

The General News

Friday February 4, 2022

THIS WEEK'S CALENDAR

	Club/Activity	Time	Location
Monday 7th	Yearbook	3:40	121
	Musical Rehearsal	3:45	153
	Klimpke's Crafty Club	3:45	119
Tuesday 8th	6th Grade Early Band	7:30	163
	Save Club	8:00	109
	Creative Writing Club	3:45	109
Wednesday 9th	8th Grade Early Band	7:30	163
	Art Club	3:45	154
Thursday 10th	7th Grade Early Band	7:30	163
	7th Grade Early Morning Choir	7:45	153
	Literature Club	Lunches	LMC
	Musical Rehearsal	3:45	153
Friday 11th	Math Club	7:30	125
	8th Grade Student Council & Board	3:40	121



UPCOMING DATES

February 8 - PTA

February 11 - Registration opens for Parent Teacher Conferences

February 21 - No School President's Day

February 23 - Parent Teacher Conferences

LUNCH MENUS

7 Mon	8 Tue	9 Wed
Chicken Corn Dog	Nachos w. Meat & Cheese	Teriyaki Chicken
Fruit of the Day	Fruit of the Day	Steamed Brown Rice
Seasonal Veggies	Seasonal Veggies	Fruit of the Day
1% White Milk	1% White Milk	Seasonal Veggies
Fat Free Chocolate Milk	Fat Free Chocolate Milk	1% White Milk
		Fat Free Chocolate Milk

10 Thu	11 Fri
BBQ Pork Sandwich	Grilled Cheese Please!
Fruit of the Day	Fruit of the Day
Seasonal Veggies	Seasonal Veggies
1% White Milk	1% White Milk
Fat Free Chocolate Milk	Fat Free Chocolate Milk



5 ESSENTIALS SURVEY

Dear Parent(s) and Guardian(s):

Beginning January 11th, students and teachers across Illinois will have an opportunity to participate in the annual statewide Illinois 5Essentials Survey. This survey is designed to generate a detailed picture of the inner workings of your child's school. As a parent, you too will have an opportunity to share your thoughts on the important elements of school effectiveness in a survey about your child's school. The survey will be available until March 11th.



To take the survey, please visit the link here: <http://survey.5essentials.org/illinois/survey/parent/>

Select "Start here"

County: Kane

School: Washington Middle School

Thank you for your participation.

Students in grades 4 through 12 will be administered the student survey at school. If you do not want your child to participate, please go to our district website at www.sd129.org and click on the link for the Illinois 5Essentials Survey. You will need to fill out the Parent Notification letter, sign and return the completed letter to your child's school office.

If you have additional questions, please contact the office.



[SIGN UP HERE FOR CONFERENCES](#)



REGISTER FOR THE 2022-2023 SCHOOL YEAR HERE

IN THE CLASSROOM: MS. CRUZ'S PE CLASSES

It was the WMS Olympics this week at Washington! Students recreated Olympic Events- everything from bobsledding to baton relays and the latest event: Egg Balancing!!



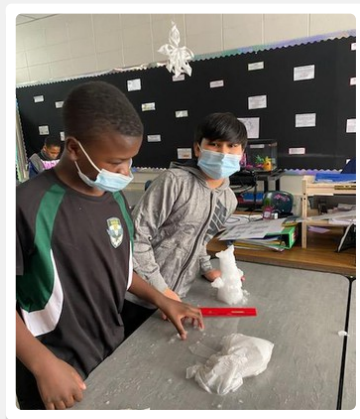
IN THE CLASSROOM: MS. STARO'S PE CLASSES

Ms. Starck explains a self-regulating skill called 5 finger breathing. This is where you trace your hand breathing in on one side of a finger then out on the other. At the end of this activity, you have taken 5 deep breaths! (Also: shout out to Ms. Starck and SAVE club for creating this wonderful display!)



IN THE CLASSROOM: MS. PULIDO'S MATH CLASS

What do you do with all of this snow? Well, you make snowmen in math class with it of course! Ms. Pulido's class had fun competing on who could make the tallest and largest diameter snowman. Thanks for always making math fun, Ms. Pulido!





Teen bedrooms can hide signs of drug & alcohol use.
Learn common drug trends and what to look for.

Thursday
March 3, 2022
6:30-8:00 PM

Herget Middle School
1550 Deerpath Road
Aurora, IL 60506

This presentation is for adults only
(21 years of age and over)

The rise in the use of vaping devices and other substances among youth is a growing concern. Are you familiar with carts? Dabs? Box mods? If you have young people in your life, you should be.

The Wake Up Call presentation, a program of Your Choice, provides practical information on current drug trends, a walk-through of a teens' bedroom with more than 50 red flags that could indicate substance use, as well as proactive parenting strategies to keep your child substance free.

The presenters, all with lived experience, combine their personal stories, experience working with students and families, and sharing things they wish they would've known into an engaging, real and unique presentation. This presentation is a MUST SEE for parents, grandparents, teachers, community members and other adults who are influential in the lives of youth.

Register for this FREE event at:

<https://www.eventbrite.com/e/wake-up-call-presentation-herget-middle-school-tickets-234449182817>



rosecrance
life's waiting

Questions? Contact a Your Choice Team Member at (262) 354-8344



Stone Manor Counseling

Located at Stone Manor: 528 S. Batavia Ave.(Rt. 31), Batavia, IL. 60510
Phone 630-482-9699 | www.stonemanorcounseling.com

Stone Manor Counseling offers confidential, personalized counseling help. We provide counseling for a variety of issues frequently linked to suicidal ideation, including mood disorders, anxiety, and trauma. We also offer counseling for grief and loss. We see people of all ages; adults, teens, and children.

Founded in 1998, we are here to help. For all of the little things and big; when life happens, we'll be there.

Offering counseling services to children, families and adults whose lives have been disrupted by situational, emotional or mental health issues. Most health insurance plans are accepted for counseling.

BlueCross BlueShield
Aetna
Medicare
Multiplan
Magellan

United Healthcare (out of Network)
Compsych
Cigna
Humana

***Call if you have other insurances. Sliding scale also available.

Schedule an appointment with us today:

Call 630-482-9699 or Email info@spsamerica.org

Suicide Prevention Services

528 S. Batavia Avenue
Batavia, IL 60510
Phone: 630-482-9699
Fax: 630-482-9669
www.spsamerica.org
info@spsamerica.org

We provide:

- * Support and consultation services for individuals, clinicians, businesses, organizations
- * Customized presentations:

Our executive director is a leading suicidologist and clinician who provides educational workshops based on specific requests

- * Suicide prevention services for schools, assisted-living facilities, hospitals, more
- * 24-hour telephone assistance staffed by paraprofessionals

Depression Hotline: 630-482-9696
24/7 Lifeline: 1-800-273-8255
Spanish Hotline: 1-888-628-9454

- * Low cost depression screening on site or at workplace / school
- * Individual / Family counseling with licensed clinicians: play therapy, grief support etc.
- * Survivors of Suicide (SOS) support group meets 3rd Monday monthly in Aurora
- * Survivors of Suicide Youth (SOSY) support group for youth meets 3rd Saturday monthly at SPS.
 - Call by the 3rd Friday to RSVP with Megghun Redmon, MSW, LCSW 630-482-9699 ext 221
- * Survivor Outreach Program: Survivors able to meet with newly bereaved at their request
- * Survivors of Suicide Attempts (SOSA) support group: More info 630-482-9699
- * Support Group for Families of Suicide Attempt/Ideation Survivors: More info 630-482-9699
- * Hotline Paraprofessional Volunteer and Internship Opportunities for persons 18 years and older:
 - Contact Stephanie Dewinski, MSW, LCSW at stephanied@spsamerica.org



We are accredited by:
AMERICAN
ASSOCIATION OF SUICIDOLOGISTS



Washington Middle School
Student-Athlete of the Week

(Poms)
Janet Vasquez
Angeles Coronel-Ceron

#TheGeneralWay

PTA CONCESSION SIGN UP

Please sign up [HERE](#) if you are able to help PTA sell concessions at upcoming basketball games



WASHINGTON ATHLETICS

Did you know you can get all of our athletic results on our 8to18 website? All schedules are posted here as well. Thank you Mr. Danzinger for making keeping our athletic programs so organized!
[8to18](#)

GET INVOLVED GENERALS!

Click on the "Get Involved" image for all of the information on the clubs and activities that are available at Washington.



PTA your way ... donate, volunteer, share your voice, advocate for students – however participation works for you! Your schedule, your fit. Do what you can do at whatever degree you can!
We just need you!

The Washington PTA is made up of parents, teachers, and community members who volunteer their time and talents to help support our school. They organize events for the school community and raise funds to support our teachers, staff, students, and families. If you are interested in joining the PTA or volunteering to help with any of our activities, please join us at our meetings or contact PTA President Maria Torres at maria.latina@gmail.com. We are always happy to see new faces! Next meeting is Tuesday February 8th at 7:00 PM via Zoom

Meeting ID: 904 842 4480
Passcode: Generals

Worrying is like a rocking chair: it gives you something to do but never gets you anywhere. –Erma Bombeck

Home Access Center

Middle School Calendar & Bell Schedule



Washington Middle School



Facebook



@WMSGenerals129org

231 S. Constitution Drive
Aurora, IL 60506



231 South Constitution Drive, A...



washington@sd129.org



630-301-5017



washington.sd129.org

**WRITERS
WANTED**
Join
Washington's
Creative
Writing
Club

**Starting Tuesday,
February 1, 2022
3:45-5:00**

**See Mrs. Starck in
Room 109 for more info.**