



Reflecting on Habits

As you adjust to your school-year schedule this fall, now may be the perfect time to reflect on habits/routines. Which parts of your routine works well for you and your family? Are there habits that seem to disrupt the flow of your day?

Like a well-tended garden, some routines flourish while others may need a little pruning. Are there any habits that feel like pesky weeds disrupting your flow? If you spot a routine that isn't quite hitting the mark, don't hesitate to give it a gentle nudge in a new direction! For example, if dinner prep feels like a race against the clock, prepping wholesome meals in advance could be your secret ingredient to a smoother evening. Struggling to drift off to dreamland? Maybe it's time to bid farewell to screens an hour before bedtime—your body will thank you! And if you're looking to strengthen those family bonds, carve out some quality time each day to chat and connect. When our routines harmonize, we can cultivate a more relaxed atmosphere and channel our energy into achieving our family goals.

Habits, routines, also help children thrive especially for new students who struggle the first few days of school. Rightly so; it's a significant change for them and for you as parents. We are here providing a nurturing environment where your children learn and grow. We are also here to support you and your children as you begin the new routine of the new school year. Just give us a shout. Below is our current staff list in no particular order with their contact information.



As previously mentioned, WCC secured a competitive community grant to have Hodaya Tapiro (see picture and more information below), a clinical intern and assistant group facilitator for *Growing Minds Therapy* as on an site, year-long consultant to support children, educators, and their families through both individual work and group facilitation. She brings a warm, collaborative, and developmentally attuned presence to her work, helping young people feel safe, seen, and understood as they navigate emotional and developmental challenges.

Her approach is grounded in the belief that children do best when they are supported within trusting relationships and when adults and caregivers are attuned to their strengths and needs. Hodaya focuses on connection before correction to support children in building emotional awareness, regulation, and a stronger sense of self through relational, play-based, and strengths-focused engagement.

She has experience working with children with diverse learning and developmental profiles, including autism and ADHD, and values the individuality each child brings into the room. These experiences have reinforced her commitment to neuro-affirming care that honors each child's unique way of thinking, feeling, and communicating. Hodaya aims to create a warm, accepting space where children and teens can express themselves freely, build confidence, and grow at their own pace. Please be sure to say hello and introduce yourself when you see her. We are delighted to have her assistance. And please also remember at WCC, we're here to support you every step of the way by providing a nurturing environment where your children thrive.

On behalf of the entire WCC staff, we hope you had a great summer and look forward to another successful school year.

Best,



WCC Staff	Email
Greer Jackson	greer.jackson@wccbethesda.com
Dorothy McDonald	dorothy.mcdonald@wccbethesda.com
Clare Cahill	Clare.Cahill@wccbethesda.com
Libby King	libby.king@wccbethesda.com
Sandra Dove	Sandra.Dove@wccbethesda.com
Angela Hill	angela.hill@wccbethesda.com
Ann Kelley	ann.kelley@wccbethesda.com
Sabina Manda	sabina.manda@wccbethesda.com
Chiprianna Wims	Chiprianna.Wims@wccbethesda.com
Giuseppina Matinata	pina.matinata@wccbethesda.com
Alison Smith	alison.smith@wccbethesda.com
Neysa Santos	Neysa.Santos@wccbethesda.com
Rosario Zurita	Rosario.Zurita@wccbethesda.com
Kyla Holt	Kyla.Holt@wccbethesda.com
Jack Cahill	Jack.Cahill@wccbethesda.com
Angie Kamara	Angie.Kamara@wccbethesda.com
Tara Gabriele	tara.gabriele@wccbethesda.com
Nicole Kwan	nicole.kwan@wccbethesda.com
Aliyah Williams	aliyah.williams@wccbethesda.com
Jasmin Marquez	jasmin.marquez@wccbethesda.com
Debby Guzman	debby.guzman@wccbethesda.com
Alison Smith	Alison.Smith@wccbethesda.com

It's All About Me

All about me is the overarching theme in each class right now at WCC as children adjust to their classroom, surroundings and friends. WCC individual classes focus on many age appropriate hands-on activities to have the children learn about themselves better as well as to learn about their new friends.

To the left are pictures from our first day and the from the beginning of our new year. We are already off to a terrific start!



Bunny Class

Last week, our theme was "All About Me!" The children had the opportunity to learn more about themselves and completed a fun "All About Me" craft. We also enjoyed creating a back-to-school craft.

This week, we learning about Emotions. The students will have the opportunity to explore different emotions, learn how to identify their feelings, and practice ways to manage them. Next week, we will learn about Family & Friends. Students will get the chance to talk about their families, and we will also be working on a class project where they can work together with their friends as a team.



Bumble Bee Class

For September, the Bees will focus on our introductory unit: "All About Me". We have many engaging activities to encourage students to learn about themselves, their families and their friends. We will do this while also fostering a sense of community by cultivating new and old friendships!

Teddy Bears Class

The Teddy Bear Class focused on themes: All about me, All about my family, and All about my friends.

Penguin Class

Our September themes will focus on "All About Me" and "My Family," as well as building friendships, learning classroom routines, and getting to know one another. This week, the children are learning about themselves through shapes and colors and creating self-portraits by observing themselves in a mirror and noticing their individual features. Their self-portraits are now displayed on our second back bulletin board.

Starfish Class

This month, our themes will be Friendship & Feelings, All About Me, The Five Senses, and then we will end the month with our Letter of the





Week segment focusing on the letters Ll and li. Some skills and concepts we will explore include phonics awareness, writing skills, reading skills (early predictions and inferences), 1:1 correspondence (1-20) and building relationships.

And we're off--It was a successful first day! Children loved exploring WCC and meeting new friends. They were able to see pictures of our beloved mascot Westy (picture below) and enjoy a beautiful learning and fun-filled day leading to a strong new beginning.

Pandas Class

The Pandas will complete many engaging activities targeted to the themes of colors and shapes, and the five senses alongside learning their specific letter, number, and sight word for each week. The Pandas will also continue to form great friendships with one another and find their groove in the weekly classroom routines.

Leopards Class

The Leopards are starting the school year with discussions on friendship, self-awareness and our community. They are engaging in activities that promote cooperative learning, confidence and inclusiveness among their peers. This month, their focus will be building friendships, discussing themselves and their families, recognizing diversity and learning how we are all uniquely different. They will also begin academic practice in math and phonics. They are off to a great start!



Lending a Helping Hand

Volunteers are an integral part of WCC's success. Your skills and talents help advance WCC's objectives. If you are interested in lending a helping hand and joining WCC's Board of Directors or volunteering on WCC committees and special projects, please contact Libby King

VOLUNTEER



at: Libby.King@wccbethesda.com or sign-up on Back-to-School Night. Thank you in advance.

WCC Board of Directors 2026-27

Mara Weinstein - Immediate Past Chair; Ex Officio

Samantha Crow - Vice Chair

Carlton Davis - Treasurer

Georgia Jewett - BOD Chair

Sarah Coppersmith - Secretary

Libby King - Executive Director - Ex Officio

WCC's Staff Development Week

In late August staff engaged in professional development week, providing our dedicated teachers with time to prepare their classrooms for the upcoming school year. As you can see in the picture to your right, our staff also participated in essential training sessions, including mandatory first aid and CPR courses. While we conduct these trainings annually, there's always something new to learn, ensuring our team remains at the forefront of safety and care.

The other training modules they completed were:

- Administration of medication
- Playground Safety
- ADA Requirements
- Communication

To wrap up the week, WCC also hosted an Open House to allow children and parents to connect, explore the classroom environment, and meet their future classmates. The collaborative spirit and commitment to growth during this week set the tone for an exciting new school year ahead!



School Wide News

Few Placements Remain for 2026-27 School Year

We are near full capacity for next school year with only a few openings available in the 4's class. If you or your friends/neighbors have yet to register, please visit www.wccbethesda.com today!

Maryland Department of Education Resource

The Maryland Department of Education provides a tremendous resource for parents via <https://www.marylandpublicschools.org/Pages/Default.aspx>. You can sign up to receive their monthly newsletter which is full of helpful and information.

WCC also provides educational resources for parents on www.wccbethesda.com



Maryland MESSENGER
marylandchild.org

Delivering Support to Families with Young Learners

Resources for Mental Health Awareness Month



Mental health plays a major role in a child's social and emotional development from birth. Helping your child manage feelings and stress at an early age can affect their future actions.

Need help?

- Money for Child Care
- Find Child Care
- Judy Centers
- Get Shot Records
- Parenting Support
- Pre-K Programs
- Jobs in Child Care
- Open a Child Care

Grab Your WCC Apparel Today!

Embrace the vibrant spirit of our school community by visiting our online store at <https://wcc-backtoschool.itemorder.com> or join us at the WCC Apparel display during the Back-to-School night!

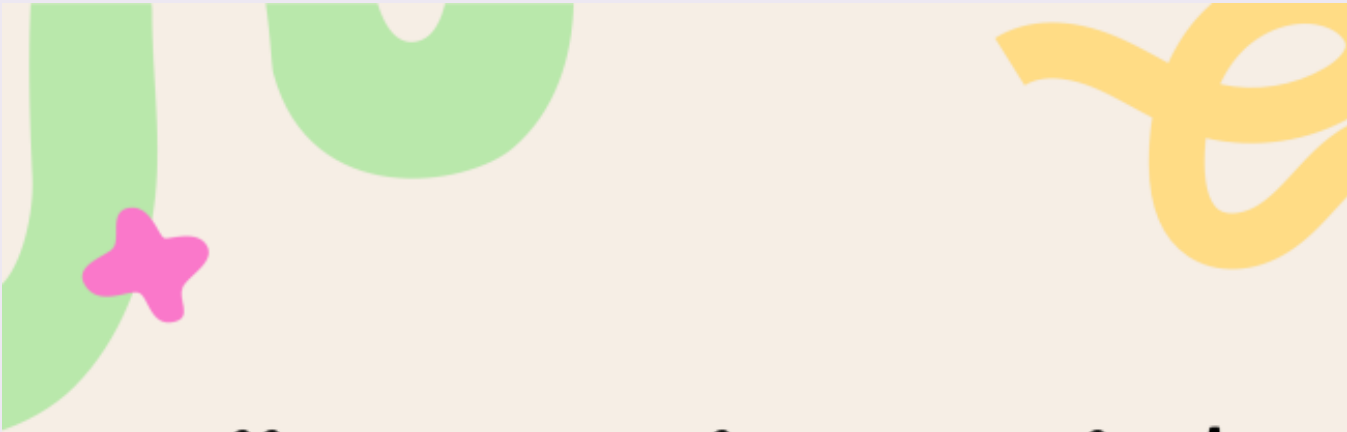
Here, you can order a variety of apparel showcasing our logo and beloved mascot, Westy. Apparel is available in an array of sizes, styles, and colors for both adults and children alike. This is the perfect opportunity to gear up for next month's exciting Butler's Orchard Pumpkin Patch trip (see below dates), ensuring you look your best while celebrating our school pride.

Remember, every purchase contributes to WCC, as a percentage of sales will directly support our programs and resources. Together, let's strengthen our community and show our unwavering support for WCC.



Below (left): Hodaya Tapiro





Hello Westmoreland Families!

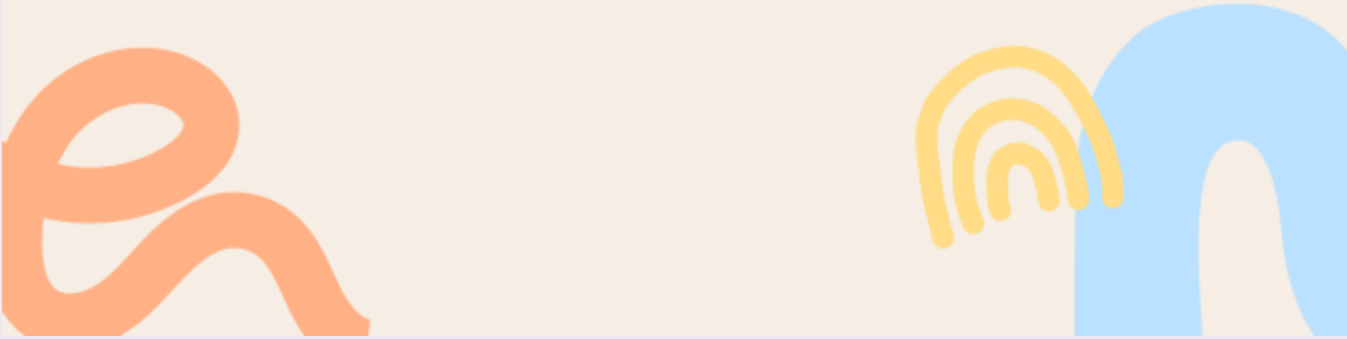
My name is Hodaya Tapiro, and I work for Growing Minds Therapy. For the upcoming school year, I have the pleasure of working alongside the teachers at Westmoreland as part of Montgomery County's early childhood consultation program.

In my role, I partner with school staff and you, the families, to support the children's social-emotional development and well-being. My goal is to help create a nurturing and supportive environment that promotes each child's sense of safety and belonging.

I look forward to getting to know your community and supporting your children!

If you ever would like to reach out, don't hesitate to email me at hodaya@growingmindstherapy.com.

Wishing you and your family a joyful and successful school year!



**Save
the
Date**



WCC Dates to Remember

September 7 - Labor Day, **WCC CLOSED**

September 16 - Back to School Night 7-8:30. *WCC Parlor 7-7:30; Child's Classroom 7:30-8:30*

October 7 - Butler's Orchard Pumpkin Patch – Circle 2's at 10 AM

October 8 - Butler's Orchard Pumpkin Patch – Circle 3's at 10 AM

October 9 - Butler's Orchard Pumpkin Patch – Westbrook 4's at 10 AM

November 3 - Election Day – **WCC CLOSED**

November 24 - Early Dismissal – **WCC CLOSSES** at 1pm

November 25–27 Thanksgiving Holiday - **WCC CLOSED**



**SUICIDE
PREVENTION**
AWARENESS MONTH

Westmoreland Children's Center | One Westmoreland Circle | Bethesda, MD 20816 US

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