

Mt. Washington SCHOOL

Home of the Knights



November/December, 2011



New Adopters have signed on!

We are happy to announce that **University of Cincinnati's CECH-PASS Program** has adopted Ms. Swantko's 8th grade. This was a natural fit as the GEARUP program which is part of the CECH-Pass program has been providing college readiness and academic support to all of our 8th graders.

We are beginning to sound like a broken record but **Yes, they did it again! Morgan, Stanley, Smith, Barney has adopted another class.** Ms. Barnes 6/7 grade class has been adopted by another group from their Kenwood location. Thanks again to Morgan Stanley Smith Barney who now has adopted **three** classes at our school!!!!!!

cont.on page 2

INSIDE THIS ISSUE

- 1 Mt. Washington School Gives Back
- 2 Castle Connections-New Sessions
- 3 High School Transition Fair
- 4 Calendar of Events



Proud sponsor of the Mt. Washington School Community Learning Center

Mt Washington School Gives Back!!!

Mt. Washington students took part in our annual holiday food drive to collect non-perishable food items for people in need. This year the items collected were donated to the SEM food pantry in Mt. Washington.

SEM stands for Southeast Ecumenical Ministries. Thirteen churches in eastern Hamilton county and western Clermont support the food pantry along with service organizations, schools and individuals.

SEM has served the Mt. Washington community for over 50 years. They are located in a house at 6446 Beechmont Ave. provided by Mt. Washington Presbyterian Church. The pantry is run by over 40 volunteers.

SEM partners with the FreeStore FoodBank by providing food to families who qualify based on USDA income guidelines. They also purchase additional food and household products at local stores in addition to welcoming donations from food drives and baked goods and produce from local stores.

In 2010 the pantry provided food for 11,300 individuals, many who receive food every month. Special holiday food items are available in November and December.

"As a school, we felt we should support the families in our own community this year because we know there are many needy families right in our backyard.

We are so excited that we have collected almost 1,000 pounds of food for the SEM pantry and our hope is to start a tradition and collect for SEM pantry next year as well." said Ilene Hayes, Resource Coordinator.

The SEM food pantry is open Monday, Wednesday, Thursday and Friday from 9:30am-2:00pm and Tuesday evenings 5:30pm-7:30pm.

Cont. from page 1

Currently we have 12 classes adopted and we have 6 more that need adopters. Help us meet this goal by contacting Ilene Hayes 363-3835 if you know of an organization, business, church or service organization that might be interested in adopting a class.

Castle Connections: New Session Starting Soon!



Art That Shapes Us student working on her masterpiece project



SEE WORD students doing educational activities on their I Pads

We are gearing up for another exciting session of the Mt Washington Elementary after school program Castle Connections! The enthusiasm, teamwork and active learning will continue as students choose from a variety of clubs including Construction, Bread Making, Exercise and Art and many more. The ever popular Spanish club will be offered to grades K-3 and a Kid's in the Kitchen cooking club will be a new experience to try this session. Look for your registration packet to come home soon!

Did You Know?

The U.S. Surgeon General reports that there is about 20 percent of the U.S. population that are affected by mental health disorders during a given year. Some of the most common types of these disorders that affect children include the following:

Anxiety Disorders: Children with anxiety disorders respond to certain things or situations with fear and dread, as well as with physical signs of anxiety (nervousness), such as rapid heartbeat and sweating.

Attention-deficit/hyperactivity disorder (ADHD): Children with ADHD generally have problems paying attention or concentrating, can't seem to follow directions, and are easily bored and/or frustrated with tasks. They also tend to move constantly and are impulsive (do not think before they act).

Disruptive behavior disorders: Children with these disorders tend to defy rules and often are disruptive in structured environments, such as school.

Affective (mood) disorders: These disorders involve persistent feelings of sadness and/or rapidly changing moods, and include depression and bipolar disorder.

If you feel like your child is exhibiting any of the symptoms listed above, Contact our school mental health provider Beech Acres Parenting Center (513)363-3869

Santa Claus is on his way and times are rough.

Here are a few resources to help your family during the Christmas season:

Check out www.cincybenefitsinfo.com.

The Salvation Army has a variety of resources as well. Contact the office that is near you.

The Freestore FoodBank offers free Christmas dinners. Come early as the demand is great!

Downtown Cincinnati has a variety of free events that you and your family can participate in. Check out www.cincinnati.com.

If you need access to a computer, visit your local library or check in your child's school for a parent center that may have a computer available.

Don't forget, you can always contact your Family Peer Support provider for additional resources!!!!!!

Announcing upcoming parent round tables sponsored by BAPC/ FPSW

Looking for a relaxing way to get tips on raising your child (ren)? Want to meet other parents to get ideas and support? Then join us for a series of **free** round table discussions starting in January.

The discussions will be hosted by Beech Acres Parenting Center and will be held at Mt. Washington School in Hyde Park. Before Beech Acres sets the schedule they need your input to make sure the discussions will meet your needs. Please complete the form below and return it to school.

BAPC Parent Round Table Survey Form

Best time(s) to have the program

Days of the week that work best

Topics I would like to learn about

Do you need child care? ___yes ___no

Please return this form to school to the attention of Beech Acres

If you have questions, contact Brandi Landers
 at
 363-3869

Save the Date!!!!!!

Mt Washington School's 2nd Annual High School Transition Fair

The Mt. Washington School's Community Learning Center and it partners are pleased to be hosting our second annual **High School Transition Fair** on **Thursday, January 5th from 6-8pm.**

Eighth graders and their families are invited to attend this informative event that will offer families the chance to meet with representatives from area high schools to learn more about their programs.

This will be a great opportunity for parents to learn about different schools so they can guide their child in selecting the school that will best meet their needs.

Our partners, **Beech Acres** will have information about the "Easing the Transition to a New School" workshop they will be offering in the spring and the **Plan the Way Foundation** will be sharing information about an upcoming workshop series that will be available to parents and their students about a variety of topics from planning for college to budgeting and social media. All the workshops are free.

A complimentary dinner will be provided by **GEARUP**. In addition there will be lots of door prizes and raffle items.

Don't miss out on this informative event!

To register: call 363-3835 by January 2.

Note from our School Health Aide

Parents, please turn in completed Health history Updates, and Chronic Illness information (Asthma, Diabetes, Seizure) forms, Over-the-Counter Medication forms, signed by a physician/healthcare provider AND parent/guardian, as well as immunization records by December 12!

Calendar Of Events

PTO Meeting

Tuesday, December 6

6:15pm

Mt. Washington Recreation Center

All are welcome to attend our Parent Teacher Organization meeting

High School Transition Fair

Thursday, January, 5th

6-8pm

Mt Washington School Gym

All 8th graders and their families are welcome to attend- Please RSVP by January 2, call 363-3835

Planning for College: What can I do Now?

Thursday, January 19

6:30-7:30pm

Mt Washington Recreation Center

1715 Beacon St

Parents and students in grades 5-8th are welcome to attend this free workshop to learn about planning for college-It offers information on the college process and what students and their families can do now to be prepared for college. It is never too soon to plan! Refreshments are provided-please call to register

The Teachers and Staff

Of

Mt. Washington School

Wish You

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Happy Holiday Season!
