

Wesley
School

WESLEY WRANGLER

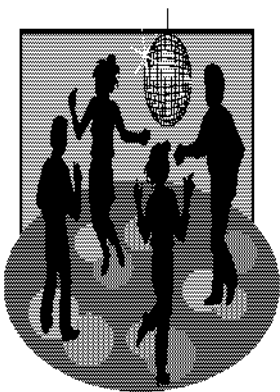
Wesley School
915 E. Wesley Avenue
Muskegon, Michigan 49442
(231) 773-9158

February, 2007

African-American History Committee

Black History Month Events - 12:30 P.M.

The First Street and Clay Avenue Transition classrooms have joined voices to establish a Wesley School Choir. During the Christmas holiday they caroled at Bayview Towers and, currently, are rehearsing to perform during the African-American History Committee's assemblies in celebration of Black History month. Families are invited to attend.



February 2 - Fashion Show

February 9 - Talent Show

February 14 - Valentine's Day Dance

February 23 - Gospel Heritage Concert



Mission Statement

"The mission of Wesley School is to provide an opportunity for all students to learn in a safe and supportive environment."

Nutrition

Encourage Healthful Snacking



Nutrition experts agree that a wide assortment of nutritionally balanced snacks served in moderation is a healthful, essential part of a child's eating pattern.

Snacks can provide children with up to 20 percent of their daily energy and nutrients; and because children have smaller stomachs than adults, they need to eat more frequently to stay fueled for daily activities.

Some of the best foods for snacking are those containing energy-producing complex carbohydrates like bread, tortillas, crackers, cereal, and other naturally low-fat foods.

A bowl of fortified cereal and milk is a smart, kid-friendly snack that provides key nutrients like iron, vitamin A, B-vitamins, and calcium.

Other portions include an English muffin with fruit jam, graham crackers, and fruit (strawberries, bananas, seedless grapes, melon balls).



Social Skills

All Children Need Special People

Your growing children need people. They need to see, listen to, and feel people as a natural part of the world around them.

In addition to their parents, who are the most important people in their world, there are other special people who are very important: grandparents, relatives, friends, and caregivers. From them - and their parents - they learn that they belong and matter.

Parents and other special people provide an atmosphere in which young children learn they are important. They notice the children, talk to them, laugh with them when they are happy, and show their concern when they fall and hurt themselves.



They say "hello" to them in a special way because they belong to each other. In all these interactions they send a message to the children: "You are important. You matter. We care. You belong." Long before children can understand specific words, they get this message.

It is a fact of modern life that in today's world, families get scattered. Most often children live in one community while their special people may be scattered from coast to coast.

When this happens, the child doesn't get all the messages they need because their special people simply are not part of their daily life.

If this is the case for your family, you may well protest, "But what can I do? There are not special family people here?"

One simple solution is to try for regular visits to your child's special people so that they have a number of contacts with them. Such visits are extremely important and they are well worth the time and effort they require.

Another solution is to find substitute "special people" among your own circle of friends.

Each time they are in your house, they would be especially aware of ways they could pay attention to your child.

You might also have a relationship with one or two older people who could serve as substitute grandparents - and you may be pleasantly surprised at how delighted some older couples would be to play the role.

LARC News - February 2007

Pioneer Resources Leisure and Recreation Club

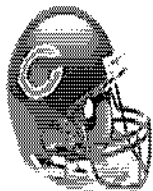
Members only. Join today! Must be 18 years old and pay a one-time membership fee of \$1.00

(231) 773-5355 to become a member

(231) 773-5355, Ext. 10 to hear events over the phone

(231) 773-5355, Ext. 16 to register for an event by deadline date

Sunday, February 4, 5:30 P.M. - 10:30 P.M.



Event: **Super "Football" Bowl Party** - Get together with some friends from LARC and watch the "Super Bowl," Chicago Bears -vs- Indianapolis Colts.

Place: Third Street Apartment, 1115 Third St. Call for directions

Cost: Free! Bring a dish to pass.

Deadline: Friday, February 2nd



Mondays - February 5, 12, & 19; 5:00 P.M. - 7:00 P.M.

Event: **Weaving and Crocheting** - Learn a new skill by making hats, potholders, and much more.

Place: Pioneer Resources

Cost: \$26.00 - cost for materials

Deadline: Friday, February 2



Thursday, February 15, 8:30 A.M. - ???

Event: **Early Bird Breakfast** - Come and join other LARC members one Thursday each month for breakfast at different restaurants in Muskegon.

Place: Apple Avenue Cafe', 701 Apple Av

Cost: Price of Breakfast

Deadline: Monday, February 12



Tuesday, February 20, 5:45 P.M. - 10:00 P.M.

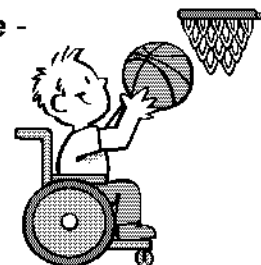
Event: **3rd Annual Wheelchair Basketball Game** - Grand Rapids Pacers -vs- Muskegon Fury

Place: Muskegon Catholic Central High School

Cost: \$5.00

Transportation: Meet at Pioneer Resources

Deadline: Friday, January 16



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DATES TO REMEMBER

February 16 & 19 - NO SCHOOL - Mid-Winter Break

School Starts Again on Tuesday, February 20



Happy Valentine's Day

Wesley School
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Muskegon, MI 49442

It is the policy of the MAISD that no staff member, candidate for employment, program participant, or recipient of services shall experience discrimination on the basis of race, color, religion, national origin, creed or ancestry, age, gender, height, weight, marital status, or disability. The MAISD is an equal opportunity employer. Inquiries related to issues of discrimination on the basis of disability should be directed to the Assistant Director for Special Education at (231) 767-7250. All other discrimination inquiries or requests for special accommodations to participate in a program, event, or activity should be directed to the Human Resources Program Director at (231) 767-7213.