

Unlock the power of emotional regulation in February's Mental Health Newsletter. Emotional regulation is the key to building resilient, well-adjusted children. In today's fast-paced world, it's crucial for parents to be in the know about nurturing emotional intelligence. This newsletter is your guide to understanding the importance of emotional regulation and how it shapes your child's future success and well-being. Join our community of proactive parents and equip yourself with invaluable insights and strategies. Start your journey towards fostering emotional intelligence in your child.

As always, check out the [ParentGuidance.org](#) resources where you can access free courses led by licensed therapists on more than 50 topics. To access the course, simply navigate to ParentGuidance.org and click on-demand courses.



[Parent Guidance -
Coaching](#)

In response to parent concerns about student health and well-being, Wyomissing Area School District is partnering with ParentGuidance.org to deliver [presentations developed by licensed therapists](#). This series will be virtual, interactive, and is designed to help parents and caregivers support students. Registration, attendance and interactions are kept totally anonymous from other viewers.

Parents, do you find yourself looking for ways to connect with your child more? Parent Coaching is a free resource that connects you with a parenting coach and content created by therapists, to help you navigate the ups and downs of parenting.

Click here to register for support from a coach:
<https://cookcenter.info/coaching>

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WYOMISSING AREA
EDUCATION
FOUNDATION

[WAEF](#)

Wyomissing Area Education Foundation (WAEF)

Wyomissing Area Education Foundation's Board of Directors warmly welcomes Samantha Kaag as the new Executive Director as of January 11, 2024. Samantha is entrusted with the coordination of all fundraising, marketing, event planning, and management of grants and scholarships at WAEF. Her extensive experience, leadership skills, and passion for community development position her well to lead WAEF into a successful future.



Spring 2024

Little Dribblers and Intramural Registration OPEN

www.wyoareasoccerclub.org

Programs

Little Dribblers

- ✓ 3-5 years old
- ✓ Tuesdays (5-6 PM)
- ✓ Mid-April through May

Intramural

- ✓ 6-8 years old
- ✓ Wednesdays 5:30-6:45 PM practices and Sunday 10:45 AM - 12:00 PM games
- ✓ Mid-April through May



Our Mission

WASC is committed to offering a high-quality youth soccer program for players of all skill sets. We strive to offer programs designed to provide a solid introduction to the game of soccer, help youth develop their athletic skills, promote sportsmanship and teamwork, and provide a supportive athletic environment that builds character and positive relationships within the community.