



# WESTHAMPTON ELEMENTARY SCHOOL

## Field Trips

**Grade 5** - Mrs. Pajak's fifth grade students visited the Pequot Museum in Connecticut on Friday, January 21. This field trip is the culminating event following their recent Social Studies unit of Native Americans that inhabited the lands of North America and Mexico.



**Grades K, 1 & 2** - On Monday, February 8, students in grades K, 1, & 2 will be attending Tomie dePaola's "Strega Nona" performance at the Fine Arts Center at UMass. ***This program is supported by a grant from the Westhampton Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*** Their support is appreciated.

**Grades 3 & 4** - Grades 3 & 4 visited the Springfield Science Museum on Wednesday, January 27. Grade 3 participated in "Science Magic" and "Just Survive" workshops and Grade 4 participated in "Simple Machines" and "Our Cosmic Neighborhood" workshops.

## Cool Cats

*A group for girls aged 9-12  
who experience anxiety.*

- ◊ Through role plays, arts and crafts, writing and theater activities girls will improve self esteem, feel empowered and learn strategies for staying calm.
- ◊ Meets Thursdays, 4:30 - 5:45, for eight weeks beginning in February.
- ◊ Cost \$25 per group session. Some insurance accepted.
- ◊ Group leaders, Betsy McNamara, LICSW and Nancy Jessup, LICSW
- ◊ For more information call 413-885-3831 for Betsy or 413-961-9022 for Nancy or email [mcnamarabetsy@gmail.com](mailto:mcnamarabetsy@gmail.com) or [dellaluna2@gmail.com](mailto:dellaluna2@gmail.com)

## Grandparents' Day

PTO's first annual Grandparents' Day at WES was a huge success! Students, staff members, grandparents, and special guests all had a wonderful time. Attendance was more than we could have expected -- we had approximately 112 guests for a student body of 142! Many positive comments have been received. Thank you to PTO members for organizing this day -- your efforts provided many memorable moments!

## "Size-ism"

**This year WES is going to explore a particular theme of respecting differences: size and physical skill/ability.** A common form of social exclusion occurs around kids' size (i.e., weight, height) and/or their athletic ability, especially at recess. Whether the exclusion is intentional or not, the result is hurt feelings and reduced self-esteem. The Respecting Differences Team -- a group of teachers and 5th & 6th grade students -- is planning some activities and events for the school. Our goal is for WES to reflect on this issue and devise ways that we can all be more inclusive and respectful of people no matter their size or physical skill level.

The activities and events will begin in the coming weeks and continue through the school year. The Respecting Differences Team is very excited about this project! Please see Emilie Woodward for more information. Thank you.

## Dates To Remember

- 1/29 - COMMON AREA - Gr. 3 & 4
- 2/2 - Dr. Cleary - Dental Health in Grade 2
- 2/8 - K, 1 & 2 Field Trip to Fine Arts Center
- 2/9 - School Council, 4:00
- 2/9 - School Committee, 7:00
- 2/15 - 19 Winter Break
- 2/24 - PTO Meeting, 7:00