



The Wildcat Roar



Helen Wilcox Elementary School Newsletter
Mrs. Heather Scott, Principal

April 2026
Mr. Tuft Vice-Principal

CALIFORNIA ASSESSMENT OF STUDENT PERFORMANCE AND PROGRESS

The state testing period begins **May 11th thru May 22nd from 8:35 a.m. – 11:30 a.m.!** Please help remind your child to do their best, as well as throughout the rest of the year. Please make any doctor's appointment for later in the day during testing week.

Please be on time. School begins at 8:25 am.

ONLINE TEACHER REQUESTS

Starting **April 27th** Helen Wilcox will be accepting **online** Teacher Requests thru **May 8th until 3:00 PM.** Links will be posted on our school website and School Facebook page.

***Please note All requests will be taken into consideration but are not guaranteed.**

SIGNING YOUR STUDENT OUT EARLY?

Parents, please remember that when you sign your child out early it disrupts the whole classroom & the teacher must take valuable teaching time to refocus the students. Please try to schedule appointments for after school hours or during school breaks. Thank you for your help!

We value your child's education!



Wilcox Wildcat's 3 B's
Be respectful
Be responsible
Be safe

If you are in need of insurance to cover medical costs contact:
Medi-Cal/Healthy Families
1-800-880-5305



2nd Trimester Awards



- 1st Grade:** Kolton Dollar, Jaxon Cervantes, Landyn Gomez, Zoey Thompson-Engasser, Harper Key, Emiliano Soria Duran, Jonathan Collins, Ainara Salcedo-Alvarado, Levi Aispuro, Seraphina Espana
- 2nd Grade:** Hudson Barnes, Korbyn Crosby, Kade Stenberg, Taytum Key, Ella Lopez, Sequoia Espana, Abel Gutierrez, Alidia Sanchez, Salina Thor, Adrian Sandoval, Abel Soria, Sophia Guadiana Diaz
- 3rd Grade:** Xavier Ramirez, Sofia Rojas, Adelina Romero, Genely Reynoso, Joel Lizarraga Perez, Alejandro Ramirez, Yuliana Gonzalez, Miyalynn Osborn, Landyn Martin, Ryder Baldrige, Paizley Michaels, McKenzie Martin

Join us for an evening filled with fun hands-on math activities!

Thursday, April 23rd
Family 4:30 – 6:00



OPEN HOUSE
Thursday, April 23rd
5:00 – 6:00



This month Helen Wilcox honored our **Star Students.** Star Students have Great Attendance and Follow the B's!

TK: Dominic Coon, Luka Llamas, Wiley Medrano, Elena Gutierrez
Kindergarten: Samuel Hernandez, Dakota Carroll, Stormi Simmons, Raelynn Dolan, Royal Medrano

1st Grade: Fredrick Taylor, Gael Licea Solorio, Alannah Nelson

2nd Grade: Zuri Diaz, Victoria Tinoco, Chloe Llewellyn

3rd Grade: Nathan Cordero, Everly Payne, Briley Fischbach, Sebastian Pearce

Important Dates

4/6 - 4/10- Spring Break, NO SCHOOL

4/23- Open House 5:00-6:00 P.M.

4/23- Math Festival All Day and Family 4:30-6:00 PM

4/24- Progress Reports Go Home

4/27- 5/8- Online Teacher Requests

5/11/-5/22- 3rd Grade State Testing Window

5/25- Memorial Day, NO SCHOOL

Small Actions To Make Big Changes

CONNECT WITH SOMEONE
Are they busy? Are you busy? Check in with your support network. Connect with someone new. A sense of belonging and community can help reduce feelings of loneliness.

PRIORITISE SLEEP
Take small steps to improve your bedtime routine. Wind down before bed by minimizing your screen time - Make your bedroom a 'tech-free zone' - Create a clean and restful sleep environment - Jot down what's on your mind and set it aside for tomorrow. Avoid caffeine after 4pm.

MOVE IN YOUR OWN WAY
Get moving the way you want to. This could be walking, running, yoga, stretches, doing some gardening. Move in a way you'll enjoy, get those endorphins flowing and let off some steam.

SPEND TIME IN NATURE
Take some time out of your day to step outside, get some fresh air and spend time in nature. This could be eating your lunch outside, or taking a short work after work. Simulate your senses and look at the beauty of nature.

BREATHE DEEP
Your breath is a powerful tool to help with stress reduction and relaxation. Short, shallow breaths can heighten anxiety so being conscious and taking time to breathe deep helps us shift into a relaxation mode.

PRACTICE MINDFULNESS
Practicing mindfulness allows you to focus on the here and now. It aids self-awareness, helps you practice emotional regulation and control. You can actively practice during a designated mindfulness session or be mindful of your all five of your senses whilst participating in an activity, such as a nature walk.

#LittleByLittle