



# West40 Weekly

MARCH 15TH, 2024

## CONGRATULATIONS TO



## IMPORTANT DATES & REMINDERS

**MARCH 21ST**  
End of Quarter 3

**MARCH 22ND**  
Staff Inservice **No School** for Students

**MARCH 25th - 29TH SPRING BREAK**  
**No School** for Students or Staff

**APRIL 4TH**  
Evening Parent Connection Meetings

**APRIL 5TH**  
**No School** for Students  
Morning Parent Connection Meetings

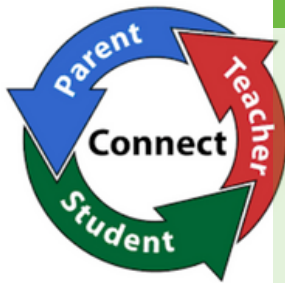




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MARCH 15TH, 2024

## SIGN UP FOR PARENT TEACHER CONFERENCES



Parent Teacher Conferences are on the evening of 4/4 and the morning of 4/5. To sign up, please use the link below!

[Link to sign up](#)

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## ADVOCATES' CORNER

Dear Parents/ Guardians, This week during our SEL Seminar we will be addressing the topics of alcohol and Marijuana use prevention. Research has shown that alcohol can have adverse effects on developing brains, which can then affect learning, responsiveness, and more. Marijuana, on the other hand, slows down the responsiveness of the brain, causing users to be “spaced out.”



Studies have shown that parents are the leading influence in their child's decision to drink or not drink alcohol. Parents are also considered the ultimate role models for what is and is not acceptable behavior. That is why it is so important for parents to discuss the dangers of alcohol and marijuana with their children early and often. I encourage you to please have meaningful conversations with your kids on the importance of being safe and healthy.

-Mrs. Alcauter



# MEASLES FACT SHEET



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Public Health

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Measles is a serious respiratory disease (in the lungs and breathing tubes). It causes a rash and fever. It is very contagious. In rare cases, it can be deadly. Measles is so contagious that 90 percent of unvaccinated people will get it, if exposed.



## What are the symptoms of measles?

Measles starts with a fever that can get very high. Some of the other symptoms that may occur are:

- Cough, runny nose, and red eyes
- Rash of tiny, red spots (starts on head)
- Diarrhea
- Ear infection

## Is measles serious?

Measles can be dangerous, especially for babies and young children. For some children, measles can lead to:

- Pneumonia (a serious lung infection)
- Lifelong brain damage
- Deafness
- Death



**1 in 5 people  
will be hospitalized**



## How does measles spread?

- Measles spreads when a person infected with the measles virus breathes, coughs, or sneezes.
- You can catch measles just by being in a room where a person with measles has been, up to two hours after that person is gone.
- And you can catch measles from an infected person even before they have a measles rash.
- Almost everyone who has not had the MMR shot will get measles if they are exposed to the measles virus.





# MEASLES FACT SHEET

Two doses of the MMR vaccine are recommended for children by healthcare providers as the best way to protect against measles, mumps, and rubella (MMR).

## When should my child get the MMR shot?

One dose at each of the following ages:

1st  
Dose

12-15 months

2nd  
Dose

4-6 years

Before traveling to another country, infants 6 to 11 months should get 1 dose of the MMR shot.

## Why should my child get the MMR shot?

- Protects your child from measles, a potentially serious disease, as well as mumps and rubella.
- Protects your child from getting an uncomfortable rash and high fever from measles.
- Keeps your child from missing school or child care and you from missing work.

## What are the side effects of the shot?

Most children don't have any side effects from the shot. The side effects that do occur are usually mild and may include:

Soreness, redness, or swelling where the shot was given

Fever

Mild rash

Temporary pain and stiffness in the joints

More serious side effects are rare. These may include high fever that could cause a seizure.

## Follow the vaccine schedule

- The Centers for Disease Control and Prevention, American Academy of Family Physicians, and American Academy of Pediatrics strongly recommend children receive all vaccines according to the recommended vaccine schedule.
- Get a list of vaccines that your child may need based on age, health conditions, and other factors.

## The MMR vaccine is safe and effective

- The measles shot is very safe and is effective at preventing measles. Vaccines, like any medicine, can have side effects. These are usually mild and go away on their own.
- Scientists in the United States and other countries have carefully studied the MMR shot. None has found a link between autism and the MMR shot.

## Before, during and after shots

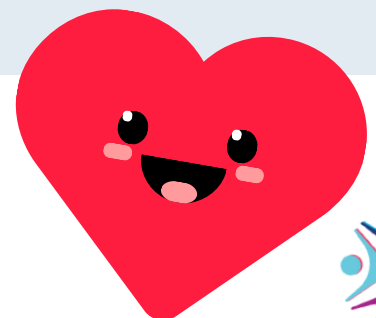
Prepare for your child's vaccine visit and learn about how you can:

- Research vaccines and ready your child before the visit
- Comfort your child during the appointment
- Care for your child after the shot
- Visit the CDC website



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# HOJA INFORMATIVA SOBRE EL SARAMPIÓN



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El sarampión es una enfermedad respiratoria grave (de los pulmones y las vías respiratorias). Causa sarpullido y fiebre. Es muy contagioso. En casos poco frecuentes, puede ser mortal.



## ¿Cuáles son los síntomas del sarampión?

El sarampión empieza con una fiebre que puede ser muy alta. Algunos de los otros síntomas que pueden presentarse son:

- Tos, moqueo o secreción nasal y enrojecimiento de los ojos.
  - Sarpullido de diminutos puntitos rojos que empieza en la cabeza y luego se extiende al resto del cuerpo.
- Diarrea.  
Infección de oído.

## ¿Es grave el sarampión?

El sarampión puede ser peligroso, especialmente para los bebés y los niños pequeños. En algunos niños, el sarampión puede causar lo siguiente:

Neumonía (una infección pulmonar grave)  
Daño cerebral permanente  
Sordera  
Muerte



**1 de cada 5 será  
hospitalizado**



## ¿Cómo se propaga el sarampión?

- El sarampión se propaga cuando una persona infectada con el virus respira, tose o estornuda.
- Es muy contagioso.
- Usted puede contraerlo simplemente al estar en una habitación en la que haya estado alguien con sarampión, incluso 2 horas después de que esa persona se haya ido.
- Y usted puede contraer el sarampión de una persona infectada incluso antes de que le aparezca el sarpullido.
- Casi todos los que no han recibido la vacuna MMR contraerán la enfermedad si se exponen al virus del sarampión.

# HOJA INFORMATIVA SOBRE EL SARAMPIÓN

Los proveedores de atención médica recomiendan ponerles dos dosis de la vacuna MMR a los niños como la mejor forma de proteger contra el sarampión, las paperas y la rubéola.

## ¿Cuándo debería ponerle la vacuna MMR (o triple vírica) a mi hijo?

Una dosis en cada una de las siguientes edades:



Antes de viajar a otro país, se les debería poner 1 dosis de la vacuna MMR a los bebés de 6 a 11 meses.

## ¿Por qué debería ponerle la vacuna MMR a mi hijo?

- Protege a su hijo contra el sarampión, una enfermedad potencialmente grave, así como contra las paperas y la rubéola.
- Protege a su hijo para que no tenga un sarpullido incómodo y fiebre alta debido al sarampión.
- Evita que su hijo falte a la escuela o guardería infantil, y que usted falte al trabajo.

## ¿Cuáles son los efectos secundarios de la vacuna?

La mayoría de los niños no presenta ningún efecto secundario a causa de la vacuna. Los que se producen, suelen ser leves e incluir:

Dolor, enrojecimiento o hinchazón en el lugar de la inyección.

Fiebre

Sarpullido leve

Dolor y rigidez pasajeros en las articulaciones

Es raro que se produzcan efectos secundarios más graves. Estos pueden incluir fiebre alta que podría causar convulsiones.

## Siga el calendario de vacunación

- Los Centros para el Control y la Prevención de Enfermedades, la Academia Estadounidense de Médicos de Familia y la Academia Estadounidense de Pediatría recomiendan enfáticamente ponerles todas las vacunas a los niños siguiendo el calendario de vacunación recomendado.
- Obtenga una lista de las vacunas que su hijo podría necesitar, según su edad, sus afecciones y otros factores.

## La vacuna contra el sarampión es segura

- La vacuna contra el sarampión es muy segura, y es eficaz para prevenir la enfermedad. Al igual que cualquier medicamento, las vacunas pueden causar efectos secundarios. Estos suelen ser leves y desaparecen por sí solos.
- Científicos de los Estados Unidos y otros países han estudiado la vacuna MMR cuidadosamente, y ninguno ha encontrado un vínculo entre el autismo y la vacuna.

## Antes, durante y después de la vacunas

Prepárese para la visita de vacunación de su hijo e infórmese sobre cómo puede:

Saber más acerca de las vacunas y preparar a su hijo antes de la visita.  
Reconfortar a su hijo durante la cita médica.

- Cuidar a su hijo después de la vacuna.
- Visite Los Centros para el Control y la Prevención de Enfermedades



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## 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





# 21 APPS

PARENTS SHOULD KNOW ABOUT

Courtesy of the  
Sarasota County Sheriff's Office  
SEPTEMBER 2019



## PLENTY OF FISH



PLENTY OF FISH is a popular free dating app and website that encourages chatting with strangers. It allows users to browse profiles based on location.

## HILY



HILY is a dating app where users can browse photos, engage in chats, send private videos and more. Based on the GPS location of a mobile device, strangers can arrange to meet up locally.

## ZOOSK



ZOOSK is a location-based dating app and website similar to many others. The app is available in 80 countries and utilizes a "carousel" feature which matches users with random strangers.

## MOCOSPACE



MOCOSPACE is a free social networking and dating app geared towards African American and Latino communities. Users can connect with strangers worldwide via text messages or voice calls.

## BEST SECRET FOLDER



BEST SECRET FOLDER is photos specifically meant to "hide and videos." according to app store descriptions. It features password protection, decoy videos and alarm settings.

## MONKEY



MONKEY is a live video chat app that connects users to random strangers worldwide, offering group chat and private message options. It claims to be rated for ages 12 and up but has "mild sexual content and nudity."

## MEETME



MEETME is a dating social media app that allows users to connect with people based on geographic proximity. As the app's name suggests, users are encouraged to meet each other in person.

## GRINDR



GRINDR is a dating app geared towards gay, bi and transgenders people. The app gives users options to chat, share photos and meet up based on a smart phone's GPS location.

## SKOUT



SKOUT is a location-based dating app and website. While users under 17 years old are unable to share private photos, kids can easily create an account using a different age.

## WHATSAPP



WHATSAPP is a popular messaging app that allows users to send texts, photos, voicemails, make calls and video chats worldwide. WHATSAPP Uses an internet connection on smart phones and computers.

## TIKTOK



TIKTOK is a new mobile device app popular with kids used for creating and sharing short videos. With very limited privacy controls, users are vulnerable to cyber bullying and explicit content.

## BADOO



BADOO is a dating and social networking app where users can chat, share photos and videos and connect based on location. While the app is intended for adults only, teens are known to create profiles.

## BUMBLE



BUMBLE is similar to the popular dating app "Tinder" however, it requires women to make the first contact. Kids have been known to use BUMBLE to create fake accounts and falsify their age.

## SNAPCHAT



SNAPCHAT is one of the most popular apps in recent years. While the app promises users can take a photo/video and it will disappear, new features including "stories" allows users to view content for up to 24 hours. Snapchat also allows users to see your location.

## KIK



KIK allows anyone to contact and direct message your child. Kids can bypass traditional text messaging features. KIK gives users unlimited access to anyone, anywhere, anytime.

## LIVEME



LIVE.ME is a live-streaming video app that uses geolocation to share videos so users can find out a broadcaster's exact location. Users can earn "coins" as a way to "pay" minors for photos.

## HOLLA



HOLLA is a self-proclaimed "addicting" video chat app that allows users to meet people all over the world in just seconds. Reviewers say they have been confronted with racial slurs, explicit content, and more.

## WHISPER



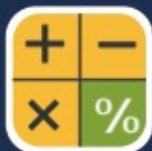
WHISPER is an anonymous social network that promotes sharing secrets with strangers. It also reveals a user's location so people can meet up.

## ASK.FM



ASK.FM is known for cyber bullying. The app encourages users to allow anonymous people to ask them questions.

## CALCULATOR



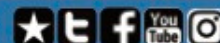
CALCULATOR% is only one of SEVERAL secret apps used to hide photos, videos, files, and browser history.

## HOT OR NOT



HOT OR NOT encourages users to rate your profile, check out people in their area, and chat with strangers. The goal of this app is to hook up.

For more information, contact Sarasota County Sheriff's Office Community Affairs at 941.861.4005



<https://www.thefloridacenter.org/21-apps-parents-should-know-about/>



# RESOURCES FOR FAMILIES

For More Resources  
for Parents

CLICK HERE





**SAFE 2 HELP**  
ILLINOIS

Call: 1-844-4-SAFE-IL Text: Safe2 Safe2HelpIL.com

*A confidential way to share any information that threatens your safety or the safety of others.*

## YOUNG MiNDS

fighting for young people's mental health

A guide for parents and carers Social media. If you are worried about your child or teenager using the internet, this guide provides tips and advice



*Note: All  
Images link  
to Resources*

DRUG ENFORCEMENT ADMINISTRATION

ONE PILL CAN KILL

### EMOJI DRUG CODE | DECODED

COMMON EMOJI CODES

#### FAKE PRESCRIPTION DRUGS

<b>PERCOCET &amp; OXYCODONE</b> 🍬 🟢 P 🍬	<b>XANAX</b> 🍬 🍬 🚚	<b>ADDERALL</b> 🍬 A 🚚
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#### DEALER SIGNALS

<b>DEALER ADVERTISING</b> 😂 🍷 🍷 🍷 🍷 🍷	<b>HIGH POTENCY</b> 🚀 🍬 🍬	<b>UNIVERSAL FOR DRUGS</b> 🍁	<b>LARGE BATCH</b> 🍪
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#### OTHER DRUGS

<b>METH</b> 🧊 🍷 🍷 🍷	<b>HEROIN</b> 🍷 🍷	<b>COCAINE</b> 🧊 🍷 🍷 🍷 🍷 🍷 🍷	
<b>MDMA &amp; MOLLIES</b> 🍷 🍷 🍷 🍷	<b>MUSHROOMS</b> 🍄	<b>COUGH SYRUP</b> 💜 🍷 🍷	<b>MARIJUANA</b> 🌿 🍷 🍷 🍷 🍷 🍷

This reference guide is intended to give parents, caregivers, educators, and other influencers a better sense of how emojis are being used in conjunction with illegal drugs. Fake prescription pills, commonly laced with deadly fentanyl and methamphetamine, are often sold on social media and e-commerce platforms – making them available to anyone with a smartphone.

#ONEPILLKANKILL dea.gov/onepill Disclaimer: These emojis reflect common examples found in DEA investigations. This list is not all-inclusive, and the images above are a representative sample.

Protect your every day.

If you **see**  
something,  
**say** something®

**REPORT SUSPICIOUS ACTIVITY**  
**Call 9-1-1**  
or your local police department









# West40 Weekly

MARCH 15TH, 2024

## SCHOOL WEBSITE



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

## SCHOOL SUPPLY LIST

[https://www.west40remoteschool.com/\\_files/ugd/f770c8\\_ed36f96dcb854b35bb2c72efe68ad602.pdf](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](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](https://www.west40remoteschool.com/_files/ugd/f770c8_3dbcd63b35f8457db367ea8404e0a698.pdf)





**MORTON COLLEGE**  
CAREER SERVICES

# JOB FAIR

Jumpstart your future career!



**April 17, 2024**



**10 am to 2 pm**



**Morton College**  
**3801 S. Central Ave.**  
**Vais Gymnasium, Bldg. E**

Open to the public



**FOR MORE INFORMATION**



**careerservices@morton.edu**

**Morton.edu**







# West40 Weekly

MARCH 15TH, 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.

