

West40 Weekly



**THANK YOU,
TEACHERS
AND STAFF!**



A Huge THANK YOU to Our Incredible
Teachers & Staff! 🍏

In honor of Teacher/Staff Appreciation Week,
we're sending an extra-big shoutout to the
amazing humans who make our school a
place of growth, hope, and second chances.
Your passion, creativity, and commitment light
the way for our students every single day.
Whether you're teaching a lesson, offering a
listening ear, or simply showing up with a
smile, YOU make the magic happen.
We see you. We appreciate you. And we're so
lucky to have you as part of our school
family.



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Click/Double Tap on Each Title to Access the Link

IMPORTANT LINKS FOR SCHOOL

[School Website & Bell Schedule](#)

[Attendance Form](#)

[Suggested School Supplies](#)

[2024-2025 School Calendar](#)

[Health Curriculum Consent Form](#)

[Student & Family Handbook](#)



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MARK YOUR CALENDAR

May 14 – Last Day for Seniors

May 22 – Parent-Caregiver Meeting

May 26 – Memorial Day (No School)

June 3 – Last Day of School & End of Quarter 4

ATTENTION PLEASE!

Let's Finish Strong! The finish line is in sight — let's give it our all!

- **Seniors: Only 3 school days left 'til 5/14!**
- **All Other Students: Just 16 days to go!**

Now's the time to complete any finals, assignments, and projects. Every credit counts!

MAY 2025

S	M	T	W	T	F	S
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31





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May is Mental Health Awareness Month

At West40 Remote School, we recognize the critical importance of mental health in shaping our students' growth, learning, and resilience. May is Mental Health Awareness Month—a national movement to raise awareness, fight stigma, and support the emotional well-being of our students and their families.

The National Institute of Mental Health (NIH) is the lead federal agency for research on mental health disorders. NIH offers Resources for Students and Educators to promote emotional well-being in the classroom. Resources include coloring books for younger students, teen depression quiz guides, and more.

More Resources for Parents

To further support your child's mental health and well-being, here are a few additional trusted resources:

- Child Mind Institute
 - Tools and articles on anxiety, ADHD, trauma, and behavior issues in children and teens.
 - childmind.org
- Mental Health America (MHA) – Parenting & Youth Mental Health
 - Offers toolkits for early identification and prevention strategies for youth mental health challenges.
 - <https://mhanational.org/resources/>
- The Trevor Project (for LGBTQ+ youth)
 - Mental health support, crisis intervention, and educational resources tailored to LGBTQ+ youth.
 - thetrevorproject.org
- American Academy of Pediatrics – Mental Health Initiatives
 - Guidance for families navigating emotional challenges and developmental stages.
 - <https://www.aap.org/en/patient-care/mental-health-initiatives/>



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SEL Focus on Digital Safety

This week in SEL, students took part in a 3-part digital safety series designed to help them become more thoughtful, respectful, and safe while navigating social media and online spaces. Each lesson featured TikTok Taz, a fictional character who found themselves in tricky online situations. With each scenario, students stepped in to guide Taz toward better digital choices.

In Part 1, students learned best practices for respectful online behavior, including how to manage conflicts in the comment section without escalating. They reflected on moments when they've typed (and then deleted) messages, and discussed the importance of posting with purpose and empathy.

In Part 2, students explored the hidden risks of oversharing online. They identified unsafe posts, reworded risky messages, and created "safer versions" of Taz's content to protect digital privacy and well-being.

In Part 3, the focus turned to mental health. Students examined how social media can affect self-esteem and mood. They worked together to build a "Feel-Good Feed" for Taz and brainstormed ways to set healthy boundaries online.

Through journaling, polls, role-playing, and discussion, students strengthened their digital decision-making skills, learning to pause, reflect, and choose kindness before they post.



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Staff Directory

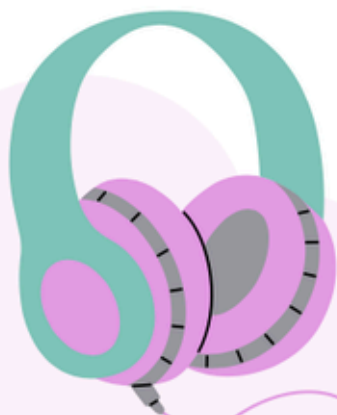
NAME	ROLE / SUBJECT	PHONE	EMAIL
Nathalie Alvarez	Lead Advocate	708-240-1137	NAlvarez@West40.org
Mackenzie Carter	Advocate	331-316-4882	MCarter@West40.org
Melissa Hoskins	Director / Principal	708-921-9914	MHoskins@West40.org
Carley Jackson	Science Teacher	224-598-4268	CarleyJackson@West40.org
Cami Kistemann	Electives Teacher	708-240-1573	CKistemann@West40.org
Jack Lee	Advocate	331-316-4880	JLee@West40.org
Megan Mathis	Assistant Principal	224-598-4267	MMathis@West40.org
Kasia Mazur	Advocate	708-738-1471	KMazur@West40.org
Taylor Newman	English Teacher	224-598-4261	TNewman@West40.org
Aileen Parra	Advocate	331-316-4884	AParra@West40.org
Kelly Rumney	Math Teacher	708-240-1184	KRumney@West40.org
Tammy Terry	Social Studies Teacher	708-240-9252	TTerry@West40.org
Libni Torres	Administrative Assistant	708-240-0977	Ltorres@West40.org





YOUTHOUTLOOK

VIRTUAL Groups for LGBTQ+ Youth



TUESDAYS ZOOM GROUP

6:00 - 8:00 PM Virtual Drop-In for LGBTQ+ youth 12-20

Email virtual@youth-outlook.org for more info

WEDNESDAYS ZOOM GROUP

7:00 - 8:30 PM Virtual Drop-In for LGBTQ+ young adults 18-24

Email youngadult@youth-outlook.org for more info



FRIDAYS ONLINE CHAT GROUPS

4:00 - 5:30 PM Q Chat Space

Virtual LGBTQ+ chat (ages 13-19)

6:00 - 7:30 PM Q Chat Space

Virtual trans & non-binary chat (ages 13-19)



QChatSpace.org



NUEVAS LICENCIAS DE CONDUCIR E IDENTIFICACIONES ESTATALES

**A PARTIR DEL 1 DE JULIO
DE 2024, NUESTRA
COMUNIDAD ES ELEGIBLE
PARA SOLICITAR UNA
LICENCIA E
IDENTIFICACIÓN
ESTÁNDAR.**

**PUEDE REALIZAR EL
REEMPLAZO DE LA NUEVA
LICENCIA DE CONDUCIR EN
LÍNEA EN EL SITIO WEB DE
LA SECRETARÍA DE ESTADO
DE ILLINOIS.**

ILSOS.GOV/TVDL

**HORARIOS DE SERVICIO
PARA REMPLAZO DE
LICENCIA DE TVDL:**

MARTES – VIERNES

10:00AM – 12:00PM

3:00PM – 7:00PM



**SI NECESITAS AYUDA CON EL
PROCESO O NECESITAS MÁS
INFORMACIÓN PUEDES
VISITARNOS O LLAMARNOS.**

708-410-2000

872-806-8174

**3415 W NORTH AVE PUERTA -D
MELROSE PARK , IL 60160**



West Suburban Action Project
Proyecto de Acción de los Suburbios del Oeste





A space for teen mental wellness

THE LOFT IS DESIGNED TO ENGAGE teens in their mental health journey, to encourage your voice in empowering and advocating for your own services and family support.

ALL SERVICES ARE FREE and available to high school-aged teens, your families, and those in 7th and 8th grade 12 years and older. Walk-ins are welcome and encouraged!

JOIN A SCHEDULED GROUP
Get one-to-one support with our team members, or just come check it out!

CONTACT US

Phone: (708)883-3300
Website: Loft8Corners.org
Email: Admin@loft8corners.org
Address: 9049 Monroe Ave,
Brookfield, IL 60513
Hours: Mon-Fri: 1 PM - 8 PM
Sat-Sun: 10 AM - 6 PM



Scan
QR code
to visit
the website

 [Facebook.com/loft8corners](https://www.facebook.com/loft8corners)
 [@loft8corners](https://www.instagram.com/loft8corners)

ENGAGE

Connecting teens with mental wellness.

SUPPORT

Providing teens and families resources rooted in empathy.

EMPOWER

Growing confidence through education and skill building.



PARTNERS



Metro
Suburban



Pillars Community Health
Healing. Caring. Educating.



Parent Support Group

Improving Teen Mental Wellness

Join us the first Thursday of every month
from 7-8:00 pm at **The Loft at 8 Corners**
9049 Monroe Ave. Brookfield

Join us the third Thursday of every month
from 6-7:00 pm for a **virtual group**



Link for virtual group

Meeting ID: 882 2626 3501

Passcode: 069063





THERAPY GROUP: SUPPORT FOR CAREGIVERS

Wednesdays 4:00 - 5:00 PM

In-Person for Adults 18+

Location: 120 S Marion St. Oak Park, IL 60302

This group supports clients who provide care for loved ones. Within a group context, clients will share their caregiving journey with others, as well as learn strategies for setting boundaries, crisis management, and avoiding caregiver burnout.

For more information, please reach out to Alix Reid at areid@thrivecc.org or 708-683-9131.

Please note that a pre-screening interview is required to ensure that this group is appropriate for you. We strive to make mental health care affordable to all by accepting Medicare, Medicaid, most insurance types, and offering a sliding scale. Please contact us to see if your services are covered or free. Financial assistance for this program is provided by the Community Mental Health Board of Oak Park Township. All who come to Thrive are welcomed regardless of ethnicity, gender, sexual orientation, legal status, beliefs, or disability.

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VISION

The vision of West40 Remote School is to create a safe and diverse learning environment where students feel loved, accepted, and encouraged to reach their full potential by attaining the skills to be emotionally and academically successful individuals.



MISSION

We will meet you
where you are.
We will be
what you need.
We will walk further
with you.
We will stand strong
with you.



What a teacher writes
on the chalkboard of life
can never be erased.

