

## District Emails

Families: *Updates from Westside Community Schools are sent through our School Messenger system. We have noticed that some COX and AOL email addresses are being auto-blocked. We continue to work with these providers to troubleshoot the problem and find a solution. If you feel you are not receiving emails, newsletters and/or alerts from either the District or your school principal, please contact Kim Sedivy at [sedivy.kimberly@westside66.net](mailto:sedivy.kimberly@westside66.net).*

## Veterans' Day Ceremony at Hillside

On Veterans' Day, Hillside will be honoring those who have served and are currently serving in the United States Military on Friday, November 10, 2017, starting at 8:50 a.m. All active and retired military are invited to Hillside for an assembly in your honor. The assembly will take place in Hillside's North Gym. Hope to see you there!



# Children's Behavioral Health Presentations

We would like to continue to remind you of a valuable collaboration in place between Westside Community Schools and Children's Behavioral Health at Children's Hospital & Medical Center. This partnership allows us to address the mental health needs of our children and families districtwide. The services offered through the Student Assistance Program include free assessments and short-term counseling, where students and their parents are invited to complete two free face-to-face sessions. Children's Behavioral Health therapists are able to help you address any cognitive, emotional, developmental or personal issues that your student or family might be facing. Students and families have two options:

1. Contact your Counselor, Social Worker or School Psychologist for information about Children's Behavioral Health, or
2. Call Children's Behavioral Health directly at 402-955-3900 to schedule an appointment. Children's Behavioral Health is located at 1000 North 90th Street (southwest corner of 90th & Western Streets.)

In addition, Westside Community Schools will host several **free parent seminars** offering valuable information from experts at Children's Hospital & Medical Center. All seminars run from 6:00 - 7:00 pm.

October 24, 2017 @ Rockbrook Elementary Topic: Bullying  
November 28, 2017 @ Westside High School Topic: Depression  
December 12, 2017 @ Westside West Campus Topic: Trauma  
January 23, 2018 @ Westbrook Elementary Topic: Coping Skills  
February 20, 2018 @ Paddock Road Elementary Topic: Anxiety  
March 7, 2018 @ Westside Middle School Topic: Test Anxiety  
April 18, 2018 @ Oakdale Elementary Topic: Social Media  
May 8, 2018 @ Sunset Hills Elementary Topic: Self-Harming Behaviors

We believe this partnership with Children's Behavioral Health will continue to enhance the existing mental health supports for students and families within the Westside Community Schools. Please feel free to contact your school for more information.

## **Dismissal Procedures**

The safety of Hillside students is always of utmost importance to us. Because of our emphasis on safety, we have some procedures in place for dismissal:

All students are to wait on their tiger paw (right out front on the sidewalk) after school if they will be picked up at dismissal. The playground is off limits during dismissal. Students who are still waiting for their ride after 3:45 p.m. (M, T, Th, F) or after 3:15 on Wednesday will be asked to wait inside the front foyer until their ride comes. This procedure is for the safety of our students. Our school secretary will give you a call to let you know your child is waiting for a ride. The dismissal process works well because drivers only pick up students from the carpool lane. Thank you for helping us to keep this running smoothly by pulling all the way up in the carpool lane. If you have your student(s) loaded, you may pull out to the passing lane and exit the parking lot.

## **InfoSnap**

Please be sure to fully complete your information in InfoSnap so that we have all we need (field trip forms, contact information, etc.). If you have questions, please call the registrar at 402-343-2603. Thanks for your efforts to complete registration! The Hillside Elementary school community is currently at 90% completion!

## **Hillside Water Bottles for Sale in the Office**

Hillside water bottles are available in our main office. The cost of a water bottle is \$5.00. These are nifty, color-changing water bottles (they turn blue when there is cold water inside). Please take the extra step of identifying your child's water bottle with a name or initials printed on it in permanent marker! All water bottles look the same.

## **Love and Logic Parenting Class Coming in Nov.**

Westside counselors Kathie McGill and Sarah Lieske will be offering a class in parenting called "Love and Logic." Details in this newsletter (see flyer). Starts November 7.

# “Becoming a Love & Logic Parent”

Presented by

Sarah Lieske, LMHP

School Counselor, Paddock Road

Kathie McGill, LMHP

School Counselor, Hillside

Love and Logic provides simple and practical techniques to help parents and care givers have less stress and more fun while raising responsible kids. During the course, you will learn about the two rules of Love and Logic, the Anticipatory Consequence, ways to neutralize arguing and much more. You will walk out with information and ideas that you can use right away!

**Who:** Westside Community Schools Parents with children of any age

**What:** A five-week parent-training program designed by the Love and Logic Institute, Inc.

**When:** Tuesdays, November 7, 14, 21, 28, December 5  
Classes from 6:00pm to 8:00pm

**Where:** Hillside Elementary School  
7500 Western Ave  
Omaha, NE 68114  
Phone 402-390-6450

**How:** Registration is FREE to all district families.  
Class size is limited.  
FREE childcare for children (grades K-6 only) who are students in the district is also available.

**Contact Person:** Sarah Lieske  
[Lieske.sarah@westside66.net](mailto:Lieske.sarah@westside66.net)

**To Register:** Please email the following information to Sarah Lieske:

- Number of Adults Attending
- Names of Adults Attending
- Number of Children Needing Childcare
- Names/Ages/School of Children Needing Childcare
- Your Phone Number

Westside Community Schools does not unlawfully discriminate on the basis of race, color, national origin, sex, gender, sexual orientation, religion, creed, disability, age, marital status, genetic information, military or veteran status, or any other characteristic protected under law in its educational programs and activities or in admission or access to, or treatment in, hiring and employment.