

VEEKLY

DECEMBER 12, 2025















SUPPORTING STUDENT & FAMILY MENTAL HEALTH DURING THE HOLIDAYS & WINTER BREAK

> PARENT & CAREGIVER MEETING DECEMBER 17 6:30 - 7:30 PM

Mrs. Hoskins's Zoom We hope to see you there!





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(La presentación será en inglés) ¡Esperamos verle allí!



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Upcoming Events

12/13/25 - Cookies & Cocoa Event @ West40 Lexington from 11 AM-1 PM

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

1/5/25 - No School for Students. Staff In-Service



1/6/25- First day of Semester 2

Reminders

Students & Families:

The semester ends next Friday on December 19. Be sure to stay focused and finish your classes strong before break!

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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

We kicked off the week with a refresher on map analysis—a skill that helps students not only succeed in class but also better understand current events and the world around them.

U.S. History students explored the Roaring 20s, examining how the country reacted to the end of World War I and how major cultural, social, and economic shifts transformed American life.

World History students continued studying the major events and global impacts of World War I, laying the groundwork for understanding the conflicts and changes that followed in the 20th century.

Government students took a close look at the U.S. political landscape during WWI, analyzing how leadership, public opinion, and policy shaped the nation's response to the war.

SCIENCE

Middle School - Students are learning about the crosscutting concept of systems and system models. They'll define systems, identify boundaries, explore how changes to inputs affect outputs, and create visual models to demonstrate their understanding.

High School- High school students are focusing on the crosscutting concept of energy and matter. They're investigating how energy changes within a system, how matter is conserved, and how limitations in either can affect what a system is able to do.





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The Classroom Chronicles

ELECTIVES

Middle School Music – Unit Kickoff! Our middle schoolers have officially begun their Music Unit! Throughout the month, students are exploring the purpose of music across history—how it communicates messages, expresses emotion, celebrates culture, and builds community. They're also learning about musical elements such as rhythm, melody, harmony, and dynamics. It's an exciting and interactive unit that strengthens both appreciation and analytical skills.

High School Health – Understanding Health Trends & Safety. Students are beginning a unit on modern health trends and how these products are advertised. Students are investigating how companies market health fads, what claims are made, and how to evaluate whether a trend is safe or misleading. They're exploring key questions such as:

- What makes a health trend trustworthy?
- What warning signs suggest a product may be unsafe?
- This unit is all about building strong critical thinking skills to support lifelong health and wellness.

World Languages & Arts: Spanish - This week, students are discussing breakfast foods and practicing morning conversation vocabulary—strengthening both communication skills and cultural understanding.

In Art, students are exploring Christmas Zentangles! Zentangle art is a relaxing, pattern-based drawing method that's perfect for creativity and mindfulness. (If you haven't tried Zentangle before, it's worth a quick search—it's fun and calming!)

In PE & Health, students are getting their dance on! This week features new dance moves and rhythmic workouts designed to make exercise active, engaging, and fun.



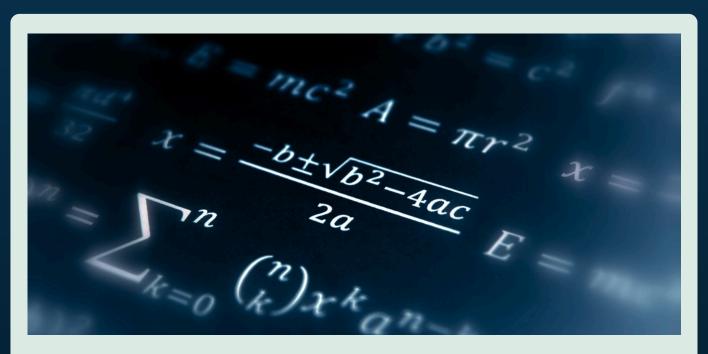


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MATH

Brainteasers, Portfolios, and Problem Solving - This week, students are engaging in a blend of critical thinking and applied math as we approach the end of the semester. We're starting with quick warm-ups like nonograms and holiday-themed logic puzzles to get students' minds moving.

Algebra students are beginning their Modeling with Algebra Portfolio tasks, working with scatterplots, trend lines, and piecewise functions to see how math applies to real-world scenarios.

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. Don't forget - the semester ends soon and all Pearson are due no later than December 18th! Let's finish strong!





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Register Here





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Advocates' Corner

Dear Parents and Caregivers,

This week in SEL, students focused on the importance of healthy sleep habits, also known as sleep hygiene. The lessons were designed to help students understand how sleep directly affects their mood, focus, motivation, decision-making, and academic performance. By building awareness around personal routines, students practice self-management skills that benefit both their schoolwork and overall well-being.



LESSON HIGHLIGHTS:

Importance of Sleep Hygiene:

Students explored why maintaining healthy sleep habits is essential for mental health, behavior, and school success. We discussed how sleep impacts emotional regulation, motivation, and focus.

Tips and Strategies for Improving Sleep Quality:

Students learned practical strategies for improving the quality of their sleep, including creating a restful sleep environment, maintaining consistent sleep schedules, and adopting habits that support better decision-making and daily performance.









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Advocates' Corner



Creating a Bedtime Routine:

Students were guided in creating or improving their own bedtime routines. They learned that consistent routines support emotional regulation, stress management, and energy levels. By taking ownership of their sleep habits, students can build lasting strategies that support both academic and personal success.

These lessons provide students with practical tools and strategies they can apply immediately to improve their sleep and overall well-being. We encourage families to continue these conversations at home and support students in practicing healthy sleep habits.

Thank you for your continued support in helping students develop skills that enhance their learning and personal growth!

Warm regards, Kasia Mazur





WEST40 WEST40



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Staff Contacts

NAME	ROLE	PHONE	EMAIL
Nathalie Alvarez	Advocate	708-240-1137	NAlvarez@West40.org
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Field Museum

Every Wednesday

Adler Planetarium

Wednesdays 4-10pm

Chicago History Museum

4, 10

Museum of Contemporary Art

Tuesdays 5-9pm 📱

DuSable Black History Museum

Every Wednesday

Art Institute of Chicago

Free December Weekdays, December 1-18

Shedd Aquarium

2, 9, 16. 5-9pm



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

Instagram: @loft8corners

ENGAGE

Connecting teens with mental wellness.

SUPPORT

Providing teens and families resources rooted in empathy.

EMPOWER

Growing confidence through education and skill building.









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







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

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



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



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





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Mission



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.



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.



