

january

WEEK 1.23-1.27

WOLFORD



PTA NEWSLETTER

Who are we?

The Wolford PTA exists to help make every child's potential a reality by engaging and empowering families and communities to advocate for all children.

How can you help?

Join the PTA! Sign up to serve on committees throughout the year. Sign up to be a MISD volunteer. Don't forget to complete your background check each year at <https://www.mckinneyisd.net/human-resources/volunteer/>



#BACKTHEFUTURE

everyone can
back the future

AT WOLFORD ELEMENTARY PTA

www.wolfordpta.membershiptoolkit.com

Membership

Membership fees are as follows:

- Individual member \$8.50
- Family (2 adults only) \$17
- Student member \$5



This year we will have student members. These students will be able to help with various things in and around the school such as recycling, environmental, program selection and more! Use the QR code above to join!

every child. one voice

PTA helps with so many things throughout the school year! Here are just a few that we have planned for the year ahead!

- Chalk the Walk
- Tears & Cheers Breakfast
- Class Parties
- Programs for parents, students, and the community
- Donuts with Dad
- Muffins with Mom
- Valentines Day Dance
- Spring Carnival



for more information
ptawolford@gmail.com
and

follow us on social media



january

Walford

PTA
VOLUNTEER
OF THE MONTH!



LORI
MCHALE



Valentine's



DANCE ON FEB 10
6-8PM

1st Annual CHILI COOK-OFF COMPETITION

Come and taste your very own PTA Dad's Club Chili!!

YOU will be the **JUDGE** and open to **ALL!!**

Buy your \$1 tasting ticket at the door!!



For more info email:
wolfordpta.dadsclub@gmail.com



*Some make it spicy, others make it sweet,
either way you have it, it's always a treat!!!*

The Dance will be held in the Gymnasium.

FREE Admission



1ST ANNUAL CHILI COOK-OFF COMPETITION

ONLY PTA DAD'S MAY COMPETE AND
HAVE BRAGGING RIGHTS FOR A YEAR!!

Bring your best chili to see who wins the trophy!!

Some make it spicy, others make it sweet,
either way you have it, it's always a treat!!!



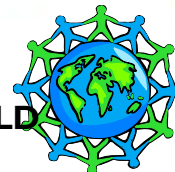
Please email to register by the deadline February 3:
wolfordpta.dadsclub@gmail.com

February 10th 6-8pm

This event will take place during the
Valentines dance in the Cafeteria.



PLEASE COME JOIN US AS WE GRAB OUR PASSPORTS TO
CELEBRATE DIFFERENT CULTURES FROM AROUND THE WORLD

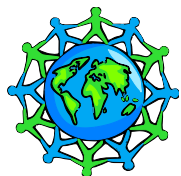


1ST ANNUAL MULTICULTURAL NIGHT FEBRUARY 28TH 6-7 PM

We would love for you to share your music, cuisine, and heritage with our
Wolford Elementary families. All Are Welcome!!

There are many ways families can participate:

- *Create a booth display by bringing flags, instruments, posters, or anything which represents your country and culture
- *Share your favorite traditional dish or dessert. Please bring enough for ALL!
- *Show pride in your heritage and culture through sharing a song, dance, musical instruments, poems, etc.
- *Families are welcome to come dressed in traditional cultural attire



To ensure we have enough tables and space for everyone who wish to participate, please return the attached sign up form no later than February 1 to your homeroom teacher or email chajohnson@mckinneyisd.net and jentrekin@mckinneyisd.net and let us know you would like to participate!



CARNIVAL

SAVE THE DATE!

FRIDAY, APRIL 14

5 - 8 PM

**CONTACT US FOR INFO ON CORPORATE
SPONSORSHIPS! GREAT OPPORTUNITY
TO GAIN EXPOSURE IN YOUR OWN
BACKYARD!**

WOLFORDFUNDRAISING@GMAIL.COM

214-394-6939

TIPS TO HELP YOUR CHILD COPE WITH STRESS

ALL ABOUT STRESS

All kids and teens feel stressed at times. Stress is a normal response to changes and challenges. And life is full of those — even during childhood.

We tend to think of stress as a bad thing, caused by bad events. But upcoming good events (like graduations, holidays, or new activities) also can cause stress. Kids and teens feel stress when there's something they need to prepare for, adapt to, or guard against. They feel stress when something that matters to them is at stake. Change often prompts stress — even when it's a change for the better.

Stress has a purpose. It's a signal to get ready.

When Can Stress Be Helpful?

In small amounts, and when kids have the right support, stress can be a positive boost. It can help kids rise to a challenge. It can help them push toward goals, focus their effort, and meet deadlines. This kind of positive stress allows kids to build the inner strengths and skills known as resilience.

When Can Stress Be Harmful?

Stress or adversity that is too intense, serious, long-lasting, or sudden can overwhelm a child's ability to cope. Stress can be harmful when kids don't have a break from stress, or when they lack the support or the coping skills they need. Over time, too much stress can affect kids' mental and physical health.

As a parent you can't prevent your children from feeling stress. But you *can* help kids and teens cope. You can:

- Help them use **positive stress** to go for goals, adapt to changes, face challenges, and gain confidence.
- Give extra support and stability when they go through **stressful life events**.
- Protect them from the harmful effects of too much stress, such as **chronic stress** and **traumatic stress**.

What Is Chronic Stress?

When difficult life events lead to stress that lasts for more than a few weeks, it's called **chronic stress**. Chronic stress is hard on kids when they don't have a break from it or when they don't have the support they need or coping skills to offset the stress.

Having a serious health condition that lasts for a long time can lead to chronic stress. So can losing a parent or close family member or going through lasting adversity. Over time, stress like this can affect kids' and teens' mental and physical health. But there are things that can prevent the harmful effects of chronic stress.

What parents can do:

Help kids feel safe, loved, and cared for. This is the best way to offset stress. Feeling close to you and knowing you love and accept them is more important than ever. Provide routines, like the same bedtime, eating a meal together, or being there after school. Routines provide a rhythm and let kids know there are things they can count on.

Teach coping skills. Kids feel better when they know there are things they can do for themselves to offset their stress. Kids of all ages can learn and practice calm breathing and meditation. There are many other skills to learn too.

Help them take a break from stress. Make time to play, draw or paint, spend time in nature, read a book, play an instrument, be with friends and family. These activities are more than just fun. They help kids and teens feel positive emotions that offset stress.

**UPCOMING RALLY
FRIDAY
DECEMBER 2ND**

WOLVERINE PACK RALLY COLORS

Pack Colors 2022-2023

	Red	Blue	Green
Kindergarten	Branch	Pyburn	Compton
First Grade	Paris	Venters	Johnson
Second Grade	Black	Burgos	Garza
Third Grade	Aiello	Knowles	Davis
Fourth Grade	Matthews	Entrekin	Gusa
Fifth Grade	Lazarus	<u>McGilvray</u>	<u>Ragle</u> Helm

***ADMIN, Specials, Speech, Dyslexia,
Special Education will not have a set
color since they interact with all
students.They will represent all 3.***



Share your images with us!

STEP 1: Use the QR Code or this address to get to the image share page

<https://studio.balfour.com/ezpb/>

STEP 2: Enter the project code **318639** (Leave the upload code BLANK)

STEP 3: Fill out the photo information and then upload

*****Please make sure to label the photo**

Example - movie night, glow run, red ribbon week, etc.....

