

MESSAGE FROM THE PRINCIPAL

With cold weather approaching, it's important to be prepared. With that in mind, here are some guidelines about weather-related school closures.

West Hills will remain open, if at all possible, on all scheduled school days. Even when weather conditions are extreme, every effort will be made to keep school open in the belief that it is in the best interest of the students. Since parents are the primary protector they will need to decide what is right for their children. The option to keep children home when weather conditions are extreme is always at the parents' discretion and the school understands and respects the decision.

On occasion, severe weather conditions may force school closures. The following information outlines the communication procedures that will be followed if such school closure becomes necessary.

Parents should listen to these designated radio or television stations for school closure information between the hours of 6-8 a.m. (If schools dismiss early, the media will air the announcement as soon as possible.) Once one of the following messages will be aired by the media.

- "Schools Will Be Closed"
- "Schools Will Start Late"
- "Schools Will Dismiss Early"

All announcements are for one day only. No announcement means normal operation. Parents are asked to meet their students at bus stops when buses are running on delayed or emergency schedules.

Radio Stations

KSL-1160 AM / 102.7 FM

TV Stations

KUTV—Channel 2

KTVX—Channel 4

KSL—Channel 5

Fox-News—Channel 13

School closures will be posted by 6:30 a.m. on Jordan School District's Web site at www.jordandistrict.org

Make-up Days

The Utah State Office of Education requires a minimum of 180 instructional days of school. Days lost because of inclement weather will be made up first on Washington and Lincoln Day (Presidents' Day) Recess and then during Spring Recess. (As per District Policy D207—Calendar Development)

Stacy Evans

Principal

[West Hills Middle School](http://www.westhillsmiddle.org)



MESSAGE FROM PTSA PRESIDENT

I am constantly inspired by the dedicated efforts of parents, staff, administration and students that make our West Hills community a better place! PTSA sponsors many annual activities. A few recent highlights include the outstanding quality of our Reflections entries. Our student representatives are assisting with school functions and learning the importance of leadership and service. We were able to fulfill every teacher grant request for materials, tools and technology that assist teaching and learning in their classrooms. We provided the faculty with meals prior to parent teacher conferences. The dance was well attended. Preparations are in full swing for our musical, Xanadu. We can always use help with volunteers for things like vision and hearing screenings and many other activities! Please contact me at david@octappella.com if you would like to help and get involved. Every act of service makes a difference! You are welcome to attend our monthly meetings, held the first Tuesday at 9:30. We are striving to work in synergy with elementary feeder schools and Copper Hills High, with many of us serving in those PT(S)As and Community Councils, too, to foster smoother transitions school-to-school. With SAGE testing, safety issues, growing enrollment, funding and other factors, please feel welcome and encouraged to join as a member, get involved and provide your input and assistance. Studies show students of parents who are involved in education at school and home enjoy much greater academic success as well as much lower incidence of truancy, drug and alcohol abuse and other negative factors. In advance, thank you for your support!

CTE Intro. FACS Corner

Did you know that having regular family meals can have great benefits for your teen agers? Studies show that by having nightly dinners together you can increase their physical, mental, and emotional health.

The past few weeks in CTE we have been learning about food preparation. All of the students participated in making German pancakes in the foods lab. So this month have your student show you how to make German pancakes. Then come together as a family for dinner without the distractions of television, phones or anything else. Have a great time enjoying good food and good company!

For more ideas and helps on how to have successful family dinners, check out this website:
<http://thefamilydinnerproject.org/resources/faq/>



TEACHER OF THE QUARTER

Congratulations to **MS. DRESSEN** for being chosen for Teacher of the Quarter!! She does such an amazing job and puts so much effort and energy into teaching!!



WHMS 2014 Holiday Concerts

WHMS Welcomes the 23rd Army Band – Thursday, December 4 @ 7:00 pm.

Band and Orchestra Concert - Tuesday, December 16 @ 6:30 pm.

Choir Concert – Thursday, December 18 @ 6:30.



ATTENTION ALL WHMS FACULTY AND STAFF

There will be a Christmas party on December 12 at 3:30. It is a themed murder mystery party.



FUNDRAISER

Leah Anderson is doing a fundraiser to raise money for the school. She used to teach in Guatemala. She has pictures and information from the students looking for sponsors. Anyone interested should contact her at leah.anderson@jordandistrict.org.

ADVOCACY CONFERENCE HIGHLIGHTS

Internet Safety

- Cyberbullying, exposure to inappropriate material, online predators, posting personal information, and sexting are the biggest dangers from which we need to protect our children.
- Do not let kids have computers in their bedrooms. The computer should be in an open high traffic area.
- Myths about predators are that they are old men pretending to be younger. In reality, the average predator is in mid-twenties, usually men. They usually groom their potential victim. Victims are usually girls age 13-15. Be aware of your child receiving gifts, calling unknown numbers, rejecting family/friends, getting upset when online, minimizing the screen.
- Cyberbullying includes mean texts, photoshopping pictures, and creating fake profiles.
- Signs of cyberbullying are: child stops using the computer or cell phone, acts nervous when receiving a text or IM, does not want to go to school. If child does become a victim of cyberbullying, save all evidence, block the cyberbullies, set up a new account and of course notify authorities.
- Pornography is now being classified as the new drug.
- Netsmartz.org is an excellent website for information regarding internet safety.

ACTION FOR HEALTHY KIDS PANEL DISCUSSION

- Children need a total of 60 min of moderately aggressive exercise daily. They should do vigorous exercise 3 times a week, muscle strengthening 3 times a week, and bone strengthening 3 times a week.
- Children should not sit for more than 2 hours at a time.
- The website choosemyplate.gov has useful information about what foods are most healthy. Foods should have 10 percent daily value of nutrient to be acceptable. (i.e. iron, calcium, Vitamin C). What you eat or do not eat affects your brain.
- Healthygeneration.org/productcalculator has a smart snacks calculator to help determine the nutritional value of different foods.
- Calories from sugars and solid fats should be limited to 5-15 percent of total calories.
- Grab n go breakfast option was discussed and is most convenient for middle schools and high schools.
- Schoolwellnesspolicies.org is another useful website for information regarding school policies.



REFLECTIONS

Thank you to all the parents and students who participated in Reflections this year. The theme was "The World Would Be a Better Place If...". We had 32 entries into our school Reflections contest and of those 32 entries, were able to send 19 onto the council level. Our 5 categories that had participants were Visual Arts (our biggest category), Literature and Photography were tied, 3D Art and then Film. Council Award Night will be held at Bingham High on December 4th. This will be open house style and the time will be posted on the schools website once it is finalized. Our winners that headed onto council level and awarded a Certificate of Excellence are as follows:

Literature

Abby Brighton
Adrianne Hill
Ashlyn Bolinder
Rachael Pugmire

Photography

Abby Brighton
Caden Jackson
Katheryn Wesley
Rhiannon Back
Zachary Christensen

Visual Arts

Aiden Loeser
Emma Johnson
Rachael Pugmire
Shannon Strasses

3D Art

Jeanette Eldredge
Rebecca Mecham
Sienna Weir
Vanessa Dominques
Zachary Christensen

Film

Katheryn Wesley

Certificate of Merit for Visual Arts

Abby Brighton
Porter Loeser
Zachary Christensen

Certificate of Merit for Literature

Brittany Dunn
Madilyn Loosle
Sienna Weir

Certificate of Merit for Photography

Mikayla Irving
Samantha Hylemon

Certificate of Participation

Beth Brewster
Brittany Dunn
Katelyn Fifield
Laurel Ferguson
Mikayla Irving

Thanks again for such an incredible year. We had a great time celebrating all of these students at an ice cream party with ALL the toppings!!! They are such great children! Watch out for next year's theme to come out closer to the end of the school year so you have all summer to work on it! Congratulations again!