

WINCHESTER HIGH SCHOOL
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PARENT FACULTY ASSOCIATION NEWSLETTER ~ JANUARY 2012

Visit our website at www.whspfa.org

FROM THE OFFICE OF PRINCIPAL TOM GWIN

On January 10, the Designer Selection Panel of the Massachusetts State Building Authority (MSBA) will choose the architectural firm that will conduct a Feasibility Study that includes the development and evaluation of alternative WHS building designs and continues through the schematic design phase of the chosen project. Architectural firms have submitted proposals and the town can submit its preferred choices of firms, but the MSBA makes the final selection. The preferred building design identified through the Feasibility Plan process must be approved by the MSBA and the town must commit to funding 65% of the project through a debt exclusion override vote. The state will pay for the other 35% of the project. The estimated construction budget for the project is estimated to range from \$60 to \$90 million dollars and could include a phased renovation of the current building, a renovation of and addition to the current building, or a new building. If all goes according to plan, the selected firm will have developed alternative building designs by April, evaluated the alternatives by June, and identified a preferred building design sometime in early summer. Once the final design is selected, the completion of a final schematic design should be done by November. At this point, the cost of the project would be known and the debt exclusion override would need to take place.

At the December Town Meeting of the junior class, I described the Feasibility Plan process and asked students what features they would like to see in a new building/renovation. Here are some of their responses:

- An efficient HVAC system that keeps all rooms at the same, comfortable temperature.
- A swimming pool.
- Storage space for the props, costumes, and stage designs used by Curtain and Cue (the theater program) and the Music Department.
- More specialized rooms for the art department. For example, a room specifically for sculpture.
- Expanded fitness area/weight room space so students not on athletic teams have a chance to work out.
- A room designed for dance, yoga, or other wellness programs.
- An ice rink.
- A student lounge attached to the library.
- An area with lounge chairs where students could take naps (really).
- A Starbucks-like coffee shop where students could get specialty coffees.
- A larger nurse's office with more private spaces.
- A larger library with more computers/laptops and increased access to electronic sources of information.
- An emphasis on art, music, and theater not just athletics.

There were many more ideas that will be shared with the selected firm. During the Feasibility Process this spring there will be ample opportunities for public input. I will keep you posted on this process through the end of the school year.

PFA NEWS

FROM THE CO-PRESIDENTS

Carol Cashion and Jody Collins Skinner

January 4, 2012 PFA Meeting

New Topic: Technology Town Meeting

Happy January! We hope that everyone had a wonderful holiday break and are ready to dig into the new year as we look forward to some interesting topics regarding the future of Winchester High School. Please mark your calendar now and be sure to join us on January 4, 2012 at 7:30 pm for a Town Meeting style, open discussion of technology in 21st century education at WHS.

- As we plan for the building, decisions need to be made on how students and teachers will access and use technology for effective, innovative teaching and learning
- Bring your ideas and questions for the One-to-One Committee (on an iPad/tablet device proposal) now being organized by Dr. Gwin
- Read more details on technology in Focus on the Future on the Edline WHS home page, under "News"
- Read more about One-to-One Committee and iPad/tablet proposal here http://whspfa.org/clientimages/39852/dec2011/From_the_Principal.pdf
- Parent input on this important decision is needed!

(This is a change from "Where We Are on Building Plans for WHS." The School Department and EFPBC are currently working with the Mass. School Building Authority on preliminary steps for the Feasibility Study, which will examine building needs and options.) Look for the e-blasts giving you all the details so you can come prepared to have an active discussion. Hope to see you on Wednesday, January 4th.

Trivia Team Members Wanted!

The Annual WFEE Trivia Bee is fast approaching! As you know, the Trivia Bee is a town wide community building event that raises funds for the Winchester Foundation For Educational Excellence. The WHS PFA has paid to sponsor a team, now we need the brain power!

If you are interested in participating, contact the PFA co-presidents at whspfa@gmail.com. The Bee will be held on Wednesday, February 8 at 7:00 pm at Town Hall.

WFEE supports innovation and excellence in Winchester schools through grants and system-wide initiatives that are beyond the reach of available public funds. Every child has been impacted by WFEE and we thank all of YOU for making this possible with your support of WFEE and events like the Annual Trivia BEE!

NEWS FROM THE WINCHESTER FOUNDATION FOR EDUCATIONAL EXCELLENCE (WFEE)

The Winchester Foundation for Educational Excellence, WFEE, has just announced an additional \$2,800 in grants for WHS. This latest round of professional development grants:

- Sends WHS Clinical Counselor Shafiya Ciccarelli to a Harvard Medical School Conference on recognizing and treating addictive behaviors,
- Provides training at the Mass College of Art for Robert Gillis who will be developing a new course at WHS utilizing the creation of digital games,
- Supports Guidance Counselor Jack Burke who is attending a conference at St. Andrews University in Scotland to learn more about the admissions process at UK institutions.

Previously announced WFEE grants for the high school total \$37,000 for 2012 and include:

- Funding for 9 iPads to teach students music improvisation and composition,
- 12 new computers for the Physics Lab,
- Support for the WHS Robotics Club,
- Professional development funding across all departments.

WFEE is a private, non-profit organization that depends on the community for funding. Check our website, www.wfee.org, to learn more about the organization or review all of this years grants.

Don't forget this year's Trivia Bee is coming up on February 8th. What better way to spend a cold winter's night? Match wits with friends and neighbors while raising money for Winchester's public schools. It is not too late to sign up, click here for your entry form:

<http://www.wfee.org/documents/2012WFEEBeeEntryForm.pdf>. The winning team takes possession of the coveted WFEE Trivia Bee trophy for an entire year!

CONNECT AND COMMIT

The Connect & Commit Service Club meets the last Tuesday of each 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.

SCHOOL NEWS

MUSIC DEPARTMENT NEWS

The WHS Winter Large Ensemble Concert is Monday, January 9 at 7:30 pm. Featured groups include Concert Chorus and Choir, Concert Band, and Symphony.

NEWS FROM THE ATHLETIC DEPARTMENT

Victory For Winchester High Boys Swim Team!

Coaches Rick Menard and Diana Matthews are looking forward to the Winchester high School's boys swim team season as last year's veterans are being joined by some talented freshmen. The first meet was a success. The WHS boys swim team opened its season on a positive note with a 47-40 win over Melrose High. Richard Pompeo, Kalin Stoyanchev, Brian Carney and James Ryan picked up first place in the first event, the 200 medley relay, in a time of 2:07.17. Brian Reid swam 1:53.93 to win the 200 freestyle, with Richard Cui taking third place. Reid also won the 100 free in the closest race of the meet just outreaching

Dale Gable, 52.28 to 52.50, for first and second place finishes. Reid's times in both races qualified him for the North Sectionals and Division 2 year-end Championship meets and Gable qualified for both in the 100 free.

Josh Dinardo took firsts in the 200 IM with a 2:15.46 and in the 100 butterfly at 1:01.09. The team added points with Kevin Baynes second in the 200 IM and Cui's third in the butterfly. In the 50 freestyle, Gable just missed the State cut with a 23.81 first place, with Conor Morreale taking second. James Fosburgh and Chris Ludman came in first and second in the grueling 500 freestyle. The 200-free relay team of David Geyer, Jianing Liu, Nick Garber and Breno Ferrari finished second.

Winchester clinched the win with first and second place in the 100 back, Christian MacDonald finishing first in 59.86 and Baynes in second. MacDonald's time qualified him for the North Sectionals and the Division 2 State Championship meets. The 100 breast stroke was won by Stoyanchev with Fosburgh third. Coach Menard put together a 400 free-relay team to be reckoned with as MacDonald, Reid, Gable and DiNardo finished the meet with an impressive 3:36.37, qualifying for the Sectionals and the States in their first meet of the year. The next scheduled league meet is January 6 at Belmont.

The Guide



A Monthly Newsletter from the WHS Guidance Department January 2012

PSAT/NMSQT Score Reports Mailed in December

PSAT scores were mailed home at the beginning of December. The Guidance Department has each student's original PSAT test booklet. Students or parents should pick up this test booklet in the Guidance Office.

Students who took the PSAT in October 2011 are able to use www.collegeboard.com/quickstart free of charge for the duration of their high school careers. This is the College Board's online tool for career, major, and college exploration that also includes a personality assessment.

For additional information regarding the interpretation of the PSAT scores please refer to the WHS Guidance Website, under the 2013

Class Link. Please do not hesitate to contact your child's guidance counselor with any questions you may have about your child's scores.

A PSAT Student/Parent Workshop will be held on Wednesday, January 4th at 7:00 pm in the auditorium. The workshop will help you to interpret your scores as well as help identify next steps. Please RSVP to Ms. Wilson in Guidance. Ewilson1@winchester.k12.ma.us

Sophomore Parents

An informative coffee for tenth grade parents hosted by the Guidance Department will take place on Wednesday, January 18th at 8:00 am at the high school. If you plan to attend, please RSVP no later than January 12th to Ms. Wilson in Guidance. Ewilson1@winchester.k12.ma.us

During the month of January, Guidance Counselors will be meeting with all tenth grade students. Students will receive their password for Naviance and can begin utilizing career exploration tools available through Naviance.

Junior Parents

In January Guidance Counselors will be meeting with all eleventh grade students to review post secondary options and the college process.

Junior Parent Night Scheduled

For January 31, 2012

The Guidance Department's Early College Planning Night for parents of juniors has been scheduled for Tuesday evening, January 31, 2012, at 7:00 P.M. The program will be held in the auditorium and will feature speakers David Hautanen, Director of Admissions and Recruitment, Northeastern University, and Naiara Souto, Admissions Counselor, Tufts University. The admissions professionals will describe the admissions process from the colleges' perspective. Guidance Director Sherri Lewis-Sholler will discuss how to get started on the college selection process and provide an overview of how to use Naviance. The Early College Planning Night is the first in a series of workshops designed to equip parents with as much information as possible about the college process. Juniors are encouraged to attend this workshop with their parents.

Important Information for Parents of Seniors

During the senior year, when a student requests that his/her transcript be sent to a college, the transcript of the first three years is sent to colleges. In February, after mid-year report cards have been issued, a copy of the mid-year report card is automatically sent to all colleges to which a senior has applied. The mid-year report sent to the colleges reflects only the student's mid-year grades in each course. Quarter grades, mid-year exam grades, and teacher comments are not included in the mid-year report. If a college requests to see the first quarter report card prior to mid-year reports,

please see Mrs. Wilson in Guidance.

Johnson & Wales University will be available in the Guidance Office on January 24, 2012 from 11:00am-2:30 pm for "On-the-spot Application Review Day". Seniors may schedule appointments to meet with an admissions representative in the Guidance Office. Students should complete an application and return it to the Guidance Office prior to January 18th. The application fee is waived for students who participate in "On-the-spot Application Review Day" and no essay is required. Applications are available in the Guidance Office.

Plan Now for Free College Goal Sunday, January 29, 2012

College Goal Sunday is a volunteer-driven effort to provide free assistance to students and families in completing the Free Application for Federal Student Assistance (FAFSA). The program is supported and administered by a volunteer committee comprised of members of the Massachusetts Association of Student Financial Aid Administrators (MASFAA). College Goal Sunday workshops will be held at various locations across the state. Students and their parents should bring completed 2011 or 2010 Federal tax returns, W2 statements and other 2011 or 2010 income and benefits information, current bank statements, untaxed income (Social Security, Welfare, Veterans Benefits records, etc.), drivers license and alien registration card, if applicable. This information is helpful, but not required. To learn more or to register go to: www.FAFSADay.org

Financial Aid ...Get Your PIN Now!

Although the Free Application for Federal Student Assistance (FAFSA) cannot be filed until after January 1, 2012, seniors and their parents planning to apply for financial aid can get a PIN (Personal Identification Number) now which will be used to electronically sign the FAFSA when completing and filing the application online. Applying for a PIN now will avoid holding up the process of filing the FAFSA online after January 1. To obtain a

PIN, students will need to supply their name, social security number, date of birth and mailing address and submit the **PIN** request. Parents of a dependent student must also request a **PIN**, since both parent and student must sign the **FAFSA**. To obtain the **PIN**, go to: www.pin.ed.gov.

Out-of-State Tuition Break Through RSP

The New England Board of Higher Education's (NEBHE) Regional Student Program (RSP) gives thousands of New England college students a significant out-of-state tuition break each year when they enroll in approved degree programs at out-of-state public colleges and universities in Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island and Vermont. Through the RSP, the New England states cooperate to share academic programs offered by their public higher education institutions and provide eligible New England residents with a tuition break when they pursue approved programs not offered by their home-state public colleges and universities. The NEBHE website www.nebhe.org features comprehensive RSP information.

Scholarships

Winchester Scholarship Foundation applications will be available in January 2012 in the Guidance Office. Additional scholarship information can be found under the *Scholarship* tab in Naviance.

College Financing Tool

The U.S. Department of Education has announced a new online tool to help students and families financially prepare for college before a student's senior year of high school. The **FAFSA4caster** provides parents with an early estimate of their eligibility for federal student aid, including grants, reduces the time it will take to complete the FAFSA (Free Application for Federal Student Assistance) and clarifies the financial aid process for students and parents. To use the **FAFSA4caster**, go to: www.fafsa.ed.gov click on the link to **FAFSA4caster**.

Joint Admissions Programs at Middlesex Community College

The Joint Admissions Program at Middlesex Community College allows students to earn their Associate Degree at Middlesex in one of the 25 possible Joint Admissions majors. Students who graduate with a 2.5 cumulative grade point average are guaranteed admission to a participating Massachusetts state college, the University of Massachusetts or Suffolk University. (Massachusetts College of Art and Massachusetts Maritime Academy do not participate at this time.) Participation in the Joint Admissions Program simplifies the transfer process, since there is no need to fill out another application or pay an application fee. This allows a smooth transition into the bachelor's degree program. Students may decide not to participate in Joint Admissions as there are many other transfer options available, but if they fulfill the Joint Admissions requirements, they know there will be a space waiting for them at their choice of a participating state college, UMass campus, or Suffolk University. To learn more about Joint Admissions, call: 1-800-818-3434, or go to www.middlesex.mass.edu.

Best Wishes for 2012!

COMMUNITY NEWS

ELEMENTARY SCHOOL REDISTRICTING PLAN - PUBLIC DISCUSSION **Tuesday, January 17, 2012 at 7pm – McCall Middle School Auditorium**

Come learn more and share your ideas regarding the purpose, process, and principles of redistricting our schools for the 2013-14 school year. Enrollment growth, an anticipated move of school administration to Parkhurst, and the expected opening of a larger Vinson-Owen Elementary School in September 2013 necessitate the School District redraft elementary school boundaries. A Superintendent's advisory committee has been convened and charged with reviewing enrollment projections and alternate models and making recommendations by May 2012. We are seeking input from all community stake-holders as we start this process. Join us at this meeting or submit ideas at info@winchesterredistricting.com.

WFEE TRIVIA BEE TEAMS NEEDED!!!

What's that I hear?! It's a BUZZing sound! It's time for the annual WFEE Trivia Bee on Wednesday February 8th at Town Hall! This is a town wide community building event that raises funds for the Winchester Foundation for Educational Excellence. Over the years, WFEE has supported innovation and excellence in Winchester schools through grants and system wide initiatives that are beyond the reach of available public funds. Every child has been impacted by WFEE and we are grateful to YOU for making this possible, through the support of events like the Annual Trivia Bee!

If you are interested in forming a team of three (\$300) to represent your business, book club, neighbors, friends, etc. please contact us or use the entry form on the WFEE web site (<http://www.wfee.org/documents/2012WFEEBeeEntryForm.pdf>). If you are unable to participate, but would like to sponsor a team, we welcome your support as well. Questions, please contact Ceci Cordeiro at cecicordeiro3@gmail.com.

PARENT TO PARENT PRESENTS:

The Way of Boys: Promoting the Social and Emotional Development of Young Boys

Thursday, January 19, 2012

7:00-8:30 PM, Winchester Public Library

A book group discussion on Dr. Anthony Rao's new book [The Way of Boys: Promoting the Social and Emotional Development of Young Boys](#) will be held on Thursday, January 19, 2012, from 7 to 8:30pm in the Library's large meeting room. This program is co-sponsored with the Winchester Public Library. Dr. Rao, recognizing the distinct challenges of raising young boys, offers practical advice on how to raise happy and healthy men. He urges parents, educators and others to re-evaluate how we deal with young boys. In reaction to the current debate on the over-use of psychological disorder diagnoses, Dr. Rao clarifies what is normal boy behavior and development, giving parents the tools for how to best advocate for their sons in both academic and social situations. 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.

"Evening With The Superintendent"

Monday, January 23, 2012

7:00 - 8:30 p.m. McCall Middle School Library

Please join us for a "state of our schools" report and an open dialogue with Superintendent William

McAlduff. Topics may include the school budget, curriculum, new programs, school building maintenance, sports and fields, and more. This is an annual event and a great opportunity to meet and hear what is happening at our schools. To submit your questions ahead of time to the Superintendent, please send them to info@parenttoparentwinchester.org. For more information, visit www.parenttoparentwinchester.org (Please note there is a Snow Date of January 30).

Talking to your Child about Body Image and Nutrition

Thursday, February 9

7:30 – 9:00 pm

Next Door Theater, 40 Cross Street

Our culture is bombarding us with confusing nutrition and skewed body image messages. How can we expect our children and teens to make sense of these messages that we struggle to understand ourselves? Psychologist Jodi R. Galin and nutrition therapist Amy Aubertin will help you talk to your son or daughter about body image, counter-act the idealized images in the media, and emphasize healthy food without going overboard. This panel discussion will bring to life key protective factors that parents and caregivers need to know in order to help their growing children develop healthy eating and exercise habits. Learn warning signs of childhood obesity and eating disorders that may signal a need for professional attention.

Jodi R. Galin, Ph.D. is a licensed psychologist with over fifteen years of experience specializing in the treatment and prevention of eating disorders. She co-authored, *Growing Together* (2004), an obesity and eating disorders awareness and prevention program. Amy Aubertin, MS, RD, LDN is a registered dietitian and nutrition therapist who specializes in eating issues, weight issues and mindful eating.

Appropriate for parents of children of all ages, especially late elementary school and middle school. Questions for the panelists may be submitted ahead of time by emailing info@parenttoparentwinchester.org and at the talk.

JANUARY COMMUNITY EVENTS AT WINCHESTER COMMUNITY MUSIC SCHOOL

Saturday, January 14 10:30 AM- 12:00 PM Jr. District Mock Auditions. For middle school and 9th grade students trying out for MMEA Junior District Music Festival. Experience the audition process in a supportive environment. Receive valuable feedback and helpful suggestions from peers and faculty. The Workshop will cover presentation issues, expectations from the adjudicators, relaxation suggestions, and tips on audition strategies.

Saturday, January 21 WCMS Auditions. Winchester Community Music School will hold placement auditions for their instrumental ensemble program. Instrumentalists do not need to be private lesson students at WCMS to participate. Offerings include: Classical Chamber Music (elementary-adult), Jazz Ensembles (middle school - adult), Percussion Ensembles (grades 5-9), Rock Bands (middle school – adult), Beatles Ensemble (teens & adults), Blues Ensemble (adults), and Motown Ensemble (teens & adults). WCMS also offers the Jenks Recorder Ensemble for adults. Call WCMS at 781-721-2950 to make an appointment or visit the school's website at www.winchestermusic.org for more information.

Sunday, January 22 3:00 PM Faculty Chamber Concert. Join us for an afternoon of chamber music performed by the talented WCMS faculty. Works include the Piano Trio Op. 70 No. 1 in D Major (Ghost Trio) by Beethoven and the String Quartet No. 4 in g minor, K. 516 (Viola Quintet) by Mozart. Performers include: Anne Bennett, Annegret Klaua, Karen Oosterbaan, Aimee Tsuchiya, Nick Upton, Alex Vavilov, and Noralee Walker. Held at WCMS in Nichols Hall, open to the public.

WINCHESTER MULTICULTURAL NETWORK

MLK Day Celebration

Monday, January 16 at 3-5pm

Metcalf Hall of the Winchester Unitarian Church, 478 Main Street

A family event featuring Guy Mendilow performing "Songs From Around the World," art work by Winchester schoolchildren, crafts & more. The Winchester Multicultural Network and the Family Action Network (FAN) invite all members of our community—and particularly families with children—to join in a celebration of Dr. Martin Luther King, Jr.'s birthday on Monday, January 16. The free event will feature a musical performance by Guy Mendilow, whose band was voted Boston's Best World Music Act in the *Boston Phoenix* Best Music Poll 2011. Also enjoy a display of art and writing by Winchester schoolchildren, a book fair, craft activities and refreshments. Doors open at 3pm. Concert begins at 4pm.

Anti-Racism Workshop with Paul Marcus of Community Change

January 25, 2012 from 6:00 -9:00 p.m.

Winchester Unitarian Church, 478 Main Street

Is racism over now that we have a black President? Are we now living in a Post-racial America? This session is designed to provide an **examination of race, privilege and systemic racism and their implications for all of our lives**. Participants will deepen their competency for raising and addressing racism as a barrier to individuals, organizations, communities and our nation in living out our deepest values.

Workshop Leader: Paul Marcus is a white anti-racist activist, educator and consultant. He is the Executive Director of Community Change, Inc in Boston, MA. Founded in 1968, Community Change's mission is to promote racial justice and equity by challenging systemic racism and acting as a catalyst for anti-racist action and learning. He taught "History and Development in the U.S." at Boston College for over 30 semesters. www.communitychangeinc.org Suggested donation: \$10 includes a light supper from 6:00 – 6:30 pm. R.S.V.P. is appreciated by January 20th but not required. Please email trudyg@rcn.com or call 781-756-0103, or [781-729-7100](tel:781-729-7100). Questions? Trudy Glidden or Paul Marcus (pmarcus@communitychangeinc.org) The workshop is co-sponsored by the Winchester Unitarian Church and the Multicultural Network.

Winchester In Transition

Saturday, February 11 9:00 am—3:00 pm

The Winchester Multicultural Network has a community conference well underway—WIT (Winchester in Transition)--with some 20 town groups already partnering. We want everyone to save the date for this event and ensure that there are no major scheduling conflicts in our busy, active town.

With so many cultural, economic and environmental challenges taking place, we need every segment of our town represented—including an intergenerational range of all who live, work, study, play, and worship in Winchester. WIT provides an opportunity to build a greater sense of community, to collaborate around resources and people, to find synergy in our projects, to capitalize on our increasingly global community. Join community leaders, friends and neighbors as we explore a variety of ways in which to make sure that Winchester remains socially welcoming, economically resilient, and environmentally healthy for decades to come.

Please check out the website www.gettowit.org which has up to date information on plans for the day, including information on panelists and the guest speaker and facilitator, Teja Arboleda. Arboleda is a university professor, author, and Emmy-award winner--a television producer and director of educational and commercial programs for PBS, ABC, and Discovery Channel. His mission is to move us forward in our understanding of racial and cultural diversity.

We encourage you to register now on our website. We invite you to join the community-wide conversation!