



The Wildcat Roar



Helen Wilcox Elementary School Newsletter
Mrs. Heather Scott, Principal

April 2024
Mr. Tuft Vice-Principal

CALIFORNIA SMARTER BALANCED ASSESSMENTS for 3rd GRADE

The state testing period begins **May 13th thru May 17th from 8:35 a.m. – 11:30 a.m.!** Please help remind your child to do their best, as well as throughout the rest of the year. Please make any doctor's appointment for later in the day during testing week.

Please be on time. School begins at 8:25 am.

ONLINE TEACHER REQUESTS

Starting **April 29th** Helen Wilcox will be accepting online Teacher Requests thru **May 10th until 3:00 PM.** Links will be posted on our school website and School Facebook page.

***Please note All requests will be taken into consideration but are not guaranteed.**

SIGNING YOUR STUDENT OUT EARLY?

Parents, please remember that when you sign your child out early it disrupts the whole classroom & the teacher must take valuable teaching time to refocus the students. Please try to schedule appointments for after school hours or during school breaks. Thank you for your help!

We value your child's education!



Wilcox Wildcat's 3 B's
Be respectful
Be responsible
Be safe

If you are in need of insurance to cover medical costs contact:
Medi-Cal/Healthy Families
1-800-880-5305



2nd Trimester Awards



1st Grade: Nathan Cordero, Athen Rodriguez, Austin Johnson, Ellie Sigler, Tayler Grivette, Koda Owens, Xavier Ramirez, Julian Xiong, Avianna Lewis, Khloie Ludlow, Roman Ortega, Natalie Rodriguez

2nd Grade: Betty Cassel, Camden Lawson, Natalia Benjamin, Mason Diaz, River Hill, Willow Buckley, Angel Braiden Gonzalez, McCraney, Cynthia Fuller, Carter Widener, Gladys Guadiana, Dali Barrington, Arielle Howard, Brooklyn Walters

3rd Grade: Luz Reynoso, Lorin Wilson, Carson Klanjac, Claire Montez, Gunner Nelson, Diego Rodriguez, Chloe Staton, Avery Morrison, Preslie Pickard, Marcellus Sasek, Adlee Becker

Join us for an evening filled with fun hands-on math activities!

Thursday, April 18th
Family 4:30 – 6:00



OPEN HOUSE
Thursday, April 18th
5:00 – 6:00



This month Helen Wilcox honored our **Star Students.** Star Students have Great Attendance and Follow the B's!

Kindergarten: Briella Jackson, Bryson Renwick, Levi Aispuro, Rosalinda Barreras, Jesse King

1st Grade: Rowan Ram, Ryder Baldrige

2nd Grade: Beau King, Emanuel Cortez Segura, Angelo Gaston, Emily Strifler

3rd Grade: Gunner Nelson, Elijah Shiflett, Phong Yang

Small Actions To Make Big Changes

CONNECT WITH SOMEONE
Are they okay? Are you okay? Check-in with your support network - Connect with someone new - A sense of belonging and community can help reduce feelings of loneliness.

PRIORITISE SLEEP
Take small steps to improve your bedtime routine. Wind down before bed by minimizing your screen time! Make your bedroom a 'tech-free' zone - Create a clean and restful sleep environment - Let down what's on your mind and set it aside for tomorrow - Avoid caffeine after 4pm.

MOVE IN YOUR OWN WAY
Get moving the way you want to. This could be walking, running, yoga, stretches, doing some gardening. Move in a way you'll enjoy, get those endorphins flowing and let off some steam.

SPEND TIME IN NATURE
Take some time out of your day to step outside, get some fresh air and spend time in nature. This could be eating your lunch outside, or taking a short walk after work. Simulate your senses and look at the beauty of nature.

BREATHE DEEP
Your breath is a powerful tool to help with stress reduction and relaxation. Short, shallow breaths can heighten anxiety so being conscious and taking time to breathe deep helps us shift into a relaxation mode.

PRACTICE MINDFULNESS
Practicing mindfulness allows you to focus on the here and now. It aids self-awareness, helps you practice emotional regulation and control. You can actively practice during a designated mindfulness session or be mindful of your all five of your sense whilst participating in an activity, such as a nature walk.

#LittleByLittle

Important Dates

4/1 - 4/5- Spring Break, NO SCHOOL

4/18- Open House 5:00-6:00 P.M.

4/18- Math Festival All Day and Family 4:30-6:00 PM

4/19- Progress Reports Go Home

4/29- 5/10- Online Teacher Requests

5/13/-15-5/17- 3rd Grade State Testing Window

5/27- Memorial Day, NO SCHOOL