

WHITEFORD ELEMENTARY SCHOOL

FAMILY NEWSLETTER

March 1, 2024

Hello, Bobcat Families!

It's been a wonderful and very busy week. It's terrific to be back, even just part time, as it allows me to touch base with staff and connect with students and families and see everyone's bright, beautiful faces. A big thank you to Mr. Huard, Mrs. Hillard, Mrs. Groch, and the many others who have given their support while I continue to heal after my recent surgery. I really appreciate all the extra effort given to ensure that Whiteford Elementary continues to run like a well-oiled machine.

'March is Reading Month' is underway, and I would like to extend another big thank you to Mrs. DeVantier for the many hours she spent organizing such a tremendous event; she and her incredibly generous helpers always make reading month a truly special occasion for everyone. In fact, just this very morning, we had Michigan Senator (and Monroe resident) Joseph Bellino visit some classrooms to read a book and chat...the students and staff really enjoyed it, and this is just one of the many reading month activities that will take place throughout the entire month of March. Whiteford Elementary sure is an exciting and academically inspiring place to be.

There are many other important activities coming up next week, so please scroll down through this News Blast for all the details of what's to come. To name a few, on Tuesday, March 5th, you can grab dinner at Jo-Jo's Pizza in Sylvania to support the WPA Dine & Donate event, the 5th Grade D.A.R.E. graduation will take place on Friday, March 8th, and don't forget to drop off any scrap metal you have lying around the house to support the Track & Field fundraiser. Additionally, if you have an incoming Kindergartner, don't forget that our Kindergarten Round Up is coming up in mid-March, as well. So many worthy causes and ways to get involved...we deeply thank all of our Bobcat families for participating in the many events that keep Whiteford thriving. I wish everyone a wonderful weekend.

Wishing you well,



Marcy Anderson
Principal



MESSAGE FROM LIFETOUGH

Dear parents,

School pictures are ready!

To order, log in to your account on mylifetouch.com or create an account using your student's school ID number.

All families can also log on and order a FREE Digital SmileSafe card.

Learn more about the SmileSafe program [here](#).

Thank you!

CHAPSTICK DONATIONS

With the overwhelmingly positive response we received from our “magic” mint request and spongy “ice pack” request (thank you, amazing school community!) I figured it might be a good idea to toss it out there that our littles could use some chapstick! This time of year, we get a lot of little visitors in the office with dry, cracked lips asking for chapstick. Any donations would be greatly appreciated!

CLOTHING LOST & FOUND

Our clothing lost and found is growing. **Please be sure to write your child's name on a tag in these items,** so we can make sure that those clothing items can be returned to their rightful owner. Every year the lost and found pile grows out of control, and we donate items at the mid-way point and at the end of the school year to a local charity. We would much rather return these items to your children as we understand that purchasing clothing for your children is not cheap. Please mark those items!

5TH GRADE DARE GRADUATION

We would like to extend an invitation to our parents and guardians to attend the 5th grade DARE Graduation on March 8th at 9am in the Elementary Cafeteria. We hope you will join us to celebrate the student's hard work and commitment to the DARE Program as we resist drugs and violence.



ELEMENTARY WEATHER-RELATED DRESS CODE

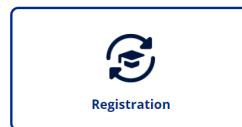
Due to the unseasonably warm February we've had so far, there has been some confusion regarding the dress code. Please be reminded that students are not permitted to wear shorts until May 1st as there will be many more cold winter days ahead and we want to be sure that all students stay prepared and geared up for whatever the crazy Michigan weather throws our way. Thanks to all of our amazing parents/guardians who help us follow our guidelines—we appreciate your continued support!!!

ILLNESS & DISEASE

We have seen an uptick of strep throat and a few issues with lice. When we are made aware of these and other communicable disease cases, the elementary office sends home a half-sheet alerting families of these cases within your child's classroom or grade-level. Teachers distribute these fliers to students that should make it home in your child's backpack. Please check your students backpack for these notices.

KINDERGARTEN ROUND-UP

Mark your calendars! Registration Day for Whiteford's incoming kindergarten class for the 2024-2025 school year is March 14th, 2024, from 1pm–7pm in the elementary building. Please secure your time by signing up through the "SignUp Genius" link: [Kindergarten Registration](#). This link can also be accessed through our website: www.whiteford.k12.mi.us by clicking on the Registration button on the home page.



Michigan State Law requires that children entering kindergarten for the 2024-2025 school year must be 5 years of age on or before September 1 of the upcoming school year – September 1, 2024. The older and more mature your child is when he or she enters school, the greater the chances for academic, social, and emotional success.

For your child to enter kindergarten in the fall, the following items **must** be completed at registration time, and can be accessed online here:

- Certified Copy of the Child's Birth Certificate (MUST be presented to register)
- Registration Forms Completed (available on-site and online)
- Bi-lingual Information Completed
- Medical Information Form (MUST be turned in before the start of school)
- Proof of Residency (3 types)
 - Driver's License with correct Whiteford School District address
 - Paperwork from home purchase or rental agreement/lease
 - A current utility bill, (Gas, electric or landline phone bill --- a cell phone bill will not be accepted)
- Bus Transportation Form (If Applicable)

NOTE: As of 2/23/24, we have been instructed by the Monroe County ISD to notify parents that the Kindergarten Oral Health Assessment will be required by law for the 2024-2025 school year. Incoming Kindergarten and 1st grade students new to Michigan Schools will be required to have the dental assessment. The dental assessment form can be accessed [here](#). We have reached out to a mobile dental group that provides dental assessments for free to schools to help support our families. As we learn more about this possible option, we will communicate with families. More information will be shared at KG Round-Up on March 14.



IMPORTANT DATES

March 1	WPA Read-a-Thon Begins
March 5	Whiteford Recreation Club Meeting 7:00pm MS/HS Media Center
March 8	5th Grade Dare Graduation 9:00am Elementary Cafeteria
March 14	Kindergarten Round-Up 1:00-7:00pm
March 14	Field Trip 1st/3rd/4th: Croswell Opera House 8:45-11:45am
March 15	Field Trip KG/2nd/5th: Croswell Opera House 9-Noon
March 19	WPA meeting 6:00pm
March 22	End of Third Quarter
March 22	Half Day - Dismiss at 10:55am
March 25-29	No School - Spring Break
April 1	No School - Easter Break
April 8	School Board Meeting 6pm Boardroom
April 10	State Testing, No School K-7, 12
April 19	Safety Drill 2pm
May 13	School Board Meeting 6pm Boardroom
May 17	Field Day/Carnival Day
May 27	No School - Memorial Day
May 31	Field Day/Carnival Day Rain Date
June 5	Half day - Dismiss at 10:55am
June 6	Last Day of School, Half day - Dismiss at 10:55am
June 10	School Board Meeting 6pm Boardroom



DINE & DONATE

Here's the Dish:
*The Whiteford Bobcats Presents the March Dine &
Donate*
Tuesday, March 5th

Sponsored by:



Donating 10% of all sales to support the Whiteford Parents Association and their mission to support Whiteford Agricultural Schools, staff, and students.



5614 Mayberry Square, Sylvania, OH 43560
Hours: 4:30 - 9:00 pm
Dine-in or Carry-out

Please give this flyer to your waitress and a slice of the proceeds will go to the WPA
****Excludes alcohol and will not be combined with additional offers or coupons.***

Have a local business willing support our mission? Contact the WPA for ways to support
whiteford.parents@gmail.com

SCRAP METAL FUNDRAISER



The Whiteford Track & Field scrap metal fundraiser will run from March 1st until May 1st unless donations start to run slow. The location of the scrap hopper will be posted later. Please help spread the word to help make this a successful fundraiser for our program.

- There are some rules to follow:
- No lithium batteries
- No other batteries
- No lighter switch on a gas grill
- No propane tanks
- Any container that held gas or oil needs to be cut in half so we can see that there is no fluid or gas left
- Any lawnmower needs to have ALL fluids drained.
- No electronics, televisions, or computers.
- Please do not overfill the hopper or block the door from being able to be closed

Counseling Corner

Whiteford Elementary School

LESSER-KNOWN SYMPTOMS OF PERFECTIONISM



1 Promote a Healthy Perspective on Failure

Promoting a healthy perspective on failure is an important step. Parents and caregivers can reframe mistakes as valuable learning opportunities and emphasize that no one is perfect. Teaching children to embrace imperfections and view mistakes and setbacks as a natural part of growth can help them develop a more realistic and empathetic attitude towards themselves. By helping children see that making mistakes is a normal part of learning and growth, parents and caregivers can instill resilience and self-compassion in them. Emphasizing that failure is not a reflection of their worth but rather a stepping stone towards success can cultivate a healthy relationship with setbacks. As children internalize the belief that mistakes are lessons in disguise, they become more willing to take risks, learn from failures, and persevere when faced with obstacles. Ultimately, nurturing a positive outlook on failure can equip children with the mindset and skills needed to navigate life's challenges with confidence and resilience.

Supporting Children with Perfectionism

Perfectionism entails establishing extremely high, and occasionally unattainable, standards for oneself, leading to self-criticism when they are not met. This behavior can greatly affect children's happiness and educational achievements. Parents and caregivers have a vital role in guiding their children through perfectionism. It is crucial to foster a supportive and welcoming atmosphere at home. Try to avoid making remarks that fuel perfectionism, such as, "You do this perfectly," "You always have all the answers," "No one can do this like you can," or "We couldn't do this without you." Although these statements are typically well-intended, this only strengthens a perfectionist's belief that everything must be perfect or they will let others down. Parents and caregivers should attentively listen to their children's worries and acknowledge their emotions without criticism. Teaching coping mechanisms like deep breathing or mindfulness practices can assist children in handling perfectionism and anxiety. Overall, we can empower the next generation to strive for progress, not perfection. Continue reading to see how we can do this!

2 Foster a Growth Mindset

Another important strategy is to promote a growth mindset by highlighting the importance of effort and progress over perfection. By encouraging children to set achievable goals and praising their progress, you can enhance their self-esteem and resilience. Emphasizing a growth mindset where challenges are seen as opportunities for growth can empower children to face obstacles with optimism. When children recognize that their skills can improve through hard work and commitment, they are more likely to persist when confronted with difficulties. Additionally, by instilling the belief that errors and mistakes can provide valuable lessons, children can develop resilience and perseverance. As they witness their hard work paying off and their abilities advancing, they gain confidence and become more open to embracing new challenges. Ultimately, fostering a growth mindset not only supports children in academic achievements but also prepares them with essential life skills for their future.



Counseling Corner

Whiteford Elementary School

3 Set a Positive Example

Parents can model healthy behaviors by embracing mistakes, showing resilience, and emphasizing self-care. Encouraging hobbies that promote creativity and relaxation helps children find balance and reduce the pressure for perfection. Activities like painting, playing music, or spending time in nature offer outlets for self-expression and stress relief. Creating an environment where mistakes are opportunities for growth teaches resilience and perseverance. Prioritizing self-care instills the importance of looking after oneself and taking time to recharge when needed. By modeling healthy behaviors and valuing personal growth, parents empower children to face life's challenges with confidence. Ultimately, leading by example helps children become confident individuals ready to thrive in all areas of life.

perfectionism in a nutshell



unrealistically high expectations of self



always criticizing and judging oneself



never feeling good enough, lovable, or worthy



can't relax or take a break



not asking for help or delegating



people-pleasing and codependency

@dr.menije

In the end, children who fear failure may avoid trying new things and taking healthy risks. They tend to be sensitive to criticism and can be judgmental towards others. The key is to assist children in overcoming perfectionism through encouragement, understanding, and healthy modeling.

To challenge your child's thinking in regards to perfectionism, you can ask questions or make statements, such as:

- "What is the worst thing that could happen? How likely is it that the worst thing will happen?"
- "Mistakes are opportunities to grow. Let's explore this together."
- "What can we do differently next time?"
- "You're doing your best, and your best is enough."
- "What is a better way to think about this?"
- "I see you're putting pressure on yourself. Let's talk about this."
- "How can we make this task less overwhelming for you?"
- "Everyone has their strengths and areas to improve -- that's what makes us unique."
- "I'm proud of you for working hard."
- "All that matters is that you're doing your best."
- "Perfect is for dreaming; progress is for doing."

PERFECTIONISM MYTHS



Perfectionists are confident



They think highly of themselves



They never get anything wrong



They never struggle with motivation



They love control



Their high standards are just the norm

@dr.menije

For more information and additional resources, please visit my "Counseling Corner Newsletters and Resources" section in my "Resources" tab in my Schoology group :)





Whiteford Elementary School Kindergarten Round Up By Appointment Only

Elementary Cafeteria
Wednesday, March 14 from 1pm-7pm

It is time to register your Kindergartner for the 2024-2025 school year! Your child must be 5 years old by September 1, 2024 to be eligible for kindergarten.

Please register for an appointment to enroll your incoming kindergartener for the upcoming school year! We are offering three appointments per each 15-minute time frame to allow our elementary enrollment coordinators the opportunity to review all of the papers needed.

Please bring all of the necessary paperwork to be reviewed as your child is going through the screening process with our staff. Hearing and vision tests will also be conducted for registration at this time.

Enrollment forms are available on our website, (click the link below) or can be picked up through the elementary office; 734-856-1443 ext. 110.

[Sign-Up for Kindergarten Round-Up](#)

[New Student Enrollment Documents](#)

Please bring the following documents to registration:

*Original Birth Certificate

*Immunization Records

*Proof of Residency (3 types are required; driver's license must match Whiteford residency, home owners or renters proof, and current utility bill.)

Please call or email Mrs. Anderson, elementary principal, if you have any questions; 734-856-1443 ext. 104 anderson@whiteford.k12.mi.us



The Croswell is excited For Whiteford to join us soon
for...



Thursday, March 14, 2024 at 9:45 a.m.
&
Friday, March 15, 2024 at 10:00 a.m.

About the Show:

CJ is reluctantly staying with his Nana in a world considerably different from the one he is used to. Usually he is stuck in his phone or tablet but his extremely over the top Nana drags him on a bus ride to travel through her neighborhood. The bus is loud, gritty and weird, but guided by his veritable force-of-nature Nana, CJ travels a little closer to his roots and sees that things are not always what they seem. Get ready for this eclectic, hip hop journey.

What to Expect:

Students will arrive at the Croswell Opera and will be escorted by staff to their seats. Depending on what day your student is coming, the show will begin either at 9:45 or 10:00 a.m. The run time is approximately 1 hour long. After the performance, students will be escorted back to their buses to return to Whiteford.

Audience Expectations:

If this will be your first time seeing a theater performance, below are general theater etiquette and guidelines.

- Arrive early so you can be seated while the lights are up
- Listen quietly and pay attention. Sit forward in your seat. Express appreciation through clapping at appropriate times such as the end of a scene
- Plan to use the restroom before sitting down as it can be distracting to the actors to leave in the middle of a performance
- No outside food or drinks. For our Daytime Performances, concessions is closed
- Do not put your feet on the seats

We can't wait to see you in March!