



Dr. Matthew Redcay  
Principal

Mrs. Michelle Kersikoski  
Assistant Principal

## FROM THE PRINCIPAL – DR. REDCAY

Dear WHEC Families,

Welcome back! I hope everyone had a restful break. As we dive into the new year, let's embrace fresh opportunities for growth and continue our successes from 2023.

To the dedicated and amazing students, teachers, staff, and parents- your commitment and dedication are the driving force that makes our school the best. The new year will have so many opportunities and experiences waiting for our students, so let's make this year one of creativity, curiosity, achievement, and shared success.

Here is looking ahead to a fantastic 2024 when we return on Tuesday, January 2, filled with more memorable learning experiences.

Take care-

Dr. Redcay



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

## IMPORTANT DATES AND LINKS

Monday, January 1st - No School / Offices Closed

Friday, January 12th - Early Dismissal, 12:30 pm

Monday, January 15th - No School / Offices Closed

Friday, January 19th - PTA's Skate Night at Skateaway in Shillington, 5-7 pm

*See you in 2024!*



## 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](http://www.wyoarea.org/our_district/volunteers) for more information or email: [volunteer@wyoarea.org](mailto: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](#).

[Join the PTA](#)

[Become a Volunteer](#)

[Watch Dog Sign-Up Genius](#)

[Confidentiality Form](#)

[Volunteer Agreement](#)

### Message from our PTA:

#### PTA Roller Skating Party!

The PTA will be sponsoring a WHEC/WREC Roller Skating Party at Skateaway in Shillington from 5-7 on Friday 1/19/24. The cost to enter is free; however, we will be asking for donations to the school such as Tissues, Hand Sanitizers, Paper Towels, Kids Socks, Gloves, Hats and items for our Prize Cart. Skate rentals will be \$3 for students and \$4 for rollerblades.

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

Friday 1.19.24 | 5 to 7 PM

# Skate Night!

Join the Wyomissing Area PTA for a fun roller skating event!

Skateaway  
2275 Lancaster Pike

Free Admission  
Bring your own skates or:  
Skate rental is \$3  
Roller Blade rental is \$4

Wyomissing Area  
**PTA**



## WHEC NEWS!

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

A huge thank you to everyone who donated to our Helping Harvest Donation Drive.

Donations were dropped off at Helping Harvest before winter break, totaling 508 pounds!



[School Forms](#)



[Email Mrs. Kern](#)

## **FROM THE SCHOOL NURSE – MRS. KERN**

### **Happy New Year!**

The start of the new year is a great time to help your children focus on good habits. Here are some healthy and positive goal-setting resolution ideas you can suggest to your children:

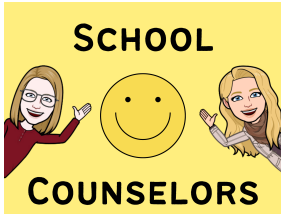
- I will drink water every day. I will keep drinks like soda and fruit drinks for special occasions.
- I will wear my seatbelt every time I get in the car.
- I will do a physical activity (something I enjoy doing like jumping rope, playing tag, dancing, or riding my bike) or a sport for thirty minutes at least three times a week.
- I will always wear a helmet when riding a bike, scooter, or skateboard.
- I will take care of my skin by using sunscreen.

### **COLD/FLU/COVID**

Although it is important for all students to attend school on a regular basis, sick children do not perform well, and they can spread illness to others. To promote a healthy school environment, please keep your child home if they are sick.

If your child tests positive for COVID-19,

- Please contact your school nurse. We will go over the district guidelines and medically excuse your student.
- The district follows CDC guidelines that state you should quarantine for 5 days after the start of symptoms. (start of symptoms is day 0. For example, if you start with symptoms on Jan. 1st, you will need to quarantine until Jan. 6th, returning to school on Jan. 7th). We suggest that your child wear a mask for 5 days after returning to school.



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

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

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

Mrs. Molly Cheslock (K-2) - [mcheslock@wyoarea.org](mailto:mcheslock@wyoarea.org) - ext. 4506  
Mrs. Rebekah Stem-Zmoda (3-4) - [rstemzmoda@wyoarea.org](mailto:rstemzmoda@wyoarea.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 learned about walking away and finding another friend as a conflict resolution strategy.

First Grade practiced taking turns, sharing, and no one gets it as strategies for conflict resolution.

Second Grade practiced *random games* to solve a problem, such as rock/paper/scissors, coin toss, rolling a dice, guess the number, and eeny, meeny, miny, moe.

3rd Grade started our unit on emotions. We read Marcy's Having All the Feels, and learned that every emotion has a function - even the uncomfortable ones. The characters (Happy, Sad, Angry, Frustrated, Jealous, and Worried) showed Marcy how it's better to feel everything than nothing at all. In January, we will be learning more about emotions and coping skills!

4th Grade focused on goal setting. Students learned the importance of goals, types of goals, and the qualities of good goals. Ask your student about "The Ball Toss" Challenge! In January, we will be starting our unit on Career Exploration!

### **Spartan Skills**

January's Spartan Skill is Bouncing Back. We will be focusing on managing our emotions, how to solve conflicts, making good choices, and growing our coping skills.

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](mailto: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.

Students may be excused for educational experiences such as non-school sponsored sports, theater participation, vacations, or trips. In order to have these absences excused, the [Educational Travel Form](#) must be completed by a parent and submitted to the school office at least one week prior to the event. A maximum of 10 pre-approved absences will be allowed in one school year. We ask that Educational travel does NOT occur during PSSA Testing for grades 3 and 4 students.



## ACADEMIC RESOURCES— FLEXIBLE INSTRUCTIONAL DAY (FID)

During the 2023-2024 school year, Wyomissing Area School District will be utilizing Flexible Instructional Days (FIDs), which may be used in place of a school day that would be canceled because of inclement weather or another emergency situation. On a FID, students will complete learning activities and assignments provided by their teachers at home.

[Flexible Instructional Day \(FID\) Guidelines for Parents/Guardians](#)



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

For PowerSchool Help, please contact:  
[SISHelp@wyoarea.org](mailto:SISHelp@wyoarea.org)

## 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](mailto:SISHelp@wyoarea.org)  
(610) 374-0739, Ext. 1140



## 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.



### Cook Center for Human Connection

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

Stay Informed and protect your kids. If you don't know the first thing about vaping, this is for you! As vaping continues to impact the lives of today's youth, staying informed is more critical than ever. In the January Newsletter: Clear Lungs, Bright Futures(English/Spanish), we highlight the latest insights, trends, and essential information about vaping. Discover why it's crucial for parents to be in the know about this pressing issue and how you can safeguard your children's health. Knowledge is your best defense.

Join us and start by reading this month's newsletter. As always, check out the [ParentGuidance.org](https://www.parentguidance.org) resources where you can access free courses led by licensed therapists on more than 50 topics. Check out the course titled, "Parenting with Purpose." To access the course, simply navigate to ParentGuidance.org and click "On-Demand Courses."



[Cook Center](#)



[Parent Guidance -  
Coaching](#)

As always, check out the [ParentGuidance.org](https://www.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.

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>

*Spring 2024 Youth Soccer Registration is OPEN*

To Sign-up, please visit [www.wyoareasoccerclub.org](http://www.wyoareasoccerclub.org)

[Wyomissing Area Soccer Club Information](#)





WYOMISSING AREA  
EDUCATION  
FOUNDATION



[WAEF](#)

## Wyomissing Area Education Foundation (WAEF)

*Wyomissing Area Education Foundation (WAEF) is seeking a new full-time Executive Director, effective January 2024. The Executive Director is responsible for coordination of all fundraising, marketing, event planning, and management of grants and scholarships. This is a hybrid position that includes, but is not limited to, time spent in the WAEF office at the Junior Senior High School building, in-person meetings, and site visits to each of the school buildings. Please click [here](#) for more information.*

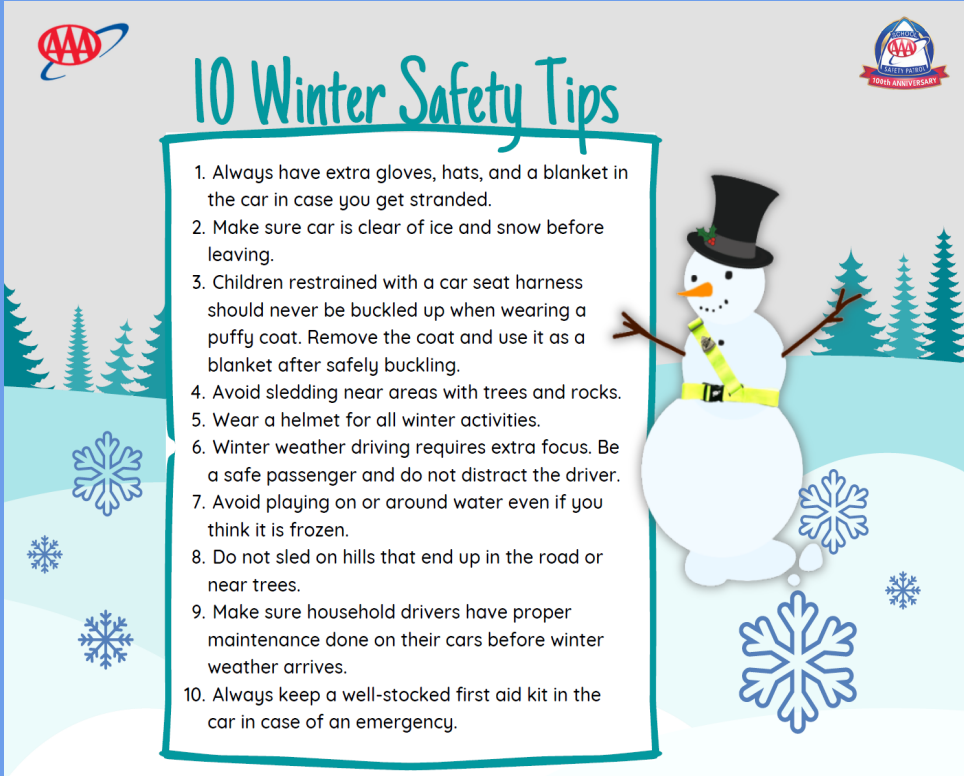
*Established in 1995, WAEF's mission is to support excellence in education in the Wyomissing Area School District by providing an enriching educational experience that expands the knowledge and maximizes the potential of every student. Please click on the job description below for more information.*

## Winter Weather Safety Tips from AAA Reading-Berks



### 10 Winter Safety Tips

1. Always have extra gloves, hats, and a blanket in the car in case you get stranded.
2. Make sure car is clear of ice and snow before leaving.
3. Children restrained with a car seat harness should never be buckled up when wearing a puffy coat. Remove the coat and use it as a blanket after safely buckling.
4. Avoid sledding near areas with trees and rocks.
5. Wear a helmet for all winter activities.
6. Winter weather driving requires extra focus. Be a safe passenger and do not distract the driver.
7. Avoid playing on or around water even if you think it is frozen.
8. Do not sled on hills that end up in the road or near trees.
9. Make sure household drivers have proper maintenance done on their cars before winter weather arrives.
10. Always keep a well-stocked first aid kit in the car in case of an emergency.







## K-2 Spartan Skills Golden Ticket Winners for November 2023!





## 3rd and 4th Grade 2023 Winter Concerts!

