

# Paw Prints

West Hills Elementary School PTA Newsletter

From the Principal's Office:

March is a very important month in the life of our school as our students in grades 3-5 participate in TNReady standardized testing. Please support your child's effort by having him or her at school on time during the scheduled evaluation window, which begins Wednesday, March 2 and extends through next Tuesday, March 8 – we begin our testing sessions after announcements in the morning. We are raising money for our Special Olympics Team every time a student participates in Hat Day – what a great way to celebrate the athletes at West Hills! Our PTA volunteers have been amazing; they have supported our students by organizing and supporting with second grade Friday celebrations and soliciting donations for our prize carts. Thanks so much for those of you who came to school on Tuesday, Feb 23rd for our PTA meeting and homework information night. March is also National Reading Month – here's wishing all of you a wonderful spring break with a wonderful book in hand!

Happy Merry Month of March!

Mrs. Langston

Parents,

As we enter the standardized testing time of year, it's a good time to look at your child's sleep schedule. Pediatricians recommend that children ages 3-6 get between 10-12 hours of sleep a night. This means our students in kindergarten and first grade. Children between the ages of 7-12, our second to fifth graders, require 10-11 hours of sleep a night. A set of recent studies found that the addition of one hour of sleep per night for one week significantly improved students' scores on behavioral and academic tests. In other words, putting your child to bed one hour earlier can improve his or her behavior and learning.

Mr. McKinley – Guidance Counselor



## Dates to Remember

### Spring Break

March 14 – 18

### Spring Fundraiser – Cookie Dough Sale & Donation Drive

March 21 – April 1

### Spirit Store Open

March 21 – April 19

### Student Holiday

March 25

### Clothing Sale

April 2

The deadline for Donations is

**March 31**

### Central Baptist Consignment Sale

April 15 – 16

### Movie Night – Inside Out

April 15

### PTA Meeting – Bearden Middle School Program for 5<sup>th</sup> graders

To be Determined

## Other News

### From Mr. McKinley – Guidance Counselor

Parents, did you know that there are several ways to make your thoughts and concerns about your child's school known to the people who make decisions? For example, we have a suggestion box on the front counter in the office, near the Character Counts jar. Our administrators check it regularly. Our PTA also provides information to administrators. Please join PTA and become active by attending PTA meetings.

The central office also periodically hosts meetings on issues of concern to parents and families. For example, last year there were meetings on the balanced calendar. The central office has created a District Advisory Council that can take and give feedback.

Please know that your opinions and concerns are important to the school system.

### Consign for West Hills at Central Baptist Church

This year Central Baptist Church's Spring Consignment Sale will benefit West Hills Elementary Food for Kids program. If you have spring items to consign, you can register online at [cbcbearden.org/clothingsale](http://cbcbearden.org/clothingsale). The registration deadline for consigners is April 11. The sale will be April 15-16. We hope that you will support Central Bearden as they support West Hills.

### West Hills Spring Clothing Sale – April 2

Clothing and shoe donations are being accepted now until March 31. We need gently used clothing and shoes for men, women, and children in all sizes. We need spring and summer clothing. There is a collection wagon in the lobby of the school. Your donation is tax deductible and a receipt can be provided.

At the sale on April 2, clothing will be \$5.00 a bag with a maximum of \$10.00 per family.

We need several volunteers to sort the donations March 28 – 31 from 8:00 am – 1:00 pm and one or two volunteers to work at the sale. If you are able to help, contact Elaine Boswell ([elaineboswell06@gmail.com](mailto:elaineboswell06@gmail.com)).