

WINCHESTER HIGH SCHOOL
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Winchester, MA 01890 – 2853
Telephone 781-721-7020

PARENT FACULTY ASSOCIATION NEWSLETTER ~ APRIL 2012

Visit our website at www.whspfa.org

FROM THE OFFICE OF PRINCIPAL TOM GWIN

This month I am providing an update on the Winchester High School Focus on the Future Strategic Plan. We knew from the start that this was an ambitious plan and that has turned out to be the case, but progress has been made on many fronts. Here is a partial list of accomplishments and work in progress:

- Established a Protocol and Policy committee to review handbook policies and protocols.
- Established, published (in the handbook and online), and implemented a WHS Homework Policy
- Defined and disseminated an Edline use policy. The WHS policy (consistent with the McCall policy) is that teachers (at a minimum) are required to post grades/gradebook on Edline at mid-quarter and the end of the quarter. The district also has a goal to examine an Edline use policy.
- Developed, published (in the handbook and online) an Honor Code policy.
- Implemented a 9th grade Advisory program.
- Established a committee to review and develop goals for the Guidance department.
- Scheduled professional development for incorporating formative assessments this summer for some high school staff. Teachers receiving this professional development will train other WHS faculty in 2012-13. This is also part of the district Student Learning Initiative.
- Formed a 1:1 committee to develop a proposal for 1:1 computing at WHS.
- Scheduled, published, and promoting wellness activities for all grades. In partnership with Winchester Hospital, WHS has offered after school yoga and Zumba programs. We also offered Tai Chi but did not have a strong student response. Assembly programs on bullying prevention, dating violence, and social host liability have also been presented to students,
- The Connect and Commit Steering Committee is developing a plan for senior-year service learning.
- The district is in the process of developing the plan to implement the state's new teacher evaluation system.
- Revising curricula of college prep and honors courses to address the gap between curriculum levels. Principals and directors are spending almost all department and release day meeting time with faculty to develop course achievement targets through the district's Student Learning Initiative. WHS will meet this benchmark through this process.
- Established the use of the Professional Learning Community (PLC) model in all departments. Teachers are working in PLCs through their work on the Student Learning Initiative.
- Establishing consistent academic expectations and curriculum content. Again, this is taking place through the district's Student Learning Initiative.

Parents, teachers, and students will be surveyed later in the spring as part of the strategic plan process.

FROM THE ASSISTANT PRINCIPALS

Bicycles/roller blades/skateboards ~ The campus is reserved for pedestrian traffic. Students who bike, roller blade, or skateboard to school should lock their bikes in the bike racks; remove roller blades or skateboards for storage in lockers.

Personal Electronic Equipment ~ Students are not allowed to use a cell phone at any time during the school day. A student in violation of this policy will have their cell phone confiscated, given to an administrator, and a parent must pick up the phone in the Main Office. iPod's, MP3's, etc., may be used at lunch only.

Dress Code ~ A student's personal appearance should not disrupt the orderly conduct of school business or the educational process, nor should it constitute a threat to the health and safety of any member of the school. Students must wear shoes at all times. All clothing and hats with any insignia referring to alcohol, drugs and/or tobacco, racial and/or ethnic slurs, violence, homophobia, profanity, gender bias or any other inappropriate comments are not allowed to be worn. Teachers will decide if hats can be worn in their classroom. The torso must be covered, strapless tops are not allowed, a student is not allowed to have his/her head covered by a hooded garment, and under garments must not be visible. Inappropriate dress may result in a student being asked to change clothing, cover up, as well as parental contact. Administration and staff will decide if specific clothing is inappropriate. A teacher may ask the student to put a sweater or jacket on if they feel the student needs to cover up. A teacher may send a student down to the office if they feel the student's personal appearance is inappropriate.

MESSAGE FROM THE SCHOOL RESOURCE OFFICER

Students should not park in the visitor parking spaces that are located in the front driveway of the school. Parking ticket violations have been issued and will continue to be issued. Students who do not park in the student designated areas and/or do not use good judgment in operating and parking their vehicles will be denied the privilege of bringing a vehicle onto school property.

PFA NEWS

FROM THE CO-PRESIDENTS

Carol Cashion and Jody Collins Skinner

What vision do you have for a new or renovated Winchester High School? Right now, the first design ideas for the high school building project are literally on the drawing board. At the PFA meeting on Wednesday, April 4th, we are seeking input from you at this early but crucial stage of planning.

A representative from SMMA Design, the firm the town has selected to conduct the feasibility study for the high school project, will be our special guest.

So please come and bring your ideas, your questions about the process, your concerns. This will be a big project and, once a design is selected and a plan laid out, a big funding decision for our town. We all need to be involved and well-informed!

We hope to see you at 7:30 pm on Wednesday, April 4th in the WHS Library.

WHS PFA 2011-2012 DIRECT APPEAL – IT’S NOT TOO LATE!

If you received a red Direct Appeal post card reminder and have not yet made a contribution to this year’s Direct Appeal - **Please make your contribution today!** Your contribution matters!

Not sure if you have donated yet? – contact Joanne O’Donnell at pfodonnell@verizon.net to verify.

To those families that have already contributed to this year’s Direct Appeal in amounts ranging from \$20 to \$1,000 – **we thank you, with gratitude!**

Although a contribution of any amount is very much appreciated, we ask that each family consider making a one-time contribution for this school year of \$75.00 or more.

Contributions may be made by check or via PayPal:

- Checks may be made payable to the “WHS PFA” and sent to Joanne O’Donnell, 9 Pierrepont Road, Winchester, MA 01890. Please include your child’s name and grade on the memo line of your check.
- Contributions via PayPal may be made by going to the Direct Appeal page on the WHS PFA Website. Click on the yellow “Donate” button at the bottom of the Direct Appeal page and follow the directions provided.

Thank you for your participation!

CLASS NEWS

CLASS OF 2012

Senior Class Dinner SAVE THE DATE! On April 25th at 6:00 pm there will be a Senior Class Dinner for parents and seniors in the cafeteria. Immediately following dinner will be "Senior Night," a meeting with Dr. Gwin about upcoming senior class events and expectations for both parents and seniors. More information about this evening will follow in the upcoming weeks.

\$5,000 SCHOLARSHIP OPPORTUNITY—GRIFFIN MUSEUM

If your student loves photography or graphic arts you need to know about a scholarship being offered by the Arthur Griffin Foundation. This spring The Griffin Foundation will be awarding a scholarship of up to \$5,000 to a **Winchester student interested in a college course of study that utilizes photography.** Applications are available at www.arthurgriffinfoundation.org and are due **April 20th.**

CLASS OF 2014

The Class of 2014 was very busy in March. We hosted and participated in National History Day which was a huge success. All the exhibits were well thought out and impressive. Congratulations to those who are moving on in the competition. The following weekend we sold concessions at the play. Thanks to all who provided snacks for both of these events.

On March 16 our semi-formal/parent social took place. Fun was had by all at both events. Thanks to the folks who donated auction items and snacks for the semi. Just a quick reminder to parents to check your email addresses on the PFA website so you can get all the info for any parent events coming up.

A special thanks to our cabinet members for their continued help and support.

We are looking forward to continued nice Spring-like weather and maybe one more Class Unity event before the end of the year.

NEWS FROM THE TECHNOLOGY DEPARTMENT

The students in Mr. Downs' Web Design 2 course have been designing web pages based on reviews of their favorite mobile applications. The sites have been optimized to view full screen on regular monitors but also have been designed for easy reading on mobile devices. The 3rd quarter's curriculum focus was on having students consider the constantly changing user experience of the web and how it can be accommodated in design. Examples of student work can be found at <http://www.androidapplicationsclass.com/web2class.html>

CONNECT AND COMMIT

**Connect and Commit Service Club Meets the Last Tuesday of the Month
from 6:30-7:30pm in the WHS Library**

You can sign up for the opportunities listed below at the meetings or in the Connect and Commit office, which is in the library of the high school. If you have questions about Connect and Commit, visit Kristen Ritchie, Program Director, in the Connect and Commit Office or contact Kristen via email connectandcommit@gmail.com or phone 781-721-7020 x1999. **Check out our new website at www.connectandcommit.org**

Volunteer Opportunities & Events

Wednesday April 11th Blood Drive 8:30am-2pm at Winchester High School. Students, faculty, staff and parents are invited to donate blood through MGH's Blood Mobile which will be parked on campus for the day. Anyone 16 or older may be eligible and can schedule an appointment to donate in the Connect & Commit office.

Friday April 27th – An Evening With Madeleine Albright 7-9pm at Town Hall Connect & Commit welcomes the former Secretary of State back to Winchester for an evening of dialogue followed by a book signing of her latest work *Prague Winter*. Tickets are available through Bookends online and in the store.

Saturday April 28th- The Food Project 9:30am-12:30pm, Get your hands dirty at one of the Food Project's farms. Their organizational mission is to engage young people in personal and social change through sustainable agriculture. The food raised on the farms is distributed through Community Supported Agriculture programs, Farmer's Markets and hunger relief organizations. * Parent Volunteers/Drivers Needed

Saturday May 5th- Winchester Garden Club- The club is in need of 3-4 volunteers to assist them with their annual fundraiser. They will be having a furniture and plant sale to raise money to support their programs such as providing flowers for the meditation room at Winchester Hospital and providing flowers to Meals on Wheels participants at the holidays. At the end of their fundraiser, they will need help getting items from their sale into people's cars or back onto the truck for delivery.

Friday June 16th-17th- Relay For Life 6pm sat-6am sun, Connect & Commit and the Winchester Youth Center are working together to bring Relay For Life to Winchester. Relay is the signature fundraising activity for the American Cancer Society. It is a place to celebrate cancer survivors and caregivers, remember those we have lost and to fight back against this disease that takes too much from too many. At Relay For Life teams of 8-15 people take turns walking around a track and commit to raising funds to support the American Cancer Society. We invite anyone in town who is interested in participating in Relay For Life in Winchester to visit our website at www.relayforlife.org/winchesterma

Ongoing Service Opportunities

Books for South Africa- This local organization is looking to train 5-8 students to be regular volunteers, helping them to sustain their donation containers at the transfer station. Volunteers would receive training from the organization's reading specialist so that they could, once a week, sort through the books that have been donated to the container .

Summer Service Opportunities

Read the Write Way- This summer program is held at the Lincoln school from June 18th-July 13th (with 4th of July off). The program runs from 8-9, and then another group comes in from 9-10. Volunteers are needed to help these students improve their k-4 literacy skills by reading to them or being read to. Volunteers would be trained and the teachers running the program will develop all of the activities for the program. They would like volunteers to commit to at least 1 visit each week but would love to do more than that if they wish. Volunteers will work with the same teacher and students for consistency. Please contact Christine Wolfe if you are interested at cwolfe@winchester.k12.ma.us

SCHOOL NEWS

PARENT CONVERSATIONS

Please join Parent Conversations Wednesday, April 11th, 2012 at 8:45 in the Guidance Conference Room. The monthly discussions are casual and drop in yet always confidential. New and "seasoned" parents offer stories and experiences and through these conversations, ideas are exchanged, questions are answered and many problems are solved. Shafiya Ciccarelli, WHS Clinical Counselor facilitates the group discussion. Please mark your calendars and join us! Remaining 2011-2012 date is May 9th.

"IN THE MOOD" BAND DANCE

Saturday, May 12th, 8:00 pm

Are you "In the Mood" for a night of dancing to the music of the Winchester School Bands? All are invited to bring friends and family to the semi-formal benefit dance for the Winchester School Bands on Saturday, May 12th at 8 pm in St. Eulalia's Manion Hall, 50 Ridge Street, Winchester. The WHS Concert Band, McCall Jazz Band, and WHS Jazz Band will provide the dance music. Elegant desserts will be available throughout the evening. Advance Ticket Sales are \$20 each for adults, \$10 each for senior citizens and students and will be available at BookEnds in Winchester Center **after April 1st**. To purchase tickets or reserve a table for 8-10 people in advance, please contact Shawn Macannuco at [781-729-3865](tel:781-729-3865) or email smacannuco@comcast.net. Tickets will also be available at the door: \$25 each for adults, \$15 each for senior citizens and students.

The Guide



A Monthly Newsletter from the WHS Guidance Department April 2012

Course Selection for 2012-2013

Guidance Counselors met with students individually during the last two weeks of March to review course selections for the 2012-2013 school year. At the conclusion of each meeting, students were given a print out of their potential courses for the upcoming school year.

Senior Parents

Winchester High School will be hosting MEFA in presenting an “**After the Acceptance**” seminar on Tuesday, March 27th at 7:00 pm. Students are welcome to attend with their parents.

The **After the Acceptance Seminar** provides clear, straightforward advice on financing a college education. MEFA representatives will also be available after the program to speak privately with families. Seminar topics will include:

- Payment options and ways to minimize college loan debt.
- Award letters and the billing process
- Working with the financial aid office

Making the Final Decision on College

For juniors, the college search is just beginning. However, for this year’s Class of 2012, the question of where to attend college and how to make the final choice of which school to attend may yet remain unanswered. Here are some tips

for seniors (and their parents) who may be trying to decide between two or more colleges:

- Review your original criteria to see why you originally chose to apply to each college. See if those criteria have changed over the course of your senior year.
- Consider how far from home you actually want to be. What seemed to be a good distance in September may seem too far away, now that going away to college is looming ever closer.
- Compare offers of financial aid to determine which college is more affordable and whether the family’s finances have changed during the year. This might have to be the deciding factor.
- If you truly cannot decide between colleges, revisit them, attend freshman survey courses in your field of interest, eat all of your meals in the dining hall, and hang out in the student union to see if you would feel at home there.
- If you are interested in sports, meet with the coach of your sport and talk to players.

In the end, if all other factors seem comparable, seniors need to trust their instincts. Students and parents need to know that there is no one “perfect college”. Every college will have advantages and drawbacks. It is important to make that final decision and then make the most of a wonderful opportunity!

Scholarships

Scholarship opportunities are posted on Naviance. Please allow at least 10 days to process transcripts for scholarships

REMINDER Winchester Scholarship Foundation Applications are due May 15th

In April Seniors will receive notice for transcript money due.

Comparing Financial Aid Packages

Colleges typically arrive at financial aid packages by subtracting the Expected Family Contribution (EFC) listed on the Student Aid Report (SAR) from the total cost of attendance to determine the student's financial need. The award letter notifies students of the total amount and type(s) of aid the school is offering. To compare offers, see *Award Analyzer* on www.EducationPlanner.org. This tool helps students compare award packages from different schools.

Junior Parents

College Admissions Testing

Most four-year colleges (and some two-year colleges) require applicants to submit results of at least one admissions test. It is extremely important for students to check each college's specific testing requirements to be certain to take the right test for each college.

The SAT Reasoning Test

The SAT Reasoning Test is 3 hours and 45 minutes. It costs **\$49.00** and consists of the following three sections: Critical Reading, Math, and Writing.

SAT Subject Tests

Subject Tests are one-hour, multiple-choice tests that measure your mastery of specific subjects and your ability to apply that knowledge. Students should check colleges that they are interested in to find out what specific requirements they have for Subject Tests.

Spring 2012: SAT Program Test Dates

<u>Test Date</u>	<u>Registration Date</u>
May 5	April 6
June 2	May 8

Suggestions for Attending a College Fair

Planning ahead can make attendance at a college fair a much more productive experience. Some easy-to-use suggestions include:

- Identify the colleges you definitely want to visit.
- Prepare a list of questions to ask.
- Bring mailing labels if you have them to save time when filling out cards.
- Bring a pad and pen.
- Only pick up brochures you really need and want.
- Do a computer search ahead of time to find colleges that meet your criteria.

NACAC College Fair

May 3 & May 4

World Trade Center

Boston, MA

WWW.NACACNET.ORG

Information about St. Andrews from Mr. Jack Burke, Guidance Counselor

Thanks to a generous travel grant from the Winchester Foundation for Education Excellence I was able to recently attend a College Counselor Visit at the University of Saint Andrews in St. Andrews, Scotland over February vacation.

Saint Andrews has much more to boast about than being the recent alma mater of Prince William and Kate Middleton. The university is ranked as the third best in Britain behind Oxford and Cambridge. Unlike Oxford and Cambridge though, where students must declare a major when applying and be accepted into only that major, Saint Andrews is more like an American college where students have the option to study various disciplines before declaring their major. They are even a "*Common App*" school which is very rare for international colleges and universities.

The university is strikingly beautiful overlooking the world famous St. Andrews Golf Course and Saint Andrews Bay - home of the beach scenes from the movie *Chariots of Fire*. It is the oldest university in Scotland and the third oldest in the English speaking world after Oxford and Cambridge.

The university also has a uniquely strong connection to Winchester - its Principal/President and Vice-Chancellor Louise Richardson lived in town for over ten years and her children attended elementary school here. She is the first female president of the university and made a point to find me during the trip and thank me for coming. I was just one of two public school representatives on the trip which included over 50 secondary schools from across the country, so it was very moving to have her recognize Winchester Public Schools during her opening speech to all the counselors.

Saint Andrews seems like the perfect place for a student looking for an international experience. It is fairly easy to get to - daily flights leave from Boston to Dublin and it is a short one hour trip from Dublin to Edinburgh which is roughly an hour away from St. Andrews. They compared it to attending college on the West Coast for those US students on the East Coast. I was amazed at the amount of North American students attending school there. Over 15 percent of the entire student population come from the US and Canada. Its cost is on par - if not cheaper than - many of the top private colleges and universities in the US. They have a close relation with the College of William and Mary where students can apply for a degree program where they spend half their time at William and Mary and the other half at St. Andrews.

Admission is competitive at St. Andrews though to me it did not seem as fierce as many of the top private colleges and universities we work with on a regular basis here. They care most about grades, SAT scores and AP courses. If a student meets those qualifications then they said they look to determine how *passionate* the student is about learning - not sure how they assess this - through the essay and or recommendations. Their most competitive major is International Relations which is one of the top

programs in the world. They recommend only applying to that program if a student has impeccable qualifications. This year we have two exceptional students from WHS applying to St. Andrews.

We attended lectures in their Film Studies Program, Chemistry/Pre-Med and their unique undergrad program in Sustainability and Environmental Science. The facilities were world class which included a brand new Chemistry Lab and beautiful updated classrooms in academic buildings hundreds of years old. The faculty to student ratio is 10 to 1 and students meet frequently with personal advisors among the faculty.

The American students we met said that it is a much more of an independent academic experience than their peers were getting at home but they liked that aspect of it. They also said the support system was excellent and they felt very connected to the faculty and administration. They loved that there were so many clubs and activities for students. The university does not have an International Student Office since they don't differentiate international students from other students. The kids also felt the campus and town was much "safer" than many of the university environments they were considering in the US. It felt very much like a liberal arts college setting but with a much more international feel.

It seems like they are very determined to maintain a strong American presence on campus though they have seen a huge uptick in applications in recent years.

If any of your students have questions about St. Andrews I would be happy to talk with them about my experience there. They have an excellent website for prospective students and promised me they would make a trip to WHS in the Fall to talk with interested students. Thanks again to the great folks at WFEE who help support these types of initiatives. The St. Andrews admissions website is:

<http://www.st-andrews.ac.uk/admissions/>

SAT PREP SUPPORT THROUGH NAVIANCE

WHS is pleased to offer SAT preparation support to our 11th grade students through our college counseling web site, Naviance Family Connection. SAT Method Prep provides every student with online resources to prepare students for the rigorous college admissions tests and offers support to help students elevate their scores. SAT Method Prep is available online through students' current Naviance Family Connection accounts. Students can access the program from any web-enabled computer at any time, allowing them to study when it's most convenient for them.

With SAT Method Prep, students can:

- Hear audio explanations of test questions
- Access strategy guides for each test
- Complete full-length, timed practice tests
- Receive hundreds of practice questions
- Read easy explanations to every question
- Track their strengths on each test
- Receive valuable test-taking tips
- Take practice quizzes to boost their knowledge
- Build their vocabulary
- Access their courses on an unlimited, 24/7 basis, from any web-enabled computer

To access SAT Method Prep, students simply sign onto their current Naviance Family Connection page and under the Colleges Tab, click on the words "Test Preparation" found on the left side of the screen. If students need assistance or have misplaced their Naviance Family Connection passwords, they should contact their Guidance Counselor.



Winchester Youth Center

458R Main Street

Winchester MA 01890

781-721-0906

www.winc.com

winchesteryouthcenter@gmail.com

www.facebook.com/pages/Winchester-Youth-Center

The WYC offers something for everyone, we invite all WHS students to come check us out and find out how to get involved.

SERVICE PROJECTS & SPECIAL EVENTS

Throughout the year the WYC Peer Leaders coordinate and participate in a huge variety of community service projects. The Peer Leaders are committed to making a positive difference in the world and encouraging others to do the same. We invite all WHS students who are interested in doing something good for our community to stop by the WYC and find out how to get involved. Please check out our website for a complete description of our service efforts.

SUPPORT THE WYC PEER LEADERS'

APRIL VACATION HABITAT FOR HUMANITY TRIP

During April vacation 28 of the WYC Peer Leaders will be participating in our 7th annual Habitat for Humanity trip. We will be traveling to Franklin, West Virginia to complete a week-long service-learning experience building homes for families in need. We are currently working toward fundraising 100% of the expenses for our trip including a \$5600 donation to Habitat for Humanity. Please contact us if you would like to make a donation toward this amazing service-learning experience. Proceeds from all of the following fundraising efforts will benefit our trip. Contact the WYC for more information.

Raffle tickets: Buy your \$20 tickets for the chance to win an iPad 2, 4-pack Red Sox tickets or a live performance by The Dirt Dogs. Drawing: April 9th

RELAY FOR LIFE

June 16th-17th

www.relayforlife.org/winchesterma

Relay For Life is the signature fundraising event of the American Cancer Society. Winchester High School students from the Winchester Youth Center and the Connect & Commit program have teamed up with the American Cancer Society to create the first annual Relay For Life of Winchester. Our goal is to bring community members of all ages together to raise money for the American Cancer Society, raise awareness of cancer, and honor all of the Winchester residents who have battled this disease. Teams of 8-15 people take turns walking around a track and commit to raising funds for the American Cancer Society. Teams are made up of families, friends, co-workers, neighbors, churches, temples, and schools. The event is held overnight with each team keeping a representative on the track at all times because

cancer doesn't sleep! Special activities honor cancer survivors, caregivers and the strength they share that inspires everyone. Relay For Life makes it possible for the American Cancer Society to save lives and help people. We hope that you will join us!

Go to www.relayforlife.org/winchesterma to register your team. Like us on Facebook. Follow us on Twitter @winrelayforlife. Please contact the Winchester Youth Center 781-721-0906 or the Connect & Commit program 781-721-7020 x1999 for more information.

ALS COMMUNITY OF HOPE: Haley's Comets

Are you looking for a great cause to support during this coming holiday season? Then please consider supporting our efforts to defeat ALS a.k.a. Lou Gehrig's Disease. Go to <http://web.alsa.org/goto/haleyscomets> Our goal is to raise money to support people in our community with ALS and to spread awareness of the urgency to find treatment and a cure for this disease.

COMMUNITY NEWS

WHAT IS THE ONE THING THE WINCHESTER COMMUNITY SHOULD DO TO PREVENT BULLYING BY CHILDREN, TEENS AND ADULTS?

Learn the answer to that question on April 9th at 7:30PM at the McCall Auditorium when the Winchester Coalition for A Safer Community (WCSC) presents the results of its Concept Mapping Survey on Bullying. The answer to that question might just surprise you!

For almost a year, the WCSC undertook conducting a survey to study ways to reduce and prevent bullying in our community. They engaged Winchester residents, town officials, community organizers, public health and safety personnel, school staff, parents and business owners in the process. The results of the survey were then sorted, rated and compiled into visual graphs. The final product that will be presented on April 9th is a comprehensive snapshot of our community, the things we value, and the roles each of us can play in reducing and preventing bullying.

Joining the WCSC will be school administrators who will discuss how the findings of the Concept Mapping relate to the District's Anti-Bullying Policy.

ELEMENTARY REDISTRICTING FORUM

April 10, 2012, 7:00 pm, McCall Auditorium

Winchester will be redistricting all elementary schools in September, 2013. We are currently discussion potential models, and would love your feedback.

We will be hosting a public forum on **Tuesday, April 10, at 7:00 PM** (McCall Middle School auditorium). We will present our work thus far, including potential models for redistricting.

While Sept, 2013 may seem far off, the School Committee will be voting on a final recommendation in June, so time is of the essence. If you are unable to attend the forum but would like to provide feedback (or learn more), please visit our website at www.winchesterredistricting.com. This website is the best resource for up-to-date information.

WINCHESTER MEDICATION TAKE BACK PROGRAM

Saturday, April 28th, 9 am – 1 pm, Parking Lot outside of Transfer Station

“It is time to clean out your medicine cabinets, drawers and cupboard of unwanted/unused medicines”

The Winchester Coalition for a Safer Community in partnership with the Winchester Police Department, Winchester Hospital and the Winchester Board of Health and with the support of the Winchester Co-operative Bank will be holding its 5th annual Medication Take Back Program on Saturday, April 28th.

Residents are encouraged to bring down their expired, unwanted or unused medications for proper disposal. Drugs that accumulate in our medicine cabinets can contribute to accidental poisonings and illegal access that can lead to abuse. Much of the unwanted medicines that are flushed down toilets or thrown in trash end up on our surface ground waters, potentially impacting wildlife and aquatic organisms. Winchester Hospital Pharmacists volunteer their time in accepting and processing the unwanted and expired medications for free and safe disposal. Accepted medications include: all prescription drugs; over the counter medicine, herbal products and vitamin and mineral supplements.

Residents are asked to cross out their name and address with permanent marker but the NAME OF THE MEDICATION SHOULD REMAIN VISIBLE ON THE LABEL. Certain medications are disposed of differently according to state and federal regulations.

Those residents who are unable to participate on April 28th may drop off medications at the KIOSK sponsored by the Winchester Coalition for a Safer Community located in the Winchester Police Department's Lobby. For more information, please contact Dot Butler, Board of Health, 781 721-7121

PARENT TO PARENT PRESENTS

Parent to Parent presents a **book group discussion** on *Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and the New Realities of Girl World* by Rosalind Wiseman. In her ground-breaking book, Ms. Wiseman looks inside the secret world of girls' friendships and the roles girls play in and outside of cliques as Queen Bees, Targets, and Bystanders. The second edition is packed with insights about technology's impact and how boys fit into the equation of girl conflicts and enlivened by real-life examples. This book that inspired the hit movie “*Mean Girls*” offers many concrete strategies to help parents empower their daughters to be socially competent amid the challenges of adolescence.

Please join other parents in a spirited discussion of *Queen Bees and Wannabes* facilitated by Parent to Parent. We will meet on **Monday, April 30, from 7:00 to 8:30 pm at the Winchester Public Library**. You do not have to have read the book to participate. Books will be available at the Library circulation desk and BookEnds.

For more information on book groups and upcoming programs, please visit www.parenttoparentwinchester.org. *Since the program will be addressing parenting challenges, we respectfully ask that children do not attend.*

WINCHESTER SPORTS FOUNDATION GOLF TOURNAMENT

Registration is now open for the Foundation's annual golf tournament, to be held on **Monday, May 7 at the Winchester Country Club**. Registration for golf and for sponsorships at varying levels is available on-line at <http://winchestersportsfoundation.com/golf.html>. The Foundation has been raising money to

preserve and promote the sports programs at Winchester High School for more than 20 years. In just the last year, for example, the Foundation made substantial donations towards the fund-raising for Phase 2 of the Manchester Field development and the recent renovation of the weight room/training facility at the High School. The Foundation also provides the funding for the baseline concussion testing that all student athletes at the high school receive. The golf tournament is the Foundation's flagship fund-raising event.

At a dinner following the afternoon of golf, the Foundation honors a person who has made a significant contribution to the Winchester athletic programs. Two student-athletes from Winchester High School also speak at the dinner about the major impact the sports programs at the high school have had on them.

Sachems FC Registration Now Open for Spring Training, Tryouts & April Vacation Clinic

Sachems FC (Est. 2000) is a premier soccer club under the umbrella of the Winchester Soccer Club. It offers advanced year-round training opportunities like those below. Space is limited, clinics fill up quickly, register today to guarantee your spot!

April Vacation Clinic (U6-U16)

Led by Coach and SFC Director of Coaching Gary Crompton

Dates: April 17-20 (Tue-Fri) 9-12pm

Location: Winchester Field TBD Cost: \$125

Sachems FC 2012-2013 SEASON TRYOUTS - SAVE THE DATES!

In addition to training sessions, the Sachems FC is rosters teams for Boys/Girls U10-U18. If your child is motivated and interested in playing club soccer -- we'd love to see him/her at one of our upcoming tryouts in June!

The tryout schedule is now available online at www.sachemsfc.com

U10 : June 12 & 14

U11 : June 13 & 15

U12 : June 19 & 21

U13 : June 19 & 21

U14 : June 20 & 22

U15 : June 20 & 22

U16, U17, U18 : June 23 & 24