

SM WEST NEWSLETTER

ISSUE #5 THURSDAY, SEPT.22, 2022



SHAWNEE MISSION WEST
HIGH SCHOOL

8800 West 85th Street, Overla...

jennifersilverstein@smsd.org

913-993-7800

smwest.smsd.org/



FACEBOOK



TWITTER



INSTAGRAM

TRANSLATE THIS NEWSLETTER

Did you know that Google will translate almost any document that is on your web browser. If you are using Chrome as your web browser, you can 'right click' anywhere on this document and choose a translation.

See images below.



STEP 1

Right click on the page. Find in the box command for "TRANSLATE"



STEP 2

Click translate and then the 3 dots to "CHOOSE ANOTHER LANGUAGE"



STEP 3

Choose the language you prefer and hit "DONE". The document will now be in your chosen language. It is not perfect, but a fair representation.

ATTENDANCE

Please call the attendance hotline to report absences for your student. If you are planning to pick your student up from school, please allow 30 minutes for your call to be processed and for a pass to be delivered.



913-993-7845

Please leave the name of your student and spell the last name. State the time in which you will pick up your student and the reason for the absence. Thank you for your patience and cooperation.

MONDAY

1 st Period	7:40 - 8:30	50
2 nd Period	8:35 - 9:25	50
3 rd Period	9:30 - 10:20	50
4 th Period	10:25 - 11:15	50
5 th Period	11:20 - 12:50	55
6 th Period	12:55 - 1:45	50
7 th Period	1:50 - 2:40	50

**5th Block Lunch Schedule**

Lunch A	11:20 - 11:50
Lunch B	11:50 - 12:20
Lunch C	12:20 - 12:50

TUESDAY

2 nd Period	7:40 - 9:15	95
8 th Seminar	9:20 - 10:55	95
4 th Period	11:00 - 1:00	90
6 th Period	1:05 - 2:40	95

4th Block Lunch Schedule

Lunch A	10:55 - 11:25
Lunch B	11:45 - 12:15
Lunch C	12:30 - 1:00

WEDNESDAY

1 st Period	7:40 - 9:15	95
3 rd Period	9:20 - 10:55	95
5 th Period	11:00 - 1:00	90
7 th Period	1:05 - 2:40	95

5th Block Lunch Schedule

Lunch A	10:55 - 11:25
Lunch B	11:45 - 12:15
Lunch C	12:30 - 1:00

THURSDAY

LATE START - PLC	7:30 - 8:45	75
2 nd Period	8:50 - 10:25	95
8 th - Advisory	10:30 - 10:55	25
4 th Period	11:00 - 1:00	90
6 th Period	1:05 - 2:40	95

4th Block Lunch Schedule

Lunch A	10:55 - 11:25
Lunch B	11:45 - 12:15
Lunch C	12:30 - 1:00

FRIDAY

1 st Period	7:40 - 9:15	95
3 rd Period	9:20 - 10:55	95
5 th Period	11:00 - 1:00	90
7 th Period	1:05 - 2:40	95

5th Block Lunch Schedule

Lunch A	10:55 - 11:25
Lunch B	11:45 - 12:15
Lunch C	12:30 - 1:00

(Late Start Schedule)

SM WEST HS 2022 - 2023 BELL SCHEDULE

STAFF DIRECTORY

Please use this link to access the Staff Directory on our Webpage.

[STAFF DIRECTORY](#)



shutterstock.com · 1278825277



ATHLETIC WEBPAGE

Please use this link to access the SM West Athletic Webpage.

[West Athletic Page](#)

For the most up to date athletic schedule please use the Sunflower League page.



A NOTE FROM MR. LOE

Viking Families:

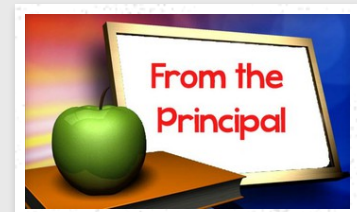
We need some help from our students and parents.

On Late Start Thursdays, we need for our students to stay on campus after their bus or a parent drops them off in the morning.

We have had some issues with some students leaving campus to go to our neighboring Price Chopper. Many students will make their purchase and leave, but there are some that stay in the store, roam the aisles, and have shown disrespect to the employees. The vast majority of our students make the right choice to stay on our campus and we appreciate that.

If parents could please talk with your students about staying on campus if they plan to be here for late start Thursdays. We have supervision in the cafeteria, on the bridge and in the gymnasium.

Thank you for your help.



TUTORING

Our Shawnee Mission West Tutoring program starts the week of Sept. 26-Sept. 30.

Please review the flier below and other information in this newsletter. This is a great opportunity for students to receive additional help and support for their classes. A snack is provided for all of those attending. Bus transportation is also provided. The bus is able to make stops along the 87th street corridor.

SHAWNEE MISSION WEST

Sail Tutoring

SAIL TUTORING IS AN AFTER-SCHOOL TUTORING PROGRAM FOR ALL STUDENTS.

<u>MONDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>
Math	ELA	Math
Science	Social Studies	ELA
Electives	Electives	Electives

Tutoring will take place on Mondays, Wednesdays, and Thursdays from 2:50-4pm. It starts in the Cafeteria. Bus transportation and a snack will be provided.

OPEN TO ALL STUDENTS

SHAWNEE MISSION WEST

Tutoría SAIL

SAIL TUTORING ES UN PROGRAMA DE TUTORÍA DESPUÉS DE LA ESCUELA PARA TODOS LOS ESTUDIANTES.

<u>Lunes</u>	<u>Miércoles</u>	<u>Jueves</u>
Matemáticas	ELA (Inglés)	ELA (Inglés)
Ciencias	Historia	Matemáticas
Materias Electivas	Materias Electivas	Materias Electivas

Las tutorías se llevarán a cabo los lunes, miércoles y jueves de 2:50 a 4:00 p. m. Comienza en la Cafetería. Se proporcionará transporte en autobús y un refrigerio.

ABIERTO A TODAS LAS ESTUDIANTES

Shawnee Mission West **VIKING THEATRE**
2022-23 SEASON

November 17-19

February 2-4

April 20-22

HOW TO SUCCEED IN BUSINESS WITHOUT REALLY TRYING

THE LARAMIE PROJECT

ONE MAN, TWO GUVNORS

@SMWThesplans





WEST THEATRE ANNOUNCEMENT

Congratulations to the cast and crew of the November Theatre production of "How to Succeed in Business Without Really Trying".

Please watch for future announcements about ticket sales in November.

Complete Cast and Crew list in in the PDF below.



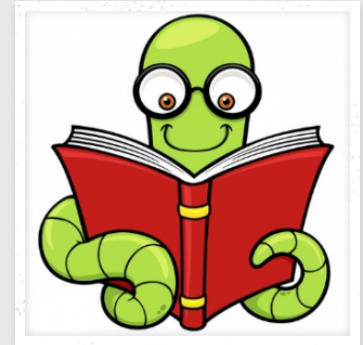
FULL CAST _ CREW.pdf

[Download](#)

65.0 KB

WEST READS

SM West is so very excited to introduce our first "West Reads" for the 2022-2023 academic year. This program actually began last year, but there has been such enthusiasm, we wanted to share with our whole community that receives the newsletter.



Each week a different student that might represent one of our clubs/organizations here at West is asked to choose a children's book to read aloud and be recorded. This recording is shared with our elementary feeder schools. This is such a great way to showcase some of the amazing leaders we have in our community and I know the elementary students love seeing the high schoolers sharing literature with them.

We hope you enjoy this first edition and will look forward to future editions.

This week we are highlighting Debate and Forensics! Junior, Creighton Smith Allaire reads "The True Story of the Three Little Pigs" by Jon Scieszka. [Here is the video!](#)

Please be on the lookout for next week's video!

Thank you.



RISING STAR
ELEMENTARY SCHOOL



**ALL Rising Star (SMW & SMNW)
Senior photo for yearbook will
be taken at 7:30am SHARP on
Thurs, Oct 6th @ Rising Star!**

Suggested \$10 donation: venmo @gwyndill

ATTENTION ALL RISING STAR CLASS OF 2023 SENIORS

We will take a group picture for the yearbook on Thursday, October 6th at Rising Star Elementary!

Meet at 7:25 a.m. at the Rising Star Front Entrance.

Pictures at 7:30 a.m. SHARP (before the car line gets too crazy!)

Please share this with ALL Class of 2023 Seniors who attended Rising Star Elementary.

We will need to collect donations to cover the cost of the yearbook ad since this is NOT PTA funded. \$10 per student is recommended but a donation is not needed to participate. You can

send payment via venmo @gwyndill or bring cash the morning of the photo! Please put "RS photo" in payment if sending via venmo.



WEST FAMILY ENGAGEMENT NIGHT

Please view the fliers below for information about our second annual West Family Engagement Night.

We are so excited to host this great community event for West and all of the West area feeder schools. We hope to see you there.



ESTÁN INVITADOS A LA

NOCHE DE DIVERSIÓN FAMILIAR EN WEST HS

¡Venga a SMW para aprender de las diferentes
sesiones de grupos, conectarse con agencias en
nuestra comunidad, divertirse, disfrutar y no
cocinar por una noche!

Shawnee Mission West High School
El 27 de Octubre de 2022
5pm-7pm

Confirmar su asistencia aqui
<https://bit.ly/3x9bqlg>



Informational Tables

Bridge

West is Best
KCFC Football Group
JCPRD
JOCO Library
Lenexa Rec Center
Harvesters
JOCO Mental Health
Health Partnership Clinic
Skyward & Canvas Assistance
Sunflower House
JAG-K
West Athletics
The Single Mom KC
Big Brothers Big Sisters
OPPD
International Relations Council
Johnson County Museum
Art as Mentorship



HOMECOMING

West has many things planned for this year's homecoming.

Congratulations to our Top 12 King and Top 12 Queen Candidates - image below:

The Homecoming parade will occur on Thursday, Sept. 29th. An updated bell schedule for that day will be published here. We hope our student clubs and organizations work to create some fun and engaging floats.

The Homecoming game will be at SM South stadium on Friday, Sept. 30th. Homecoming royalty will be presented at half time

and the King, Queen, and the Court will be announced.

The Homecoming dance will occur on Saturday, Oct. 1st at SM West. More details about the dance will come soon from our SM West Student Council. If your student is wanting to invite someone that does not attend West, there is a Guest Contract that needs to be completed. All guests must be at least 9th grade and no older than 20 years of age. Please print the Contract from the PDF below or get a copy from the front office to complete. Read the directions carefully because the guests will need their school administrator to sign the form.

SKO' VIKES

King Candidates	Queen Candidates
Will Ashby	Sofi Adams
Joel Bollinger	Reagan Barth
Logan Bristow	Claire Deardorff
Miguel Delgado Chavez	River Fowler
Aspen Galloway	Soli Guinto
Carson McLaughlin	Carolanne Hendrix
Logan Neal	Vivian Kimerer
Gunnar Noard	Arisa Turner
Iverson Norwood	Vianney Villasenor
JT Rehder	Alison Vu
Sam Safly	Samantha Wallenburg
Gavin Wikler	Abby West



SMW Outside Guest Dance Contract - Google Docs.pdf

[Download](#)
143.7 KB



STUDENT SERVICES NEWS

PowerPrep

Shawnee Mission West is hosting an ACT test prep through PowerPrep Friday October 14th.

[Register here](#)

Looking for scholarships?

For a list of upcoming scholarships [click here](#).

College Representative Visits

For a list of upcoming college representative visits [click here](#).

Important Event

ACT is hosting a free virtual college and career planning event called My Journey: High School to College and Career on Saturday, September 24, 2022 from 10 a.m. - 12:30 p.m., CT. To learn more [click here](#).

Is your student interested in a possible military career?

Representatives from the military branches visit our school in order to talk about their programs with students. Interested students can check the SM West Student Services Canvas page for a list of the military representative's contact information and schedule for when each branch will be at West!

2022 UMKC Saturday Academy Opportunity

Are you:

- Currently a freshman, sophomore, or junior, in high school?
- Interested in exploring careers in healthcare?
- Looking to strengthen your competitiveness for applying to college or health education programs?
- Eager to experience what it's like to be a health professional student?

Then [apply to join the Saturday Academy Program!](#)



2023 Saga Yearbook SENIOR TRIBUTE

As the parent of a senior, you have the special opportunity to place a congratulatory tribute for your son or daughter in the 2023 yearbook. Even though the book doesn't come out until May, now is the time to prepare your senior tribute.

ONLINE ORDERING

All tribute sales will be [online](#), and you will upload files on the yearbook company website. You can also order a yearbook here, if you haven't already ordered one.

ORDERING PROCESS

1. Go to the site for online ordering <https://bit.ly/3cXdGey>.
2. Follow the directions to order your ad, submit photos and pay online.
 - We will download the files, design your ad, and contact you with a proof.
 - You may also submit your own ad already designed.
 - Yearbook staff members take a great deal of pride in personally designing an ad specifically for your student. They are trained to display your photos and message as

professionally as possible and to treat your ad as if it were their own.

- If we have any questions, we will contact you.

DEADLINES

- **early bird price Friday, Oct. 14**

* In order to receive the early bird price, you must pay in full and have your complete ad (including ALL photos) ready by Oct. 14.

- **regular price Friday, Nov. 18**

After Nov. 18, we will take ads if space is available.

SIZES AND PRICES

Size dimensions early bird price regular price

1/8 page (4.1509" x 2.6667") \$75 \$95

1/4 page (4.1509" x 5.3333") \$105 \$125

1/2 page (8.3175" x 5.3333") \$145 \$165

full page (8.3175" x 10.6667") \$225 \$245

HELPFUL HINTS

- Please submit high quality digital images/scans... a JPEG or PDF in at least 300 ppi.
- Smaller ads will look better with one great photo. Submit two or more photos for larger ads (five for a 1/2 page ad, no more than 10 for a full page).

QUESTIONS?

Yearbook staff contact: smwyyearbookstaff@gmail.com

Yearbook adviser: Amy Morgan amymorgan@smsd.org or 913-993-7911

Thank you for your support of the 2023 yearbook!

Please open the PDF below for additional hints/visual directions.



2023 SENIOR TRIBUTE (ads) - Google Docs.pdf



Download

5.6 MB



Shawnee Mission West Marching Band

Flower Sale

Saturday, September 24, 2022

9am to 2pm

Shawnee Mission West, Antioch Parking Lot

8" Potted Mums selling for \$12 each

**While Quantities and Colors Last*

Proceeds will go toward the band's expenses for their November 2022 trip to march in the **Hollywood Christmas Parade** in Los Angeles, CA!



HERE IS THE LINK TO THE BAND MUM SALE

<https://bandaides.org/wp/2022/09/03/2022-west-band-mum-sale/>

BOOSTER CLUB

Parents, don't forget to join Shawnee Mission West Booster Club. Use your Booster Club pass to get into Shawnee Mission West home football, soccer, basketball and volleyball games while supporting all West athletes, cheer and dance teams.

<https://smwboosterclub.com/purchase-membership/>

And - Booster club is now on Facebook:

<https://www.facebook.com/profile.php?id=100085697523245>





sm_westwatch



2022

2023

SM WEST

FOOTBALL SCHEDULE

SEP.
02

COUGAR HUNT

AWAY @ SMN
VS. SMNW

SEP.
30

NEON
HOMECOMING GAME
HOME @ SMS
VS. SME

SEP.
09

WHITE OUT

AWAY @ MILL VALLEY
VS. MILL VALLEY

OCT.
07

PINK OUT
HOME @ SMS
VS. OLATHE NORTH

SEP.
16

GOLD RUSH

HOME @ SMS
VS. SMS

OCT.
14

BLACK OUT

SENIOR NIGHT
HOME @ SMS
VS. ONW

SEP.
23

TROPICAL

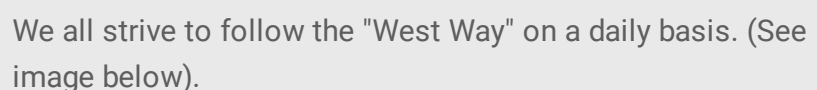
AWAY @ ODAC
VS. OLATHE SOUTH

OCT.
21

COUNTRY

AWAY @ LHS
VS. LAWERNCE HIGH SCHOOL

#NORDIC NASTIES



We also want to continue to focus on our Student Collective Commitments. (Attached in the PDF) - This document outlines our code of conduct and points out the importance of attendance and tips on how to achieve academic success.

*** IMPORTANT NOTE FOR PARENTS:**

Please take a look at the bell schedule above. Please try to refrain from contacting your student on their cell phone during instructional times. Students are able to use their cell phones during passing periods and lunch times. If it is an emergency and you need to contact your student immediately, please call our main number at 993-7800.

Thank you for your support.

"THE WEST WAY"

School Wide Positive Behavior Supports (SWPBS) is a research based systemic approach at handling behavior by being proactive. At West High School we call this "The West Way." Through this model we first teach our expectations of Safe, Respectful, and Responsible behaviors in various settings. By being proactive in our attempts to ensure a safe and comfortable environment in which students can learn, we avoid making assumptions of what students know by teaching and modeling the expected behaviors consistently throughout West and at all West activities and events. The matrix below outlines the expectation of "The West Way".

	CLASSROOM	LUNCHROOM	HALLWAYS & BRIDGE	EVENTS	TRANSPORTATION	DIGITAL CITIZENSHIP
SAFE	<ul style="list-style-type: none"> Respect personal space Comply with emergency procedures Be where you're supposed to be 	<ul style="list-style-type: none"> Respect others' personal space and property Clean up spills or report large spills to a supervisor 	<ul style="list-style-type: none"> Keep moving Be aware of your surroundings and report any problems Keep lockers secure Respect personal space 	<ul style="list-style-type: none"> Sit in assigned location Maintain clear aisles Cooperate with security and staff, especially during emergencies 	<ul style="list-style-type: none"> Walk directly to your bus Remain seated Maintain a reasonable volume level 	<ul style="list-style-type: none"> Demonstrate online safety Demonstrate cyber security Report cyber predators and cyber bullying Keep personal information confidential
RESPONSIBLE	<ul style="list-style-type: none"> Be on time Be prepared Be an active learner 	<ul style="list-style-type: none"> Clear your table and area of all items Place all utensils and trays in the correct location 	<ul style="list-style-type: none"> Be on time Take all required materials to class Be proud of our home and keep it clean 	<ul style="list-style-type: none"> Demonstrate positive Viking Spirit Comply with the facility rules and regulations 	<ul style="list-style-type: none"> Collect all of your belongings including trash Be on time to your bus stop 	<ul style="list-style-type: none"> Use proper netiquette Follow copyright guidelines Cite sources to identify ownership of intellectual property
RESPECTFUL	<ul style="list-style-type: none"> Follow all directions Be considerate of others Follow the "Black and Gold Rule" 	<ul style="list-style-type: none"> Speak politely to staff and peers Use conversational voice volume level 	<ul style="list-style-type: none"> Maintain an appropriate voice level Use positive language Follow the "Black and Gold Rule" 	<ul style="list-style-type: none"> Give full attention to presenter or event Respect participants and other fans 	<ul style="list-style-type: none"> Have your ID ready Speak appropriately to driver and peers 	<ul style="list-style-type: none"> Demonstrate appropriate care and use of materials and equipment Charge device daily Use device for educational and school purposes only Evaluate databases, apps, & websites for content, credibility, relevance, validity, and bias

"Black and Gold Rule" is to treat others as you would want to be treated.



SM West Student Collective Commitments - Google Docs.pdf

[Download](#)
59.9 KB

**MORE INFORMATION ABOUT
TUTORING : BELOW**

DEAR PARENTS/GUARDIANS,

We are pleased to announce that our SAIL Tutoring will begin on September 26th, 2022. SAIL Tutoring is an after-school program that allows space for all students to get assistance with classwork. Sessions will be held Mondays, Wednesdays, and Thursdays from 2:50-4pm. Each day will have specific content areas offered (see below) but students are able to come on any day to work on any content.

Mondays

Math
Science
Electives

Wednesdays

ELA
Social Studies
Electives

Thursdays

ELA
Math
Electives

Students will meet in the Cafeteria or attend through Webex. Participants will receive a sack lunch (if your child has special dietary needs please let us know).

There is a late bus after tutoring that will run along 87th Street only to assist students in getting home. Families may pick up students at 4pm if the student is not riding the bus or walking home.

ESTIMADAS FAMILIAS y/o GUARDIANES

Nos complace anunciar que nuestro programa de tutoría SAIL comenzará el 26 de septiembre del 2022. SAIL Tutoring es un programa extraescolar que permite un espacio para que todos los estudiantes reciban ayuda con las tareas de clase. Las sesiones se realizarán los lunes, miércoles y jueves de 2:50-4pm. Cada día se ofrecerán materias específicas (detallado abajo), pero los estudiantes pueden venir en cualquier día para trabajar en cualquier materia.

Lunes

Matemáticas
Ciencias
Materias Electivas

Miércoles

ELA (Inglés)
Historia
Materias Electivas

Jueves

ELA (Inglés)
Matemáticas
Materias Electivas

Los estudiantes se reunirán en la cafetería. Los participantes recibirán un almuerzo (si su hijo tiene una dieta con necesidades especiales, por favor comuníquese con la escuela).

Hay un autobús disponible después de las sesiones tutorías que sólo se va por la calle 87. Es para ayudar a los estudiantes llegar a casa. Las familias pueden recoger a los estudiantes a las 4 pm si el estudiante no va a tomar el autobús o caminar a casa.

SAIL TUTORING DATES

-JULY-

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

-AUGUST-

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

-SEPTEMBER-

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

-OCTOBER-

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2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

-NOVEMBER-

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

-DECEMBER-

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
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25	26	27	28	29	30	31

-JANUARY-

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29	30	31				

-FEBRUARY-

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26	27	28				

-MARCH-

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-APRIL-

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23	24	25	26	27	28	29

-MAY-

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

-JUNE-

S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

We hope that all students take advantage of this free tutoring opportunity. If you have any questions, please feel free to contact Mrs. Capper at kelleycapper@smsd.org

FECHAS DEL PROGRAMA DE TUTORIA SAIL

-JULIO-

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

-AGOSTO-

S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

-SEPTIEMBRE-

S	M	T	W	T	F	S
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18	19	20	21	22	23	24
25	26	27	28	29	30	

-OCTUBRE-

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

-NOVIEMBRE-

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

-DICIEMBRE-

S	M	T	W	T	F	S
						1
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

-ENERO-

S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

-FEBRERO-

S	M	T	W	T	F	S
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19	20	21	22	23	24	25
26	27	28				

-MARZO-

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26	27	28	29	30	31	

-ABRIL-

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30						

-MAYO-

S	M	T	W	T	F	S
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28	29	30	31			

-JUNIO-

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25	26	27	28	29	30	

PaperTrailDesign.com

Esperamos que todos los estudiantes aprovechen esta oportunidad de tutoría gratuita. Si tiene alguna pregunta, no dude en ponerse en contacto con la Sra. Capper a kelleycapper@smsd.org

SEPTEMBER IS SUICIDE AWARENESS MONTH

Please view the images below for more information about suicide prevention.

Suicide Prevention

Suicide is an international problem and a major public health concern. Suicide claims approximately 1 million lives worldwide each year, resulting in one suicide every 40 seconds. There is an estimated 10 to 20 suicide attempts per each completed suicide, resulting in several million suicide attempts each year.

Risk factors remain essentially the same from country to country. Mental illness, substance abuse, previous suicide attempts, hopelessness, access to lethal means, recent loss of loved ones, unemployment and vulnerability to self-harm are just a few examples of risk factors.

Protective factors are also the same in all corners of the world. High self-esteem, social connectedness, problem-solving skills, supportive family and friends are all examples of factors that buffer against suicide and suicidal behaviors.

Warning Signs

- Increased **substance use** (alcohol or drug)
- No reason for living; no sense of **purpose** in life
- **Anxiety**, agitation, unable to sleep or sleeping all of the time
 - Feeling **trapped** - like there's no way out
 - **Withdrawal** from friends, family and society
 - Rage, uncontrolled **anger**, seeking revenge
- Acting **reckless** or engaging in risky activities, seemingly without thinking

Ways to start a conversation about suicide:

- I have been feeling concerned about you lately.
- Recently, I have noticed some differences in you and wondered how you are doing.
- I wanted to check in with you because you haven't seemed yourself lately.

Questions you can ask:

- Did something happen that made you start feeling this way?
- How can I best support you right now?
- Have you thought about getting help?



What you can say that helps:

- You are not alone in this. I'm here for you.
- I may not be able to understand exactly how you feel, but I care about you and want to help.

Ask the question directly!

- Are you thinking about killing yourself?
- Have you had thoughts of suicide?

Ways to Help

DO

- Be aware. Learn the warning signs.
- Get involved. Become available.
- Show interest and support.
- Ask if he/she is thinking about suicide.
- Be direct. Talk openly and freely about suicide.
- Be willing to listen. Allow for expression of feelings. Accept the feelings.
- Offer hope that alternatives are available.
- Reach out.

DON'T

- Dare him/her to do it.
- Give advice by making decisions for someone else to tell them to behave differently.
- Ask 'why'. This encourages defensiveness.
- Offer sympathy.
- Act shocked. This creates distance.
- Be sworn to secrecy. Seek support.
- Offer reassurance; it only proves you don't understand.
- Be judgmental. Don't debate whether suicide is right or wrong, or feelings are good or bad. Don't lecture on the value of life.

Crisis Resources:

In an emergency: 9-1-1

Johnson County Mental Health Center:

Immediate Help: 913-268-0156

To Access Services: 913-826-4200

National Hotline:

Suicide Prevention Lifeline: 1-800-273-TALK

Other Helpful Resources:

www.afsp.org/about-afsp

www.jocogov.org/suicideprevention

www.facebook.com/JOCOMNH

Suicide is preventable, help is available.



JOHNSON COUNTY
SUICIDE PREVENTION COALITION



PTSA REFLECTIONS

Each year the National PTSA organization sponsors a Reflections contest. Students are able to submit original works in a variety of areas (literature, dance choreography, music composition, film production, photography, and visual arts). Theme this year is "Show Your Voice".

For information and for an entry form to be sent to you, please email: smwreflections@yahoo.com

Thank you for your interest and participation.



Entries due October 17

2022-2023

CALL FOR ENTRIES!

SHOW YOUR VOICE!

Learn more and get involved!

For information on entry requirements for each category and an entry form email: smwreflections@yahoo.com

EXPLORE THE ARTS AND EXPRESS YOURSELF!



DANCE
CHOREOGRAPHY



FILM
PRODUCTION



LITERATURE



MUSIC
COMPOSITION



PHOTOGRAPHY



VISUAL ARTS

SMSD PERFORMING ARTS NEWSLETTER

So many exciting news from the SMSD Performing Arts Program.
Please use this link for the first edition for this school year.
Please open with Google Chrome.



<https://my.visme.co/view/q68exvkq-august-2022-pa-newsletter>



spotlighters Membershipform2022-2023.pdf

[Download](#)
332.8 KB



NOTES FROM FOOD SERVICE

Food Service was allowed to carryover eligibilities from school year 19-20, 20-21 and 21-22. **These carryover meal benefits (free and reduced priced meals) will be expiring on September 23rd.** Families have been sent email notices regarding this. As of Wednesday, this affected 987 students in the district. In addition, official enrollment is September 20th. For these two reasons, Families are encouraged to apply for meal benefits on <https://www.schoolcafe.com/SHAWNEEMISSION>. Feel free to use the *What's in a Meal* graphic to encourage parents to apply. For families who do not qualify for meal benefits, payments for school meals can be made by sending cash or check to the school, online at [eFunds](#) or by phone by calling the Food

Service office at 913-993-9710. Low balance and negative balance phones are going out nightly.

FREE OR REDUCED LUNCH APPLICATION

Why Apply?

Filling out the Free or Reduced Lunch Application helps with more than meals. Applying and qualifying can benefit families and students across the Shawnee Mission School District in multiple ways.

For more info and links to apply:
<https://bit.ly/3QaDJwZ>

QUALIFYING APPLICATIONS CAN HELP WITH:



Food Service Department
6701 West 83rd Street
Overland Park, KS 66204
(913) 993-9710
www.smsd.org

This institution is an equal opportunity provider.



SCHOOL FUNDING

Increased state and federal money for staff and school resources at your child's school.

REDUCED FEES

Eligible families may receive free/reduced instructional resources and Pre-K enrollment fees.



TRANSPORTATION

Families may qualify for free/reduced transportation. Consent document must be completed.

DISCOUNTS

Discounts on college application fees and on SAT, ACT, and AP testing fees.



BROADBAND ACCESS

Discounts to improve internet and technology access in the home.

SOLICITUD DE ALMUERZO GRATUITO O PRECIO REDUCIDO

¿Por qué Aplicar?

Llenar la solicitud de almuerzo gratuito o precio reducido ayuda con más que las comidas. Solicitar y calificar puede beneficiar a las familias y estudiantes en todo el Distrito Escolar de Shawnee Mission de múltiples maneras.

Para obtener más información y enlaces para aplicar: <https://bit.ly/3QaDJwZ>.

LAS SOLICITUDES QUE CALIFICAN PUEDEN AYUDAR CON:



Food Service Department
6701 West 83rd Street
Overland Park, KS 66204
(913) 993-9710
www.smsd.org

Esta institución es un proveedor de igualdad de oportunidades.



FINANCIAMIENTO ESCOLAR

Aumento del dinero estatal y federal para el personal y los recursos escolares en la escuela de su hijo.

TARIFAS REDUCIDAS

Las familias elegibles pueden recibir recursos de instrucción gratuitos / reducidos y tarifas de inscripción de Pre-K.



TRANSPORTE

Las familias pueden calificar para transporte gratuito / reducido. El documento de consentimiento debe completarse.

DESCUENTOS

Descuentos en las tarifas de solicitud universitaria y en las tarifas de las pruebas SAT, ACT y AP.



ACCESO DE BANDA ANCHA

Descuentos para mejorar el acceso a internet y tecnología en el hogar.



THANK YOU

SM West would like to thank one of our community partners for their support of our staff and students.

Thank you Southwind Management Inc.



TRANSPORTATION UPDATE - SIGN UP FOR TEXT NOTIFICATIONS

In the event there are times throughout the year when routes are running late and

notification is needed at the school and family level, we want to encourage you to sign up for Textcaster notifications. We have previously pushed a number of communications about this to

families via school newsletters (with your assistance) as well as through district communications reminding of the availability to sign up for text notifications when routes are running late *or compressed with other buses*. **We encourage you to also sign up to receive text notifications as it is the fastest way to provide notice of any changes.**

Sign up for notifications at the following link: <https://my.textcaster.com/asa/2795> where you can select the route numbers pertaining to your school (you may select multiple bus routes). Additionally, we will do our best to provide you with updates as we receive them.



FROM OUR SM WEST NURSE

Immunizations!

If your student is 16 years old, they will need an immunization. A second dose of Meningococcal vaccine—also known as Menactra or Menveo is due.

A word to the wise, don't wait to have this done. The official due date is October 13th!!

Students who don't have immunizations done on time will need to be sent home until the immunization is given and documentation given to the Nurse Office.

Email immunization records to: aciamorley@smsd.org



I wanted to reach out to let you know that this year we have some new guidelines for Covid that are a little different than last year.

This year the CDC no longer recommends that students quarantine or stay home from school due to Covid exposure. However, should your student begin to have symptoms and test positive then they would need to remain home.

- If students test positive—Day 0 is test day and then they are out for 5 days
- Day 6—may return if no ongoing symptoms and no fever in the previous 24 hours
- Day 6-10—highly recommended and encouraged to mask

I know there has been a lot of changes around recommendations and Covid the last several years, so wanted to be sure to let you know the current recommendations. For more information please check out the link below:

<https://www.smsd.org/about/departments/health-services/coronavirus-or-covid-19-information>

Questions: call 913-993-7960.

Kim Tennissen, RN, FNP-BC

Shawnee Mission West Nurse

8800 West 85th Street

Overland Park, KS 66212

Phone: 913-993-7816

Fax: 913-993-1483

kimberlytennissen@smsd.org



PICTURE RETAKES

The image below contains information about our picture day that occurred on Monday of this week, as well as how to order pictures.

There is also information about pictures retakes and Senior Picture Day.

SM WEST IT'S ALMOST PICTURE DAY

In order to be included in the 2023 Saga yearbook, students must have a photo taken by Inter-State Studio. You do not have to purchase any photos in order to be in the yearbook.

GRADES 9, 10, 11

Yearbook photos and ID card photos will be taken **Monday, Aug. 15.**

- 9th grade will go with English classes
- 10th and 11th grades will go when they pick up MacBooks

ORDERING INFORMATION

- Pre-order photos by visiting inter-state.com/order.
- Use order code **69608MF**
- Online ordering is also available after picture day.

SENIORS

- ID card photos will be taken **Monday, Aug. 15** when you pick up your MacBook.

- Senior yearbook photos will be taken **Tuesday, Aug. 23 and Wednesday, Aug. 24** during your English class.

Traditionally, students dress up a bit for senior yearbook pictures.

ORDERING INFORMATION

Seniors will get proofs with ordering information from Inter-State Studio.

PICTURE DAY DETAILS

- You may wear a mask in your photo if you are more comfortable doing so.
- Sunglasses, hats and hoods are not allowed in photos. Religious head coverings may be worn.
- Portraits will be used in the 2023 yearbook and for student ID cards. If you miss picture day, you will need to get an ID from the office.

**Retakes and last chance photos for all grade levels
will be Wednesday, Oct. 19.**

MESSAGE FROM FOOD SERVICE

We want all of our students at SM West to be able to eat a good breakfast and lunch. Please read the information below from Food Services. Students are free to bring a sack lunch to school, but no fast food items should be brought into the building.

SM West does not have an open lunch policy except for Seniors whose parents have completed the permission form link. (An email was sent to all senior parents from Jennifer Silverstein with the link). Open Lunch for seniors will not begin until after ID cards have been distributed. Tentatively after Labor Day.

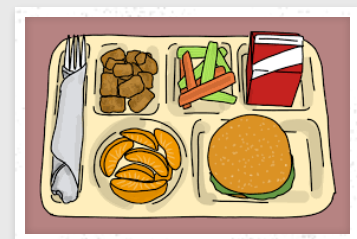
22 - 23 School Meals

Food Service will continue to offer healthy and appealing breakfast and lunch options for all students this school year. Unfortunately, the USDA nationwide waivers allowing for free school meals for all students concluded with the end of the 2021 - 22 school year.

The meal prices of 2022 - 23 are below .

Breakfast at the High School \$1.65

Lunch at the High School \$3.00



Families will be able to complete a child nutrition meal benefit application to see if they qualify for free or reduced priced meals. The information and link regarding the meal benefit application will be a part of the parent online verification process as well as be available on the [Food Service web](#) .

Families are encouraged to check their student's current food service account balance on School Café - <https://www.schoolcafe.com/SHAWNEEMISSION> . Payments to a student's food service account can be done by check or cash at the school, credit card online through e Funds (\$3 fee) or by calling the Food Service office 993-9710 (no fee). Student account balances (positive or negative) do roll over to the next year – even if the student switches schools within the district.

Food Service will continue to follow the procedure of serving students a full breakfast or a full lunch regardless of the money they have in their account. During the 2022 - 23 school year, when a student's account is low or in the negative, notifications will be made to parents. When an account is - \$75.00, the parent/guardian will receive a notification that if the account is not paid it will be turned over to the collection agency. Students will not be permitted to purchase ala carte items if their account is negative.

Thank you.



PARKING PERMITS

Sophomores, Juniors and Seniors are able to park on campus at SM West. A parking permit must be purchased and a parking sticker picked up from our Security personnel in the front entrance.

Parking is \$50 for the year.

It is extremely important that students only park in assigned areas for students, and not staff parking. Tickets will be assessed by our security staff. All rules and regulations are listed with the parking application. See the PDF below.

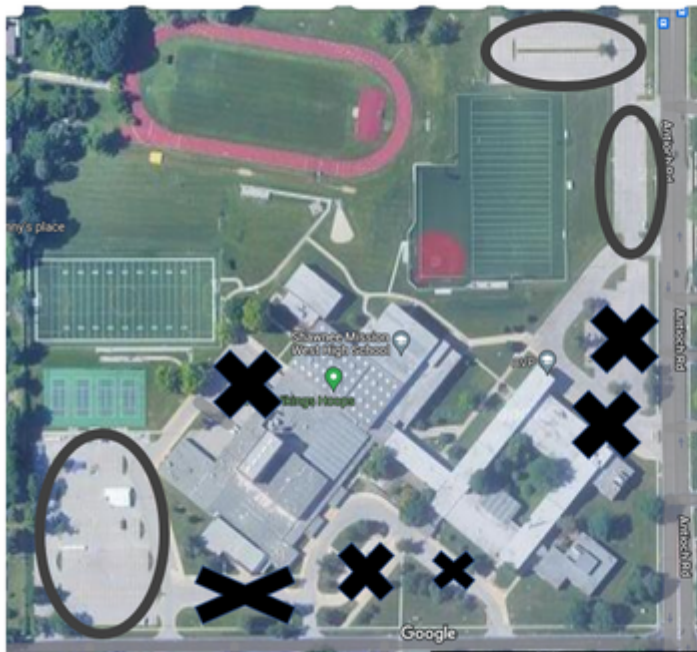
Also included is a map of West parking.



Parking Registration Form.pdf

[Download](#)

616.0 KB



The circled spots on the map are where students can park.

The X's indicate STAFF parking.

Students are excluded from parking in the staff spaces.

Please refer to parking guidelines and fee structure for parking enforcement.



PTSA

The PTSA (Parent-Teacher-Student-Association) is an important support system for our students and staff. Please consider becoming a member of our PTSA. Dues go to support senior scholarships, teacher grants for instructional support in the classroom, teacher appreciation and much more.

We encourage our community to attend any/all of the four scheduled meetings during the year:

Sept. 12, Nov. 14, Feb. 13 and April 10.

Each of the meetings will have reports from staff and PTSA committees and many times guest speakers are invited.

Please consider volunteering to lead a committee. The PTSA needs leaders for the following committees:

- **Nurses Pantry** - Help coordinate donations of supplies of feminine hygiene products
- **Royalty** - Coordinate the presentation of Top 12 Candidates for Homecoming and Sweetheart Royalty at their respective games.
- **Senior Sizzle** - Team members are needed to lead the drug/alcohol free event for seniors and the fundraising efforts to pay for this event - including Mr. Viking
- **Safe Trick or Treat** - coordinate an activity for our annual event sponsored by FCCLA
- **SMAC Clothing Center** - help gather and work at the Shawnee Mission Clothing Center once or twice during the school year at West's assigned time

- **Staff Appreciation** - a team is needed to help coordinate staff appreciation events including conference meals, and teacher appreciation week.
- **Teacher Grants** - lead a small group to solicit and review applications for teacher grants in SM West and award small monetary grants
- **Unified Sports** - help coordinate the inclusion of unified sports activities with some of our students including Unified basketball and Unified Bowling.

PTSA Officers for 2022-2023 academic year:

Co-Presidents: [Jessica Leslie](#) and [Sean Campion](#)

VP Membership: Kristy Campion

VP Ways and Means: Angie Guniion

VP Programs: Kate Ampleman

Treasurer: Darci Robinson

Secretary: Christina Middleton

Please view the attachments below so that you and your family can become members.

Thank you for your support.



ptsa qr code.pdf

[Download](#)

99.9 KB



ptsa membership form.docx

[Download](#)

17.6 KB



OVERLAND PARK POLICE EXPLORERS





JOIN THE OPPD
EXPLORERS
FIRST MEETING

6:30 PM THURSDAY SEPT. 22ND

SANDERS JUSTICE CENTER
12400 FOSTER STREET
OVERLAND PARK, KANSAS 66213

SCAN QR CODE FOR
MORE DETAILS

OFFICER BUELT
913-890-1393



Police Explorer Student Announcement

Students, do you have an interest in the criminal justice system? Have you ever thought of becoming a police officer? Do you love Live PD???? The Overland Park Police Department has an Explorer program that will give you an insight into the world of law enforcement and criminal justice. Please join us at our open house, Thursday, September 22nd at the Overland Park Police Department's Sanders Justice Center.

The open house will be located at 12400 Foster Street and will begin at 6:30 PM. Please see your School Resource Officer for more details.



FOOD SERVICE POSITIONS OPEN AT WEST

West Families

Our Food Service Department has immediate openings for workers. If you are looking for a job, please consider becoming part of the West staff and join our food service team.

> JOIN OUR SMSD TEAM!

FOOD SERVICE POSITIONS --- NOW OPEN!

- > SCHOOL HOURS (no evenings or weekends and summers off)
- > PAID HOLIDAYS
- > HEALTH INSURANCE
- > RETIREMENT PLAN
- > UNIFORM ALLOWANCE
- > PAID SICK LEAVE



Help our students achieve unlimited possibilities! Apply today at www.smsd.org

