



Dr. Matthew Redcay
Principal

Mrs. Michelle Kersikoski
Assistant Principal

FROM THE PRINCIPAL – DR. REDCAY

Hello WHEC Families,

As we close out February, thank you for another fantastic month at WHEC. We are now looking ahead to the weather getting warmer and Spring slowly coming into view. Our students and staff are working hard in the classroom and doing such a great job in everything they are doing. Their excitement for learning and being a part of WHEC shows every day.

The second trimester will be coming to a close on Friday, March 1st, and the third trimester will start on Monday, March 4th. We will be sending report cards home with students on Thursday, March 7. Highlighting the start of March will be a new classroom initiative in partnership with Mama's Pizza. Pages to Pizza allows students to earn a free pizza for each month they spend reading. Grade-level goals will be set for the month, and families can work towards their goal...and pizza! More information will be coming from the classroom teacher in the following days. Please continue to check your Child's ClassDojo, as many exciting events and community opportunities are coming up in the next few months.

I hope everyone has a great month of March, and as always, we are here to support our students and families however possible. If you have any questions, do not hesitate to contact us in the Main Office or reach out to your child's teacher.

Take care-

Dr. Redcay



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

IMPORTANT DATES AND LINKS

Friday, March 1 - Trimester 2 Ends

Report Cards will come home by Thursday, March 7th.

Monday, March 4 - Thursday, March 8- Read Across America Week

See Below for Optional Dress- up Days.

Monday, March 4 - Trimester 3 Begins

Friday, March 8 - No School / Offices Closed

Monday, March 11 - Friday, March 15 - Music in our Schools Week

Wednesday, March 20 - Spartan Sprouts, 4:30pm-6:00pm

Monday, March 25 - Monday, April 1 - Spring Break, No School



[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](#)



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

[School Forms](#)

WHEC NEWS!

THANK YOU!

The Chiefs won our SOUPER Bowl with 228 cans!
All food was donated to Olivet Boys and Girls Club.



We took some time to celebrate our amazing
counselors, Mrs. Cheslock and Mrs.
Stem-Zmoda during National School
Counseling Week. We are so grateful for
everything they do for our students each and
every day!

READ ACROSS AMERICA WEEK

MARCH 4 - MARCH 8

MONDAY - Red and White Day

TUESDAY - Crazy Sock Day

WEDNESDAY - Shirt from a place
you've visited or
Wyo gear

THURSDAY - Hat Day

FRIDAY - NO SCHOOL



We will celebrate Read Across
America week next week at WHEC!



SPARTAN SPROUTS



Choose one of two sessions:

SESSION 1

Wednesday, March 20, 2024

4:30-6:00

SESSION 2

Thursday, May 30, 2024

4:30-6:00

FREE PROGRAM FOR INCOMING WYOMISSING AREA KINDERGARTENERS!

Do you have a child in the Wyomissing Area entering Kindergarten in the fall of 2024? Then this is for you!

Join us for a **FREE** program at Wyomissing Hills Elementary Center on Wednesday, March 20, 2024 from 4:30pm-6pm or Thursday, May 30, 2024 from 4:30pm-6pm.

Spartan Sprouts is a program designed specifically for incoming Kindergarteners to introduce strategies and activities that can easily be done at home and will help prepare the children for school in the fall. The event includes hands-on activities and a Wyomissing Area swag bag filled with all of the materials and instructions necessary to continue to practice at home.

We cannot wait to meet our future Spartans and their families at this fun-filled event!

Reserve your spot today for one of the sessions at this [link](#).

Questions?? Contact Toni Wengerd at twengerd@wyoarea.org



MARCH MADNESS TOURNAMENT OF BOOKS



It's that time of the year when we dive into the joy of reading with a dash of friendly competition! Our highly-anticipated March Madness Tournament of Books will kick off on Monday, March 4th. This year, we're thrilled to feature the fantastic, whimsical world of Ross Burach in a head-to-head battle that will feature only his delightful books!

Just like in previous years, everyone will have the chance to cast their votes for their favorite books in each round. The tournament will unfold through exciting elimination rounds, leading us to the grand finale where the ultimate champion Ross Burach book will be crowned. Join us for this literary rollercoaster, and mark your calendars for the special ceremony on Thursday, March 21st, where the best book will triumph!

So, fasten your seatbelts, embark on the Ross rollercoaster, and let the excitement of reading take over. May the best book win!



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

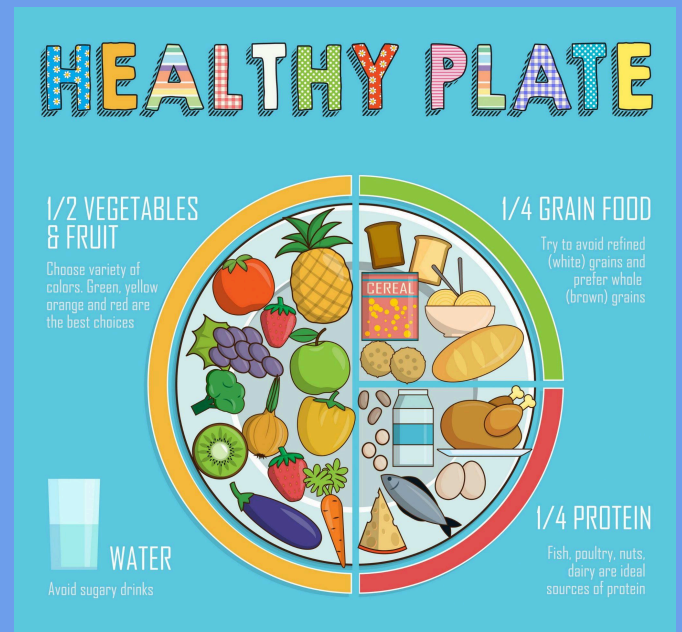
FROM THE SCHOOL NURSE – MRS. KERN

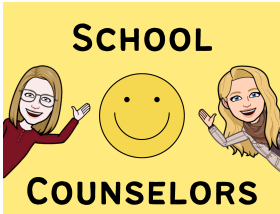
March is National Nutrition Month!

Eating healthy and exercising are the best ways to keep your body healthy.

Here are 5 health tips:

- 1. Drink more water.**
Quench your thirst with water instead of sugary drinks. Flavor your water with strawberries, lemon, or cucumber to make it more interesting.
- 2. Eat Breakfast.**
Start your day with a healthy breakfast that includes lean protein, whole grains, fruits, and vegetables.
- 3. Make half of your plate fruits and vegetables.**
Fruits and vegetables add color, flavor, and texture plus vitamins, minerals, and fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal.
- 4. Enact family time.**
Plan to eat as a family as many times as possible. Turn off the TV, phones, and other electronic devices to encourage mealtime talk.
- 5. Be Active.**
Regular physical activity has many health benefits. Children should get 60 or more minutes of activity a day. You don't have to hit the gym – take a walk after dinner or put on some music and dance at home.





[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 - ext. 4506
Mrs. Rebekah Stem-Zmoda (3-4) - rstemzmoda@wyoarea.org - ext. 4505

We can also be reached on Class Dojo!

Classroom Guidance Lessons for February

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

Kindergarten learned about identifying and expressing feelings and using coping skills to manage feelings through reading *The Way I Feel* and doing an art activity

First Grade learned about identifying feelings through facial expressions and body language using the Color Monster friends.

Second Grade practiced identifying feelings by how they feel on the inside of their body with a teamwork activity.

3rd Grade began our unit on Career Exploration! Our lesson focused on what the word "career" means and some examples of what students want to be when they grow up. Students completed a rating scale on a few work habits that they are practicing now as third graders that will help them no matter what they decide to do when they grow up!

4th Grade continued to focus on careers in February. We first learned how to learn more about careers through research and asking questions. Students were challenged to name a career for every letter of the alphabet! Later in the month, we applied our goal setting knowledge to careers. Each student identified a career that was interesting and motivating to them (long-term goal). Then, they set two short-term goals and a plan on how to accomplish each.

Spartan Skills

March's Spartan Skill is Growth Mindset. A growth mindset is believing that you can get smarter and better at things by trying hard, practicing, and not giving up. It's like knowing that your brain is like a muscle that can get stronger when you exercise it. So, even if something is difficult at first, you believe that with effort and learning from mistakes, you can improve and succeed.

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 or email the school office after 12:00 p.m. to change after-school plans for your child unless it is an emergency.

Students wishing to be excused for educational experiences such as non-school sponsored vacations or trips must secure a request from the office. The form can be found at https://whec.wyoarea.org/for_parents/forms.

This form will be completed by the parent/guardian and then returned to school at least one week before the scheduled event. A maximum of five cumulative days will be allowed consecutively in one school year with a maximum of ten days total.



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

For PowerSchool Help, please contact:
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
(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

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

Discover the secrets to Family Happiness! In March's Family Mental Health Newsletter, we delve into the profound insights from the Harvard Happiness Study and how they can transform your family's well-being. Learn how to nurture strong bonds, manage stress, and create a positive environment where happiness thrives. From teaching your kids the power of positivity to embracing change and resilience. Keep your family smiling by fostering happiness at home!

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, Everyday Happiness. To access the course, simply navigate to ParentGuidance.org and click On-Demand Courses.

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[Cook Center](#)



[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.



Suerte es lo que sucede cuando la preparación se une con la oportunidad



*está proporcionando GRATIS
Asesoría para padres...*

¿NECESITA A ALGUIEN CON QUIEN HABLAR SOBRE PREPARACION PARA OPORTUNIDADES DE DESARROLLO EN LOS DESAFIOS?

ASESORIA DE PADRES GRATIS INCLUYE:

- LLAMADAS SEMANALES
- MENSAJERIA 24/7 CON RESPUESTA LAS 24 HORAS
- RECURSOS GUIADOS PASO A PASO
- HERRAMIENTAS & CONSEJOS DE CRIANZA
- AYUDA CONFIDENCIAL

CONSIDERE REUNIRSE CON UN ASESOR DE PADRES



ESCANEE AQUI PARA REGISTRARSE

[HTTPS://COOKCENTER.INFO/COACHING](https://cookcenter.info/coaching)



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ESCANEE AQUI PARA REGISTRARSE

[HTTPS://COOKCENTER.INFO/COACHING](https://cookcenter.info/coaching)

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>



WYOMISSING AREA
EDUCATION
FOUNDATION

[WAEF](#)

Wyomissing Area Education Foundation (WAEF)

Wyomissing Area Education Foundation'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. WAEF fulfills its mission through two primary areas of support: teacher and staff-requested grants for programs, projects and equipment and scholarships that reward academic achievement and other significant accomplishments. In order to do so, we raise funds throughout the school year

WHEC
MARCH 2024
NEWSLETTER



*Inspiring Excellence,
One Spartan
at a Time!*

through different events and fundraising campaigns.

For more information about events or other ways that WAEF supports the WASD, please email WAEF's Executive Director, Samantha Kaag - skaag@wyoarea.org