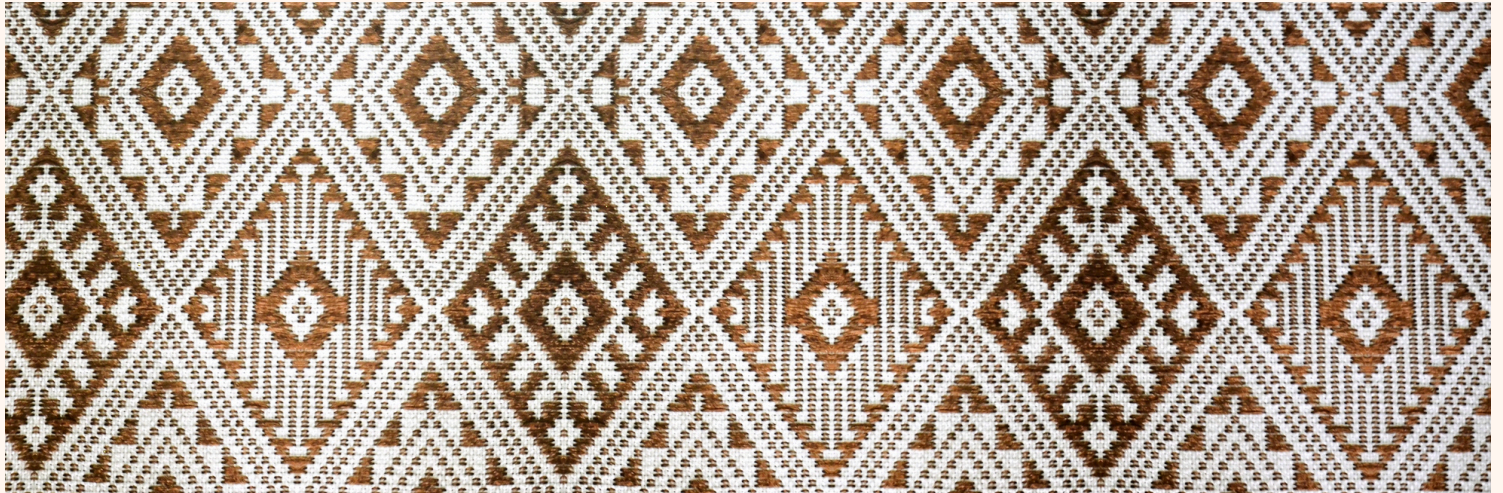


WEST40 WEEKLY

November 14, 2025



Celebrate Native American Heritage Month!

November is Native American Heritage Month! This is a time to celebrate and honor the many cultures, traditions, and stories of Native peoples. We recognize their important contributions to our country's history and continue to learn from their strength, wisdom, and deep connection to community and the land.



Contents in this Issue

Important Dates & Schedules - 2

Too Good To Go App - 3

Advocates' Corner - 4

Classroom Chronicles - 5 - 6

Staff Contacts - 7

Community Resources- 8 - 16

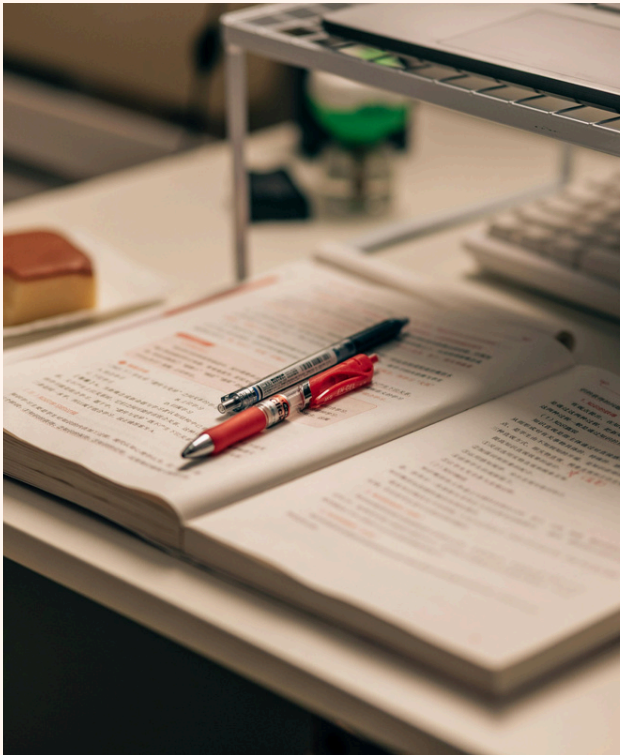
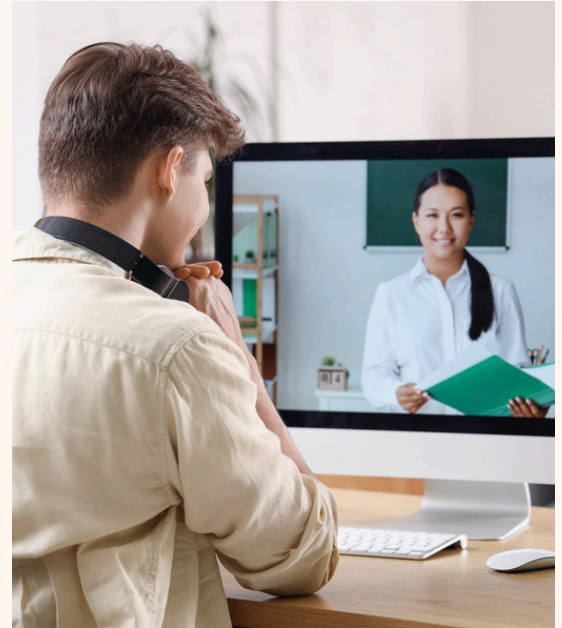
Vision & Mission- 17

WEST40 WEEKLY

November 14, 2025

Important Dates

- 11/20/25** - November's Club Day Schedule
- 11/25/25** - Half Day for Students
- 11/26/25 - 11/28/25** - No School for Thanksgiving Break
- 12/17/25** - Parent/Caregiver Virtual Meeting
- 12/19/25** - Half Day for Students
- 12/22/25 - 1/2/26** - No School for Winter Break
- 1/5/26** - No School for Students, Staff In-service



School Calendar

Click here to view the calendar:

https://www.west40remoteschool.com/_file/s/ugd/f770c8_b6c957a207d4469295135d50a995305f.pdf

Bell Schedule

Click here to view schedules:

https://www.west40remoteschool.com/_file/s/ugd/f770c8_52c764af630e405fbfec580cf4140229.pdf

WEST40 WEEKLY

November 14, 2025



Too Good To Go App

Discover the app Too Good To Go! This free app connects you with local cafés, bakeries, and restaurants that have extra food at the end of the day — and you can rescue it for a great price.

Not only do you get something delicious, but you also help reduce food waste and support businesses in our community. On the app, you'll browse "Surprise Bags" near you, pay in advance, then pick them up at a designated time. [TooGoodToGo.com](https://www.toogoodtogo.com)

We encourage students and family members to download the Too Good To Go app right now and see what's available in the area. It's a fun, practical way to save money, try new places, and do something positive for the planet. Over 100 places are participating in Cook County alone, so it is worth it to see if there is something that can benefit your family.

Let's get in the habit of smart eating and smart saving!

WEST40 WEEKLY

November 14, 2025

The Classroom Chronicles

Welcome to another week of diving into topics that not only help students with their Pearson activities, but help them with strategies to navigate life!

Social Studies:

In History classes, we made exciting cross-curricular connections to English by linking our lessons on Gothic Literature to real-world exploration! Students learned about the epic—and often tragic—search for the Northwest Passage, a treacherous route explorers once hoped would connect the Atlantic and Pacific Oceans. We explored how these expeditions influenced the growth of the new American nation and shaped global trade and exploration. Students also discussed how climate change is melting Arctic ice today, reopening the passage and sparking international interest as nations compete for control of these new potential shipping routes.

Electives:

Our high school elective classes are focusing on resume writing, helping students create professional resumes that highlight their strengths and experiences. Even those who haven't had formal jobs are learning to identify valuable skills they've gained through school projects, teamwork, leadership, creativity, and responsibility. This activity not only builds confidence but also prepares them for college and future career opportunities.

Meanwhile, our middle school students are learning how to take care of both their physical and emotional health. Through engaging lessons and meaningful discussions, they're discovering how understanding their own strengths, feelings, and needs helps them make smart choices and build resilience—skills that will benefit them throughout life!



WEST40 WEEKLY

November 14, 2025

Science:

In high school science, students are exploring the crosscutting concept of cause and effect. They're analyzing real-world domino effects—such as how one environmental issue can trigger many others—and applying their understanding in a mini-project. Each student is choosing a global issue (like deforestation, pollution, or urbanization), researching its short- and long-term effects, and designing a creative solution to help address it. Students have even been making personal connections by reflecting on cause and effect in their own lives!



In middle school science, we're diving into the concept of patterns—how they appear in nature, influence human design, and help us make sense of the world around us. Students are identifying patterns in everything from animal adaptations to weather cycles and discovering how these recurring designs connect to larger scientific ideas.

Arts and Language:

This week in Spanish, students are “going to the grocery store,” practicing phrases and vocabulary that will help them shop for food in real-world situations. In Art, students are studying Ancient American Art and creating their own pieces inspired by the colors, designs, and symbolism of the past. While in PE, we're moving with mindfulness as students learn about the new Japanese Walking style that's making waves in the fitness world—combining balance, rhythm, and wellness.

It's been a busy, exciting week full of discovery, creativity, and energy! Be sure to check in with your students about their lessons and Pearson work, and always reach out to us if you ever have any questions or concerns.

WEST40 WEEKLY

November 14, 2025



Advocates' Corner

Dear Parents,

This week in SEL Seminar, students focused on identifying and managing emotions, learning what emotions look like, how they affect behavior, and why understanding them is important for both school and the future.

They explored five practical ways to regulate emotions, such as deep breathing, journaling, and positive self-talk, and practiced these techniques through real-life scenarios. Students also watched educational videos to deepen their understanding and engaged in class discussions with peers to share experiences and strategies. By identifying and regulating emotions, students are building skills that help them stay calm, make better decisions, and succeed both now and in the future.

Thank you for supporting your student as they practice these important social-emotional skills!

Sincerely, Advocate Team



WEST40 WEEKLY

November 14, 2025

Staff Contacts

NAME	ROLE	PHONE	EMAIL
Nathalie Alvarez	Advocate	708-240-1137	NAlvarez@West40.org
Laonna Davis	Electives Teacher	708-240-9695	LDavis@west40.org
Andrew Hartnett	Advocate	224-775-1190	AHartnett@west40.org
Melissa Hoskins	Director / Principal	708-921-9914	MHoskins@West40.org
Cami Kistemann	Electives Teacher	708-240-1573	CKistemann@West40.org
Kasey Kopp	Science Teacher	224-598-6236	KaKopp@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
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

West40 Community Resources Info

Visit west40.org/community-support &
west40communityresources.org for resource information on:

FOOD

IMMIGRATION

MCKINNEY-VENTO

MENTAL HEALTH

SOCIAL-EMOTIONAL LEARNING

SPECIAL EDUCATION

TEEN PARENTING

TRUANCY

AND MORE



COMMUNITY SUPPORT
WEST40.ORG



COMMUNITY RESOURCES
WEBSITE

Heart 2 Heart Food Mart Hours:

Saturday-Monday: Closed

Tuesday: 1:00 -3:00 PM

Wednesday: 3:00-5:00 PM

Thursday: 10:00 AM-12:00 PM

Friday: 12:00-2:00 PM

10900 W Cermak Road, Westchester



Información sobre recursos comunitarios de West40

Visite west40.org/community-support y west40communityresources.org para obtener información sobre recursos sobre:

ALIMENTO

INMIGRACIÓN

MCKINNEY-VENTO

SALUD MENTAL

APRENDIZAJE SOCIOEMOCIONAL

EDUCACIÓN ESPECIAL

CRIANZA DE ADOLESCENTES

AUSENTISMO ESCOLAR

Y MÁS



APOYO COMUNITARIO
WEST40.ORG



RECURSOS COMUNITARIOS
SITIO WEB

Horario del Heart 2 Heart Food Mart:

Sábado-Lunes: Cerrado

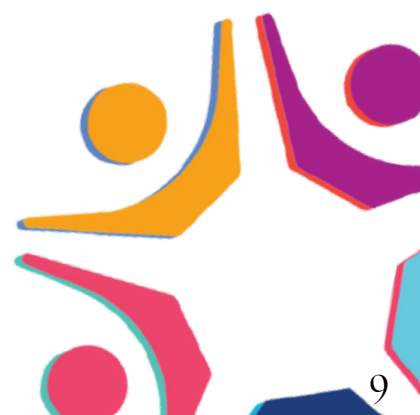
Martes: 1:00-3:00 PM

Miércoles: 3:00-5:00 PM

Jueves: 10:00 AM-12:00 PM

Viernes: 12:00-2:00 PM

10900 W Cermak Road, Westchester



NAVU

FOLLOW US ON FACEBOOK
SIGANNOS POR FACEBOOK



FOOD PANTRY

EVERY MONDAY
5-7PM
CADA LUNES
5-7PM

2238 S. ST LOUIS AVE CHICAGO IL 60623

SPONSERED BY:

TRADER JOE'S





PET FOOD PANTRIES

The Chicago animal welfare community is committed to helping the pets of people in need. The following organizations offer pet food and other care supplies to pet owners throughout the city.

Animal Welfare League

6224 S. Wabash Ave.
(773) 667-0088

Provisions: Pet food

Requirements: Must be 65 years old or older, be a veteran, or have a disability

animalwelfareleague.com

Care for Real

5341 N. Sheridan Rd.
(773) 769-6182

Provisions: Pet food

careforreal.org

Friendship Pet Food Pantry

2733 W. Lawrence Ave.
(773) 907-6388

Provisions: Pet food; Cat litter, toys, leashes when available

Requirements: Chicago resident and proof of spay or neuter

friendshippetpantry.org

Irving Park Community Food Pantry

3801 N. Keeler Ave.
(800) 521-7560

Provisions: Pet Food

Requirements: Resident of zip codes 60641 or 60618

irvingparkfoodpantry.com

PAWS Chicago Pet Food Bank

3516 W. 26th St.
(773) 475-9426

Provisions: Pet food and supplies

pawschicago.org

Pets Are Like Family

Northwest side of Chicago
(312) PALF-315

Provisions: Pet food and supplies

Requirements: Email help@petsarelikefamily.org

petsarelikefamily.org

Red Door Animal Shelter

7648 N. Paulina St.
(773) 764-2242

Provisions: Pet food

Requirements: Proof of government aid

reddoorshelter.org

Tree House Pet Food Pantry

(773) 784-5488

Provisions: Pet food

Requirements: Proof of low-income

treehousehumane.org

Our Mission

Building a community of caring by helping pets and educating people.

Website

www.anticruelty.org

Adoption Center

510 North LaSalle Street
Chicago, Illinois 60654

Adoption Hours

M–F Noon–7 p.m.
Sat. & Sun. Noon–5 p.m.

Receiving Hours

10 a.m.–6 p.m.
365 days a year

Mailing Address

157 West Grand Avenue
Chicago, IL 60654

Phone (312) 644-8338

Fax (312) 644-3878

Behavior Helpline

(312) 644-8338, ext. 343



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



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





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

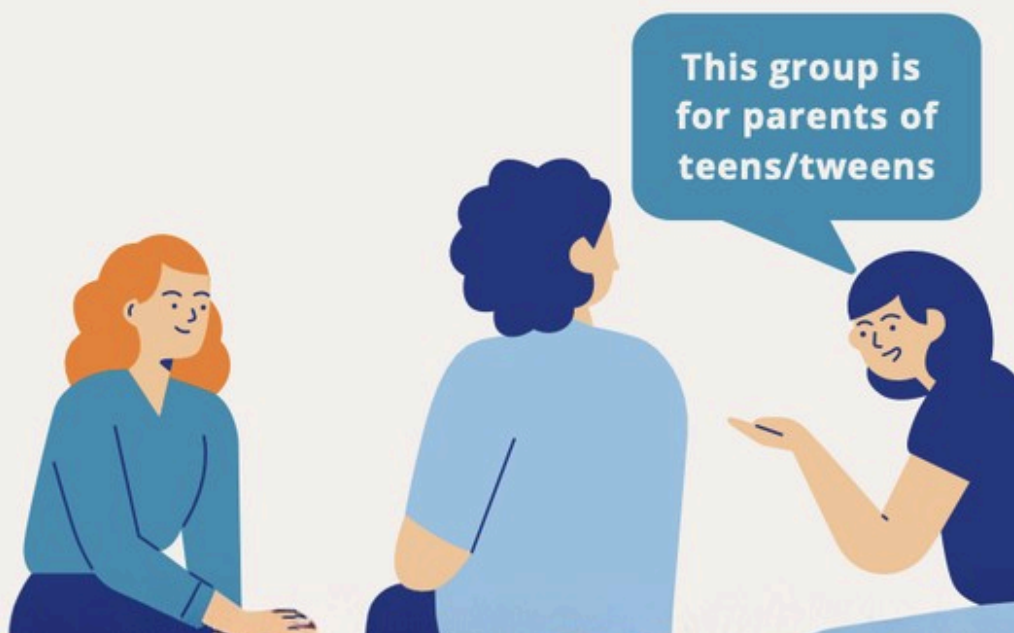
Join us the third Thursday of every month
from 6-7:00 pm for a **virtual group**



Link for virtual group

Meeting ID: 882 2626 3501

Passcode: 069063





Having trouble paying rent and/or utilities? We're here to help. Below are frequently asked questions regarding the Cook County Rental Assistance program

These may be updated periodically to answer additional questions, to provide clarifications or corrections, and to include additional information as new guidance

Rental + Mortgage Assistance

We work with renters who are at risk of eviction to prevent them from becoming homeless. Through 1-on-1 counseling we assist clients to overcome their challenges in securing safe and sustainable housing. When available, we link clients to grants and funds that can help with rental assistance.

CEDA is a HUD-Approved Housing Counseling Agency. We are available to answer your questions and discuss your options! We provide free services to families and individuals living in Suburban Cook County.

**Call to schedule an appointment with a HUD-Certified Housing Counselor Today!
Phone: 312 – 288-8010 or Email: housing@cedaorg.net**

Follow us on  @CEDAGoGreen



A HUD -Approved Housing Counseling Agency





¿Tiene problemas para pagar el alquiler y/o los servicios públicos? Estamos aquí para ayudar. A continuación se encuentran preguntas frecuentes sobre el programa de asistencia de alquiler del condado de Cook.

Estos pueden actualizarse periódicamente para responder preguntas adicionales, proporcionar aclaraciones o correcciones e incluir información adicional como nueva guía.

Alquiler + Asistencia Hipotecaria

Trabajamos con inquilinos que corren riesgo de desalojo para evitar que se queden sin hogar

A través de asesoramiento personalizado ayudamos a los clientes a superar sus desafíos para conseguir viviendas seguras y sostenibles. Cuando están disponibles, vinculamos a los clientes con subvenciones y fondos que pueden ayudar con la asistencia para el alquiler

CEDA es una agencia de asesoramiento sobre vivienda aprobada por HUD. ¡Estamos disponibles para responder sus preguntas y discutir sus opciones! Brindamos servicios gratuitos a familias e individuos que viven en los suburbios del condado de Cook.

Llame hoy para programar una cita con un asesor de vivienda certificado por HUD!

Phone: 312-288-8010 o correo electrónico al housing@cedaorg.net

Follow us on  @CEDAGoGreen



A HUD -Approved Housing Counseling Agency

WEST40 WEEKLY

November 14, 2025

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.

