

OCTOBER 2021

# THE BULLDOG BULLETIN

Updates for the Westview Elementary Community



## Principal's Corner

Dear Westview Families,

As we embark on this new school year, I am filled with hope and excitement. We have learned much about change and adaptability in education over the past two years and are emerging as even more connected and engaged partners. We all can do hard things~resiliency and grit are real! I have a quote by Brené Brown that I shared with staff on our first day together that resonates with me that I feel speaks to our community and what we strive for.

*Connection:*

*The energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship.*

I have been impressed with students and families with taking safety, health conscious precautions to keep us in school. The positive attitudes and diligence to follow through with testing, isolation, ongoing communication makes all the difference to our school community. And, yes, it is exhausting and frustrating, too. Let's stay connected and focused on the goal of continued growth and learning for all of us.

In unity,  
Tami

## Westview Elementary Apparel

Westview Elementary apparel is now available for purchase online (only). This will be the only opportunity to place an order this school year, so stock up on your Bulldog pride gear now!

The online store is available now through October 13, 2021.

Several items are available for purchase and this year's fabulous t-shirt logo design was created by Grace Utell.

You can access the store via this link:  
<https://westviewelementaryapparel.itemorder.com/sale>



## A Word from Westview's Social Worker

*By Lily Ferreira*

Dear Westview Students & Caretakers,

It is truly an honor to be here. As your incoming school social worker, I have big shoes to fill (admittedly I cannot fill them, Mrs. Ryan is one of a kind!). With that being said, my intention is to continue building on the good she created.

I join you with experience working in public schools and community mental health across Salt Lake City. Though new to this area and school community, I have already been welcomed with such kindness.

As your child returns to school, know that you have my support. Here are a few reminders of how we can work in partnership as the new academic year begins:

- Getting your child school supplies
- Connecting you with local agencies that offer material goods- food, clothing, housing assistance, etc.
- Discussing ways to support your child's social, emotional, and mental health- either at school, finding help in the community, or both

We have a wonderful year ahead, I look forward to our time together!

P.S. In the upper right-hand corner of this page is a photo of one of my favorite hikes back home. It's at the peak of Desolation Trail in Millcreek Canyon. The view is spectacular!



## Student Drop-Off/Pick-Up Time

*By Gwen Krueger*

The morning student drop off and afterschool student pick up lines are running well. However, to make things even better, please...

- Pull up as far as possible to either drop off or pick up your child
- Have your child exit or enter your vehicle anywhere along the yellow curb (especially in the morning)
- Have your child exit your vehicle without your assistance. We understand car seat help, though!
- Do not block the neighbors' driveways along Gardenview Drive.
- Help the school patrols by watching when flags are out and children are crossing.
- Do not park your car in the lot to drop off or pick up your child. It is not safe to cross the traffic lane and slows it down too.

Thank you for your patience. We want to make this safe for all children and adults. If you ever need a new Household # for your car window, call the office and we'll get you a new one!

## Thanks from Westview PTO

By PTO

Thank you to one of our Westview parents for advocating for a \$1,000 PTO donation for our Outdoor Learning space! Thank you TruStone Financial Credit Union for supporting our Bulldogs!



## Featured Staff: Lily Ferreira

By Nicole Gorman

Each month the Bulldog Bulletin will highlight a teacher and/or staff member for the Westview Community to get to know better. October is highlighting Lily Ferreira, Social Worker.

When asked what three words describe her, she responded with "friendly, funny, grateful." Some of Lily's favorite things include being cooking, reading, traveling and spending time with family! I then asked her to tell me something about herself. Lily said, "I recently moved to Minnesota from Salt Lake City. I miss the mountains but I'm loving the lakes and rivers here (we don't have all this much water in the desert!)." Lastly, one surprising fact about Lily is that she has jumped from the tallest bridge bungee in the world. Welcome to Westview, Lily!



Hello Westview families!

We had an amazing turnout at the first PTO meeting in September, and we wanted to remind families of ways to connect and upcoming opportunities!!

**FIRST** - connect with us on our Facebook and Instagram for the most up-to-date information:  
<http://www.facebook.com/westviewmnpto> and Westview Elementary PTO (@westviewmnpto) is on Instagram

**NEXT** - think about your interests with volunteering - now is the time to "shadow" a current role and best learn the process.  
\* priority includes Treasurer, Butter Braids Fundraiser, Apex Fun Run, School Supply Kids, Dine and Donate/Round Up Program, and our Recycling Program

**LAST - SAVE THE DATE** for the next PTO meeting on Monday October 18th from 6-7pm.

Keep in mind we are a group that runs on volunteers, and the time commitment for MOST positions is just a few hours a month or less!!

Email Michelle Doepke at [mruckmar@yahoo.com](mailto:mruckmar@yahoo.com) with any questions, interest, or ideas!





# Brain-Based Parenting Tools to Create More Peace at Home

## A DIFFERENT APPROACH TO CALM YOUR CHILD'S MOST CHALLENGING BEHAVIORS

Are you at your wit's end? Searching for positive, specific tools to calm the most challenging behaviors? The Mad to Glad Blueprint™ is a specialized brain-based parenting approach that offers step-by-step strategies over eight-weeks to reduce fighting, yelling, and frustration, and increase listening, connection, and satisfaction.



### KEY TAKEAWAYS:

- What's going on beneath challenging behaviors, in your child's brain and nervous system
- How to get your kid to listen so there's more peace
- Keys to deescalate and even prevent what triggers your child—feel empowered!
- Getting everyone in the family on board so you're all working together

### Start Date:

Wednesday, Oct. 13th  
6-7:30 p.m. (runs 8 weeks)  
Will meet at Westview

### Cost:

\$80 (\$297 value)

### How to Register:

Submit payment to MAIN OFFICE  
(10 spots available)

Certified parent coach and speaker, Samantha Moe, M.A. SLP, has coached parents on how to help their children calm, connect, and cooperate since 2004.

Samantha is the creator of the Mad to Glad Blueprint™, a revolutionary brain-and-nervous-system-based approach to positive communication and parenting that works to soothe and even preempt intense kids' most challenging behaviors. She holds a Master's degree in Communication Disorders from the University of Minnesota and possesses a background in interdisciplinary training in sensory integration, play therapy, and emotional integration.

