

WEST40 WEEKLY

September 8th, 2023



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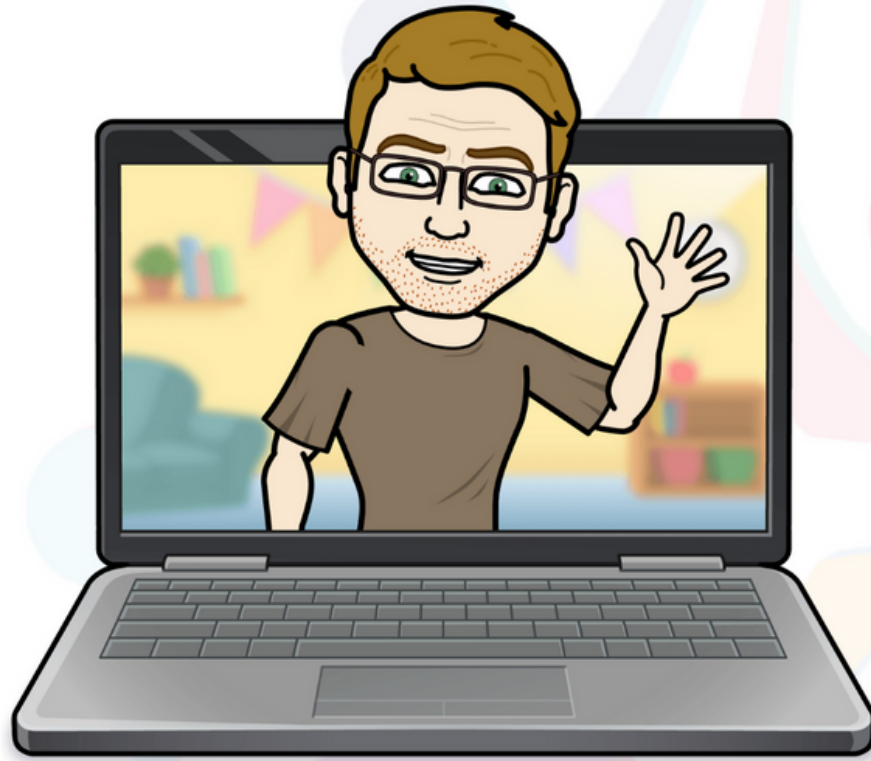
West40 Remote School's Mission and Vision - 11



MATH | S.S. | ELA | SCIENCE | ELECTIVES

NEED HELP WITH YOUR SUBJECTS? AFTER SCHOOL TUTORING

WITH MR. TOTTON



WHEN:

**AFTER SCHOOL EVERY WEDNESDAY
4:30 TO 6:30**

WHERE:

**MR. TOTTON'S ZOOM (FIND IT IN
THE HUB!)**

**ANY AGE &
CONTENT!**

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ADVOCATES' CORNER

This week, students and staff enjoyed the long weekend that came with Labor Day. We hope you had an amazing and restful Labor Day as well!

During our short week, we learned about organization and the different tools that we can use to become and remain organized. Our SEL lessons touched on the benefits of making small changes to our daily routines, like keeping a clutter-free environment, creating a to-do list, prioritizing tasks, sleeping early, and eating a healthy breakfast. We discussed how these small changes can help us stay on task and help us feel less stressed and better. Students were introduced to Google Calendar and were encouraged to use it to organize their day by adding their classes, their study times, and due dates for assignments to make sure they reach their academic goals.

Taking notes in class is important, and we wanted our kiddos to know that there are different ways to organize information, so we introduced students to note-taking techniques like Cornell notes and Mind Maps. We discussed the benefits of each technique and educated students on how to arrange best all the information they're receiving throughout the day so that their notes are easy to understand and can be used as a study tool for future assignments and exams.

CONTACT YOUR ADVOCATE

Kasia Mazur

(Lead Advocate)

708-620-6433

Denise Alcauter

708-628-7194

Nathalie Alvarez

708-620-6905

Jack Lee

312-283-4373

To end our organization lessons, we discussed time management and how we can plan ahead and avoid distractions to ensure we are using our time wisely and productively. We also touched on S.M.A.R.T. goals and reviewed how goals can be created to ensure they are specific, measurable, attainable, relevant, and timely for students.

Check in with your student and ask them which organization skills they're practicing to make this school year the most productive one!

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UPCOMING EVENTS:

WED 9/20: 1/2 DAY FOR STUDENTS



GRADES & ATTENDANCE REPORTS:

This year, families have access to a folder of information about their students for better communication of grades and attendance.

Information Included:

- 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!)

This folder was shared with each family on Friday, September 1st.

Please check your email for this important resource!

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

STAY IN TOUCH:

 *Melissa Hoskins*

Director of Remote Learning
Principal of West40 Remote School

MHoskins@West40.org

708-921-9914

Please allow for 24 hours for a response

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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>

OTHER IMPORTANT LINKS:

Remote School Website: <https://www.west40remoteschool.com/>

School Year-Long Calendar:

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

School Supply List:

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

You're invited to our...



PARENT CAFÉ

Taking Care of Yourself

When: Thursday, September 28, 2023

Where: Proviso East High School
807 S. 1st Ave in Maywood, IL

Time: 6PM-8PM

Join us for a vibrant session around the Be Strong Families six Vitality Domains about holistic health: all the areas of your life that encompass your health in mind, body and spirit. Learn empowered engagement techniques to help you come up with strategies to destress, relax, empower and keep your children safe and your family strong.

Please RVSP!



<https://tinyurl.com/56c9ub7m>



Any questions can be directed to Maria-Elena Agrela, West40 Community Resource Coordinator at 708-990-7975

Estas invitada a nuestra ...



Café Para Padres Cuidando de ti mismo

Cuándo: jueves 28 de septiembre de 2023

Dónde: Proviso East High School
807 S. 1st Ave en Maywood, IL

Hora: 6PM-8PM

Únase a nosotros para una sesión vibrante sobre los seis dominios de vitalidad de Be Strong Families sobre salud holística: todas las áreas de su vida que abarcan su salud en mente, cuerpo y espíritu. Aprenda técnicas de compromiso empoderado para ayudarlo a idear estrategias para desestresarse, relajarse, empoderarse y mantener a sus hijos seguros y a su familia fuerte.

¡Por favor, RVSP!



<https://tinyurl.com/56c9ub7m>



Cualquier pregunta puede dirigirse a Maria-Elena Agrela, coordinadora de recursos comunitarios de West40 al 708-990-7975



MÉXICO
CONSULADO GENERAL EN CHICAGO



Psicología /

TALLER DE SALUD EMOCIONAL PARA MUJERES

¡Recuerda que tu
salud mental
es una prioridad!

¿Quiénes pueden participar?

- Mujeres mayores de edad
- Regístrate antes del 13 de septiembre 2023
- Compromiso de asistencia a las 8 sesiones del taller

DEL 21 DE
SEPTIEMBRE
AL 09 DE
NOVIEMBRE
2023

8 sesiones
los jueves
de 12:00 a 1:30 pm
(horario de Chicago)

**TALLER
GRATUITO
EN ESPAÑOL
CUPO LIMITADO**

**MODALIDAD
A DISTANCIA**
 **zoom**

INSCRIPCIONES:
773 987-5960
(ROSA GÓMEZ)

INPATIENT PROGRAMS

PARTNERS IN THE PATH TOWARD WELLNESS



Our Inpatient Programs at Riveredge Hospital provide comprehensive diagnostic and treatment services for children, adolescents and adults. We serve those who are in acute crisis due to mental illness, emotional distress, destructive behavior patterns and co-occurring substance abuse. Our team of experts, along with patients and their families, determine an individualized treatment plan. All patients are offered individual, family and group therapy including Expressive (Dance/Movement, Art, Drama) and Animal Assisted. We believe in providing these services in a trauma informed manner.

Children and Adolescents

Our Child and Adolescent Inpatient Behavioral Health programs treat a variety of emotional and behavioral problems including mood disorders, anxiety disorders, psychotic disorders, severe disruptive behavior, developmental disorders and suicidality. Academic credit can be earned for their school participation.

Children (ages 3-12)

- Child-focused therapeutic activities
- Enhanced family engagement through family sessions and open visitation
- Sand Tray and Play Therapies offered

Adolescents (ages 13-17)

- Adolescent units are separated by gender
- Engages youth to address issues such as positive communication, depression, anger management, trauma, healthy boundaries, relationship development
- Parent education provided

Adults

Our Inpatient Adult Services assists adults, 18 years and older, who are experiencing psychiatric or emotional problems. The goal of treatment is to reduce and manage symptoms while providing education regarding their individual illness and recovery. Evidence based treatment modules are utilized to enhance overall treatment outcomes including Illness Management Recovery. Specialized adult programming includes:

- Intellectual Disability Behavioral Health Program
- Intensive Treatment Program
- Co-Occurring Disorders Program

**For more information or to make a referral,
please call 708-209-4181**

Our Assessment and Referral Professionals are available 24 hours every day to answer your questions or assist with a crisis.

Our goal is to help keep you safe

Our goal is to help keep you safe during the COVID-19 pandemic. Your safety is our top priority and we have implemented extra precautionary measures and additional safety protocols for our staff and patients as recommended by the CDC and local health authorities. As always, we remain dedicated to your health and wellness.

Trauma-informed care. Patient-centered treatment.
For more information, scan this QR code with your phone's camera:



**Riveredge
Hospital**

8311 W. Roosevelt Road
Forest Park, IL 60130
708-771-7000
www.riveredgehospital.com

Physicians are on the medical staff of Riveredge Hospital, but, with limited exceptions, are independent practitioners who are not employees or agents of Riveredge Hospital. The facility shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the non-discrimination notice, visit our website. Model representations of real patients are shown. Actual patients cannot be divulged due to HIPPA regulations. 204311-6495 12/20

SOCIOS EN EL CAMINO HACIA EL BIENESTAR



Nuestros programas para pacientes hospitalizados en Riveredge Hospital brindan servicios integrales de diagnóstico y tratamiento para niños, adolescentes y adultos. Servimos a aquellos que están en crisis aguda debido a enfermedades mentales, angustia emocional, patrones de comportamiento destructivo y abuso de sustancias concurrente. Nuestro equipo de expertos, junto con los pacientes y sus familias, determina un plan de tratamiento individualizado. A todos los pacientes se les ofrece terapia individual, familiar y grupal, incluida la expresiva (danza / movimiento, arte, teatro) y asistida por animales. Creemos en la prestación de estos servicios de una manera informada sobre el trauma.

Niños y Adolescentes

Nuestros programas de salud conductual para pacientes hospitalizados para niños y adolescentes tratan una variedad de problemas emocionales y conductuales que incluyen trastornos del estado de ánimo, trastornos de ansiedad, trastornos psicóticos, comportamiento disruptivo grave, trastornos del desarrollo y tendencias suicidas. Se pueden obtener créditos académicos por su participación en la escuela.

Niños (edades 3-12)

- Actividades terapéuticas centradas en el niño
- Mayor participación de la familia a través de sesiones familiares y visitas abiertas
- Bandeja de arena y terapias de juego ofrecidas

Adolescentes (edades 13-17)

- Las unidades de adolescentes están separadas por género
- Involucra a los jóvenes para abordar problemas como la comunicación positiva, la depresión, el manejo de la ira, el trauma, los límites saludables, el desarrollo de relaciones
- Se proporciona educación para padres

Adultos

Nuestros Servicios para pacientes hospitalizados para adultos ayudan a los adultos, de 18 años o más, que están experimentando problemas psiquiátricos o emocionales. El objetivo del tratamiento es reducir y controlar los síntomas al mismo tiempo que se brinda educación sobre su enfermedad individual y su recuperación. Los módulos de tratamiento basados en evidencia se utilizan para mejorar los resultados generales del tratamiento, incluida la recuperación del manejo de enfermedades. La programación especializada para adultos incluye:

- Programa de Salud Conductual para Discapacidades Intelectuales
- Programa de Tratamiento Intensivo
- Programa de Trastornos Concurrentes

Para obtener más información o hacer una referencia, por favor llame al 708-209-4181

Nuestros profesionales de evaluación y referencia están disponibles las 24 horas del día para responder sus preguntas o ayudar con una crisis.

Nuestro objetivo es ayudar a mantenerte seguro

Nuestro objetivo es ayudarlo a mantenerse seguro durante la pandemia de COVID-19. Su seguridad es nuestra máxima prioridad y hemos implementado medidas de precaución adicionales y protocolos de seguridad adicionales para nuestro personal y pacientes según lo recomendado por los CDC y las autoridades de salud locales. Como siempre, seguimos dedicados a su salud y bienestar.

Atención informada sobre el trauma. Tratamiento centrado en el paciente.
Para obtener más información, escanee este código QR con la cámara de su teléfono:



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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 & 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.