

Dialoguing with your child in times of distress...

The following information is sensitive in nature. Our goal with sharing this in this month's newsletter is to hopefully assist parents with dialoguing with their child (if needed), but also to help shift the language our students are using. Use of phrases like the ones expressed below are ones we are really working to help our youngest children know are extreme and should not be used. The following was provided by Dr. Margaret DeLillo-Storey, a Clinical Counselor for Perry Local Schools.

Your elementary school aged child says "I'm going to kill myself!" or you overhear them say to another child, "I am going to kill you!" This alarms you and you don't know what to say.

It can feel very scary when your child says he wants to kill him/herself or pose harm to another, especially if someone you love has completed suicide.

Your child is trying to communicate something to you, but at this point it isn't clear what that is. Most often, a child is simply using words that they know are powerful and attention-getting in order convey a high level of distress that could include anger, frustration, anxiety, sadness, feelings of depression and/or isolation rather than to convey actual intent to harm. Those words are also said by children whose families have not experienced a loss from suicide, just because they are so powerful and they hear it from others. Often times, they don't mean anything literal any more than they mean it literally when they tell their mothers, "You're so mean or I hate you!" However, you want to take your child's distress seriously, but not jump to conclusions about what their words mean. You don't want to convey a sense of panic, so take a step back and take some deep breaths and check it out with them. You're not assuming anything; you're not accusing them of anything; you're just tuning in and opening the door to communicate, allowing them to know "I hear what you are saying and I want to help and I want to hear what you have to say."

You can start by saying in a calm voice, "I can see you're upset. And you're trying to tell me something. Help me understand what's going on." As the conversation goes on, you can ask in a gentle voice, "I heard you saying you want to kill yourself or you want to kill someone else. What did you mean by that?" You may want a specific follow-up question: "Are you really thinking of hurting yourself or causing harm to someone?" In most cases, the answer will be "No" and so you will want to continue the conversation helping your student know these are extreme phrases we want to stay away from and give other options for expressing their feelings. That said, based upon the conversation with your child and the sense you have about your child, you may want to pursue assistance at a higher level.

PLEASE remember that we are here to assist you in any way possible within the realm of the educational setting. Your child and our student is of the utmost importance and their safety is our number one concern. Please do not hesitate to contact your school counselor at [330-478-6177](tel:330-478-6177) or our District Mental Health Counselor at [330-4773486](tel:330-4773486) ext. 2186.

If you have an emergency outside of school hours, please call the Crisis Center [330.452.6000](tel:330.452.6000).

Get Your Walking Shoes On!

Our 5th Annual
"Whipple Walk-A-Thon"
 Thursday, October 12th, 2017



Upcoming Events

Below is a listing of specific events scheduled for this coming month!

Tuesday	October 3 rd	Fall Pictures Parent-Teacher Conferences 5-8pm
Wednesday	October 4 th	Bookmobile (Grades 1-2)
Thursday	October 5 th	Parent-Teacher Conferences 5-8pm
Friday	October 6 th	No School Students Parent-Teacher Conferences 8am-3pm
Sunday	October 8 th	Mother/Son Movie Night
Monday	October 9 th	No School Students or Staff
Wednesday	October 11 th	WHPTO Meeting in Library 6:00pm
Thursday	October 12 th	Whipple Walk-A-Thon
Friday	October 13 th	Whipple Walk-A-Thon (Rain Date)
Mon-Friday	October 16 th -20 th	Iowa/Cogat Testing 2 nd & 4 th Grade
Wednesday	October 18 th	Kidmobile (Kdg.)
Thursday	October 19 th	3 rd /4 th Grade to Canton Symphony
Friday	October 20 th	Spirit Friday - Spirit Shop During Lunch End of 1 st Nine Week Grading Period
Tuesday	October 24 th	3 rd Grade Fall State Assessment (Part 1)
Wednesday	October 25 th	3 rd Grade Fall State Assessment (Part 2) Bookmobile (Grades 1-2)
Friday	October 27 th	Fall Parties in Classrooms (2:15-3:15pm) <i>(Students May Not Leave Early w/ Parent Volunteers)</i>
Monday	October 30 th	Firefighter Phil Program (Grades K-3)
Wednesday	November 1 st	Fall Picture Retake Day

Crazy Hat Day Friday, October 27th



Do you ever have a bad hair day? Wouldn't it be nice to just get out of bed, put on a hat and come to school? Well, on Friday, October 27th you can do just that. But wait, there's more...You can wear the craziest hat you can find (or make).

We will also be collecting canned and dry (non-perishable) food on that day to donate to the Perry-Helping-Perry Food Cupboard.

See Perry Website for more info on PHP!

Home Access Center (HAC)

Coming later this year, parents will once again have the opportunity to view their child's grades online. As previous communications have been posted, on our website, Perry Local Schools converted to a new Student Information System called SunGard. This transition is quite extensive and has numerous components. We will continue to update families with regards to this rollout.

With this in mind, please know 1st-4th grade teachers will be prepared to share current grades with parents at their Fall Conference. (Kindergarten does not assess until the end of the nine weeks.) If you are unable to attend conferences, current grades will be sent home the following week.

General Housekeeping...

- If visiting your student for lunch, please remember **NO** outside food is permitted in the cafeteria except a home packed lunch. Also, please call by 9:30am if you are wanting a cafeteria lunch so we can ensure enough food is prepped.
- When sending a note or calling your child off from school, please make sure to include the following information: your name, your child's name, and the classroom teacher's name.
- If you pick up/drop off your child from a doctors or dentist appointment, please provide a slip signed by the doctor.
Remember: Slips must be received within 3 days!

It's almost time for your child's Parent/Teacher Conference...

Information regarding our online conference scheduling system was sent home and posted on our Whipple Website on Thursday, September 21st, with scheduling beginning that Sunday, September 24th. Please make sure you take a moment to go online (to our Whipple Webpage) and secure your conference time(s) if you haven't already. Instructions and a copy of the link are available there. If you are unable to access a computer with online capabilities, please call Whipple Heights Elementary and our secretary will assist you with scheduling.



Perry Helping Perry (PHP) is a non-profit community based organization that works to provide support (food, clothing etc.) to Perry residents in need. In fact, PHP even sponsors our weekly Sack Snack program providing snacks and lunches to students/families in need each weekend. PHP runs solely off of donations/support from the community and local businesses. So, be on the lookout as Whipple Heights Elementary will work to conduct several drives throughout the year benefiting this organization.

For more information please call Patty Knotts (330) 418-4148 or click on the link located on our Perry website www.perrylocal.org

October Topics: Bully Prevention

Greetings Families,

COUNSELING CONNECTIONS



I hope that you all had a wonderful start to the year. It's hard to believe that we have already been back to school for a month!

The month of October is "Bully Prevention Month". I will be visiting every classroom to facilitate and teach a lesson about this topic. The following resources will be used during these presentations:

- Kindergarten - "The Berenstain Bears and Too Much Teasing."
- Grade 1 - "When the Going Gets Scruff" (a McGruff safety video)
- Grade 2 - A lesson on the difference between teasing and bullying will be presented.
- Grade 3 - "Arthur: So Funny I Forgot to Laugh" (short video)
- Grade 4 - A bully prevention powerpoint will be discussed.

Also, if you would like to meet with me during parent/teacher conferences, please call or send me an email

Heidi Goik, School Psychologist

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BOX TOPS AND LABELS FOR EDUCATION

We are collecting General Mills Box Tops and Campbell's Labels for Education. We receive 10 cents for each Box Top and 1-5 points for Campbell's Labels. The proceeds are used by the WHPTO to support many different activities and programs at Whipple Heights.

Each classroom has a collection bag for the students to deposit the labels. At the end of each month the labels are collected, counted and the classroom with the most receives a snack party. For the month of September, we had a total of 2,092 Box Tops and Campbell Soup Labels! The winning class was Mrs. Ousley's 4th Grade! A special thank you to Mary Gicumb who will be providing the snack to Mrs Ousleys class!

Thank you for sending in Box Tops and Campbell Soup Labels! It's a great help when they are trimmed before you send them in as well! Keep them coming!!

Mandy Dale
Collections Committee Chair
Mandale33@yahoo.com



PTO NEWS

NEWS FROM THE PRESIDENT

Hello from WHPTO! We have a lot of activities in October including conferences, our walk-a-thon fundraiser, fall parties, spirit shop, and the mother-son-movie night! Dates are listed on the Whipple Heights Website and specific information will be coming shortly (if not out already). Please consider volunteering or donating to one or all events. We would love to have you here at Whipple enjoying time with your child! Please send in volunteer forms so you can be a part of the action. As always feel free to contact me with any questions or concerns. We would also appreciate you coming to our next WHPTO meeting on Oct 11, 2017!

With Perry Pride...

Roszalynn Majzun
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PERRY PRIDE
THE SECOND ANNUAL
PERRY 2020 DINNER
"Coming together for Perry Possibilities"
NOVEMBER 4, 2017
@ MCKINLEY EAGLES CLUB
DINNER TICKETS: \$40 EACH
5:30PM SOCIAL | 6:00PM DINNER
9:00PM GRAND PRIZE DRAWING
*CALL (330) 487-6159 FOR MORE INFO ON PURCHASING DINNER OR GRAND PRIZE TICKETS

Plus MUSIC, RAFFLES & CASH PRIZES THROUGHOUT THE NIGHT

WALT DISNEY WORLD
PUNTA CANA, DR
GRAND CANYON TOUR

GRAND PRIZE TICKETS \$40.00 SEPARATELY
GRAND PRIZE TICKETS CAN BE PURCHASED @ WWW.PERRY.TICKETSUD.COM/PERRYVACATIONRAFFLE OR CALL (330) 487-6159 FOR MORE INFO. ALL PROCEEDS BENEFIT THE PERRY LOCAL CAREER AND WELLNESS CENTER.