



WHITEFORD ELEMENTARY NEWS BLAST



NOVEMBER
14TH

Updates

- **THANK YOU MRS. TYRRELL FOR A GREAT BOOK FAIR WEEK!**
 - It was awesome to see our kids so excited about the books!
 - Another thank you to all of our parent volunteers throughout the week, as well as Mrs. Pawson and Mrs. Utter for setting up and helping it run smoothly.

HELPFUL LINKS

- [FREE AND REDUCED LUNCH](#)
- [CLASS SUPPLY LIST](#)
- [INFINITE CAMPUS LOGIN](#)
- [VOLUNTEER FORM](#)
- [SCHOOL CALENDAR](#)
- [WPA GROUP](#)
- [DROP OFF/PICK UP INFO](#)

OUR NOVEMBER VALUE:

RESPONSIBILITY

UPCOMING EVENTS

WPA MOTHER-SON NIGHT

NOVEMBER 15TH

(MS GYM 6:00-8:00 PM)

UOFM VS OSU

CANNED FOOD DRIVE!

ENDS NOVEMBER 21ST

EARLY RELEASE (10:55 AM)

NOVEMBER 26TH

THANKSGIVING BREAK

NOVEMBER 27TH-30TH

SANTA'S WORKSHOP

DECEMBER 8TH-12TH

CHRISTMAS CONCERT

DECEMBER 11TH



GO BOBCATS!



NOVEMBER

Counselor's Corner

Whiteford Elementary

Fall is here and full of fun things! Last month, we celebrated Unity Day and Healthy Choices Week. It was wonderful to see so many students participating and truly living out those messages. This month's classroom lessons will focus on Empathy for grades 3-5 and Self-Control for grades K-2. I've also been running small groups on worry and self-control, and new groups will begin at the end of November!

For 4th and 5th graders, small groups will focus on Healthy Friendships and Self-Esteem.

For grades K-3, topics will include Worry and Anger Management.

If you feel your student would benefit from participating in any of these small groups, please send me an email. I also use teacher referrals when selecting students for groups.

School Counselor Tip! Limit Screen Time!

THE RISKS OF EXCESSIVE SCREEN TIME

DOPAMINE OVERLOAD

Technology can cause an over-release of dopamine, creating a cycle of craving more screen time. This builds tolerance and a constant desire for more stimulation, similar to craving more sweets after tasting something delicious.

EXECUTIVE FUNCTION SKILLS

High levels of screen use can obstruct the development of crucial executive functions like planning, organizing, and impulse control, impairing a child's ability to make sound judgments and manage technology use effectively.

HEIGHTENED STRESS LEVELS

Prolonged screen time can keep the brain in a constant state of stress, akin to the "fight or flight" response, which negatively impacts a child's overall health and well-being.

MYELIN DEVELOPMENT

Myelin, which speeds up brain processing, can be damaged by the overstimulation from screen time. This disrupts the natural process of making brain tasks easier over time, similar to creating smooth sled tracks on a snowy hill.

CONTROL AND PERSEVERANCE

Screens offer a controlled environment where children can easily switch activities, preventing them from learning perseverance and coping skills needed for real-life situations beyond their control.

SOCIAL AND EMOTIONAL DEVELOPMENT

Excessive screen time can hinder the brain's ability to manage social interactions and emotional regulation, making it difficult for children to interact and control their emotions appropriately.

SOCIAL SKILLS AND EMPATHY

Face-to-face interactions are essential for developing social skills and empathy. Excessive screen time can impair children's ability to understand and respond to others' emotions, hindering relationship development.

Mental Health Resources

There are some amazing resources available to families in this area! Please reach out if you have any questions or are looking for a specific support!

Brand New! Monroe County Behavioral Health Urgent Care!

- [Click here for more info.](#)

<https://drive.google.com/file/d/1RmngZsSTrGZChHicVL5BESsbkw4tx3aR/view?usp=sharing>

- [Family Resource Guide](#)

<https://www.monroeisd.us/publications/childrens-yellow-pages/>

- Monroe County Mental Health Authority Crisis Line: 734-243-7340
- OK2SAY (School Bullying/Crisis/Violence): 855-565-2729
- National Suicide Prevention Lifeline: 800-273-TALK (8255)

give
thanks

JOIN OUR TEAM OF SUBSTITUTE TEACHERS!



Help support our Whiteford
Elementary students!

WE NEED YOU, BOBCATS!

Apply Here!



Dear Parents,

As a token of appreciation, Lifetouch is offering discounts on school photography!

- 50% off a purchase of \$50+ with code 50THANKS
- 40% off a purchase of \$40+ with code 40THANKS
- 30% off a purchase of \$30+ with code 30THANKS

Valid through 12/01/25

To order, log in to your account on mylifetouch.com or create an account, find your student and order using your student's student ID number (if available at your school). Don't forget to order your FREE Digital SmileSafe card!

When you or a family member needs help, it's hard to know where to turn. In an effort to ease the burden of finding the mental health and substance use services you need, we have partnered with Care Solace, your central hub of care.

- Call 888-515-0595 at any time. Multilingual support is available 24/7/365. A dedicated Care Companion will help you every step of the way to research options, secure appointments, and follow up to make sure it is a good fit.
- Search anonymously to get matched with an extensive list of care providers at:
- www.caresolace.com/whiteford
Contact your school counselor or principal, and they will submit a referral on your behalf.

No matter what you're experiencing, there is hope and help. We are confident that our new partnership with Care Solace will help us build a healthier, more vibrant school community.

If you have a life-threatening emergency, please call 9-1-1 or The Suicide and Crisis Lifeline at 9-8-8. Care Solace is not an emergency response service or mental health services provider.

care solace

It's okay to ask for help.

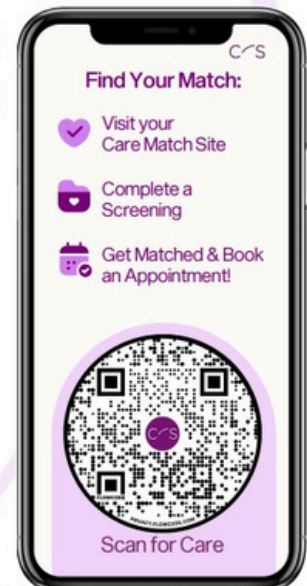


Save our number! (888) 515-0595

Care Solace is a free, confidential service that connects students, staff and their families to mental health providers and substance use treatment matched to their needs – regardless of insurance.

Scan the code or use your link:
www.caresolace.com/whiteford

If you have a life-threatening emergency, please call 911 or the Suicide and Crisis Lifeline at 988. Care Solace is not an emergency response service or mental health services provider.





WPA Events

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- 8/20/2025- Elementary Back to School Picnic*
 - 9/23/2025-10/9/2025- Cookie Dough Fundraiser
 - 11/13/2025- Cookie Dough Pick-Up
 - 11/15/2025- Mother/Son Night
 - 11/21/2025- Limo for Cookie Dough Sales Winners
 - 12/8/2025-12/12/2025- Santa's Workshop
 - Date TBD- Family Fun Night
 - 3/3/2026-3/31/2026- Reading Month- WPA will support!
 - 3/14/2026- Daddy/Daughter Dance
 - 5/4/2026-5/8/2026- Staff Appreciation Week
 - 5/12/2026- Honors Celebration
 - 5/15/2026- Field Day**

*Rain Date for Back To School Picnic is 8/21/2026

**Rain Date for Field Day is 5/29/2026

Monthly Meetings:

Second Wednesday of the month -6 pm in the Elementary Cafeteria
September 10, October 8, November 12, January 14,
February 11, March 11, April 8, May 13

More information: Facebook-Search: Whiteford Parents' Association

Don't miss
out!
¡No te lo
pierdas!

Your school memories from cover to cover

Tus recuerdos escolares de principio a fin.

Order your yearbook today!

¡Encarga hoy tu anuario!

Lifetouch.

Order your yearbook today at ybpay.lifetouch.com

Encarga hoy tu anuario



Scan to order today!
¡Echa un vistazo para
encargar hoy!

Order Deadline:

Fecha Tope Para el Pedido:

Apr 12, 2026

Yearbook ID Code:

Código ID del anuario:

2086426

School Name:

Nombre de escuela:

Whiteford Elementary School

Yearbook Anuario \$15.00

- Sturdy softcover with protective coating
- All-color pages that vibrantly capture your memories throughout the school year
- Durable saddle-stitched binding that keeps the yearbook intact through wear and tear

• Cubierta blanda resistente con revestimiento protector.
• Todas las páginas a color, que captan de manera vibrante tus recuerdos durante el año escolar
• Encuadernación cosida a caballete duradera, que mantiene el anuario intacto contra el uso y desgaste.

Packages Paquetes

BEST VALUE! ¡Mejor valor!

PACKAGE A \$27.10

PAQUETE A

- Yearbook
- The Week Junior
- Personalized Yearbook Cover
- Autograph Insert
- Stickies

- Anuario
- The Week Junior
- Cubierta personalizada
- Volante de autógrafo
- Adhesivos

PACKAGE B \$25.25

PAQUETE B

- Yearbook
- The Week Junior
- Personalized Yearbook Cover
- Autograph Insert

- Anuario
- The Week Junior
- Cubierta personalizada
- Volante de autógrafo

PACKAGE C \$23.50

PAQUETE C

- Yearbook
- The Week Junior
- Personalized Yearbook Cover

- Anuario
- The Week Junior
- Cubierta personalizada

PACKAGE D \$17.80

PAQUETE D

- Yearbook
- The Week Junior

- Anuario
- The Week Junior



Monroe County Food Closet Network Income Eligibility Guidelines

Based on 200 percent of Federal Poverty Income Guidelines

Household Size	Annual	Monthly	Weekly
1	\$30,120	\$2,510	\$579
2	\$40,880	\$3,406	\$786
3	\$51,640	\$4,303	\$993
4	\$62,400	\$5,200	\$1,200
5	\$73,160	\$6,096	\$1,406
6	\$83,920	\$6,993	\$1,613
For each additional family member add	\$10,760	\$896	\$206

PLEASE MAKE SURE YOU HAVE THE FOLLOWING INFORMATION WITH YOU:

- Proof of residency:** utility bill, rent receipt, tax bill, etc.
 - Proof of number of household members:** Medicaid cards, Income Tax Returns, etc.
- Times and dates subject to change. Contact your local food closet to confirm hours of operation.*

SOUTH COUNTY

Knights of Columbus - Erie Food Closet 9758 Dixie Highway Erie, MI 48133	(734) 848-8000	3 rd Wednesday of the month 6:00 PM to 7:00 PM
St. Michael Lutheran Church 5790 West Temperance Road Ottawa Lake, MI 49267	(734) 856-2944	2 nd Saturday of the month 10 AM to 11:30 AM
Zion Lutheran Church 8307 Memorial Hwy Ottawa Lake, MI 49267	(734) 856-2921	2 nd and 4 th Tuesday 10 AM to 12 PM
Zion United Methodist Church 1607 Yargerville Road Monroe, MI 48145	(734) 243-5940	Corner of Strasburg & Yargerville 2 nd Wednesday of the month 6 PM to 7 PM
Bedford Twp. Veterans Center Pantry 760 W. Temperance Rd Temperance, MI 48182	(734) 224-7032	Mon- Fri, 10 AM to 4 PM And Last Saturday of the month 1:00 pm to 2:00 pm <u>Must pre-register for distribution</u> Must be a Bedford veteran
St. Paul's Lutheran Church 9144 Lewis Ave Temperance, MI 48182	(734) 847-3400	3 rd Wednesday 1 PM – 2:30 PM
Wings Mission (Lulu United Methodist) 12810 Lulu Rd. Ida, MI 48140	(734) 269-6127	Corner of Lulu & Douglas Every Tuesday 2 PM to 5 PM
Lambertville United Methodist Church 8165 Douglas Rd Lambertville, MI 48144	(734) 847-3944	Tuesday: 10 AM – 11 AM Thursday: 5 PM – 6 PM Clients may visit once a week



1140 S. Telegraph Road, Monroe, MI 48161 Ph: 734.241.2775 Fax: 734.457.0630 Toll Free: 866.261.9184

A Community Action Agency serving Monroe County residents since 1965.



God Works! Community Dinners
Meals are free to all and served at 6 PM each night

CITY OF MONROE

Monday	Solid Rock Church 77 Wadsworth Street, Monroe, MI 48161	(734) 349-6423
Tuesday	St. Paul's United Methodist Church 201 South Monroe Street, Monroe, MI 48161	(734) 349-6423
Wednesday	Oaks Village 924 East Second Street, Monroe, MI 48161	(734) 349-6423
Thursday	First Presbyterian Church 108 Washington Street, Monroe, MI 48161	(734) 242-1545
Friday	St. Mary's Parish Life Center 127 North Monroe Street, Monroe, MI 48162	(734) 241-6097
Saturday	Salvation Army 815 East First Street, Monroe, MI 48161	(734) 349-6423
Sunday	Trinity Lutheran Church 323 Scott Street, Monroe, MI 48161	(734) 242-2308

NORTH COUNTY

Wednesday	First Congressional Church of Christ 26250 East Huron River Drive, Flat Rock, MI 48134	(734) 755-0196
Thursday	House of Prayer Church & Christian Wellness Center 5080 North Stoney Creek Road, Monroe, MI 48162	(734) 384-3727

SOUTH COUNTY

Monday	St. Luke's Lutheran Church 1690 West Sterns Road, Temperance, MI 48182	(734) 349-6423
Tuesday	Bridgepoint Church 9875 Lewis Avenue, Temperance, MI 48182	(734) 349-6423
Wednesday	Our Lady of Mount Carmel Church 8330 Lewis Avenue, Temperance, MI 48182	(734) 349-6423
Thursday	Crossroads Church 6960 Sylvania Petersburg Road, Ottawa Lake, MI 49267	(734) 349-6423

WEST COUNTY

Wednesday	St. John's Lutheran Church 460 Riley Street, Dundee, MI 48131	(734) 529-3218
Friday	St. Joseph's Parish 8295 Van Aiken Street, Ida, MI 48140	(734) 349-6423