



@WestMifflinArea
#wmtitanpride

Family Engagement

October 2023



Save the Date

- October 2-13-K-5 Benchmark Testing
- October 10-12-HS Musical try-Outs
- October 12-School Board Work Session
- October 18-Sensory-Safe Fall Festival
- October 19-School Board Regular Session
- October 26-End of 1st Quarter
- October 27-2-Hour Early Release
- November 1-K-5 P/T Conferences
- November 2-6-12 P/T Conferences



A Note from Dr. Sikora & Mrs. Haney

Hello October!

As the leaves begin to change and the air turns crisp, October brings with it a sense of anticipation for the autumn season. It's a month filled with cozy sweaters, pumpkin spice everything, and the excitement of Halloween.

October is a time to embrace the beauty of nature's transformation, as trees trade their green foliage for shades of red, orange, and gold. It's the perfect month for long walks in the park, apple picking, and enjoying hot beverages by the fire.

Of course, October wouldn't be complete without the spooktacular celebration of Halloween. Whether you're planning elaborate costumes, decorating your home with eerie decorations, or just indulging in some candy, Halloween is a fun and festive way to end the month.

So, let's make the most of this October. Embrace the changing seasons, create lasting memories, and savor every moment of this enchanting month. Happy October!

Counselor's Corner

As the leaves begin to fall, the routines of school become more consistent. Students thrive on schedules and familiar practices.

Having a predictable day decreases anxious feelings. The school counselors are "right down the hall" to help any students with uncomfortable anxiety. Parents can visit the following websites for tips and suggestions to combat anxiety:

Childmind.org
Worrywisekids.org

Coffee with a Cop



The background of the poster is a light beige color with a decorative border of autumn leaves and pumpkins. The leaves are in shades of orange, yellow, and purple. There are several pumpkins with different faces: some are smiling, some are neutral, and some have surprised or sad expressions. The text is centered in a brown, serif font.

ENGAGEMENT TEAM SENSORY-SAFE FALL FESTIVAL

JOIN US FOR
CRAFTS & FALL FUN IN
A CALM, SENSORY-
SAFE ENVIRONMENT

Wednesday, October 18
WM Middle School Cafeteria
6:00-7:30

SCAN THE QR CODE TO
RESERVE YOUR SPOT!



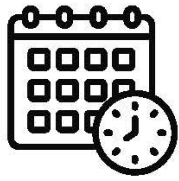
PITTSBURGH YOUTH CHORUS

cantate

An inclusive choir for singers with physical, social, emotional, and/or intellectual challenges

when

- Tuesdays
- 5:00-5:45 PM
- September - April



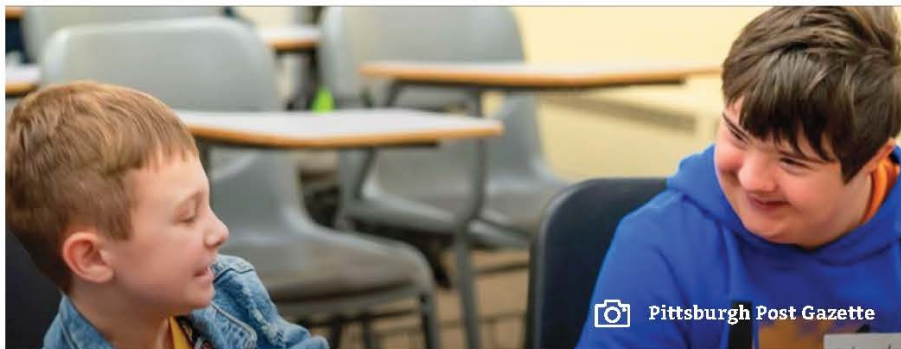
Singers will have a **sensory friendly environment** that allows for varying strategies to experience the joy of singing!

this choir for **ages 6 and up** is respectful and sensitive to the individual needs of the members with regard to:

- intellectual development
- communication abilities
- spatial needs
- developmental diversities

where

- Duquesne University School of Music



let's create a community that is bonded through making music together!

Scan the **QR code** or visit www.pittsburghyouthchorus.org/cantate-choir for more information and to register!

Contact shawn@pittsburghyouthchours.org OR info@pittsburghyouthchorus.org with questions



SCHOOL BASED SERVICES
STUDENT ASSISTANCE PROGRAM
and
PREVENTION

In This Issue

- PG. 2 World Mental Health Day
- PG. 3 Bullying Prevention Month
- PG. 4 Red Ribbon Week
- PG. 5 Domestic Violence Awareness
- PG. 6 HIV/AIDS Walk
- PG. 7 Fall Word Search
- PG. 8 Lessons From Autumn

1800 West Street
Homestead, PA 15120
412-464-1522 x2351



WELCOME

Welcome to the October 2023 issue of the Devereux TCV School Based Services Newsletter! I want to highlight Red Ribbon Week that will occur the last week of October. This is an opportunity for students to pledge to be drug free. My staff and I are prepared to assist in any way we can in your schools. If you need anything please do not hesitate to contact me or my staff.

Jim Phillips 412-862-5565
Manager of School Based Services



Autumn is a gentle reminder that **changes** can be beautiful



STOP BULLYING

October:
National Bullying
Prevention Month



**TOGETHER WE CAN CREATE
A WORLD WITHOUT BULLYING**

**CELEBRATE
DIFFERENCES**

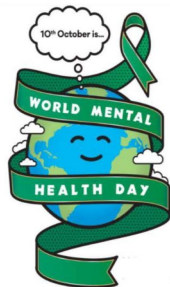
**KNOW
YOUR
ACTIONS
MATTER**

**RESPECT
EACH
OTHER**

**INCLUDE
THOSE
WHO ARE
LEFT OUT**

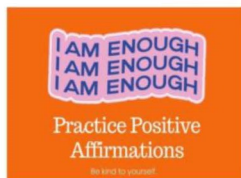
**SHARE
KINDNESS**

**LISTEN
WITH
PATIENCE**



**WORLD MENTAL
HEALTH DAY**

Self Care Practices for Oct. 10th



RED RIBBON WEEK® OCT. 23-31 • WWW.REDRIBBON.ORG

Everything you need to celebrate Red Ribbon Week®, planning guides, flyers, promotional material can be found at

<https://www.redribbon.org/downloads>



OCTOBER IS domestic violence awareness month

Your concern and support can help change a person's life.

Listen without judgment

- Focus and listen fully to their words.
- Offer to sit with them when calling for information or reporting abuse.

Let them know you believe them

- Help them feel comfortable about getting help.
- Let them know that abuse can happen to anyone, and it's not their fault.
- Tell them you're concerned about their safety and assistance is available.

Support their decisions

- Respect the way they want to handle the situation.
- Encourage them to reach out for help and guidance.

Ask what more you can do to help

- Know about resources like national hotlines or your installation Family Advocacy Program.



Speak up.
Know the warning signs.

Abusive behavior

- Strict control – financial, social or victim's appearance
- Need for excessive contact – texts, calls
- Emotional abuse – put-downs, insults, humiliation
- Extreme jealousy
- Restricting partner's access to family or friends

Victim behavior

- Shows fear around a partner
- Frequent, last-minute change of plans
- Unexplained injuries with explanations that don't add up

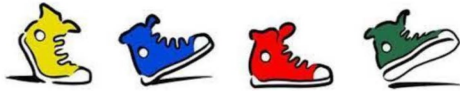
FREE, 24/7, CONFIDENTIAL
NATIONAL DOMESTIC VIOLENCE
HOTLINE
1(800) 799-7233

Fall Word Search Puzzle

O	X	C	F	L	B	T	C	D	I	L	J	J	P	H
D	P	S	Z	Z	S	B	C	U	D	V	W	B	U	D
U	G	C	U	E	I	P	H	T	Y	B	F	B	T	L
W	V	A	V	U	D	U	E	X	B	Q	V	M	L	Q
A	M	R	Z	D	F	M	S	A	J	K	O	A	S	I
C	A	E	K	J	K	P	T	E	Q	C	F	A	N	C
H	D	C	W	L	O	K	N	K	Y	P	J	N	O	N
U	L	R	Z	Y	E	I	U	B	F	I	F	U	V	A
Z	L	O	L	C	O	N	T	I	W	N	F	N	E	A
P	E	W	R	F	Z	T	S	T	I	E	Q	G	M	U
R	A	K	E	J	G	M	S	M	I	C	J	R	B	T
H	V	A	Z	C	H	R	K	M	Z	O	X	R	E	U
M	E	E	U	S	E	A	S	O	N	N	C	E	R	M
U	S	C	O	R	N	F	N	V	C	E	T	A	H	N
Z	R	E	I	R	A	I	N	C	O	A	T	P	S	K

AUTUMN
CHESTNUTS
CORN
FALL
HARVEST
LEAVES
NOVEMBER
PUMPKIN
RAINCOAT
SCARECROW
SEASON
RAKE
REAP
PINECONE

www.MyPartyGames.com



23rd Annual HIV/AIDS Awareness Walk

Join us to walk to raise awareness about HIV/AIDS in the Mon Valley. All are welcome to join this free community event.

Saturday, October 7th
Registration @ 8:00 a.m.
Walk starts @ 9:00 a.m.
In-person

- Free HIV Testing
- Chance to win prizes
- Hotdog cookout
- Local resources

Human Services Center
Mon Valley
519 Penn Ave
Turtle Creek, PA 15145

Register [here](#) or scan the QR code to register:

Questions?
Call 412-436-9537 or email Dharma Kear at dkear@hscmonvalley.org



LESSONS from Autumn

@POSITIVELYPRESENT

LET GO OF WHAT'S WEIGHING YOU DOWN.

APPRECIATE WHAT'S FLEETING.

YOU'LL ONLY REAP WHAT YOU PLANT.

CHANGE IS HARD, BUT IT CAN BE BEAUTIFUL.

NO RAINY DAY LASTS FOREVER.

NOT EVERYONE WILL LIKE WHAT YOU LIKE.

MAKE TIME TO SLOW DOWN AND REST.

STOCK UP ON HOPE FOR DARK DAYS.

