

# WINCHESTER HIGH SCHOOL

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## PARENT FACULTY ASSOCIATION NEWSLETTER JANUARY 2015

Visit our website at <http://www.whspfa.org>

### FROM THE OFFICE OF PRINCIPAL SEAN KILEY

**January** (noun): *The first month of the year and one of seven months with the length of 31 days. January is named for Janus, the God of the doorway - January is the door to the year. This month, on average, is the coldest month of the year within the Northern Hemisphere, and statistics have shown that January 13 is the coldest day of the year. January is National Blood Donor Month, National Braille Literacy Month, National Hobby Month, National Soup Month, and National Staying Healthy Month.*

This month, we all officially start the gift of 365 days filled with potential. I wish you an incredible New Year teemed with every happiness and success. Enjoy the moments this 2015. Be focused, make goals, conquer yourself, be a better you, and have an amazing year, Sachems...I cannot wait to be part of it.

Sean Kiley, Principal

#### How do you say January in:

Spanish: enero  
Irish Gaelic: Eanáir  
Portuguese: janeiro  
Mandarin Chinese: yī yuè  
Italian: gennaio  
Arabic: Jan  
Swahili: Januari  
French: janvier  
Japanese: ichi-gatsu  
German: Januar  
Polish: styczeń  
Turkish: Ocak  
Hebrew: ינואר  
Russian: январь

#### IMPORTANT DATES

Jan. 1 New Year's Day – No School  
Jan. 5 School Resumes  
Jan. 5 WHS Musical Rehearsals Begin  
Jan. 7 Christmas (Eastern Orthodox)  
Jan. 8 Winchester Coalition Meeting  
Jan. 8 Spanish V Enrichment Program (D)  
Jan. 9-10 Senior District Festival - Lowell

Jan. 12 WHS Winter Instrumental – McCall  
 Jan. 14 Introduction to Naviance – Grade 10  
 Jan. 15 Spanish V Enrichment Program (D)  
 Jan. 16 Spanish V Enrichment Program (B)  
 Jan. 19 Dr. Martin Luther King, Jr. Day  
 Jan. 20-23 Mid-Final Exams (see schedule below)  
 Jan. 23 2nd Quarter/1st Semester Ends  
 Jan. 27 Mentor/Protégé Meeting  
 Jan. 28 WAG Program (20 minutes)  
 Jan. 29 Early Release Day  
 Jan. 30 Faculty Breakfast – SPED  
 Jan. 31 SAT Practice Test Fundraiser

### **MID-FINAL EXAM SCHEDULE**

Jan. 20        **Block D Class ~ 7:45 am – 8:40 am**  
                  **Block E Class ~ 8:45 am – 9:40 am**  
                  **Block A Exam ~ 9:45 am – 11:15 am**  
                  *Dismissal after last exam period*

Jan. 21        **Block B Exam ~ 7:45 am – 9:15 am**  
                  **Block C Exam ~ 9:30 am – 11:00 am**  
                  *Dismissal after last exam period*  
                  **Make-up Exams ~ 12:45 pm – 2:15 pm**

Jan. 22        **Block D Exam ~ 7:45 am – 9:15 am**  
                  **Block E Exam ~ 9:30 am – 11:00 am**  
                  *Dismissal after last exam period*  
                  **Make-up Exams ~ 12:45 pm – 2:15 pm**

Jan. 23        **Block F Exam ~ 7:45 am – 9:15 am**  
                  **Block G Exam ~ 9:30 am – 11:00 am**  
                  *Dismissal after last exam period*  
                  **Make-up Exams ~ 12:45 – 2:15**

### **MID AND FINAL EXAMS**

Mid and Final Exams begin on Tuesday, January 20<sup>th</sup>, and conclude on Friday, January 23<sup>rd</sup>. Are you ready? Final exams make up 20% of the semester grade or 10% of the full year grade in a course. I will pass on wishing you "good luck" on your exam. A great teacher once told me that "luck is what happens when preparation meets opportunity, you are prepared, so do well." I have always remembered that advice. So, please make your plan now for when and how you will study for each subject. Do well, Sachems.

### **STUDY TIPS**

- Make a plan for when to study for each course...avoid ineffective, last-minute cramming
- Make a plan of what to study for each course...teachers often give final exam study guides
- Break study sessions for each exam into chunks
- Spend most of the study time preparing and a little time reviewing
- Study actively instead of passively (rewrite notes in a different organization system instead of re-reading notes and chapters)

- Plan to concentrate for reasonable periods of time (2-3 hours) with breaks
- Work on more than one subject rather than a single subject over the course of an evening
- Study difficult subjects or subjects with low interest first while you are still fresh
- Vary your study locations to help the brain connect with information
- Avoid distractions (ahem...cell phone, Facebook, Twitter)
- Be aware of information that you don't understand so that you can ask your teacher for clarification before exam day
- Review study materials right before the exam
- On exam day, look over the whole exam first and jot down notes to relieve stress
- On exam day, divide up the exam mentally by the clock to stay on task
- On exam day, review your work and make sure that you have the best answers...don't concern yourself with when other students finish the exam

Respectfully,

Sean Kiley, Principal

## **PFA NEWS**

Another New Year.... a gift of a fresh canvas promising to be filled with the colors and patterns of the days ahead! To all members of our Winchester High School community – may all your hopes and dreams come true and setbacks turn into stepping-stones for greater success. Cheers 2015!!!

The PFA sponsored Faculty and Staff Holiday Breakfast on December 8<sup>th</sup> was a festive and successful event. Paula Michienzi, Denise George, Loren Schipani and Mary Ellen Melaragni of the Social Committee worked hard to organize the generous donations of treats and breakfast foods from parents, as well as gift cards and prizes for raffles to ensure a warm and cheery setting for the staff members to relax and start the week with a smile. Over fifty prizes were won by staff members, ranging from gift cards and pretty poinsettias to chocolate, wine and other wonderful items. This event was the first of three sponsored by the PFA to specifically express our gratitude and appreciation for the dedicated work of our staff and faculty members. Many thanks to all the parents who contributed towards this event, to Dunkin Donuts for their generous donation of coffee and to our wonderful Social Committee for making this happy event possible.

The HOT TOPIC for the PFA meeting held on December 8<sup>th</sup> was the WHS Renovation Project Update and Safety on Campus. Superintendent McAlduff presented a Power Point outlining the progress of the construction and next steps to be expected. The presentation is on the Winchester HS Project website and can be accessed by clicking [here](#). Besides the featured speakers for the evening Mr. McAlduff, Mr. Robert Deering (Chair EFPBC) and Mr. Rick Tustin (Fire Captain), an industrial hygienist and representatives from Consigli Construction Company and Skanska, the Project Management firm, were present to address the many different concerns arising from construction. Together, the team emphasized that construction has been progressing on schedule, and if students and parents notice any problems, they are requested to communicate directly with the administration, and the entire team will work together immediately to resolve/mitigate any issues.

The WHS PFA is now enrolled in the Amazon Smile program, which gives back 0.5% of your purchases to the designated charity of your choice. If you do your shopping on Amazon, you can easily earn money for our school. Amazon Smile will donate 0.5% of all purchases to our organization. It's as easy as 1-2-3! **1** - just click on this link <http://smile.amazon.com/ch/46-4196353>, **2** - choose Winchester High School Parent Faculty Association as your nonprofit charity ...**3** - begin shopping!

The Cycle Days calendar is available on the PFA website, and the events calendar on Edline also has the Cycle days entered on it. We hope these two resources will make it easier for you to plan your busy days.

Good Luck to all students for the mid-term examinations!

Warm Regards

Malini Dutta and Lori Scully  
WHS PFA Co-Presidents

## HELPFUL LINKS

[WHS Staff Contact List](#)  
[WHS List of Key Dates](#)  
[District-wide Calendar](#)

## SCHOOL NEWS

### **Special Education PAC Meeting**

**January 7, 7:30pm at the Parkhurst, 40 Samoset Rd.** Come meet Pam Girouard, Winchester's new Administrator of Special Education and hear about the state of Special Education in Winchester.

### **January Parent Conversations Meeting**

**January 13, 9:00am -10:00am in the WHS Guidance Department Conference Room.** Parent Conversations are monthly meetings (typically held the second Tuesday of the month at 9:00am in the guidance conference room) led by the school Adjustment Counselor, Amber Haines, LICSW, to connect with parents around socio-emotional (non-academic) issues that their child may be experiencing. Topics vary depending on parents' interests and needs. All parents and guardians are welcome to attend!

### **Coffee with the Superintendent**

Parent to Parent invites you to join us for our annual coffee with the superintendent with Bill McAlduff. The meeting will be held on **February 3 at 9:00am in the McCall Middle School library.** Our agenda will include updates on the state of our schools and the search for a superintendent. Also featured will be Winchester High School Principal Sean Kiley who will share his insights during his first year and his plans for the future. This meeting is always informative and a great way to get to know the leaders of our school system in a casual setting. Please join us!

## FROM THE WELLNESS DEPARTMENT

It is with mixed emotions that the Wellness Department would like to announce that Karen Murphy will be retiring at the end of this semester. Karen's talents and experience will be missed at the High School and especially by the Wellness Department. It is true, we are saddened that she is leaving, but we are excited as she is going to explore a new avenue in her life focusing on her fabric design expertise.

We would also like to welcome a new member to the department, Brenda Turney, who has been hired to fill Karen's big shoes!!! Some of you may recognize her name as she has been a teacher at Muraco Elementary School for a number of years. We are happy for them both and wish them the best in their new careers!!!

## WFEE NEWS

### 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 4th**, 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 attached form](#). 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](mailto:cecicordeiro3@gmail.com).

## CONNECT & COMMIT

### ALL ARE WELCOME!!

You can sign up for the opportunities listed below at the meetings or in the C&C Office in the library of the high school. If you have questions visit Lauren Winterer, Program Director, in the C&C Office or email her at [connectandcommit@gmail.com](mailto:connectandcommit@gmail.com).

## WINCHESTER YOUTH CENTER

458R Main Street  
Winchester MA 01890  
781-721-0906

<http://www.wynec.com>

[winchesteryouthcenter@gmail.com](mailto:winchesteryouthcenter@gmail.com)

The Winchester Youth Center encourages everyone to check out our website at [www.wynec.com](http://www.wynec.com) and sign-up to join our mailing list and receive our weekly newsletters to keep updated on everything we have going on. The WYC is home to a wide range of

leadership, service-learning, and good-decision-making activities specifically for high school students. The WYC provides tons of opportunities for WHS students to have fun with friends, do great things for the community, and learn how much they are capable of accomplishing!

### **TEEN CLOTHING NEEDED**

**January 5<sup>th</sup>-16<sup>th</sup>**

#### **Items needed:**

**Coats, Hats, Gloves, Scarfs, Pants, Skirts, Sweatshirts, T-shirts, Sweaters, Hoodies**  
**Collection bins at WHS and the WYC**

The WYC is partnering with Massachusetts Coalition for the Homeless & the Teen Closet Initiative. The Teen Closet is located in Jeremiah Burke High School in Boston. It is a place for students to stop by during school hours to receive free clothing and hygiene products.

Today 1 in 7 children are growing up in poverty which often means they have to do with less simply because their parents can't afford it. A teenager growing up in poverty often has to do without the most basic of items such as clothing.

Please help us make a difference!

### **MID-TERMS STRESS RELIEF**

**The Winchester Lantern Walk Committee is once again offering care packages and other treats to students during exam week.**

All WHS students are invited to stop by the cafeteria following exams on Tuesday, Wednesday, and Thursday for some treats and stress relief! Parents are welcome to contribute baked goods. Please contact [winchesteryouthcenter@gmail.com](mailto:winchesteryouthcenter@gmail.com) to donate.

### **COMMUNITY NEWS**

#### **Winchester TOPS for Hoops**

**Bringing the joy and excitement of basketball to young athletes with disabilities**

Winchester Youth Basketball Association announces the winter 2015 TOPS for Hoops program. This program provides children with disabilities the opportunity to play basketball through rule and equipment adaptation. Athletes between the ages of 5 and 18 are invited to participate in a modified game of basketball once a week.

A volunteer group of "Junior Coaches" serve as one-on-one buddies with TOPS athletes.

#### **Schedule:**

- Beginning in January, the Program runs six Sundays from Jan 4<sup>th</sup> to Feb 8<sup>th</sup>.
- Location is Lincoln School in Winchester.
- Time is 1:00 to 2:00 p.m.
- Everyone from anywhere is welcome.

**Registration is available at [www.winchesterbasketball.org](http://www.winchesterbasketball.org)**

If you are interested in Winchester's TOPS for Hoops program as either an Athlete or Junior Coach, please contact Jeff Calnan, TOPS for Hoops Director, at [jfcalnan@yahoo.com](mailto:jfcalnan@yahoo.com). Please note that Junior Coaches must be in high school, and no prior basketball experience necessary.

## **North Suburban YMCA After-school Program at First Baptist Church in Winchester**

### **Benefits of the after school program:**

- Homework support
- Open all half days, vacations and snow days!
- Team building games
- Indoor/outdoor sports and games
- Literacy, math and science enrichment
- Healthy snacks
- Make long lasting friendships

Affiliated Schools include **Ambrose Elementary, Lynch Elementary, Muraco Elementary, Vinson-Owen Elementary, Lincoln Elementary, and McCall Middle**. For more information regarding program, hours, fees, and financial assistance please contact:

**Juan Berrios - Site Director**

**(617) 571-1496**

[jberrios@ymcaboston.org](mailto:jberrios@ymcaboston.org)

This program is licensed by the

State Department of Early Education and Care.

"This institution is an equal opportunity provider."

## **Accept U Information Session – Wednesday, January 14**

Join Marc Zawel, co-founder of AcceptU and author of *Untangling the Ivy League*, and Sophie Gray, a former admissions officer at Columbia University, during a FREE information session from 6:30-8:00 pm on Wednesday, January 14th at the Winchester Public Library (large meeting room). The title of the session is "*Inside the College Admissions Office*."

AcceptU is a local college counseling group comprised entirely of former admissions officers that has provided one-on-one guidance to many Winchester families. AcceptU's counselors help students with academic, extracurricular and standardized testing planning as well as the college list, admissions strategy, essays, interview prep and financial aid.

Parents and students in 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> grades are encouraged to attend this event. It is open to all.

## **Martin Luther King, Jr Celebration - Mon, Jan 19**

Celebrating the life and work of the Rev. Dr. Martin Luther King, Jr., co-sponsored with the Family Action Network on Monday, January 19, 2015 from 3:00-5:00 pm in Metcalf Hall, Winchester Unitarian Church (rear entrance)

The Multicultural Network and Family Action Network continue their tradition of offering a



program for families on the holiday honoring Dr. King. As always, there will be a display of art and writing from Winchester students, crafts, refreshments, and music. This year Nick Page will involve everyone, bringing children into the center of the celebration. Nick will explore family friendly songs from the Civil Rights movement, the Anti-Apartheid movement, and songs that move people today.

Nick Page is a Boston area song leader, composer, author, and choral conductor. He directs Arlington's Mystic Chorale, has over one hundred published choral works, and is the author of three books on song leading and multi-cultural education. Please join us on January 19!

## WFEE Update

Get out your calendars, the WFEE Prom 'n Aid has been rescheduled for Friday, March 6

We will be moving to Town Hall but still starting at 6:30 pm, having a fabulous dinner, dancing and more. A limited number of tickets are still available for purchase through [www.wfee.org](http://www.wfee.org). Questions? Contact Caren Connelly at [info@wfee.org](mailto:info@wfee.org)

Did you know.....

- WFEE's powerED UP! initiative aimed at integrating technology into all Winchester classrooms will make a difference at WHS? One goal of the \$850,000 campaign is the purchase of management software to allow Winchester High School to become a "bring your own device" school. The plan also includes money for piloting on line textbooks - no more 50 pound backpacks! Watch this video on Vimeo to learn more - : <https://vimeo.com/lmpgeneral/review/100538079/b09c1da974>
- Chemistry students at all levels will be working with updated lab equipment thanks to a WFEE Grant. The nearly \$4500 grant provides sensors, probes, interfaces and more to allow for more advanced lab work

Visit [www.wfee.org](http://www.wfee.org) to read about powerED UP! and other WFEE projects

## Winchester Scholarship Foundation Seeking New Board Members

The Winchester Scholarship Foundation is seeking new board members to help continue their mission of providing scholarships to deserving WHS seniors and graduates. Each year approximately 100 students receive the much needed help to pay for escalating college costs. It's a great opportunity to help our students. Please contact Nancy Kinton at [nkinton@hotmail.com](mailto:nkinton@hotmail.com) or call 781.771.8259 for details.

## Winchester Public Library Programs

**Wednesday, January 7, 2015 (snow date Jan. 8th) at 7:00 pm: "The Joy of Getting Things Done"** by Linda L. King of Reading. If you missed this program the last three New Year's Resolutions ago, it's a must for people who want to make their 2015 resolutions become a reality. Attendees receive hand-outs for developing their own action plan and note taking.

**Tuesday, February 3, 2015 (snow date February 4<sup>th</sup>) 7:00 pm: "Murder and Mayhem: The Dark Side of Boston"**. Enter the dark side of Boston's history in this narrated slideshow presented by Boston By Foot, a nonprofit organization that provides walking tours of Boston. Hear about the scourges of smallpox and influenza, Boston's history of mob violence, the



Molasses Flood, the infamous Brink's robbery and more as we explore Boston's dark and dangerous underbelly!

## **Parent to Parent Book Group – Tuesday, January 27**

Please join other Winchester parents and guardians to discuss the ground-breaking book, **Mindset, The New Psychology of Success: How We Can Learn to Fulfill our Potential** by Carol S. Dweck, Ph.D.\*

Psychologist Carol Dweck explains why it's not just our abilities and talent that bring us success, but whether we approach them with a fixed or growth mindset. She makes clear why praising intelligence and ability doesn't foster self-esteem and lead to accomplishment. With the right mindset, we can motivate our kids, as well as reach our own goals—personal and professional.

**Tuesday, January 27, 2015  
Winchester Public Library  
7:00 - 8:30 PM**

*In order to facilitate discussion, we will be focusing on the following chapters:*

- *Chapter 1: The Mindsets*
  - *Chapter 3: The Truth about Ability and Accomplishment*
  - *Chapter 4: Sports: The Mindset of A Champion*
  - *Chapter 7: Parents, Teachers, and Coaches: Where Do Mindsets Come From?*
- We also recommend the final Chapter 8 as a good summary.*

*Since the program addresses parenting challenges, we respectfully ask that children do not attend.*

*\*Please note the author will not be present at this book discussion group. For more information: [www.parenttoparentwinchester.org](http://www.parenttoparentwinchester.org)*