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# Westbury's "Newsletter"

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## Upcoming Events

### October 15

Virtual College Career Fair  
(October 15-Mid November)  
<https://falltacrao.swoogo.com/2020Virtual>

### October 19

Bully Prevention Week  
(October 19-24)

October 19-Mask Monday

October 20- Random Acts of Kindness

October 21-Unity Day (wear orange)

October 22-Positive Selfie Wall

October 23-Let's Stop Cyberbullying

### October 23

Red Ribbon Week

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**College & Career  
Readiness Month**

**National Hispanic  
Heritage Month**

## Westbury High School

11911 Chimney Rock Rd. Houston, TX 77035

713-723-6015

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Shandra Adams- 9<sup>th</sup> Grade A-K (School Counselor)

Miyoshi Arvie 9<sup>th</sup> Grade L-Z (Assistant Principal)

Robert Maxey-Teacher Specialist

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### Character Ed. Trait of the Month- "Kindness"

**Kindness** is the quality of being friendly, generous, or considerate without having an expectation of praise or reward.

How can we exercise **Kindness**?

1. Ask someone how they are doing today.
2. Say something nice to a person.
3. Write a thank you note to someone(Peer/Parent/Teacher).
4. Smile at a stranger.

"**Kindness** is choosing to acknowledge and celebrate the beauty in others, regardless of whether or not they can find it in themselves."  
RAKtivist

### How to help with bullying

- Be kind to the kid being bullied
- Treat everyone with respect
- Notify an adult you trust so they can help.
- Keep in mind everyone is different.
- If you bullied someone in the past, apologize to them.

## Why 9<sup>th</sup> Grade Is So Important

- Students need 26 credits to graduate from high school.
- Each semester students take 7 classes. Each class is worth ½ a credit.
- Students can receive 3.5 credits for each semester or 7 credits a year. Over the course of 4 years students can earn up to 28 credits before they graduate.
- All classes count toward graduation including elective classes and students should work hard to pass all classes.
- In order to receive credit for a course not only must students pass their course, but they must also have good attendance. Students with poor attendance are in danger of losing credit even if they passed the course.
- If students fail a course, they will either have to retake the course in summer school or credit recovery. Students are only allowed to make up course classes in summer school.
- Freshman year is usually a good indicator on whether or not a student will graduate from high school and enroll in college.
- Your GPA begins with the classes you take freshman year. It is better to start off with a good GPA as a freshman because the more grades you earn, the harder it will be to improve your GPA.

## Establishing Good Study Habits

- Attend class every day.
- Use an assignment notebook, fit homework into a routine, have a plan so schoolwork doesn't suffer during a theater production or sport season.
- Pick a quiet place to study and study at the same time every day, set goals for your studying/what you want to accomplish, re-read notes taken in class and summarize them, study a few days before a test not the night before.
- Plan an hour in your schedule to study or attend tutorials
- Ask teachers for help. Talk to teachers about what you do not understand.
- Seek help if you need additional assistance from your counselor.

