

GUIDE TO U-MATTER WEEK 2019

The week of November 11th, West Bloomfield High School will be hosting its fourth annual U-Matter Week. The week will be filled with motivation, a celebration of life, and frequent reminders that each and every one of us matters immensely.

In the turbulence of life, it can be easy to lose sight of what matters and we want to do our best to establish a community in which people feel safe to work through their challenges. We feel that it is important to create this positive environment and hope to accomplish this goal over the course of the U-Matter Week.

Getting ready for the week ahead....

Contest: What's Your Spark?

Submit an essay or mixed media (art piece, video, song, etc.) on the topic of "What's your Spark?" First place winners will receive \$100 and second place winners will receive \$50 in each category. LaFontaine Subaru of Commerce and Be the Change Club are sponsoring the U-Matter contests.

- Essays must be 800 words or less.
- All visual submissions must include a small paragraph that fits the prompt.
- Essays and mixed media will be graded with the attached rubric by English/Art Teachers.
- Submissions must be entered through the [U-MATTER FORM](#).
- Artwork should be given directly to Ms. Marshall in room 106 as well as submitted on the form.
- Due by Monday, November 11th

Wednesday, November 6

The Jewish Federation of Metropolitan Detroit and Friendship Circle of Michigan present [Suicide: The Ripple Effect](#), a powerful film by Kevin Hines, one of the few survivors who tried to take his own life by jumping off the Golden Gate Bridge.

6:30 PM – Keynote Presentation

7:00 PM – Film

8:35 PM – Q & A with Kevin Hines

This presentation and film is at Detroit Country Day School Seligman Performing Arts Center, 22305 West 13 Mile Road, Beverly Hills, Michigan, 48305. Register for this event at <https://jewishdetroit.org/event/kevinhines/>

Friday, November 8 from 2:15-4:00pm

Help out your club, activity, or class council by painting a window to express the themes of your group as well as kindness, inclusiveness, love and the importance of each individual that U-Matter Week entails. This year's theme is "What's Your Spark?"

Students and staff will receive a Google form to vote on their favorite window during U-Matter Week. Prizes will be awarded for the windows that receive the most votes: 1st place - \$100, 2nd place- \$50, 3rd place - \$25.

Saturday, November 9 from 8:30am-1:30pm

Interact Club is hosting Interact Day at WBHS. This event is being held to bring together Interact Clubs from communities near and far to collaborate, share ideas, meet new people, and gain more knowledge. There will be several keynote speakers who will be speaking about mental health awareness, volunteering opportunities at the University of Michigan, and information about the Youth Exchange Study Abroad Program. Many schools will be in attendance to present about their club's community service projects. If you would like to attend, please register in advance at [Interact Day 2019](#), and there is a \$12.00 fee at the door.

U-Matter Donations

Bring in new toys and personal hygiene items to donate to [Samaritas](#). There will be a competition among the 5th hour classes. The class that brings in the most items will receive an ice cream party!

U-Matter Week

Monday, November 11 - Mindfulness Monday

- Join us for a complimentary breakfast in the atrium before school until 7:05am.
- Happiness Challenge -Add to the board outside of the cafeteria to share what makes you happy. Challenge yourself to try something new this week!
- Today is the deadline to submit your essay or mixed media entry in the U-Matter contest.
- Vote for your favorite U-Matter Window on the voting form (check your student gmail today). Winners will be announced on Thursday, November 14.
- Mental Health Awareness Night is tonight at 6:30pm in the WBHS iCenter.

Tuesday, November 12 - Tasty Treats Tuesday

- Complimentary sweet, tasty treats are available in the atrium before school until 7:05am. Enjoy the beautiful string orchestra music compliments of students from Mrs. Trotter's class.
- There will be an assembly in the auditorium with Jessica Lundy today.
 - 2nd hour (grades 9 & 12)
 - 4th hour (grades 10 & 11)

Wednesday, November 13 - Wellness Wednesday

- Stop by the atrium this morning to pick up a complimentary cookie. This special morning is sponsored by LaFontaine Subaru of Commerce and Be The Change Club.
- Visit the iCenter today during your lunch. It will be set up as relaxation area complete with bracelet making, coloring, and therapy dogs!

Thursday, November 14 - Thankful Thursday

- Write notes of appreciation to friends, students, staff, etc. Tables will be set up in the atrium in the morning and during lunch.
- Staff & Student TED Talks are today in the auditorium. Winners of the Window Painting Contest and the U-Matter Essay and Mixed Media Contest will be announced.
 - 2nd hour (grades 10 & 11)
 - 4th hour (grades 9 & 12)

Friday, November 15 - Fun Friday

- Wear white today to show your support for Mental Health Awareness
- Join us in the atrium for music and dancing before school until 7:05am. Pick up a complimentary carnation to keep for yourself or share it with someone else. Flowers are a wonderful way to uplift spirits and spread smiles.
- Kindness Rocks! Write a kind message on an *InspiraStone* to share with a friend, with a staff member, or to keep for yourself. The table will be set outside of the cafeteria during all lunches. This afternoon is sponsored by the Inspiration Station ("Lifting spirits, spreading cheer, and giving back").



U akf MATTER WEEK

KEYNOTE SPEAKER:

Jessica Lundy

LEARN HOW TO OVERCOME ADVERSITY
TO ACHIEVE THE LIFE YOU DESERVE

THIS WILL BE A **FUN**, INTERACTIVE
PRESENTATION YOU **DON'T** WANT TO MISS!

WEST BLOOMFIELD HIGH SCHOOL
NOVEMBER 12, 2019
7:20 AM & 9:10 AM

Jessica Lundy is an award winning TV host, certified life coach and dynamic speaker, who's determined to help students live their best lives by adapting a winning mindset.



AS SEEN ON:



MENTAL HEALTH AWARENESS NIGHT



SPONSORED BY GREATER WEST BLOOMFIELD COMMUNITY COALITION

MONDAY, NOVEMBER 11TH AT 6:30PM IN THE ICENTER

PRESENTERS

KELLY MELISTAS

M.S., L.L.P., CLINICAL PSYCHOLOGIST- CHILD/ADOLESCENT, BEHAVIORAL HEALTH INTEGRATED CARE SPECIALIST

WBHS SOCIAL WORKERS & COUNSELORS

WBHS STUDENTS

HEAR FROM SPECIALISTS REGARDING

- **SIGNS OF ANXIETY & DEPRESSION**
- **BUILDING A RESILIENT CHILD**
- **RESOURCES AVAILABLE WITHIN THE SCHOOL & COMMUNITY**





Furniture (these items can be gently used, do not **have** to be new):

- Set of drawers, dressers, shelves, or other unit appropriate for the storage of clothing
- Couches and chairs (must be clean and free of stains, rips, tears, etc.)
- Lamps
- Kitchen Tables and Chairs

Kitchen (these items can be gently used, do not **have** to be new):

- Tableware (forks, knives, spoons)
- Dishes (plates, cups/glasses, bowls)
- Pots and Pans (sauce pan, frying pan, baking dish, etc.)
- Mixing/Serving bowls
- Kitchen utensils (spatula, wooden spoon, knife, serving utensils, etc.)
- Can opener
- Small Appliances (Microwaves, Toasters, Blenders, etc.)
- Dish-Drying Racks

Bedroom:

- Sheets (mostly Queen and Twin)
- Blankets
- Pillows (must be new)
- Pillowcases
- Alarm Clocks
- Clothing Hangers

Other Household Supplies:

- Lightbulbs and/or flashlights
- Laundry baskets
- Rugs
- Window Curtains/rods
- Window Curtains/Rods & Rings

Bathroom/Toiletries (must be new):

- Bath Towels (must be new)
- Bath Mats
- Shower Curtains (new) & Rings
- Toilet Paper & Facial Tissue
- Shampoo & Conditioner
- Soap

- Toothbrushes
- Toothpaste
- Personal Hygiene items (deodorant, feminine hygiene products – sanitary napkins only, razors, etc.)

Cleaning Supplies:

- Dish Soap
- Bathroom/Kitchen cleaner
- All-purpose cleaner
- Laundry detergent
- Sponges, cleaning rags, and/or paper towels
- Waste baskets & trash bags
- Toilets brushes/holder
- Mops & buckets, brooms & dustpans, or vacuums

Winter Wear:

- Coats
- Boots
- Gloves/Mittens
- Hats (new)
- Scarfs

Misc. Items;

- Baby/toddler items (formula, clothing, diapers, car seats, cribs, sippy cups, etc.)
- First-Aid Kits (no open medicine)
- Toys (indoor and outdoor, boys and girls)
- School Supplies (backpacks, notebooks, scissors, glue, etc.)
- Dry Erase Boards
- Paper, pens, and/or pencils

We graciously cannot accept:

- Bed Frames
- Mattresses
- TVs, VCRs, DVD Players
- Books – except for some children's books and books for English learners
- Clothing/footwear – with some exceptions for winter and infant/children's clothing

Trails	4	3	2	1
Student answered the prompt	The prompt is answered in a clear, well focused way. The main idea is clear and well supported by detailed and accurate information.	The prompt is answered in a clear, well focused way. The main idea is clear, but is not well supported by detailed information.	The prompt is addressed. The main idea is somewhat clear.	The topic and main idea are not clear.
Students will use appropriate voice and tone in writing	Voice is confident and appropriate. Consistently engaging. Active, not passive voice. Natural. A strong sense of both authorship and audience.	The speaker sounds as if he or she cares too little or too much about the topic. Or the voice fades in and out. Occasionally passive.	Tone is OK. But the paper could have been written by anyone. Apathetic or artificial. Overly formal or informal.	The authors purpose of writing is unclear.
Word choice	The author uses vivid words and phrases. The choice and placement of words seems accurate, natural, and not forced.	The author uses vivid words and phrases. The choice and placement of words is inaccurate at times and/or seems overdone.	The author uses words that communicate clearly, but the writing lacks variety.	The writer uses a limited vocabulary. Jargon or clichés may be present and detract from the meaning.
Sentence structure, grammar, mechanics, and spelling	All the sentences are well constructed and have varied structure and length. The author makes no errors in grammar, mechanics, and/or spelling.	Most sentences are well constructed and have varied structure and length. The author makes a few errors in grammar, mechanics, and/or spelling, but they do not interfere with understanding.	Most sentences are well constructed, but they have a similar structure and/or length. The author makes several errors in grammar, mechanics, and/or spelling that interfere with understanding.	Sentences sound awkward, are distractingly repetitive, or are difficult to understand. The author makes numerous errors in grammar, mechanics, and/or spelling that interfere with understanding.

U-Matter Mixed Media Rubric

	Full Score	Needs Work	Severely Lacking	Score
Creativity	The mixed media is completely unique, creative, and organized. (20 points)	The mixed media is mostly or somewhat unique, creative, and organized. (10 points)	The mixed media is not at all unique, creative, or organized. (5 points)	
Relation to prompt	The mixed media clearly corresponds with the UMatter prompt (...And that's why I matter). (40 points)	The mixed media somewhat corresponds with the UMatter prompt. (20 points)	The mixed media does not at all correspond with the UMatter prompt. (10 points)	
Paragraph explaining how piece fits into prompt	Briefly but successfully explains how the piece fits in with the assigned prompt. (20 points)	Paragraph somewhat explains how the piece fits in with the assigned prompt. (10 points)	No piece of writing has been submitted and/or the submitted writing does not adequately explain how the mixed media fits in with the prompt. (5 points)	
Eye catching / attention grabbing	The mixed media is completely eye-catching and keeps the attention of the intended audience. (20 points)	The mixed media is somewhat eye-catching and minimally keeps the attention of the audience. (10 points)	The mixed media is not at all eye-catching and does not maintain the attention of the audience. (5 points)	

Total Score:

/100