

Spring Break is April 2-6!

Rise and Shine Reading Event is April 10

Hillside is having a **Rise and Shine Literacy Event** the morning of Tuesday, April 10th from 8:00-8:30. Students and an adult are invited to come to the library to enjoy a snack and juice. Students will receive a free book and bookmark. Parents will enter into a drawing to receive a book on home literacy. Students will also enter into a drawing to win a free book at our next book fair April 24-27! Other literacy information will also be available at the event. To RSVP, please email reeves.melisa@westside66.net. In the email, state your name and the number of family members who will be attending.

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.

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.

Nebraska State Testing

Nebraska State Testing begins the week of March 19-23 and continues for several weeks after that. Please check the Hillside calendar on our website for specific days for each grade level. Teachers will also announce these days in their classroom newsletters. There will be makeup testing during the week of April 23-27. It is our desire that students are calm and confident when they are taking these tests. Help your student by making sure he or she eats a nutritious breakfast and has a healthy snack for school. Also, sleep is very important, so encourage a reasonable bedtime so that students get at least 8 hours of sleep!

Bingo Night is Here!

Bingo Night is at Hillside tonight! **March 23 from 6:00-8:00 p.m.**, we will be having a wonderful bingo game here at Hillside in the North Gym. Community Club would love to see you there!

Vocal Music Festival: 6th Grade Event

The Vocal Music Festival (an event for 6th graders) will be held on Tuesday, March 27, at Westside Middle School at 7:00 p.m. This should be a wonderful night of music for one and all!

March 23, 2018

Dear Parent or Guardian,

Our 5th and 6th grade classes at Hillside will be studying the changes of puberty that usually begin about this time in students' lives (puberty can begin as early as age 8 or 9). Our coursework will involve identifying and discussing the physical, emotional, and social changes that typically occur as a result of the hormone changes taking place.

Our students and teachers will be separated into male and female classrooms. Mrs. McGill (school counselor) and Mr. Korbelik (physical education instructor) will provide this instruction beginning Monday, April 9th and concluding on Wednesday, April 18th. Each class of students will receive two lessons on content pertaining to the listed resources below. If you wish to have your child removed from this instruction, please contact Mrs. Bailey (Principal) (402) 390-6450, by Friday, March 30th.

Content and information used for this instruction will be taken from the resources below.

- 1. Children's Hospital & Medical Center.
"Passage into Puberty" – 5th Grade
www.healthteacher.com**
- 2. F.L.A.S.H. (Family Life and Sexual Health) Seattle and King Co.
"Puberty" – 6th Grade**
- 3. 5th Grade video links:
Always Changing About You (Boys Only) Video:
www.youtube.com/watch?v=FKJPtx1QuCc
Always Changing About You (Girls only) Video:
www.youtube.com/watch?v=kzjbyEiuruM**
- 4. K-12 National Sexuality Education Standards
www.futureofsexeducation.org**

You are invited to join us for a Free
Parent Education Group
“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: Parents with children of any age

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

When: Monday, March 19th
Tuesday, March 27th
Monday, April 9th
Tuesday, April 17th
Monday, April 23rd
Classes from 6:00pm to 8:00pm

Where: Paddock Road Elementary
3535 Paddock Road
Omaha, NE 68124
Phone 402-390-6465

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

Contact Person: Sarah Lieske
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.

Join us on Twitter: @hillside_tigers

Find us on Facebook: Hillside Elementary School

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.