

Winchester High School  
Parent Faculty Association Newsletter  
May 15, 2023



## PRESIDENT'S NOTE



### Good Morning WHS Families!

We hope everyone had a fabulous weekend & Mother's Day! Keep reading to stay updated on all the upcoming events ~ have a great week!

- **Winchester "Got Lunch"** ~ WHS is in charge of collecting Tuna this year. Please consider donating a can or more of tuna (5oz) to this wonderful program that provides healthy lunches during the summer for students who rely on subsidized school lunches. There is a collection box at front door of WHS. More info below!
- **Strawberry Pops ~ Tuesday, May 16th 6 - 8PM.** A beloved tradition

featuring the WHS Music Department, our musical seniors, and Strawberry Shortcakes. All are welcome and it's fun for the whole family! See brochure [here](#).

- **LAST PFA Meeting of the year: (3rd NEW DATE) ~ Monday, May 22nd at 7pm**, WHS Library. This is a date change from 5/15 & 5/2. We are so sorry for multiple date changes but with all the activity we want to accommodate everyone! We are hoping the 3rd time is a charm.

Have a wonderful week and as always, please reach out for any reason.

Fondly,  
Brenda Mandile & Adrienne Spignesi  
WHS Co-Presidents  
[whspfa@gmail.com](mailto:whspfa@gmail.com)

## WHS IMPORTANT DATES - MARK YOUR CALENDAR

[2022-2023 District School Calendar](#)

[2023-2024 District School Calendar](#)

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**MON 5/15** - Mid-Quarter

**TUE 5/16** - Band, Chorus & Strings Strawberry Pops 6pm

**MON 5/22** - PFA Meeting 7pm, WHS Library

**FRI 5/26** - Seniors Last Day of Class!

**MON 5/29** - No School

**THU 6/15 - Last Day of School!**

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### **TRAFFIC ALERT - ROAD CLOSURES**

On Wednesday, May 17, at 9 AM, the eastbound lane of Skillings Road (towards Town Hall) will close at the WHS entrance. Anyone wishing to access WHS after 9 AM will still be able to do so. Parents, students, staff and visitors will be able to drive around any road closure signs at Main Street and Skillings Road to access the school. All traffic leaving WHS must continue westbound on Skillings Road towards the intersection of Main Street and Lake Street.

On Thursday, May 18th at 9 AM, the eastbound lane of Skillings Road will close at the Town Hall intersection. All WHS traffic will have to enter from Shore Road or Main Street by Stop and Shop. There will be no vehicle access on Skillings Road between the Town Hall intersection to the schools entrance in either direction.

Please note that a temporary school bus drop off will be utilized on Skillings Road just west of the main exit of the school. The area will be clearly signed and parking will be prohibited. Below is a full timeline of events from the Town Hall.

1. The Jenks Lot municipal spaces will be closed on Sunday, May 14th
  2. The entire Jenks Lot will close at 4:30pm on Tuesday, May 16th
  3. Wednesday, May 17th, close Skillings ONE WAY, from the high school to Washington Street, at 9:00am
  4. Thursday, May 18th, close Skillings, both ways, from the high school to Washington Street, at 9:00am
  5. Also on Thursday, close Mt Vernon Street, both ways, from Washington Street to Converse Place, at 5:00pm
  6. Parade Saturday morning
  7. Streets and parking lot re-open Sunday morning.
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## **NEW EDITION OF THE RED & BLACK IS OUT!**

The Red & Black School Newspaper's April/May Edition is out! Visit our updated website available to students and staff at [www.whsredandblack.com](http://www.whsredandblack.com), or pick up your physical copy outside the library. Read about WHS teachers guessing Gen Z slang part 2, school charity drives, Winchester sports, and more!

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## **HOSTING OPPORTUNITIES!**

The WHS Spanish Exchange program is looking for host families to accommodate students and teachers that are visiting us from Madrid, Spain for two weeks September 9 – 23, 2023. Hosting responsibilities include providing a bed, meals, and transportation to and from school unless you're in walking distance.

Please contact [Betsy Kean](mailto:bkean@winchesterps.org) for more information at [bkean@winchesterps.org](mailto:bkean@winchesterps.org)  
or  
[whsspanishexchange@gmail.com](mailto:whsspanishexchange@gmail.com)

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## **SPRING ALLERGIES**

We are seeing many students with complaints of itching eyes, running nose and scratchy throats and looking for “allergy medicine.” While we may offer students a sink to wash hands & faces and a cool compress for irritated eyes, we do not have allergy medication (Claritin, Allegra, Zyrtec etc.) in the health office. Please be sure your student takes their allergy medication at home so they feel well at school!

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## **REMINDER RE: SPORTS EQUIPMENT**

Students should not be leaving their sports equipment in the main

office. If it is dropped off to them, they need to come down and bring it to the locker room.

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## WORLD LANGUAGE AWARDS NIGHT

Save the Date! World Language Awards Night

Date: Wednesday, June 7th

Time: 7:00 PM

Location: WHS Auditorium

Students receiving a World Language Award will soon receive an invitation to the Annual World Language Awards Night to celebrate their outstanding achievement in the language(s) they are studying. Families are encouraged to attend with their student receiving an award. All classmates are welcome as well.

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## WINCHESTER GOT LUNCH

With summer break fast approaching it is time to make summer food plans. Did you know that Winchester Got Lunch provides **FREE** healthy lunch foods during the summer to Winchester children who typically receive free or reduced lunches during the school year?

This **confidential** ten-week program is easy to sign up for and consists of weekly deliveries to your home. Here's how it works: Monday mornings a bag of nutritious food is delivered to your door, including fresh fruits and veggies, with enough food for five lunches in each bag. This year, the first delivery will take place on Tuesday, June 20<sup>th</sup>, due to the holiday.

Winchester Got Lunch is a completely confidential program and protects the privacy of our families. The information you provide online is never disseminated to more than the registrar and your family is assigned a number for delivery purposes. To enroll your child(ren) online go to [winchestergotlunch.org](http://winchestergotlunch.org) and click on the Register tab at the top of the home page.

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## COLLECTION FOR WGL

Winchester Got Lunch is collecting TUNA (5 oz can) the entire month of May from WHS ! Please drop off in the box outside of the main office.

StarKist, Bumble Bee, Chicken of the Sea  
Tuna in a can, one- maybe three?  
Whatever you can donate, bring it into School  
The WGL Kids will think you're super cool!

# CLASS OF 2023 NEWS

## CLASS OF 2023 ~ EVENTS

Please visit [WHS Class of 2023 Events, Prom and Commencement Plans](#) for all the important details of upcoming activities for our seniors!

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## PROM CONTRACT DEADLINE IS TUESDAY

1. Prom Contracts - They are in the main office as well as [online](#). They are due **Tuesday May 16th** - with NO EXCEPTIONS, our count for Copley needs to be given May 17th, so this is a hard end date. PLEASE make sure your student gets their contracts/ payment in before then.
2. Prom Food Allergies Form: If your child has an allergy please [fill out this form](#) so we can best accommodate them.

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## IMPORTANT INFO ABOUT CLASS OF 2023 GRADUATION PARTY

The WHS Class of 2023 Graduation Party (formerly known as the "All Night Graduation Party") is the final opportunity for the entire graduating class to celebrate with great music, plenty of food and drinks, fortune telling, blackjack, and a live performance by the highly-entertaining comic hypnotist, Frank Santos!

**Registration is open NOW:**

It would be a huge help to us (and easier for you) if you could use "E-Sign" to register. To request a personalized "E-Sign" link for your student, [email us](#) and a personalized "E-Sign" link will be sent to you which only takes a few mins to complete. If you have twins, etc. attending, please let us know that in the email ~

a personalized link is sent for each individual Senior.

**Please note both Student & Parent signature is required on the registration form.**

\*If you prefer to print out and return a paper contract, please click [here](#).

**Volunteer opportunities:**

Parents of students in grades 6-11 will chaperone the party, spread the word!

*If you are in need of confidential fee assistance or if you have any questions, please feel free to contact us at [whsangpcommittee@gmail.com](mailto:whsangpcommittee@gmail.com).*

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**DONATIONS STILL NEEDED!**

THANK YOU for all your generosity on the sign up genius form for End of Year Senior Events. We still have a few things to sign up for and a new section of donations. The students want to do some cap decorating on the last day of school so there are some arts and craft donations they need! You can start dropping off any of your donations starting now, we just need them by **May 19th!**

Please use [this link](#) to access the signup genius site.

Thank you again for all your help!

Any questions please email the Class of 2023 Advisors

Marina Hanlon - [mhanlon@winchesterps.org](mailto:mhanlon@winchesterps.org)

Lindsey Quigley - [lquigley@winchesterps.org](mailto:lquigley@winchesterps.org)



## **FINAL CHANCE TO WIN VIP SEATING & PARKING**

Enter the following Raffles for VIP privileges at Senior Events! The drawings will be held on Friday, May 26th at 7:00 PM. All entries must be received by Friday, May 26th at 11:00 AM. All Raffle tickets are \$23 each. Once you have entered the raffle by completing the forms below, VENMO payment to @whspfa.

**GOOD LUCK!**

### **TWO VIP seats at graduation!**

You will be up close to the action as your child closes out their incredible journey. There will be TWO winners of TWO seats each!

Complete this [form](#) to enter!

### **VIP Parking at graduation!**

There will be THREE winners for one VIP spot each. Complete this [form](#) to enter!

### **VIP Promenade Area!**

There will be TWO winners for one VIP spot each. Complete this [form](#) to enter.



**VIP  
PARKING**



**CLASS OF 2023 SENIORS**



**ADVENTURE AWAITS...**

WHEREVER YOU'RE GOING, DON'T GO ALONE  
CONNECT WITH ALUMNI AS YOU PREPARE FOR YOUR NEXT STEP

JOIN THE [WINCHESTER ALUMNI ASSOCIATION](#)

College Transitions - Professional Networking - Alumni News and Events  
Winchester Alumni Association - [winchesteralumni.360alumni.com](http://winchesteralumni.360alumni.com)

**CLASS OF 2024 NEWS**

**SAVE THE DATE!!**

Tickets will go on sale the week of 5/29!



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### **ORDER A WINCHESTER FLAG**

Looking to show your Winchester pride maybe for the upcoming senior graduation or to celebrate the end of the school year, The Class of 2024 are selling Winchester flags for \$60! If you are interested in purchasing one please contact Danielle Adams at [awesome.adams@yahoo.com](mailto:awesome.adams@yahoo.com)!



## CLASS OF 2025 NEWS

### **VOLUNTEER OPPORTUNITIES**

The Class of 2025 is offering volunteering hours. Sign up [here](#) to help clean up for the EnKa fair! The date is on **Sunday May 21st** at **7AM** outside of Jenks.

### **SOPHOMORE FIELD DAY**

The Class of 2025 will be having FIELD DAY ON **WEDNESDAY MAY 24TH!!!** Join us for a day of games, food, and fun! Grab some italian ice, a slice of pizza, and bond with your class :) This event will be from **5:30-7:30 PM** in the field next to the front parking lot. The fee is \$10 per person, and we will be collecting money during lunch **ALL OF NEXT WEEK**. Mark your calendars, sophomores!

## CLASS OF 2026 NEWS

Check Here for Class Updates

## WHS SPORTS

### **WE WANT TO HEAR FROM YOU!**

If you have scores from games and pictures of WHS athletes in action [please email them to us!](#)

All team schedules can be found at [WHS Team Schedules](#)

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**SPRING SPORTS SEASON IS IN FULL SWING! PLEASE [SEND US](#) SCORES, UPDATES AND PHOTOS OF STUDENT ATHLETES AND TEAMS IN ACTION! LET'S GO RED AND BLACK!**

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## **BASEBALL**

At the Saturday home Varsity home game vs. Bellingham, players and families came out to support WHS baseball's tribute to honor Donna Gildersleeve, long time Winchester teacher and athletic trainer who passed away last summer. Funds raised will be donated to the Winchester Scholarship Foundation and the scholarship named in memory of Donna.

Below: 11U and 12U Winchester Baseball Players helped with fundraising



### **First House Pub Night - Tues, May 16**

Take a night off from cooking while supporting WHS baseball and stop by the outside seating area after the days' games at First House Pub, 528 Main Street. A percentage of sales will be donated to the program. Bring your players, families and friends!

### **Senior Night - Thurs, May 18, 6:15 p.m.**

Join us in honoring our six senior players prior to a night game vs. Reading under the lights!

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## **GIRLS LACROSSE**

On Friday, May 12, the Girls Varsity Lacrosse team defeated Woburn 14-6.

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## **TRACK & FIELD**

Last Wednesday our team competed against Reading at Wakefield High! They jumped, threw and ran fast and furious! This awesome team of over 200 athletes are a great support to each other through it all! G-O WHS Red & Black!





## TENNIS

Winchester Boys Tennis won over Belmont (4-1), Arlington (5-0), and

Woburn (5-0) this week! Congratulations!

Below is a picture of the team from the Boys Tennis Senior Day.



## UNIFIED BASKETBALL

In front of a lively crowd on Wednesday, the Winchester High School Unified Basketball team took on Burlington. Come support the team's fundraiser at Gloria's Pizza on Tuesday from 5-9.









# Gloria's

Pizzeria



## WHS UNIFIED BASKETBALL NIGHT!

Tuesday, May 16, 2023  
5:00-9:00 PM



Help support our local business and the  
WHS Unified Basketball Team!  
Order a tasty dinner and a percentage of  
the proceeds will go  
to the WHS Unified Basketball Team.



THANK YOU FOR YOUR SUPPORT  
AND  
THANK YOU TO GLORIA'S



[gloriaspizzeria.com](http://gloriaspizzeria.com)



# WHS ARTS, MUSIC & THEATER



## STRAWBERRY POPS

*Celebrate the  
Seniors!*

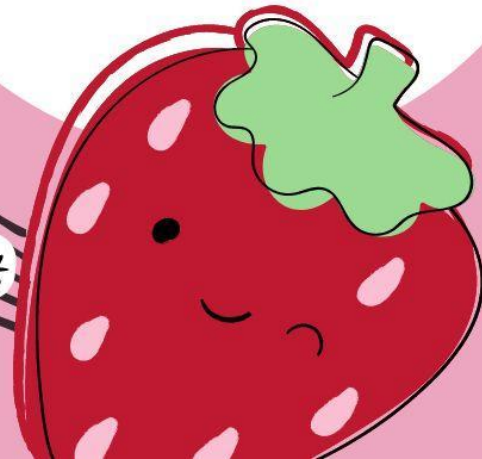
**6-8 PM | MAY 16  
WHS DINING COMMONS**

**6PM STRAWBERRY SHORTCAKES SERVED  
6:30PM PROGRAM BEGINS**

**\$5 ADMISSION  
SHORTCAKES INCLUDED!**



**SPONSORED BY WHS MUSIC DEPT  
&  
WINCHESTER FRIENDS OF MUSIC**



# WHS CLUBS & GROUPS

Click here for a [list](#) of WHS Clubs and Organizations  
Check this section for current club news, meetings & events

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Connect & Commit is running a collection of exam prep books such as AP, SAT, PSAT, and ACT books. If you have an old book, please drop it off in the bin in the main office. It's a great way to get rid of old books you don't need any more while helping someone else at the same time! Please email [2404012@wpsstudent.com](mailto:2404012@wpsstudent.com) with any questions.

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### CLUBS/ACTIVITIES/EVENTS

The Pongminton Club will be hosting the final badminton (May 24) and ping pong tournament (May 19) of the year! There will be a trophy awarded to the winner! Anyone and everyone is encouraged to sign up using [this link](#) (fill out by May 20).

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### AAPI CELEBRATION EVENT

We are thrilled to invite you to an upcoming Asian American and Pacific Islander (AAPI) celebration event on **Wednesday, May 17th!** Please join Winchester High School students from the Chinese Cultural Club from **5:00-6:30 PM** at the Griffin Museum of Photography Patio for a fun evening of cultural performances and exciting activities!

From a lion dance performance to chopstick games and calligraphy, this event has something for everyone! This is a great opportunity to learn more about the rich traditions and diverse communities of AAPI culture.

Everyone is welcome to attend, and we look forward to celebrating AAPI heritage together with you!

# SAVE THE DATE!

# AAPI HERITAGE CELEBRATION

## WHEN:

WEDNESDAY  
MAY 17TH  
5-6:30PM

PERFORMANCES BY  
NÜWA ATHLETIC CLUB &  
BLS KOREO DANCE

BOOTHS FOR  
ARTS & CRAFTS!  
INCL. HENNA FOR  
HUMANITY



TAEKWONDO DEMO  
TEAM.  
KU'S TAEKWONDO  
ACADEMY

## WHERE:

GRIFFIN MUSEUM OF  
PHOTOGRAPHY  
TERRACE

67 SHORE RD, WINCHESTER,  
MA 01890



Come celebrate the  
diversity of Asian  
culture with us!



# NEWS AROUND TOWN

The WHS PFA does not specifically endorse events and organizations and shares information on events and activities that may be of interest to the WHS community as a courtesy for informational purposes.

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## **DOES YOUR CHILD HAVE AN IEP OR 504 PLAN?**

**Do you want to make a difference for your child, impact the school system, and shape the future in Winchester?**

If the answer is yes, please join Winchester Special Ed Parent Advisory Council (WinPAC) for our monthly meetings. We need all types of members, whether topic-specific or general. We can use more help with events, social media, news, meeting planning, special initiatives, town engagement, etc. Many hands make light work, and we need representation from all parts of the school system!

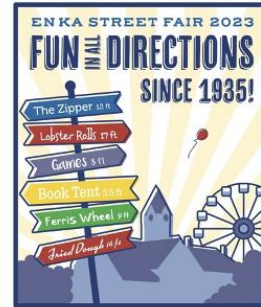
Our next meeting will be **Monday, May 15th, 3:30-4:30 PM**

Feel free to reach out [by email](#) for more details!

[Follow us on Facebook](#)

[Zoom Meeting Info](#)

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## **En Ka Day at Mahoney's is Wednesday, May 17, 2023**

**Mahoney's Garden Center has generously partnered with the En Ka Society for over 20 years to raise funds to support our mission. Each year Mahoney's kindly hosts a shopping day at the Winchester Garden Center, generously donating a portion of their proceeds from that day to the En Ka Society.**

**Please stop by and purchase your plants, gift cards and/or any of your gardening needs while helping to raise funds for En Ka Society, which puts 100% of all money raised back into Winchester, by helping those in need and providing grants.**

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## INTERESTED IN LOCAL NEWS?

Please join **Winchester News Group** to learn about our efforts to start a local news publication in Winchester.

Wednesday, May 17, 2023

7:00-8:00 pm

Winchester Public Library  
and on [Zoom](#).

After a brief presentation, we will take questions and comments.  
Let us know what you want to see in your local news!

We are also looking for volunteers, especially with experience in start-ups, journalism, fundraising, accounting, business development, and nonprofit law.  
Help us make local news a reality in Winchester!

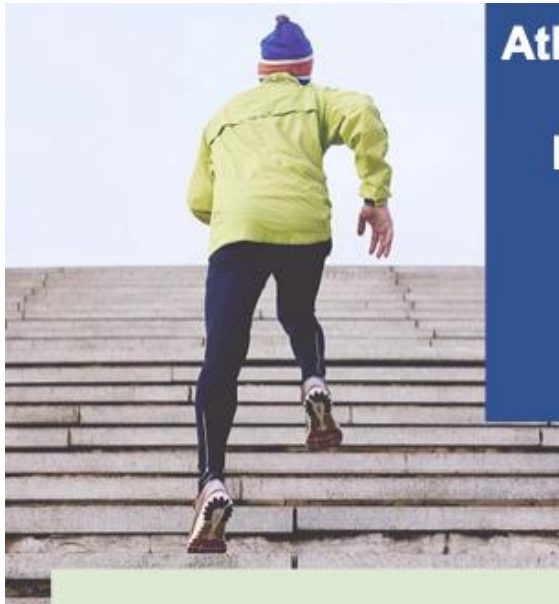
We anticipate offering hybrid participation (in-person and online) and will provide more details closer to the event date.

Interested, but can't join us May 17?

Please contact us at [hello@winchesternews.org](mailto:hello@winchesternews.org) and visit [www.winchesternews.org](http://www.winchesternews.org) to sign up for updates.

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## Athletes & Eating Disorders

**Russell Kennedy, Ph.D,**  
**Walden Behavioral Care**

**May 17 @ 6:30 pm**  
**WHS Library Media Center**



Athletics are a great way to build self-esteem, promote physical conditioning, and demonstrate the value of teamwork, but not all athletic stressors are positive. The pressure to win and an emphasis on body weight and shape can create a toxic combination. Athletic competition can also be a factor contributing to severe psychological and physical stress. When the pressures of athletic competition are added to an existing cultural emphasis on thinness, the risks increase for athletes to develop disordered eating.

In a study of Division 1 NCAA athletes, over one-third of female athletes reported attitudes and symptoms placing them at risk for anorexia nervosa. Though most athletes with eating disorders are female, male athletes are also at risk—especially those competing in sports that tend to place an emphasis on the athlete's diet, appearance, size, and weight requirements, such as wrestling, bodybuilding, crew, and running.

*Dr. Russ (he/him/his) was an all-around gymnast for Syracuse University and has been coaching gymnasts and cheerleaders for the past 30 years. Outside of Walden, Dr. Russ works as a coach, lecturer and advisor for performance athletes, teams and governing bodies on eating disorders, disordered eating, sports psychology, peak performance, and leadership.*



# En Ka Fair 2023!!

**For the first time ever, you can purchase your fair tickets online!!**

Visit our website to purchase tickets and our 2023 signature t-shirt (Adult & youth sizes available). [WWW.ENKASOCIETY.ORG](http://WWW.ENKASOCIETY.ORG)

**EN KA STREET FAIR 2023**  
**FUN IN ALL DIRECTIONS**  
**SINCE 1935!**

The Zipper 12 ft  
Lobster Rolls 27 ft  
Games 5 ft  
Book Tent 23 ft  
Ferris Wheel 9 ft  
Fried Dough 10 ft

**FAIR**  
Friday, May 19, 9:00-11:00  
Saturday, May 20, 10:00-10:00

**PARADE**  
Saturday, May 20, 9:00 am  
Downtown Winchester  
Mt. Vernon St & Skillings Rd

**ADVANCED TICKET SALES**  
(Holds at The Jenks Center 50¢)  
Thursday, May 18 - noon - 6:00 pm  
Friday, May 19 - 9:00am - 2:00 pm

**TKX ONLINE TOO!**  
Starting March 20  
[www.enkasociety.org](http://www.enkasociety.org)

RIDER BY ROCKWELL AMUSEMENTS

Tickets will be good for EVERYTHING at the fair!

Tickets **only**: All rides and all Rockwell games.

Tickets **and/or** Cash: Food Trucks and all En Ka tents - Cafè, Lobster Rolls, Bakery, Jewelry, Face Painting, Games Tent (it's back!) and Book Tent!!

**So now is the time to order your tickets!**

See you at the Fair!!





Interested in learning more about what it means to be a Winchester ABC host family? Join us at a Q&A zoom session to hear about the time commitment involved (spoiler: it's weekends only and follows WPS vacation schedule), the supports systems in place, and the joy this experience can bring to your whole family. Several board members as well as current host family representatives will be on hand to answer all of your questions. Whether you are considering becoming a host family in the near future or in the 'someday', we'd love to meet you!

**When: May 23, 2023 07:00 PM**

Register in advance for this meeting:

<https://us02web.zoom.us/join/register/tZ0pce2uqzkvGdec5ywKRfa9N9NEfl26FJY5>

After registering, you will receive a confirmation email containing information about joining the meeting.

For more information, check out our website: [www.winchesterabc.org](http://www.winchesterabc.org)

For questions or to apply contact us at [info@winchesterabc.org](mailto:info@winchesterabc.org)

**[REGISTER FOR WINCHESTER ABC ZOOM HERE](#)**



**SCHOOL**  
THE WORLD

## SUMMER SERVICE OPPORTUNITIES

Since 2013, Winchester High School students have participated in School the World's Service Learning Program. The organization offers service travel and cultural awareness opportunities in Central America. Join fellow peers this Summer in Honduras to build a school for children in need. Attend this upcoming virtual information session to learn more about School the World and this life-changing experience. **Virtual Info Session: May 24th @ 7:00 PM.**

[REGISTER HERE FOR SCHOOL THE WORLD](#)

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## WFEE TOWN DAY ROAD RACE

Ready to Eat some Pancakes?

Town Day is almost here. You can get in some early exercise then have a great pancake breakfast offered by the Rotary Club of Winchester. Start Town Day on June 3<sup>rd</sup> with a walk or run beginning at the Griffin Museum of Photography.

**Register now!** to be sure that you get your free tee shirt and race bag. All funds raised through the Race come back to our schools in the form of WFEE Grants to educators and students. After the Race walk over to the Hope Christian Church on Mt. Vernon St to tuck into a hearty breakfast. A great day of community that benefits us all!

Go to [www.wfee.org](http://www.wfee.org) for more information.

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# PANCAKE BREAKFAST

ON TOWN DAY



Start your Town Day with a  
yummy pancake breakfast  
8:00-11:00 AM

**June 3, 2023**

More information & tickets here:



New location:

**Hope Christian  
Church**

58 Mt Vernon Street  
next to Jenks Center



WHSPFA | 80 Skillings Road, Winchester, MA 01890