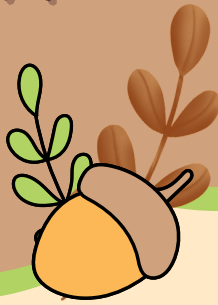


# NOVEMBER NEWSLETTER

## WEST DE PERE 4K



### A MESSAGE FROM THE 4K DIRECTOR

I hope this newsletter finds you and your family healthy and happy.

It's a wonderful time of year for many. For some there are family get-togethers, parties, and celebrations happening. Along with those special times, comes checklists and/or to do lists that may cause a little bit of stress from time to time. There are many articles out there with really good advice on how to handle stress during the holiday season. I compiled a short list of three phrases that stuck out to me.

- Breathe/slow down - If you find yourself short tempered or annoyed by the hustle and bustle of the holiday season. Take a step back and breathe.
- Accept imperfections - I find that the small imperfections are the memories that create the most joy.
- Don't lose sight of what really counts - For me being in the moment and focusing on the ones I love is what it is all about. Life moves fast, don't let stress ruin those precious small moments.

These are three things I will be keeping in the forefront of my thoughts this holiday season. Being around four year-olds has taught me to embrace the small things and to enjoy the moment you are in.

From my family to yours Happy Holidays and a Happy New Year.

Mr. Mike Kowalczyk  
Hemlock Creek Associate Principal  
4K Director



### UPCOMING EVENTS

- |                             |  |
|-----------------------------|--|
| December 3:                 | WW PTO Meeting,<br>6:00pm, Westwood                            |
| December 23 -<br>January 1: | Winter Break   |
| January 2:                  | Classes Resume   |
| January 7:                  | HC PTO Meeting,<br>6:30pm, Hemlock<br>Creek                    |
| January 7:                  | WW PTO Meeting,<br>6:00pm, Westwood                            |
| January 20:                 | No 4K<br>(Teacher In-service)<br>Martin Luther King Jr.<br>Day |



### PTO INVOLVEMENT

Reminder, if you are interested in participating in PTO, please visit the school's website for times and dates. Please attend either Westwood or Hemlock Creek Elementary based on your child's home school. If you are not sure which school is your home school, please feel free to contact Mr. Kowalczyk @ 425-1900 ext 3327.

### DRESS FOR THE WEATHER

With the cold weather upon us, please remind your children to wear hats, gloves, and heavier coats. Boots are required when there is snow on the ground. The weather conditions can change quickly, please help your child be prepared.





