

WINCHESTER HIGH SCHOOL
80 Skillings Road
Winchester, Ma 01890 – 2853
Telephone 781-721-7020

PARENT FACULTY ASSOCIATION NEWSLETTER ~ MAY 2008

For up to date info visit our website at www.whspfa.org

This newsletter was funded entirely by the Winchester Parent Faculty Association. No public funds were expended for the cost of its production or distribution.

From the Office of Principal Tom Gwin

On April 2nd, former Salem Superintendent Herb Levine and his 22 year old son Joel spoke to the 10th and 11th graders during assemblies about Joel's substance abuse problems. They also made a third presentation to parents and community members. Joel went from sneaking alcohol from the liquor cabinet in the seventh grade to heroin addict by the time he was a freshmen in college. During this time period, Joel remained a very successful athlete and student. His parents did not become aware of the seriousness of his problems until he flunked out of college. Joel has been substance free for the last four years and is completing college to become a teacher. In speaking to the parents, Dr. Levine stated he had thirty-five years of experience as an educator, high school principal, and superintendent, but he had blinders on when it came to his own son's substance use. He strongly encouraged parents to be hyper vigilant about watching over and talking to their children about drug and alcohol issues.

At a recent faculty meeting, a 21 year old WHS graduate, now in recovery, spoke to the staff about her substance abuse when at WHS. Like Joel, she slipped into heroin addiction after she got to college. Thankfully she was able to get the proper treatment and is now finishing college to become a drug and alcohol counselor. She encouraged the faculty to stay aware of students who may be experiencing issues with substance abuse.

To help WHS identify students who may need support with substance abuse issues, the WHS support staff and the Winchester Substance Abuse Coalition have developed a Behavioral Health Referral Form for staff use. If a staff member feels a student is exhibiting behaviors that suggest substance abuse, the teacher completes the form and submits it to the school nurse. In addition, guidance counselors, school psychologists, the clinical counselor, and the school nurse may initiate the process by giving the form to a student's teachers if they think a student is at risk. The school nurse will review the completed forms and contact the appropriate support staff for further discussion and recommendations. After the forms are reviewed and a problem is indicated, the student will be called in to meet with a team of support staff members, parents will be notified, and a formal assessment referral will be made as necessary. The Behavioral Health Referral Forms are not meant to be punitive, but to provide the support that our students may need. These forms will begin to be used during the week after vacation.

The process is different if a teacher believes a student is under the influence in the moment. In these situations, an assistant principal will go to the student's classroom and bring him/her to the office. The school nurse will conduct an assessment of the student. If the student is determined to be under the influence, the assistant principal will apply disciplinary action and the student will be sent home with a parent or guardian. According to the WHS Student Handbook, the disciplinary action includes suspension for five days and mandatory participation in an after school substance abuse program. According to MIAA rules, student-athletes would be barred from participation in interscholastic sports for 25% of their current season or the next season that they would participate in.

Senior Information

A very important meeting for seniors and their parents will be held in the WHS auditorium on Wednesday, April 30 at 7:30 pm. At the meeting I will review the procedures for graduation, the prom, and other senior events listed below. Please plan to attend this important meeting.

Important Senior Dates

- Wednesday, April 30, 7:30 pm: Seniors/Senior Parents Meeting, WHS Auditorium
- Wednesday, May 21, 7:30 pm: Senior Awards Night, WHS Auditorium (Seniors getting awards and their parent/guardians will receive invitations in the mail)
- Friday, May 23: Last regular day of classes for seniors- Senior Pancake Breakfast 7:45 am
- Tuesday-Friday, May 27-30: Senior Exams
- Wednesday, June 4: Senior Reception (McCall) and Prom (Prudential Skywalk). Students take buses from McCall to prom and back to McCall. Stay tuned for details.
- Thursday, June 5, 6 pm: Senior Beach Party, Wedge Pond
- Friday, June 6, 10:30 am: Graduation rehearsal in the WHS Gym
- Friday, June 6, 12 pm: Senior Luncheon- seniors also pick up caps and gowns and senior gifts
- Sunday, June 8, 2 pm: Graduation at 2 pm in the WHS gym
- Sunday, June 8: All-Night Party: Stay tuned for details

MESSAGE FROM THE ASSISTANT PRINCIPALS

With the warm weather upon us just a few reminders of school policy.
Roaming corridors and loitering are prohibited. Students are not allowed to gather or loiter in parking lots or in vehicles.

Only Juniors who are in "Good Standing" may leave campus for lunch ONLY. Seniors, in "Good Standing" may leave campus for lunch and open ends. Underclassmen who do leave the school building without permission are subject to possible suspension.

Winchester Medication Take Back Pilot

Concerns:

Medicines save lives. When we are left with expired or unwanted drugs, however, there is growing concern that they be handled in a protective and safe manner. Drugs that accumulate in our medicine cabinets can contribute to accidental poisonings and illegitimate access that can lead to abuse. Much of the unwanted medicine that is flushed down toilets or thrown in the trash will end up in our surface or ground waters, potentially impacting aquatic organisms.

- **Accidental Poisonings:** Accidental poisonings increased 345% from 1990, most of them from medications (source: unintentional poisoning/overdose deaths in Washington 6-12-07)
- **Drug Abuse:** Over half of the people using prescription drugs for non medical reasons obtained them from a friend or relative for free. (Source: National Survey on Drug Use and Health) 6% of Winchester High School students reported using some type of prescription drug for non medical reasons. (source: 2007 Winchester Youth Risk Behavior Survey)
- **Environmental Damage:** Septic systems, wastewater, and sewage treatment are not effective in eliminating the majority of medicines.

Safe disposal is important. It keeps drugs out of the hands of children and other people who might use them inappropriately. It keeps drugs out of landfill sites and water supplies. And it prevents the inadvertent use of expired medications.

The Winchester Substance Abuse Coalition (WSAC in partnership with the Board of Health, Police, DPW and Winchester Hospital announces the 1st annual Winchester Medication Take Back Program.

The Winchester Medication Take Back Program enables the safe disposal of expired and unused medicines. The last time you cleaned out your cabinets, you may have wondered what to do with medicine bottles and packages you no longer needed. Now, you can dispose of them safely and free of charge by taking them to the Winchester Medication Take Back program which is part of the Town's Hazardous Waste Day. Expired and unused medications can be returned on **May 10th from 9am – 1pm at the Sons of Italy Parking Lot next to the transfer station on 117 Swanton Street** for environmentally responsible disposal.

A wide range of unused medications, including prescription drugs, nonprescription and herbal products, and vitamin and mineral supplements, will be accepted. Residents are advised for privacy, cross out your name and address from all labels with a permanent marker before bring them to us. DO NOT cross out the name of the medication. Certain medications are disposed of differently under state and federal regulation

From PFA President, Carol Cashion

It's an understatement to say that May and June are busy months for high school students and their families. Looming exams and projects, full sports schedules, end-of-year performances, SATs, APs, yet more MCAS, Senior Week and graduations, a snow-shifting last day of school date – it can be hard to keep track, and hard to stay calm. The WHS PFA can't do much to slow down the pace, but we can give you a little help in managing it. If you haven't already checked out our new online calendar, take a few minutes to do so. Go to our website at www.whspfa.org and click on "PFA Online E-calendar." You can view May and June events, clicking on event titles for a link to additional information.

A May calendar highlight is the Winchester Youth Service Day on May 10. The PFA is one of many sponsors of this town-wide event. Please read more about it below. There are many ways for adult as well as youth to participate!

Looking ahead to next year, we are continuing with our nominating process for the 2008-2009 PFA Board. There are many different ways to become involved with Winchester High through the work of the PFA, and if you browse the Board position titles on the website, you will see that there is a little something for everyone, whatever your interests, talents, or schedule, from helping organize social events to publicity, fundraising and working on grants or communications. Please contact Karen Erikson for more information.

By the way, assuming we are finally safe from the threat of more snow days, the last day of school for students will be June 17. Happy spring!

Next PFA meeting: May 7, 7:30pm, in the WHS Library

Looking for PFA Volunteers

The Nomination Process for staffing the 2008-2009 PFA Board is underway. We have several vacancies to fill. The list of PFA Board positions is on the web site (whspfa.org). Look under this year's PFA Board to see all the positions which will need to be filled for next year. There are many volunteer opportunities from large to small time commitments. I would be happy to discuss any of these roles and get you in contact with the current chair to discuss if you would like more information. Please contact me at Karenerikson@comcast.net or 781-729-7249 if you are interested in volunteering.

WHS PFA Direct Appeal

Once again, the PFA Board would like to say thank you very much to the many WHS families who have supported the 2007-08 Direct Appeal. As of mid-April, 438 families, representing about 47% of all WHS families, have made a contribution. Those contributions have enabled the PFA to provide a large number of grants to WHS teachers and administrators to cover the cost of many important programs and supplies not covered by the high school budget. At the November PFA meeting, parents in attendance reviewed and approved recommendations for 31 grants benefiting WHS students across various academic departments, the school library, and several extracurricular, enrichment, and support programs. At the April PFA meeting, seven new grants were reviewed and approved. Direct Appeal funds are also used to support several special events for students and teachers throughout the school year.

If at any time you would like more information about the Direct Appeal, please don't hesitate to contact Laura Henry at dljshenry@comcast.net or 781-729-9719.

CLASS NEWS

Senior Class of 2008 News:

The Senior Class of 2008's year at WHS is slowly coming to a close but there are many exciting events still to come! Prom 2008 will be held at the scenic Skywalk Observatory level of the Prudential Center in downtown Boston on June 4, 2008. Tickets for the prom will go on sale the week of May 12th through the 16th during both lunches.

The senior breakfast will be held Friday, May 23rd. The Senior Luau will be held on Thursday, June 5th. Graduation Practice will be on Friday June 6th followed by a senior class luncheon where caps, gowns, and yearbooks will be given. Graduation will be held on June 8th.

The senior class officers would like to thank everyone including its cabinet, family members, parent volunteers, and advisors for all their generous support of the senior class over the past year.

Message from the Junior Class

Thank you to everyone who helped make the junior semiformal a success! We had about 200 people in attendance and the night was incident free.

Spring this year is very busy with tests, sports, and everything else. To provide a nice break from the hectic month of May, we will be having our annual spring barbecue towards the end of the month. This event has one of the most fun atmospheres and we hope to see you all there!

The Guide



A Monthly Newsletter from the WHS Guidance Department May 2008

Area Summer School Information

Information has been coming in from several summer school programs that Winchester High School students have attended in past years. Although details about Woburn's Summer School program are not yet available, it is anticipated that the program will operate again this year. Information about Minuteman Tech, Northeast Metro Tech and Belmont Hill are listed below:

- Minuteman Summer School

Dates: Monday, July 7 - Fri., Aug. 1, 2008.

8:30 – 11:30 AM; 12:00 – 3:00 PM.

Place: Minuteman Technical High School

758 Marrett Rd., Lexington, MA 02421

Tuition: \$315.00 for most courses, depending upon the course selected. Books & supplies additional.

Contact summer school office: (781) 861-7150 or email: summerschool@minuteman.org. Online registrations using MasterCard or Visa at www.minuteman.org.

- Belmont Hill Summer School

Dates: June 26 – August 7, 2008.

Three-week intensive programs: June 26 – July 18, 2008; or July 21 – August 7, 2008.

Place: Belmont Hill School

350 Prospect St., Belmont, MA 02478

Tuition: Varies, depending upon whether the course is: 1 period (\$525.00); 2 periods (\$800.00); or 3 periods (\$1050.00).

Registration: Now through June 6 (requires \$100 non-refundable deposit). Full payment must accompany all registrations received after June 6. Phone: (617) 993-5215

Registration available online at:

<http://www.belmont-hill.org/summer>.

- Northeast Metro Tech

Dates: Session 1: July 7 – July 18, 2008.

Session 2: July 21 – August 1, 2008.

Time: 7:45 AM – 12:00 PM

Address: 100 Hemlock Road, Wakefield, MA

Tuition: 42 hour course is \$260;

84 hour course is \$520.

Registration: May be made by mail, fax, online or in person. MasterCard and VISA accepted. Tuition must be paid in full prior to the first class.

Contact by phone: 781-246-0810, x1640.

FAX: 781-246-2976.

Website: www.neadulted.com.

IMPORTANT NOTE: Students who need summer remedial work to receive credit for a course they have failed during the year must receive prior written approval before enrolling in any summer school course. Approval forms are available in the Guidance Office. Any student considering summer school, whether for remediation or for enrichment, should refer to the *Summer School Policy* in the *WHS Course of Studies* booklet.

Final Transcripts for Seniors:

SENIOR SURVEY

The Guidance Department will be requesting that seniors complete the annual **Senior Survey** in NAVIANCE this year between May 1-5. Seniors should log-in to their NAVIANCE accounts and click on “Graduation Survey”. The survey asks seniors to indicate to which college or post-secondary institution they want their final transcript sent, as well as to provide the results of the colleges’ decisions on their other applications. Seniors are required to complete this Senior Survey as part of their graduation requirements before receiving their caps and gowns.

The Guidance Department is aware that plans do change. A number of seniors pay a deposit to one college to hold a space for next fall, but choose to remain on a waiting list at a second college. Graduates are asked to notify the Guidance Office immediately if they wish to change the college to which their final transcript will be sent.

Vacancy Lists Keep College Option Open

Current seniors or past graduates who may have postponed the college application process for a variety of reasons should know that it’s not too late to apply to college for next fall. Two organizations compile vacancy lists of colleges that are still accepting students for Fall 2008. The New England Board of Higher Education (NEBHE) maintains a list of New England colleges and universities that still have openings. Students may visit www.nebhe.org to view this list in mid-to-late May. The National Association for College Admission Counseling posts its Annual Space Availability Survey on its website, www.nacac.com to assist college counseling professionals working with students who have not completed the college admission process. This annual survey indicates openings not only in Fall 2008 freshman classes, but also openings for transfer students, as well as the availability of financial aid and campus housing.

Massachusetts State House Summer Tour Guide Program

The Massachusetts Secretary of the Commonwealth and The State House Tours Division are inviting high school students to apply for the summer internship program that welcomes visitors to the Massachusetts State House. The program is particularly well-suited for students who:

- Are interested in history, architecture and the legislative process.
- Enjoy meeting people from all over the country and the world.

- Are 14 years of age or older.
- Can volunteer 6 or more hours per week on a regular basis.

The program allows students the opportunity to show a beautiful and interesting building to visitors, work with an interesting group of people, improve their public speaking skills, and learn more about state history and government. Two orientation sessions will be held—on June 3 and June 12, 2008, from 3 to 5 PM, in Nurses Hall. Students must call **617-727-3676** to request an application in advance. For more details about this program, call Mary Rinehart, Director, at the number listed above.

The Brown Ledge Gap Year

The *Brown Ledge Gap Year* is designed as a fall semester program that prepares high school graduates for their next step—whatever that is. Students train in video production, audio production and digital photography and have ongoing support in producing documentary work. Students live with a group of students and staff in three dramatically different areas of the United States during the fall semester—on the shores of Lake Champlain in Northern Vermont; in the border city of El Paso, Texas; and in New Orleans. Students learn how to navigate an unfamiliar city and work, approximately half-time, at a community service job or internship. For more information about The *Brown Ledge Gap Year* program, contact: Timothy Shuker-Haines at: director@brownledgegapyear.org or call 1-888-74-FOCUS.

Differences in Degrees for Performing and Visual Arts Students

The web site of the National Association for College Admission Counseling (NACAC) highlights challenges and options that students who wish to study visual or performing arts in college face during their college search, and provides advice to clarify the differences between the BA (Bachelor of Arts) degree, and the BFA (Bachelor of Fine Arts) or BM (Bachelor of Music) degrees.

The BA degree is described as, “...the typical liberal arts degree—students who major in English, history, and other humanities majors also earn BA degrees.” Students earning a BA take lots of courses outside of their major, with approximately 12 courses in their major. However, for a student who studies for a BM or BFA, most of the courses will be in their area of the arts. “Which degree you choose depends on your college and career goals. If you have a high degree of commitment to your art and desire an intense, often competitive college experience, a BFA or BM might be right for you. If you would rather study a variety of subjects along with your arts major, a BA may be the way to go.” For further information, go to www.nacacnet.org. The NACAC’s Boston Performing & Visual Arts College Fair in Boston will be held at Northeastern University on Tuesday, October 21, 2008.

Helping Your Child Handle Rejection... and Acceptance

The College Board’s website contains helpful information for parents of seniors who receive a “letter of denial” from a college. The information offers suggestions on how to help put admissions decisions in perspective. Go to www.collegeboard.com and click on the link “For Parents” to read the entire article

Connect & Commit, Community Service-Learning

On April 10, The Winchester Star published a wonderful reflection written by a student of Ms. Hillstrom about the WHS/English High School Exchange. If you missed it, please read her experience of this powerful service-learning project at <http://www.wickedlocal.com/winchester/news/x224949323>

The staff writer also wrote about it at www.wickedlocal.com/winchester/news/x681523848, as did I www.wickedlocal.com/winchester/news/education/x513691694.

The 4th annual Winchester Youth Service Day is **Saturday, May 10**, 10 am – 2 pm (rain date is May 11, 2 - 5 pm). WHS and McCall students meet in the front courtyard of WHS, disperse to sites around town to complete outdoor service projects, then return to WHS for a pizza party. Organized by Connect & Commit and the Winchester Youth Center. Students must sign up in advance at Connect & Commit or the Youth Center after April vacation. All who sign up by Friday May 2 receive a free T-shirt. Parent volunteers are needed mainly to supervise sites from 9:45 – 2:00 and help with transportation—please contact me as soon as possible if you can help.

Save the Date! **The Connect & Commit CSL Showcase and Celebration is on Thursday, June 5, 3:30 – 5:00 pm** in the front courtyard of WHS. Join students, teachers, parents and community members to learn about the valuable service-learning that classrooms carried out during the year and to celebrate the extracurricular service that students have done through the C&C club and in other school groups. The Empty Bowls service learning project will take place at the celebration: learn about local hunger, enjoy a bowl of homemade soup and take a handmade ceramic bowl home.

Thanks to Regional Manager Christine Ellersick who presented about Roots & Shoots to the club on April 1. We watched an inspiring video and learned from her about the Roots & Shoots network in 88 countries, with 33 student groups just in Middlesex County! Students that register as a group have access to online resources, the annual summit and are eligible for a mini-grant to support their projects.

Thanks also to Jason Lewis, a Winchester parent and democrat running for State Representative, who visited the club in April and helped everyone to better understand what it's like to run for state office, the role of a representative, and the importance of all ages participating in the democratic process. He fielded questions about state revenue, Cape Wind and the balance of personal belief and representing the will of one's constituents. Students interested in being a part of his campaign are invited to join the summer internship program by contacting Carmen at carmen@carmenrussell.net.

Upcoming at Connect & Commit: May 6 visits from the Meals on Wheels program coordinator and the Winchester Hospital Junior Volunteer program supervisor about how you can volunteer this summer.

Congratulations to the newly elected Connect & Commit club leaders, and thanks to the many students who ran in the election and shared their wonderful ideas for strengthening service at WHS. Secretary Emily deRedon, Treasurer Valerie Bradley, and co-Presidents Kelsey Holland and Julia Howard make up the new leadership team and will work with previous members through the beginning of May. Thanks to Julian Phillips, Yikun Guo, Martin Demasco and Bess Morin for their service in leading the club along with Emily and Kelsey this year.

Students are currently circulating a petition to stop the use of Styrofoam in the school cafeteria, in exchange for safer and more sustainable materials, as many schools have nationwide. To get involved, contact Katie at katiemac68@gmail.com.

The Connect & Commit summer service opportunities list is now out! You can pick up a copy from the Connect & Commit office, and if you are on the C&C email list you will receive it via email.

Some summer needs in particular:

Volunteers are needed for the Reading Discovery Program, July 21 to August 14. Work with teachers Monday through Thursday, 8:30-10:30 am, to tutor incoming 1st and 2nd graders in reading at this program held at Ambrose Elementary. Training is provided, and it's okay if you can't volunteer all 4 weeks. Sign up in the Connect & Commit office by Friday, May 23. The Winchester Extended Program for Special Education needs volunteers July 7 – August 7 or 14th (5 or 6 weeks), 4 or 5 days per week, 8:30 – 11:30 am. Work under the direction of a teacher to support the learning of students in this program, mostly elementary level. At Lynch Elementary. Minimum commitment is 1 full week. Sign up in the Connect & Commit office by Friday, May 23.

There are still openings for the short Massachusetts Alliance of Portuguese Speakers (MAPS) computer project during the summer. Four tech savvy volunteers are needed to work one-on-one with youth in their Dorchester based youth program to take apart and rebuild computers during just 2 days, one week apart, in August. Techy parents are also welcome. Transportation to/from Winchester will be provided.

Thanks to all the parent volunteers who made recent service projects possible, including Kate Ebbott, Richard Howard and Elaine Fleckenstein.

As always, students are welcome at Connect & Commit club meetings every Tuesday from 6:30 – 7:30 pm in the WHS library, as often as their schedule allows, to help plan service projects, meet other students and learn about upcoming opportunities.

Parent help is what makes many of the service activities possible. Parents are encouraged to assist with one or more service events this year, including those on the current list below.

Please contact me to sign up, to receive updates via the Connect & Commit email list, or for information about the service-related resources available to students, parents and teachers online and in the Connect & Commit office (in the WHS library).

Best wishes, Amanda Gordon, Program Director, agordon@winchester.k12.ma.us 781-721-7020 x1999

Connect & Commit May 2008 Volunteer Opportunities

Events

Mondays/ Wednesdays, April 7 – May 14, EnKa Book Sorting, 3:00– 4:30

Help organizers of the EnKa Fair Book Tent to sort incoming book donations at the carriage house next to the Sanborn House during one or both days of the week. Carpooling is

possible. Contact Karen Martin at Edward.martin49@verizon.net.

Saturday, May 3rd, ABC Bottle Drive, 8:00am-3:00pm Sons of Italy Parking Lot, Transfer Station

Help raise money to support the ABC Program, by sorting recyclable bottles and cans. Help is needed whenever you

are able to come, but especially toward the end of the day when donations poor in and energy flags.

**Saturday, May 3rd Emerson Umbrella, 11:30am-2:00pm
40 Stow Street, Concord, MA (11:00-2:30 with travel)
Musketaquid Arts and Environment Program**

River Ceremony at 10 am, followed by the Earth Day Parade and the Arts and Environment Festival. Volunteers will serve food or run art activities for children at the Arts and Environment Festival.

<http://www.emersonumbrella.org/i05.html>

Sunday, May 4th Walk for Hunger

Register online at www.projectbread.org/volunteer and choose your favorite location along the 20-mile Walk route. You can organize your own walking team or volunteer as a: stationary marshal, checkpoint volunteer, Boston Common registration, first aid, finish line, or set up or breakdown. Once you've registered, our Volunteer Coordinator, Kate Vacanti, will contact you within two weeks to discuss your assignment location and shift time.

Saturday, May 10 Winchester Youth Service Day 10 am – 2 pm

Sign up for the 4th annual Winchester Youth Service Day on **Saturday, May 10**, 10 am – 2 pm (rain date: May 11, 2 - 5 pm). WHS and McCall students meet in the WHS front courtyard, disperse to sites around town to complete outdoor service projects, then return to WHS for a pizza party. Organized by Connect & Commit and the Winchester Youth Center. Students must sign up in advance at Connect & Commit, in the cafeteria during lunch or at the Youth Center. Sign up by May 2 in order to receive a free T-shirt.

Friday, May 16th & Saturday, May 17 EnKa Fair Book Tent

Help out in the Book Tent at the EnKa Fair. Friday shifts: 3:00-5:00, 5:00-7:00, or 7:00-9:00 pm. Saturday shifts: 10:00-12:00, 12:00-2:00, 3:00-5:00, or 5:00-7:00. Meet at the Book Tent. Sign up by Tuesday, May 13th.

Thursday, June 5 Connect & Commit CSL Showcase and Celebration 3:30 – 5:00

Join students, teachers, parents and community members to learn about the valuable service-learning that classrooms carried out during the year and to celebrate the extracurricular service that students have done through the C&C club and in other school groups. The Empty Bowls service learning project will take place at the celebration: learn about hunger locally, enjoy a bowl of homemade soup and take a handmade ceramic bowl home. In the front courtyard of the high school.

Ongoing

Crate and Barrel/ Second Step donation project

Other students needed to help pick up goods from Crate and Barrel that are being donated to Second Step, a Newton based

non-profit agency that provides transitional support service to survivors of domestic violence. Drive the items to the store in Newton, then unload and sort the items at least twice a month on Monday nights. Must have a driver's license and preferably access to a truck or large SUV. Contact WHS student Cam Becker at 781-721-5845.

Jewish Community Center 1:00-4:00pm 333 Nahanton St., Newton (12:15-4:45pm with travel) Sundays: April 6th, May 4th, May 18th, June 1, June 8

10 children with neurological difficulties participate in a swim program, followed by a music therapy program. Volunteers provide one-on-one assistance (i.e. have fun and keep safe) and staff provide all direct care. The facility is Kosher and nut-free. Swim caps are required in the pool; there are some there to use if you don't have your own. Bring a towel and a swim suit.

Contact: *Doreen Cummings* or *Patricia Ludwig*,
DCummings@jfcsboston.org, PLudwig@jfcsboston.org;
781-647-5327; www.jfcsboston.org

In-School Peer Mentoring for Social Skills - Two opportunities: During F or G block, once per cycle for 45 minutes

Spend time with a student in the Achieve program to build skills in social communication through the use of various language games in a group, which includes a special education staff member and other mainstream students. During F or G block, once per cycle for 45 minutes.

B block on Day 1

Two students are needed during B block on Day 1 to hang out with a student and talk about current events in the school and world. Must make a commitment to consistently spend part of the block with this group. Decaf coffee and munchies provided!

Jenks Senior Center Library help

Two volunteers are needed to help the Jenks Senior Center library to rearrange their books for two hours on couple of afternoons. If interested, please leave a message for Rose Cammarata at the Jenks Center at 781-721- 7136.

The **Winchester Hospital** is looking for volunteers to work in the hospital and the offsites. Whether you prefer an assignment that involves patient contact or not, many opportunities exist: coffee cart, messenger service, clerical work, emergency room, pre-admission testing, clerical, day surgery, x-ray transport, off-site at the Family Medical Center in Wilmington, Oncology center or Breast Care Center in Woburn. Most volunteers come in once per week for a 3-hour shift evenings or weekends. Contact: Paulette Van Der Kloot, Supervisor, High School Student Volunteers, (781) 756-2626. Volunteers will need: Proof of a Tuberculosis (TB) Testing (within the last 12 months) and/or a completed medical form. Cori Background Checks if over age 17.



Winchester Youth Center, 458R Main Street, Winchester MA 01890, 781-721-0906 www.winyc.com

WINCHESTER YOUTH CENTER

The Winchester Youth Center is committed to fostering leadership skills and a long-term commitment to community service through healthy social and experiential-learning activities for teens.

WINCHESTER YOUTH SERVICE DAY
Sponsored by the Winchester Youth Center and
Connect & Commit
Saturday, May 10th
10:00am-2:00pm

A day to celebrate community service and...
Clean up sports fields
Clean up our parks
Beautify our schools
...be apart of a great cause!

All WHS students are encouraged to participate
Stop by the WYC or Connect & Commit office to
register
Everyone who signs-up by May 2nd will receive a Youth
Service Day t-shirt

We are also searching for adults who are interested in
serving as supervisors for the day and additional
service projects that we can put on our list, please
contact rebeccaslevine@gmail.com or
agordon@winchester.k12.ma.us

**WINCHESTER YOUTH SERVICE AWARDS
CEREMONY**
Wednesday, May 14th
7:00pm
Winchester Town Hall Auditorium
Refreshments will be served

Please join us as hundreds of WHS and McCall students
are recognized for the significant service contributions
they've made to our community this year

SCHOOL RELATED EVENTS

Parent to Parent Presents:

Just for Women: Recapturing Balance, Gaining Perspective in a Frenzied Age

How do we keep a sharp eye on the road of life when we can barely get supper on the table each night? How can women regain *perspective* at home and at work, and make sure they don't wake up at 50, wondering where the years went? In a world of freedom, mobility and hyper-connectivity, work-life balance can easily dissolve into a muddling struggle to survive - whether you do paid work or not.

In this talk, renowned work-life author Maggie Jackson helps women combat the daily frenzy and find their own pace, frameworks and definitions of success in an exciting but confusing new age. Learn how new developments in "career fluidity" can help women transition smoothly in and out of the workforce, and why "having it all" doesn't have to mean all at once. Discover the secrets to curing 21st-century epidemics of overload, and hear why multitasking - the famed "female" skill - actually slows us down. Recapture the art of the boundary and the power of presence to create a strong family life - a lasting legacy in a time of flux. Maggie Jackson helps women harness their talents toward meaningful life goals and regain balance - by the day or by the decade. Hit the pause button and take time to listen: we can conquer, not just cope with, the challenges of our age.

Maggie Jackson is an award-winning journalist, specializing in work-life issues, and has authored: *What's Happening to Home? Balancing Work, Life and Refuge in the Information Age*, and the upcoming: *Distracted: The Erosion of Attention and the Coming of the Dark Age*.

Parent to Parent wishes to thank the En Ka Society for its generous support of this program.

Please join us on Thursday, May 8 at 7:30 PM at Winchester High School.

www.parenttoparentwinchester.org

May SPECIAL EDUCATION PAC COFFEE, Thursday May 29th 9a.m.-11a.m.

The PAC holds informal, monthly coffees for parents and guardians of children on IEPs. This is an excellent opportunity to meet other parents and share knowledge, advice and concerns. There's no need to RSVP, just drop in. The May Coffee will be held on Thursday, May 29th at the home of Paige Bertocci at 2 Cabot St. Questions? Contact Paige at 781-729-5248 or Winspedpac@yahoo.com. Also see the PAC website, www.winchesterspedpac.org.

May SPECIAL EDUCATION PAC MEETING, Monday May 19th 7p.m.-9p.m. McCall Library

Join us for the final PAC meeting of the year. We will be discussing programming ideas and election of officers for next year. This is a great opportunity to get involved.

WFEE News

Save the Date! **May 30th is the fourth annual Celebration of Education** featuring nationally known performer Olu Dara. Check out our website, www.wfee.org, for ticket details. Money raised will be donated to the school system in support of a technology initiative.

It is hard to believe but the end of the school year is quickly approaching! As you begin to think about how to thank a special teacher, we hope that you will consider honoring him/ her with a **Teacher Tribute**. **Make a tax deductible donation to the Winchester Foundation for Educational Excellence (WFEE) in a teacher's name** and you will both thank that teacher and help fund WFEE programs that foster innovation and excellence in teaching throughout the entire Winchester school system. Each honoree will receive a small gift and card naming the donor(s). The amount will be kept confidential. For more information or to donate, visit our updated website at www.wfee.org or download the attached donation form. **All donations must be received by Monday, June 2nd.**



A Teacher Tribute will make them

SMILE!

The Winchester Foundation for Educational Excellence (WFEE) invites you to honor those educators and staff members who have made or are currently making a difference in your children's lives by participating in the WFEE Teacher Tribute Program. Make a tax-deductible donation to WFEE in a teacher's name, and you will both **thank that educator for a job well done AND help fund WFEE programs that foster innovation and excellence** in teaching throughout the entire Winchester public school system.

At the end of the school year, WFEE will send honorees a card including your name as indicated, and thanking the teacher or staff member... "for guidance, motivation, and inspiration to students as one of Winchester's finest educators." The amount of the donation is kept confidential.

IMPORTANT! The deadline for receipt of donations is Monday, June 2nd. Donations received after this date may be acknowledged in September.

There are two easy ways to donate-

- Visit our **updated and improved website** at www.wfee.org, click on the Teacher Tribute icon and follow the prompts OR
- Fill out the form below and send it with your check donation to WFEE, P.O. Box 1005, Winchester

*Please note: if your employer has a **matching gift program**, please contact the company for the necessary forms. Your gift to WFEE may increase twofold. Thank you!*

We at WFEE believe that by inspiring a teacher you influence a whole generation. We hope that you agree by honoring them with a Teacher Tribute today!

TEACHER TRIBUTE DONATION FORM

 \$50 \$100 \$250 \$500 Other

Please list names of teachers being honored.

Honoree First/Last Name
appear on Honoree Card

School

Your name as you wish it to

Your Name

Street Address

Phone Number

Email Address

COMMUNITY NEWS

Shop for a Great Cause!

Are you in search of great treasures at great prices? Come visit the En Ka Yard Sale where you will find household items, sporting equipment, children's toys and many other unique items. The Yard Sale will be held on Saturday, May 3 (rain or shine) at the En Ka Exchange, 1037 Main Street, Winchester, from 9:00-2:00. While at the Exchange, En Ka's consignment Shop, make sure to browse for great bargains on fashions for the whole family. Proceeds to benefit local organizations.

En Ka Yard Sale, Saturday, May 3rd, 9:00-2:00, En Ka Exchange, 1037 Main Street

En Ka Society Seeks Book Donations

The En Ka Society, Winchester's oldest women's service organization, seeks donations of lightly-used children's and adult books to support the book sale tent at the Society's annual Street Fair, scheduled for May 16 and 17. This year's Fair is titled 'Walking' in Sunshine!

Between April 2nd and May 14th, books can be left anytime on the wooden collection pallets at the Sanborn House's Carriage House, adjacent to the Ambrose School at 27 High Street in Winchester. Look for signs saying "Book Drop Here". Books should be placed in small, easy to handle boxes. Please wrap boxes in plastic to protect the books from the elements.

En Ka is particularly in need of gently read paperback fiction, mysteries, and children's books. Videos, DVDs, audiotapes and CDs in good condition are also appreciated. No text books, encyclopedias, magazines or condensed books please. No books can be accepted prior to April 2nd.

All proceeds from the book sale will support En Ka's annual grants to dozens of Winchester's charitable and civic organizations. Books that remain unsold at the end of the Fair will be donated to a variety of charities. Questions, call Linda Holdstock at 781-721-2471 or Shelia Marian at 781-729-8939.

Volunteers needed at The EnKa Fair. Any one interested in volunteering at the Fair, being held Friday and Saturday, May 16 and 17, please contact Wendy Van Gemenen at 729-9041 or Linda Holdstock at 721 2471.

The Creative Soul of Children, Inc Speaker Series and Fundraising Event presents: Bob Broudo

President and Headmaster of Landmark School, which is internationally recognized as a leader in the education of children and adolescents with language-based learning disabilities. **ALL CHILDREN CAN LEARN** Mr. Broudo will speak about specific concepts and strategies that are effective in changing educational environments to be more responsive and effective for all types of learners. **Thursday, May 15, 2008, 7 p.m. Winchester UU Church, www.winchesteruu.org for directions, \$20.00. Registration: www.embracechildspirit.org (scholarships available upon request)**

Art Classes

Small group studio classes in drawing and painting in Winchester are being offered by former Winchester High School art teacher and Director of Art, David Ardito.

The Fall term of art classes at the Sanborn Cultural Center on High Street in Winchester will start in September, 2008 and will run through November, 2008. There will also be Winter and Spring terms to be announced at a later date.

There will be a total of 10 class meetings in each term and classes are held on Tuesdays from 6:00 p.m. to 8:30 p.m.

Class size will be limited to 6 students.

Instruction will include **life drawing and painting** with an emphasis on the development of observational drawing and painting skills and also on expressive drawing and painting techniques. There will also be opportunities for students to develop their **creative portfolios for college admission** and instruction will include portfolio assessment and counseling. Classes are offered on a first come, first serve basis and juniors and seniors will receive priority over underclassmen.

David Ardito is an artist with thirty-five years art teaching experience at the secondary level, most recently for nineteen years at Winchester High School. He was the K-12 Director of Art for Winchester Public Schools for nineteen years and is currently on the art education faculty at Mass College of Art. For David Ardito's resume, a registration form and for more information about fees and curriculum please email David at ydpaa@yahoo.com or david.ardito@massart.edu or call 781 910 7119.