

West40 Weekly

FEBRUARY 9, 2024

CONTENTS IN THIS ISSUE:

- ADVOCATES' CORNER - 2
- WEST40 SPRING JOB FAIR - 3
- ATTENDANCE, GRADING REPORTS, & CONTACT INFORMATION - 4
- IMPORTANT REMOTE SCHOOL LINKS - 5
- COMMUNITY FLYERS - 6-11
- WEST40 REMOTE SCHOOL'S MISSION & VISION - 12



CELEBRATE

**Happy
Valentines
Day**

IMPORTANT DATES

FEBRUARY 14TH:

1/2 Day for
Students

FEBRUARY 19TH:

No School-
Presidents Day

MARCH 4TH:

No School-
Pulaski Day

West40 Weekly

FEBRUARY 9, 2024

Hi Parents!

This week in SEL we took a deep dive into self-love, what self-love is, the benefits of self-love, and how to incorporate self-love practices into their day-to-day lives. We discussed different practices like using affirmations and positive self-talk. Students shared different ways that they currently use self-love, such as affirmations each morning to get their day started on a positive note. A student shared that each morning she looks into the mirror and says 'You are beautiful and you are smart, you are going to do great things today.' This practice helps students with confidence and happiness.

Advocates and students discussed how to keep a school work and self-love balance. We talked about six different strategies for balancing self-love and school. Start to study earlier and avoid cramming, find a study environment that fits your needs, take breaks, take care of yourself and maintain healthy habits, ask for help when you need it, and lastly use the study strategies that work well for you. We discussed how self-love is not one size fits all. Different strategies work for different people.

Students and advocates also discussed how self-love is not selfish. During childhood, we are taught to care for others, be kind to everyone around us, and love our parents, siblings, grandparents, and friends. However, we don't learn anything about the importance of self-love. We are not formally taught how to love ourselves. Thus, if you start to focus more on yourself, you may feel selfish or even guilty about it. But don't! Self-love promotes a positive attitude which helps you have a positive relationship with yourself.

Ask your students what self-love practice they feel would work best for them. Developing self-love habits in your teens forges the way to a healthy and self-loving adult. To practice self-love, start by being kind, patient, gentle, and compassionate to yourself. The same way you would with someone else you care about.

Thank you, Ms. Carter.



SPRING 2024 EDUCATOR JOB FAIR

Are you passionate about education and eager to make a difference in the lives of students? Here's your chance to be a part of something incredible! More than twenty West Cook County school districts are coming together to offer you an exciting opportunity to kickstart your career in education!

WHAT TO EXPECT:

- Explore various positions at area school districts, including teachers, substitute teachers, paraprofessionals, and other school support staff.
- Meet with representatives from over twenty school districts in the West Cook County Region and discover the vast array of job opportunities.
- Learn about the benefits and rewards of a career in education.

SAVE THE DATE!

DATE: Saturday, February 24, 2024

TIME: 10am-2pm

LOCATION: West40 at Lexington, Gymnasium, 415 Lexington Street, Maywood, IL 60153



Don't miss out on this incredible opportunity to find your perfect fit in the world of education!

West40 Weekly

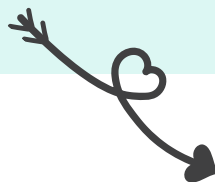
FEBRUARY 9, 2024

GRADE & ATTENDANCE REPORTS

Would you like to stay updated on your student's academic progress and attendance without the need to log into Pearson? You can easily access your student's data folder at any time. It contains:

- Monthly attendance report broken down by block for each day.
- Monthly Progress reports for each class
- Link to signed Referral Consent form
- Student Information Form (If information is incorrect, please inform your advocate!)

Can't find the link? Contact Mrs. Hoskins!



CONTACT YOUR ADVOCATE

Kasia Mazur
(Lead Advocate)
708-620-6433

Denise Alcauter
708-628-7194

Nathalie Alvarez
708-620-6905

Mackenzie Carter
708-397-6422

Jack Lee
312-283-4373

KEEP IN TOUCH

MELISSA HOSKINS



Director of Remote Learning
Principal of West40 Remote
School

Email: MHoskins@West40.org

Cell: 708-921-9914

West40 Weekly

FEBRUARY 9, 2024

SCHOOL WEBSITE



<https://www.west40remoteschool.com/>

SCHOOL SUPPLY LIST

https://www.west40remoteschool.com/_files/ugd/f770c8_ed36f96dcb854b35bb2c72efe68ad602.pdf



STUDENT HANDBOOK

The West40 Remote School Student Handbook can be viewed in the Pearson hub or on our website at:



https://www.west40remoteschool.com/_files/ugd/f770c8_47085181c8134bd3ba117b6be5ec1f7d.pdf

STUDENT ATTENDANCE

Need to report a student's absence or submit a medical note?



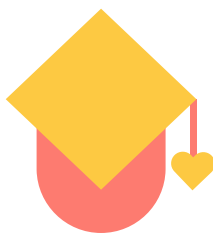
West40 Remote School Absentee Form Link:

<https://forms.gle/D3i7aNtyAQKFJN6X7>

YEAR-LONG CALENDAR



https://www.west40remoteschool.com/_files/ugd/f770c8_3dbcd63b35f8457db367ea8404e0a698.pdf



PFLAG
COUNCIL OF
NORTHERN ILLINOIS

x



synchronyTM

The Synchrony Scholarship is a \$2500 unrestricted scholarship for Illinois LGBTQ+ undergraduate, graduate, and continuing students from 17 to 28 years of age with the purpose of encouraging LGBTQ+ people to continue their educational and career aspirations after high school. All responses are confidential.

This application will close after March 30, 2024.

The Synchrony Scholarship is made possible by a generous grant from the Synchrony Foundation and the Synchrony Pride+ Network in partnership with the PFLAG Council of Northern Illinois (PCNI). Synchrony's Education as an Equalizer program is an initiative to expand access to higher education, skills training in high-growth fields, and financial literacy for underserved communities and its own workforce.

If you have any questions, please contact info@pflagillinois.org.

**Access more information
and the application by scanning
or going here:**

<http://tinyurl.com/sbbpnvy5>





Triton College
Adult Education



CENTER OF INTEGRATION AND DEVELOPMENT

CENTRO DE INTEGRACIÓN Y DESARROLLO

Free English as a Second Language (ESL) Classes at the Center of Integration and Development!

Offered by the Triton College Adult Education Department.

Develop your English language skills in a comfortable environment with other adult English language learners.

- 10-week classes.
- Taught by experienced adult education instructors.
- Textbook loan program.
- Limited space available.



To register, fill out an intake form at
triton.edu/adult-education or call
(708) 456-0300, Ext. 3259 or 3513.

The programs offered by the Adult Education Department are funded by state and federal grants awarded to Triton College by the Illinois Community College Board and by institutional support.



Triton College
triton.edu

Triton College is an Equal Opportunity/Affirmative Action institution.

BLOOD DRIVE



Cook County Health Blood Drive

Friday, Mar. 15
9 a.m. - 3 p.m.
Stroger Hospital Cafeteria
1969 W. Ogden Ave

To schedule an appointment call Vitalant at 877.258.4825 or visit vitalant.org and use group code: ORDOQ428.
Or, **SCAN QR CODE** to schedule.

Appointments Recommended.
Walk-ins Welcome.
Prepare: Eat well, hydrate, & bring ID.

SCAN HERE TO SCHEDULE



Eclipse your expectations! Donate March 3-16 and receive FREE solar eclipse glasses* PLUS an exclusive T-shirt to brighten your day, both redeemable by email. Be part of the celestial celebration and save lives in style. While supplies last.



**COOK COUNTY
HEALTH**

vitalant

Upcoming Community COVID-19 and Flu Vaccine Clinics

Clínicas Comunitarias de Vacunación Contra la Gripe y el COVID-19

Walk-ins welcome.

Vaccines available for ages
6 months and up.

SATURDAYS from 8AM-4PM

Se admiten visitas sin cita previa.

Vacunas disponibles para edades
de 6 meses en adelante.

SÁBADOS de 8AM-4PM

February 3rd | 3 de febrero

Arlington Heights Health Center
3250 N. Arlington Heights Rd., St. 300, Arlington Heights

February 17th | 17 de febrero

Robbins Health Center
13450 S. Kedzie Ave., Robbins

February 24th | 24 de febrero

Cottage Grove Health Center
1645 S. Cottage Grove Ave., Ford Heights

Vaccines are free of charge.

Las vacunas son gratuitas.

Insurance accepted but not required.

Se acepta seguro médico en pero no es obligatorio.

COOK COUNTY
HEALTH

Cook County ^{DEPT. of}
Public Health





IBERO
CIUDAD DE MÉXICO

Psicología /

TALLER DE SALUD EMOCIONAL

Para mujeres

Taller gratuito en español con cupo limitado - 9 Sesiones Virtuales

Los martes del 15 de febrero al 18 de abril del 2024 de 12:00 a 1:30 pm
(Hora de Chicago)

¿QUIÉNES PUEDEN PARTICIPAR?

- Mujeres mayores de edad
- Compromiso de participación en todo el taller
- Registro antes del 5 de febrero

**“INTÉGRATE Y DESCUBRE EL
PODER DE TU BIENESTAR
EMOCIONAL”**

**INSCRIPCIONES:
LLAMA O MANDA UN
TEXTO AL 773 987-5960
(ROSA GÓMEZ)**





Grupo de apoyo virtual para los cuidadores de personas con demencia

Se reúne el
primer martes
del mes por
Zoom
6:00 pm al
7:30 pm

Acompáñenos para construir un sistema de apoyo con personas que le entienden. Este grupo de apoyo es para cuidadores familiares de personas con Alzheimer u otras demencias.

Este grupo es conducido por personal capacitado, representando un lugar seguro para los cuidadores, familiares, y amigos de personas con demencia.

El grupo es gratuito para todas las personas sin importar donde recibe su cuidado médico o si tiene seguro médico o no.

Para matricularse o para más información, llame a Sonia

Serrano,

MSW, LSW al (312) 942-9048 o envíe un correo electrónico a Sonia_Serrano@rush.edu.

Este taller va a ser ofrecido por la aplicación Zoom (<https://zoom.us>) y por teléfono.

Se requiere matriculación para recibir los materiales necesarios para el taller.

West40 Weekly

FEBRUARY 9, 2024

WEST40 REMOTE SCHOOL 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.

WEST40 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.

