

GO DUKES!



WHS FFA members at the recent National FFA Convention in Indianapolis. Congratulations to Alaine Bremke (Class of 2021) for receiving the American Degree, the highest award in the FFA.

@WELLINGTON SCHOOLS

A digital newsletter from the Wellington Village Schools

OCT/NOV 2022 | VOL 3 ISSUE 3

Important dates:

Nov. 7: NO SCHOOL (Staff PD Day)

Nov. 9: Parent/Teacher Conferences after school

Nov. 11: Veterans Day Breakfast at McCormick at 8:30 a.m.
Program at 9:30 a.m. at Patricia Lindley Center

Nov. 15: BOE Business Meeting at 6 p.m. at Westwood

Nov. 23-25: Thanksgiving Break

Nov. 24: Thanksgiving

Nov. 28: Classes resume

Dec. 5: WHS Choir - Lorain County Festival of Carols at 6 p.m. at Lorain High School

Dec. 6: BOE Work Session at 6 p.m. at Westwood

For a complete calendar, go to wellingtonvillageschools.org

One quarter down

Letter from Edward Weber, Superintendent
eweber@wellingtonvillageschools.org

It's hard to believe we just completed the first quarter of the school year! We look forward to many great things as we head into the holiday season.

Thank you to everyone who purchased items for the Wellington Kiwanis Club's Annual Morris Furcron Peterson Nut Sale.

We are grateful for the support we receive from the Kiwanis Club. The club, in partnership with our Wellington Schools Endowment Fund, is offering families with students in grades K-2 the opportunity to invest in their child's education through the College Advantage 529 Savings Plan. Two workshops will be held where parents can learn about the program, as well be entered into a drawing for a chance at an additional \$50 match towards a 529 plan.

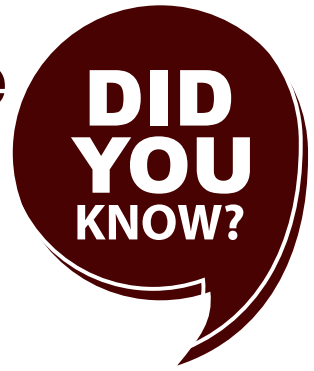
The workshops are Nov. 30 at 6 p.m. in the Westwood gym. Parents can attend virtually or in-person. The second event is Dec. 2 at 6 p.m. in the WHS cafeteria prior to the boys basketball game. Pre-register to get a free T-shirt for your student to wear and be recognized at halftime of the game on Dec. 2. The Kiwanis Club is generously providing a one-time gift of \$50 to a student when they open or show their existing 529 Saving for College statement. Submit 529 statement by Feb. 15, 2023 to Kiwanis for the one-time \$50 gift.

To learn more, click [here](#), or contact an Endowment Board member at dukesendowment@gmail.com.

The 40th annual Lorain County High School Art Exhibit runs now through Nov. 18 at the West River Elyria Public Library, 1194 West River Road, Elyria. Stop by to view artwork from our talented WHS students.

HAPPY THANKSGIVING DUKES!

Updates from the Treasurer's Office

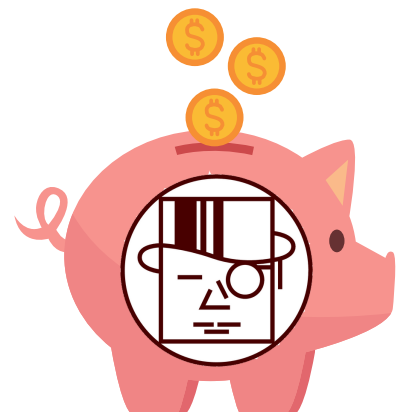


\$ In March of 2021, the Treasurer's Office took advantage of historically low interest rates and refinanced the bonds from the McCormick Middle School construction. This process lowered the total cost to the Wellington taxpayers by over \$3 million over the life of the bonds. The schools did not benefit by one single penny. The result was a lower tax bill for all Wellington taxpayers.

\$ The Wellington Schools takes every opportunity to save money. We pay several vendors online each month to take advantage of the additional 1 or 2% discount offered by those vendors as an incentive for online bill pay.

\$ We have updated our Treasurer's Office webpage on the district website which now features a host of financial information, including our Financial Results for the previous three years (posted at the bottom of the homepage page). Additionally, you can find our utility costs for the previous eight years, and the capital projects and facility upgrades for Fiscal Year (FY) 22 posted on their own menu item within the Treasurer's webpage. Under the 'Reports and Notices' page, you can find the monthly Board Financial Reports, Audit Reports from the Ohio State Auditor's office, and our Five Year Forecasts back to FY21. This information will be updated periodically for your review. To review financial information, click [here](#).

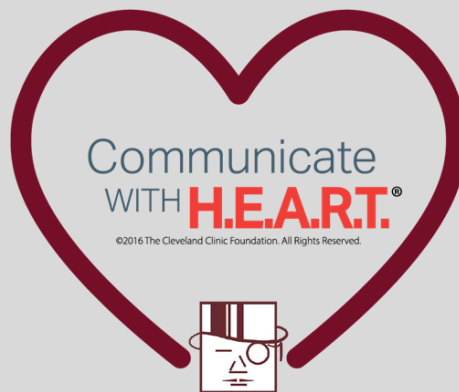
Mark Donnelly
Treasurer
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mdonnelly@wellingtonvillageschools.org



S.T.A.R.T. begins Heart

The S.T.A.R.T. with Heart elements are essential in making good first impressions and recognizing how quickly first impressions are made, and the enormous impact smiling and eye contact, for example, can build trust.

Wellington has adopted the model to blend with its PBIS (Positive Behavioral Interventions and Supports) initiative and to help create a welcoming, serviceable customer experience for parents, visitors, and colleagues along with the second component—considered the service recovery model-Respond with H.E.A.R.T. (Hear, Empathize, Apologize, Respond, Thank). In the scope of customer experience, Service Recovery is applied when an encounter goes wrong—an empty promise, an unsavory exchange, waiting a disturbingly long time to be serviced, among other service oversights.



For more information on S.T.A.R.T. with Heart, contact H.E.A.R.T. Trainer, Ronald Kisner at 440-647-7409 or rkisner@wellingtonvillageschools.org

Communicate with H.E.A.R.T. is a proven, evidenced program because of the Cleveland Clinic. In partnership with the 92-year-old diagnostic company, Fleury (based in Brazil), both organizations have a long history of putting patients first. Fleury's applied research and survey tools help to establish this structured model for learning and demonstrating behaviors responsible for developing a high-level, service-driven culture.

Results offered data points indicate participants improved their level of confidence on all skills trained, and 20% surveyed expressed high confidence in their ability to practice Heart's two-level components. In a survey of more than 100 Wellington participants, Heart Trainer Ron Kisner reported that more than 90% of trainees indicated the Heart tools were valuable to use in their varied roles.

Kisner plans to continue training (particularly for new employees) and develop a 'refresher' training opportunity for staff who participated in the initial roll-out of the program. A system for rewarding employees recognized for their stellar service behaviors documented on the Heart survey found in the Safe Schools section of the district's website is also in the works. For more information, click [here](#).

Wellness news from around our district

McCormick Middle School: The Mental Health Addiction and Recovery Services Board (MHARS) of Lorain County has awarded McCormick a \$2,000 You Belong Grant! You Belong is a middle school youth-led initiative focusing on increasing students' sense of connectedness and belonging. Funding can be used for a variety of activities to achieve this goal. The MHARS Board would like to support initiatives that can be left as a legacy to the next generation of middle school students. Examples of programming may include: The development of mentorship programs, the establishment of new options for extracurricular activities, an annual week of caring, the establishment of a no child eats alone program, videos promoting inclusion, the dissemination of information about resources wherein youth can report personal concerns anonymously, etc. We fully anticipate that the students will have creative ideas that meet the goal of increasing the number of students that feel as though they belong, and the more experienced schools have agreed to share past ideas and activities with newer schools. The grant was awarded to 13 Lorain County middle schools. Fifteen McCormick students and the McCormick mentor (who will be selected by the students) will attend the You Belong Kick-off event at Lorain County Community College's Main Campus in Elyria on Nov. 18, and the end of the year event scheduled for May 8.



Elizabeth Wolanski
Wellness Coord.
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WHS: Emily Winfield, Ohio Certified Prevention Specialist from the LCADA Way, will be offering the Risky Business SEL (Social and Emotional Learning) curriculum to all 9th graders. The programming will take place in Mr. Howell's class and will cover the following topics: Decision Making, Youth and Violence/Dating Violence, Youth and Gambling, Healthy Relationships, Myth and Facts about Drugs, and Alcohol and Drug Prevention.



Mental health and social emotional learning resources for students, families

Students and families may find these resources and tools helpful as students adjust to changes. Below are ideas for families to support their student's wellness (click **BOLD** print for direct link).

Help Manage Intense Feelings and Build Social Skills

- Practice and use calming and focusing strategies like deep breathing, mindful movements, progressive relaxation and positive self-talk.
 - **Relaxation techniques for families**
 - **Relaxation Script for younger children**
 - **Model Resiliency and Healthy Responses.** When adults care for themselves, they model healthy behaviors for children. Children watch and repeat how adults manage stress.

Resources continue on page 5

Resources for students, families continued

- Normalize confusion, anxieties or frustration about current **events or changes in routines**.
- Just as adults need to talk through difficult topics to process them, children need to play to process the difficult things in their lives. Engage in **fun games that increase focus and memory**.
- Collaborate with strategies from your child's school to make a family schedule, choose family expectations, and **make a plan to teach, remind, reward, and respond to behavior at home**.



Stay Connected

- Help build upon positive childhood experiences: Encourage your child to talk about feelings or how their day was, support child during difficult times, facilitate relationships with other trusted adults outside of your family, discuss and emphasize family traditions.
- Reach out to friends and family via phone or video chats to stay socially connected.
- Maintain **communication** with your child's teacher around needs, concerns and progress.

Maintain Healthy Habits

- At an age-appropriate level, have conversations about potential consequences associated with inappropriate online behavior.
 - **Common Sense Media-Technology Support and Strategies for Parents**
 - **Starting Conversations with Youth about Social Media**
- A nutritious, balanced diet can promote overall wellness. The U.S. Department of Agriculture has provided **online resources** to encourage healthy nutrition.
- Be sure children are getting enough sleep. Have the same nightly routine and bedtime on both weeknights and weekends to maintain consistency. The Centers for Disease Control has **posted recommendations** for how much sleep children should get each night.
- Continue to maintain and attend appointments for well-child visits, immunizations and oral health care.

Seek Help

- Seek additional supports through school, behavioral health agencies or other community resources.
 - SAMHSA Helpline: 1-800-662-HELP (4357) (Substance Abuse and Mental Health Services Administration)
 - **SAMHSA Online Treatment Locator**
 - **Ohio Care Line**

How to Support Children's Social, Emotional and Behavioral Health and Well-Being: Find practical ideas and easy steps to help support child (and adult) well-being.

Supporting Emotional Wellbeing in Children and Youth: From the National Academies of Medicine, tools for children, teens, and parents to learn how to cope with challenges.



TOGETHER, WE ARE
Kindland



Kindland continues to mesh with the district's goals of establishing a positive school culture. Meeting key initiatives, the high school's Kindland champion team is in place, completed by English teacher, Ms. Holly O'Daley, Parent Heidi Charlton and WHS Senior Estelle Ohly, among other volunteers with various talents.

The high school's Student Athletic Leadership Team (S.A.L.T.) is spreading positivity through kind acts assisting with the appreciation snack bags. Led by Student Kindland Ambassador Estelle Ohly, the students are gifting sport referees/officials decorated snack bags to thank them for a job well done.

WHS Principal Donna Keenan, and Athletic Director and Student Life Coordinator John Bowman, lead the way for Kindland Ambassador and high school librarian Kathleen Dickason and ALC Coordinator, varsity track & field head coach and varsity football assistant coach, Matt Kimmich to work with S.A.L.T. students bringing prescribed Kindland lessons to the high school's Duke time in peer-to-peer mentoring.

Last year's Kindland "Be Kind Stick Together" rally presenter's sophomore, Sophia Palmison and senior Phylcia Lundy, along with newcomer senior Josh Wright hosted the interactive McCormick Kindland Rally last month along with other high school volunteers.

The Kindland Movement is becoming a regular First Friday participant in the Village. Plans are to participate in the Mainstreet Wellington's November Harvest and "Harvest Gratitude" events Nov. 4. Kindland will collect items for various outreach programs in the community, including our own Wellington School's community care closets located in each school building. The care closets offer free items including clothing and toiletries for those in need. The Kindland rally was featured on [WKYC-TV 3](#) and [WEWS-TV 5](#), along with an [article in the Chronicle Telegram newspaper](#).

Bringing the Kindland message to the community has returned a common "We need this" reaction. Historically, Wellington is a kind community that helps its neighbors in need. A pandemic, and other tough times have had a dim effect on Wellington families. Spreading positivity through acts of kindness uploaded to the [Just Be Kind app](#) is revealing. A new partnership with the Village opens the opportunity for students to learn through community service as they demonstrate compassion and empathy towards their fellow neighbors and students.

Kindland contacts:

Ronald Kisner

rkisner@wellingtonvillageschools.org

Kathleen Dickason

kdickason@wellingtonvillageschools.org

#BeKind



Homecoming 2022



Save
the
Date

PATRICIA
LINDLEY
CENTER

Wellington
Community Theater
Holiday Show

Christmas Carol

A LIVE RADIO PLAY
DEC 1, 2, & 3 | 7:00 PM | DOORS OPEN 6:30



Fox, band heading to State

The Dukes have their first state cross country meet qualifier in over 20 years! After last week's 11th place finish at the District meet, sophomore Joe Fox followed up that performance with another 11th place finish in the Regional meet at Boardman High School. The finish put him in the top of the region and advanced him to the State cross country meet. He will run again Saturday (Nov. 5) at Fortress Obetz and Memorial Park against the top runners in the state of Ohio. The top 25 runners will place at State.

The Dukes last runner to place at the State cross country meet was Eric Evans in 2000 who placed 25th. Matt Heberling placed 53rd in 1995 and Robin Storrow placed 7th in 1978.

A parade of cars will be traveling by Fox's home Friday (Nov. 4). Meet in the WHS parking lot at 5:45 p.m. to line up cars. Departure is at 6:15 p.m.

Good Luck Joe!



Congratulations to the Wellington High School Dukes Marching Band!

The band qualified for the OMEA (Ohio Music Education Association) State Finals for the second year in a row! The students earned an overall Superior rating last week at the OMEA competition at Copley High School to qualify for States. The band's show this year is entitled, "Colors." Each movement is a different color of the rainbow and the energy it embodies.

The band will be performing at the OMEA State competition at Medina High School Saturday (Nov. 5) at 11:45 a.m. The community is invited to line the WHS driveway Saturday morning at 9:15 a.m. to cheer on the band as the bus leaves.

Good luck Dukes!

McCormick Builders Club blood drive



**Tuesday, November 29,
2022**

08:30 AM - 02:30 PM

**McCormick Middle
School Gym**



RedCrossBlood.org | 1-800-RED CROSS | 1-800-733-2767 | Download the Blood Donor App

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K-Kids collecting items for those in need

K-Kids is the Kiwanis service leadership program for elementary students. It is a group that has fun while being introduced to being a part of the community through service and leadership opportunities.

K-Kids is holding a collection for Well-Help this month. Collection bins are set up at McCormick Middle School and Westwood Elementary School. All non-perishable items are appreciated, but items most needed include: canned tuna and chicken, cereal (unsweetened preferred), juice, coffee, cooking oil, and spaghetti sauce.

Throughout the year, K-Kids collects also pop tabs to benefit the Ronald McDonald House charities. Save your tabs and deliver them to McCormick Middle or Westwood Elementary schools. Thank you for your donations!



McCormick Middle School students and staff would like to invite all Veterans and families to a morning of appreciation at McCormick Middle School on Friday, November 11, 2022

Breakfast will be served 8:30am-9:15am.

A presentation by the 4th, 5th, and 6th grade students of McCormick Middle School will follow breakfast at 9:30am.

Thank You to The Drew Guyer Memorial Foundation for Sponsoring breakfast
Questions- Contact Joe Saunders (440)647-7428. Leave a message.

Jsaunders@wellingtonvillageschools.org



Images from around our district



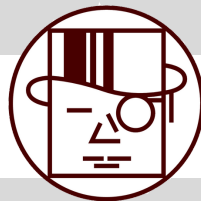
Contact us if you have any questions or concerns

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Dr. Janet Kubasak, Principal
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McCormick Middle School
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John Telloni, Principal
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Wellington High School
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Donna Keenan, Principal
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As one of the district's Strategic Plan initiatives, the Wellington Village Schools would like to improve and increase communication with students, parents, staff and community members. @WellingtonSchools will be a monthly digital newsletter distributed via email to our school families. For more information on our schools, check out our website, www.wellingtonvillageschools.org; or Facebook @WEVSD.