

Winchester High School Parent Faculty Association Newsletter September 27, 2021

To ensure continued delivery of the WHSPFA Communications, please set-up our [email address](#) as a contact/safe sender.



PRESIDENT'S NOTE



Dear Fellow WHS Families,

WOW, what a weekend! We hope everyone was able to get outside and enjoy the amazing events in town! We are SO proud of the WHS student involvement in **Winchester Spirit Night** and the 9th annual **Glen Doherty Road Race**! The WHS student support of **Friday Night Lights** and the **En Ka Pantry** were fantastic too! We've got spirit, yes we do!

Tonight is the first WHS PFA meeting - WHS LG Rooms @ 7pm! You won't want to miss it – we are meeting in person! Principal Dennis Mahoney will give WHS updates and answer your questions. Dean of Student Life, Anna Paradise (who is fabulous) is our guest speaker!

The WHS School Improvement Council (SIC) vote ends this Thursday! Members of the SIC work in an advisory capacity with the principal to implement positive changes in WHS. **Please take a moment to read and vote for two candidates: [click here to vote](#).** Results will be announced on Friday, October 1st.

Also, please reach out (whspf@gmail.com) if you want to get involved in another capacity! We'd love all the help we can get!

For your “To Do” list this week:

- **[Donate to Direct Appeal!](#)**
- Bookmark our **[WHS PFA website](#)** for past newsletters and more great info!
- **[Subscribe](#)** to **The Red and Black** student-run school newspaper!

As always, please **[email us](#)** with thoughts, questions and ideas! Have a wonderful week! Together we can!

Warmly,
Abbie DiMatteo & Brenda Mandile
Co- Chairs

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.” – Margaret Mead

THE MASKED WHS STAFFER Week #3!



1. **What high school did you go to?** *Syosset High School*
2. **What was your favorite subject in high school?** *I loved my Spanish and English classes. (No surprise there!)*
3. **What sport and/or extracurricular were you involved in high school?** *I played soccer and I was big into theatre.*
4. **What is one of your hidden talents?** *I'm crafty.*
5. **Favorite Movie/Book/Band/Food?** *I love thriller/ horror movies and my favorite foods are sushi and french fries.*
6. **Is there a quote or saying that you live your life by?** *There isn't a specific quote I live by, but I often remind myself to trust that things will fall into place.*

**Don't forget to scroll all the way down to find out who this is!*

[Click here for District School Calendar](#)

MON 9/27 - WHS PFA Meeting TONIGHT, LG Rooms - 7PM

TUE 9/28 - 9th Grade Parent Info Session, 9:00-9:30 AM

THU 9/30 - Sr. Parent/Guardian College App Info Night 6:30-8:00 PM

MON 11/1 - Picture Day (make-up day 12/7)

Show your Red and Black!

Looking to show some Winchester pride? Student Council has opened pre-ordering for Winchester sweatshirts, T-shirts, and bags. [This link](#) will take you to the pre-ordering google form. We hope to see your school spirit!

Winchester Spirit Night

It was a great night for all in downtown Winchester when the community came together to honor Glen Doherty and celebrate the unique spirit of Winchester!



Glen Doherty Memorial Foundation Road Race

Sunday was a perfect day for a good cause, and WHS students came out in full force to run, hand out water, and support the community!





WHSPFA Direct Appeal

We're off to a great start...

***Thank you to all of you who have already
contributed to***



We know there are more of you who want to invest in our children's education.

Monies raised support our WHS faculty and staff with their extra needs during the school year. Your donation will help them enhance students' in-school learning, teaching and counseling experiences.

We understand that the pandemic has created unusual economic times for all. Keep in mind that we're a non-profit organization under section 501(c)(3) so each dollar is tax deductible.

[DONATE NOW ONLINE](#) or mail a check payable to:

WHSPFA 10 Cranston Road, Winchester, MA 01890

**Don't forget Corporate Matching Gift programs offered
by your employers. You could double your impact to WHS.**



UNIPAY



**IMPORTANT! UNIPAY
INSTRUCTIONS
FOR ATHLETICS AND STUDENT
ACTIVITIES**

UNIPAY LOGIN & PAYMENT INSTRUCTIONS

When making payments for Athletics, follow these steps:

Log on: <https://unipaygold.unibank.com/transactioninfo.aspx>
Scroll down to search bar, type Winchester Public Schools
Select *Winchester Public Schools* and click GO
Select Athletic Fees Transaction Tab
Click subtab ATHLETIC FEE
Follow the prompts:

Fill out Payment Information

When making payments related to Student Activities, follow these steps:

Log on: <https://unipaygold.unibank.com/transactioninfo.aspx>
Scroll down to search bar, type Winchester Public Schools
Select *Winchester Public Schools* and click GO
Select *WHS Student Activity* Transaction Tab
Click Student Activity

Follow the prompts:
Example

Pay Amount: \$25.00

Student Name: Jane Doe

Grade: 10

WHS Student Activity: Student Council

Payment for: T-Shirt

Parent Name: John Doe

It is VERY IMPORTANT to fill in the WHS STUDENT ACTIVITY and the PAYMENT FOR fields for accurate deposit into the appropriate student activity account.

Fill out Payment Information



DID YOU KNOW...

The USDA has approved **FREE breakfast and lunch for all students** for schools on the National School Lunch Program and School Breakfast Program for the **2021-2022 school year!**

THIS MEANS THAT ALL STUDENTS WILL HAVE ACCESS TO NUTRITIOUS MEALS AT NO COST TO PARENTS!



**MEALS ARE APPROVED TO
BE SERVED BOTH
IN PERSON**

FOR ALL STUDENTS

**BREAKFAST WILL BE
OFFERED EACH MORNING
IN THE CAFETERIA**

**LUNCH WILL BE SERVED
IN THE CAFETERIA AT
YOUR DESIGNATED
LUNCH SCHEDULE
THERE WILL BE A CHARGE
FOR ALA-CART ITEMS AND 2ND**

WINCHESTER

PUBLIC SCHOOLS

WPS TEST & STAY PROGRAM

The Winchester Public Schools (WPS) is implementing a COVID-19 testing program in coordination with the Department of Elementary & Secondary Education (DESE). The main goal of this program is to provide an extra layer of protection in preventing the spread of COVID-19. We strongly encourage participation as a way to help keep our students healthy and in school throughout the year.

This program has 2 components, which you can find at the links below:

Test and Stay for students who have been exposed while in school but are not showing symptoms.

COVID-19 safety checks: Weekly surveillance testing of asymptomatic students and staff

Why should students and staff participate?

- It will help minimize the spread of COVID-19 and keep our students in school
- The more students who participate, the more our community will be protected
- All tests are non-invasive, short nasal swabs or saliva samples
- There is no cost to you

*****Only one consent form is needed to participate in these testing programs*****

[Click here to register](#)

Test & Stay Rollout

We will begin the roll out of the Test and Stay Program on a limited basis this week. This testing program is optional; however, please know that if you choose to opt-out of testing, it may result in your child missing school due to having to quarantine if identified as an in-school close contact. You will be

contacted directly if your child qualifies for this program.

COVID-19 Safety Checks

More details will be sent out next week by building principals.

For more information [visit this website](#)

Questions? Please submit to us on our [Q & A form!](#)

COVID-19 Symptoms

If a student or a staff member is exhibiting COVID-19 Symptoms:

If a WPS student or staff member exhibits any COVID-19 symptoms [WPS Symptom Checker](#) they are required to stay home. Parents/guardians or staff will be required to provide the school nurse with a negative PCR Test result or MD/NP note with an alternate diagnosis AND must be fever free for 24 hours and symptoms must be much improved, to be cleared to return to school.

***NOTE:** per our health department and MA DPH, WPS nurses will not accept home COVID-19 test results.

Summary of Covid-19 Scenarios:

Individual Tests Positive (PCR or Antigen) OUTSIDE OF SCHOOL	Individual Tests Positive while in WPS Test & Stay Program	Close Contact: Exposure occurs during school (0-3 ft. close contact while indoors) Unvaccinated & no symptoms	Close Contact: Exposure occurs during school (3-6 ft. close contact while indoors) Unvaccinated & no symptoms	Close Contact: Exposure occurs during school (0-6 ft. close contact while indoors) Vaccinated & no symptoms
<p>Must isolate for 10 days <u>from day</u> of symptom onset or <u>from date</u> of positive test result.</p> <p>Stay home from school/work.</p> <p>Notify school nurse</p> <p>Answer call from local health department (HD).</p> <p>HD will provide return to school information & requirements.</p> <p>The HD may require a PCR Test.</p>	<p>Parent/guardian will be called to pick up student. Staff member will go home.</p> <p>Must isolate for 10 days from the day of onset of symptoms or from the date of a positive test result.</p> <p>HD will contact family/staff member with return to school information</p>	<p>These students/staff qualify for Test & Stay (registration required).</p> <p>ONLY students in Test & Stay can attend school/school activities.</p> <p>Must quarantine when not in school.</p> <p>Parent/Student review WPS Symptom Checker daily before school. If any symptoms develop, stay home.</p> <p>Test & Stay: Parent/ guardian consent for participation</p>	<p>If asymptomatic, (no symptoms) student/staff may attend school/ school activities</p> <p>HD will contact the parent/guardian, staff.</p> <p>Must quarantine at home when not in school/school activities.</p> <p>Monitor for symptoms for 14 days.</p> <p>Must review WPS symptom checker daily before school - if ANY</p>	<p>Attend school and school related activities</p> <p>Monitor symptoms for 14 days</p> <p>Must review WPS symptom checker daily before school - if ANY symptoms stay home & obtain PCR Test.</p> <p>HD recommends a PCR Test on days 3-5 post exposure for all 0-6 ft. vaccinated, close contacts.</p>
		<p>Register for Testing here</p> <p>Students will be tested for 5 school days by CIC through day 7</p> <p>Student/Parent, Staff who OPT OUT of Test & Stay must follow full quarantine guidelines OPTION 1: Full 10 day quarantine at home OR OPTION 2: Quarantine at home. Obtain PCR Test on day 5 post-exposure and if negative and no symptoms, HD will clear for return to school on day 8 post exposure.</p>	<p>SYMPTOMS develop stay home & obtain a PCR Test.</p> <p>Students quarantine when not in school/school activities</p> <p>Obtain PCR Test on days 5-7 post exposure</p>	

COLLEGE VISITS

The following colleges will be visiting the **Guidance Office @ 8AM**
All Juniors and Seniors are welcome!

Monday, September 27th – Salem State & Marist College

Tuesday, September 28th – University of Rochester & College of Charleston

Wednesday, September 29th – Skidmore College & Tulane University,

During WIN block - Holy Cross in the auditorium

Thursday, September 30th - Drexel University

MIAA SPORTSMANSHIP ESSAY/MULTIMEDIA CONTEST

The MIAA Sportsmanship Essay/Multimedia Contest is back!
If interested please see below and submit entries to the Athletic Office
by **Thursday, October 14th**. This year's subject is Title IX and sportsmanship
make high school sports better because....”

CONTEST GUIDELINES:

PARTICIPANTS

Contest is open to students in grades 9-12 at MIAA Member Schools

ESSAY ENTRIES

Must be typed, double spaced, and contain no more than 500 words

MULTIMEDIA ENTRIES

Must be a video that is no longer than 3 minutes

CONTEST THEME

Entries must answer the prompt “Title IX and sportsmanship make high
school sports better because”

PRIZES:

First Place (\$400) and Runner-Up (\$200) prizes will be presented in
two categories (essay and multimedia).

Contest winners will present their entries as honored guests during
the 27th Annual MIAA Sportsmanship Summit.

First Place and Runner-Up entries in both categories will be available
on the MIAA website.

HELP NEEDED

Wanted: WHS students who are interested in interpreting and
translating for Winchester families at school events. High need for
Chinese and Portuguese speakers.

If you speak a language other than English and would interested in helping out other families, please [email Ms. Shanahan](#) or you can stop by Room C302.

THE RED & BLACK SCHOOL NEWSPAPER

Attention WHS students and families: All are welcome to subscribe to The Red and Black school newspaper today. As an entirely student-run newspaper, your support is instrumental in keeping our publication running, and subscribing is a great way to stay involved with the school and hear student perspectives.

A subscription to The Red and Black is only **\$25/year**. Subscribers will receive monthly digital and/or physical copies of The Red and Black. Please note that newspapers are **free** for WHS students, but subscriptions are for parents and people who would like to financially support the club.

Payments should be mailed in cash or check to:
Winchester High School
80 Skillings Rd
Winchester, MA 01890

Checks should be made out to:
“Winchester High School, attn: The Red & Black”

If you wish to subscribe, please also fill out our [Google Form](#)
For more information, [please email us](#)

FOLLOW WHS!

Want a peek into what is happening at WHS?

Check out our [twitter](#) and [instagram](#) feeds!

We highlight some of the creative, smart, inspiring things our WHS students do there!

WHS SPORTS

WE WANT TO HEAR FROM YOU!

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

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

CROSS-COUNTRY

Tuesday's season opener against Wakefield was a battle but it was Winchester Girls for the win 20-39. In Saturday's Ocean invitational, Varsity Girls took 4th, JV girls took 1st, and JV Boys took 8th.



Boys and Girls Cross Country team volunteering at the Glen Doherty Race!



Coach Healey with XC Captains!



Girls at Ocean State!

FUNDRAISER for XC -Don't cook tonight! Take a break and order from GLORIA's and MAKE a DIFFERENCE! -Thank you!

Hey everyone! Support the WHS Cross Country Team and buy food from Gloria's TODAY (Monday, 9/27/21)! A percentage of their profits will go to the XC team. You can order in person or from home, just make sure to mention that it is for the Winchester Cross Country Team. Happy eating!



The JV Field Hockey team had great games against Belmont and Reading too!

FIELD HOCKEY

This week Varsity Field Hockey got a big W vs Belmont 5-0, and tied Reading 2-2.



FOOTBALL

Friday Night Lights - Varsity Football lost to Masconomet HS 40-8.

GOLF

The Golf Team won at Lexington 44-28, beat Melrose 45.5-26.5 and then defeated Woburn 56-16 to stay undefeated so far this year

LACROSSE

There will be a meeting for anyone interested in Boys Lacrosse this Spring on

Friday, 10/1 at 3:15pm in the Auditorium.

SOCCER

Boys soccer final - well played game: Reading 1, Winchester 0

Girls soccer 2-0 win against Reading, move to 4-0 on the season.



SWIM & DIVE

The girls had another amazing meet! They beat Wakefield 89-76!
See below for the Sectional and State Qualifiers!

SECTIONAL QUALIFIERS

500 Free - Morgan Landry

STATE QUALIFIERS

200 Medley Relay - Emma Kawai, Amy Luo, Elle Michaud, Charlotte Kaduson
400 Free Relay - Charlotte Kaduson, Vivian Brooks, Emma Kawai, Elle Michaud
200 IM - Elle Michaud
200 Free - Charlotte Kaduson
100 Fly - Elle Michaud and Elissa Bennett

100 Free - Charlotte Kaduson
500 Free - Emma Kawai

VOLLEYBALL



GVB at Medford - V W 3-0, JV&FR W 2-0
GVB vs. Arlington V W 3-1, JV&FR W 2-0
GVB vs. Belmont V L 3-0, JV L 2-1, FR W 2-0



WHS ARTS, MUSIC & THEATER

Check this section for updates about WHS Arts, Music & Theater

WHS BAND is BACK!

Winchester Football Friday Nights wouldn't be Winchester Football Friday Nights without the band rousing the crowd and stirring our spirits!



The Fall Play, organized by Curtain and Cue (**WHS Drama Club**), is upon us! If you want to learn important information about the Fall Play, please fill out [this form](#).



WHS CHAMBER SINGERS

The Glen Doherty race commemorates a true Winchester hero and brings together our town to support the wonderful work of the Glen Doherty Memorial Fund, helping create educational opportunities for members of special operations forces as they enter civilian life. The runners and volunteers were treated to a rousing rendition of our National Anthem by WHS Chamber Singers! Chamber Singers received a special gift meeting Mr. Buford's amazing MOM!

Do you want to learn about the technical aspect of school plays and events?
Join the WHS Tech Crew!

Anyone interested in technical theater, sound production, lighting design, live broadcasting, and more should fill out [this form](#). No experience is necessary.

WHS CLUBS & GROUPS

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

Do you like to draw, paint or sculpt? Do you wish you had more time to make art? Then the **Art Club** is for you. The Art Club provides space in one of the art classrooms for students to hang out and be creative.

The **WHS Artificial Intelligence Club** - from eloquent speech to autonomously driving cars, artificial intelligence can do almost everything. Together, we'll learn how to design, program, and create the next generation of artificial intelligence and compete in the first-ever true artificial intelligence competition! Come to be part of the forefront of computer science and [join at this link](#) today!

Welcome to **WHS Baking for Brightness!** We are a club that bakes/makes food during meetings and donates it to non-profit organizations and charities. If you would like to join, please use [this form](#) to sign up.

We look forward to seeing you there! If you would like more information, please see this [slideshow](#), which has club info and the names and contact information of all of our officers.

WHS Battlebots will be meeting on Thursdays after school in the CAD lab from 3:00-4:30 PM. In previous years, the team has created robots that have brought back awards at regional and national levels.

If you're interested in the technicalities of making a gladiator-style robot, are a CAD/3D Printing enthusiast, or want to gain hands on experience in advanced manufacturing this club might be for you.

We hope to see you there!

Join **Blitzball club** every Monday in **Mr Bond's Room B210 at 3:15 PM**. Blitzball is the "ultimate backyard baseball" with rules similar to wiffleball but with a twist. The unique hexagon shaped blitz ball makes the ball spin and move at ridiculous rates!

Come join and try it out.

Attention all debaters! Interested in taking your argumentative skills out of the dining room? In that case, we are SUPER excited to invite you to **Winchester Debate Club**, a loosely Public Forum-based club that focuses on honing your research and reasoning abilities through weekly debates, feedback sessions, and interactive activities in a fun and supportive environment.

If you've never done anything remotely debate-related before, fear not! We'll be sure to answer any questions along the way.

Sign up at this [form](#) - we hope to see you there!

Want to try out the sport of fencing? [Sign up](#) for the high school's first ever **Fencing Club**, which meets at **3:15 every Thursday** and trains outdoors on school campus.

No experience is necessary! You do not need to bring anything—the club will provide all equipment for its members.

We hope to see you there!

Grab your hooks and your yarn, and dive into another year in the **Fiber Arts Club!** Our goal is to not only provide our members with the opportunity to take a break to crochet, sew, or knit, but to also introduce any beginners into the world of Fiber Arts.

We have worked on all sorts of projects, ranging from amigurumi to blankets, and even hats! Everyone is welcome!

If you are a figure skater and participate in group and/or private skating lessons, join the **WHS Figure Skating Club!**

If you are interested in joining or would like more information about the club, please [send us an email](#) or reach out to one of our captains, [Caitlin Fass](#) or [Erin Langridge](#).

The **garden club** is back.
There are posters around the school with information on how to join.

Are you interested in learning more about how the American government is run? Do you want to know what it is like to be a senator or a representative? Do you like to debate with your friends? Then join **Harvard Model Congress** We'll hold debates over specific briefing topics, write bills, and have so much fun! Email [Sarine Mequerditchian](mailto:Sarine.Mequerditchian) with any more questions !!!

JSA IS BACK! Winchester **JSA** will be having weekly meetings from **5-6 PM** in **B208 every Wednesday**. JSA is a country-wide organization created by
and
for young people interested in a wide array of topics - from politics, to how government works and contributing to their community.

Join us for fun debates and thought talks!

We'd love to hear your opinion and all are welcome!
If interested, please fill out [this form](#).

Magic: The Gathering is a card game in which wizards cast spells, summon creatures, and exploit magic objects to defeat their opponents. Build your own decks to suit any play style, being lots of small creatures used to rush or even spells that can quickly damage your enemy across the battlefield. Join the **Magic: The Gathering club** after school on **Thursday in B106!**

Anyone interested in learning more about the
Math team is encouraged to attend.

For more info email [Mr. Lucas](mailto:Mr.Lucas)

Interested in law, love to debate, or want to learn more about the
US legal system? Join us for **Mock Trial's**.

We will start off with an introduction to mock trial and then play some

fun games! No prior experience is necessary. If you have any questions, feel free to [email us](#). Hope to see you there!

With **Model United Nations team**, students act as delegates for the United Nations and represent nations worldwide. If you enjoy debating, meeting new people, or just like the sound gavels make when they hit hard surfaces, Model UN is the club for you!

Please feel free to [email](#) if you have any questions, see you there!

Want to join **NHS** email NHS president [Judy Li](#) with questions Thank you!

Want a super chill start to your week with people who want to spread kindness? Join the **KINDNESS CLUB!** We invite ALL to join us **every other Monday morning** before school (**7:50 AM** in the choir room) for munchkins and fun activities to help spread kindness around the WHS community! Our goal is to create a space where you can be unapologetically YOU and help spread love to others.

[Email](#) us with any questions.

Join the **Science Olympiad!** We're a team of students competing in monthly science competitions that have events in a diverse range of topics in science. There is something for everyone -- from circuits, to forensics, to ornithology and much more -- so come join us to learn more about the world of science around us, and join our team!

CLASS OF 2022 NEWS

Senior Parent/Guardian College Application Info Night
Thursday, 9/30 6:30 - 8:00 PM

This webinar shares highlights from the student workshops and outlines

the college application process at WHS. The presentation will be shared on the WHS Guidance website the following day for those unable to attend.

[Join the webinar](#)

CLASS OF 2022 SENIORS AND PARENTS



ADVENTURE AWAITS...

WHEREVER YOU'RE GOING, DON'T GO ALONE
CONNECT WITH ALUMNI AS YOU RESEARCH YOUR NEXT STEP
JOIN THE [WINCHESTER ALUMNI ASSOCIATION](#)

College Transitions - Professional Networking - Alumni News and Events
Winchester Alumni Association - info@winchesteralumni.org - Winchesteralumni.org

[Click here to join the Winchester Alumni Association](#)

Any SENIOR who wants to qualify for the [Seal of Biliteracy](#), but has not yet taken the ELA MCAS must see Ms. Conis right away to sign up for the November test.

CLASS OF 2023 NEWS

PSAT is on **Saturday October 16th**, 8 AM at WHS.
All juniors can take the exam.

Forms are available in B208 and have to be submitted by **October 8th**.

CLASS OF 2024 NEWS

PSAT is on **Saturday October 16th**, 8 AM at WHS.

Limited number of seats available for Sophomores.

Forms are available in B208 and have to be submitted by **October 8th**.

CLASS OF 2025 NEWS

9th Grade Parent Information Session, **Tuesday, 9/28 9:00-9:30 AM**

The Guidance staff will be holding a brief informational Zoom to share information about WHS Guidance services and helpful tips for parents of 9th grade students. The presentation will be shared on the WHS Guidance website the following day for those unable to attend.

[Join Zoom Meeting](#)

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.

Invitation to High School Students! Learn to Lead Age-Friendly Programs

Join the Winchester Intergenerational Team! Help design and lead interesting projects that bring high schoolers and older adults together. From Pen Pals to Crafts, and from Music to Social Justice Dialogue programs and beyond, help make a difference across the ages in Winchester. Come to the first meeting after school on **Oct 4** (Zoom) to find out what it's all about. All are welcome. This town-wide initiative is courtesy of a generous grant from the Cummings Foundation to help make Winchester a more age-friendly place.

[Contact: Susan Rozmanith](#)



The Winchester Soccer Club TOPS program provides children with different abilities the opportunity to play soccer through rule and equipment adaptation. This adaptive program invites athletes ages 5+ to participate in a modified game of soccer once a week. The program is run by Winchester Soccer Club in collaboration with the Winchester Recreation Department.

Winchester Soccer Club volunteers called "Junior Coaches" are matched with a player during each session. The Junior Coaches will incorporate a few formal activities to encourage learning of soccer but the goal of each session is for the coach and player to make a connection and have fun together. The Junior Coaches are Winchester students in grades 8-12. No specific training and no prior soccer experience is required. Junior coaching is a great opportunity to connect with TOPS players and provide them with an opportunity to participate in an athletic activity and to have fun! WSC organizers will be on hand to help.

The Fall 2021 program runs **Sunday now - November 14th** (no session on Sunday, October 10) from 12:00-1:00 p.m. at Skillings turf field.

Interested TOPS athletes and Junior Coaches please go to [Winchester Soccer Club](#) for more information and registration.



educate • encourage • empower

The Sport Parent's Playbook

**Dr. Adam Naylor, CMPC -
Student-Athlete Development
Expert**

Wednesday, October 13

7:00 PM

Zoom Webinar

Free and Open to the Public



CALLING ALL SPORTS PARENTS!

If your child is an athlete you may spend time wondering or worrying about how to support their love for sports while also protecting their physical, emotional or social health. Get the answers from sport psychology and student-athlete development expert Dr. Adam Naylor, who will share his expertise on what student athletes need in order to strive and thrive.

This program will include the latest research and science in sport psychology to elevate your understanding of raising a healthy and well-performing student-athlete and provide some practical tools parents can leverage for this upcoming season.

Visit [**Parent to Parent**](#) to learn more.

[CLICK HERE TO REGISTER](#)

A Concert To Benefit
Winchester Got Lunch
When School Ends, The Need
For Lunch Does Not



Live Music Is
BACK!

Under the stars
(& under a tent!)

Winchester's
Own Miss
Ellaneous spans
pop to
bluegrass with
something for
everyone!

THURSDAY, OCTOBER 14
Doors open at 6:30pm; Music at 7:00pm
Griffin Museum Patio (masks suggested)
Tickets: \$40

Winchestergotlunch.org or at **BookEnds**



Tickets for Concert

Please join the Network for Social Justice on **Saturday, October 23, 2021**, as we once again offer our signature training, **Introduction to Leading Facilitation and Dialogue**.

Workshop Overview:

The purpose of this beginner's workshop is to empower community members to facilitate dialogues around topics that may be difficult, emotionally charged, or complicated. Participants will learn basic critical facilitation skills, including active listening, leading group brainstorm, curating concepts, and reaching collective understanding, if not conclusions, around pressing community or national issues.

Workshop Objectives:

- Creating a safe space to explore dynamics around having difficult conversations
- Providing an opportunity to build communication skills, active listening, and practice leadership and facilitation techniques
- Offering basic techniques and tools for facilitating a wide range of conversations, i.e. meetings, town halls, family dynamics, and community dialogues
- Giving individuals constructive feedback on facilitation techniques

Please fill out this [form](#) in order to help us better plan for the workshop.

Share this workshop information with friends, family, neighbors and community members!

[Email](#) with any questions.



Positive Psychology For Teens & Tweens With Katie Hurley, LCSW

Wednesday, October 20, 2021
7pm
WHS Auditorium

Stress and pressure can trigger negative thought patterns in tweens and teens. Research shows that body image concerns are starting earlier than ever and that heavy social media use can trigger thoughts of self-doubt and symptoms of anxiety and depression when tweens and teens spend a lot of time comparing themselves to others. Negative thinking can snowball quickly. The good news is that tweens and teens can learn to tap into positive psychology to work through their intrusive thoughts and focus on their strengths, instead. This presentation helps parents and educators learn to spot the warning signs of negative thinking and assist tweens and teens in changing their mindsets by utilizing positive thinking skills rooted in Cognitive Behavior Therapy.

*[Katie Hurley](#), LCSW, is a child and adolescent psychotherapist, parenting educator, public speaker, and writer. She is the founder of "Girls Can!" empowerment groups for girls between ages 5-11. Hurley is the author of the award-winning *No More Mean Girls: The Secret to Raising Strong, Confident, and Compassionate Girls*, *The Depression Workbook for Teens: Tools to Improve Your Mood, Build Self-Esteem, and Stay Motivated*, and *The Happy Kid Handbook: How to Raise Joyful Children in a Stressful World*.*

RSVP winchestercoalition@gmail.com

Thank you to The Cummings Foundation for its
generous support of our program.



**COUNCIL OF SOCIAL CONCERN
FOOD PANTRY
2 Merrimac Street, Woburn, MA 01801
781-935-6495
Open to Woburn and Winchester Residents**



**Food Pantry Hours (By appointment only)
Tuesdays and Thursdays
9:45 – 12:00
1:30 – 3:00**

**Wednesday Evenings
6:00 – 7:00
(for those working full-time or in school full-time)**

**If you cannot make an appointment an emergency box
can be picked up anytime
Monday – Friday from 9:00 – 4:30**

**If you cannot get to the Food Pantry or call, you can have someone call for you
or come by for food**

**If you have any questions or would like to make an appointment, please call
Paula Matthews, Food Pantry Director
(781) 935-6495 ext. 208**



Pantry Hours
by Appointment Only
Sundays & Mondays

Text, Email, or Call
781- 369-5844
enkapantry@gmail.com



1037 Main Street
Winchester, MA 01890
Same location as the En Ka Exchange

Open to Winchester Residents

- Providing non-perishable food and personal care items to individuals and families living in Winchester who do not have adequate financial resources to meet basic needs.
- Use of the En Ka Pantry is limited to one time per month and does not prohibit individuals or families also visiting the Woburn pantry.
- The En Ka Pantry is open to all households, through pre-arranged appointments.

[Email Enka Pantry](mailto:enkapantry@gmail.com)



Crafters Wanted

The Christmas Fair at the Parish of the Epiphany is on Saturday, November 20. We invite all crafters to join the fun as a vendor at the Fair. It's a great way to sell your product to over 500 Fair attendees. We are especially interested in products that are about and for kids.

If interested, please [email us](#) for more information.

The Christmas Fair is an annual tradition loved by Winchester residents and neighboring town friends. This year our focus will be on safety. The parish has installed air filters and we are following all safety protocols.

ALUMNI NEWS



***Are you a WHS Senior? Are you a parent of a WHS student or alumni?
Are you a staff member of Winchester Public Schools?***

**You are invited to join the Winchester Alumni Association
Become a member [HERE](#)**

Winchester Alumni Association was launched in 2018 to support WHS

alumni, staff and families in the many transitions of their lives after the 01890. Alumni who register through our [database](#) may receive information on upcoming Winchester events and volunteer opportunities, search for classmates, share news, and support current students and young alumni through networking and mentoring activities.

Follow us on [LinkedIn](#), [Facebook](#) and [Instagram](#) for our Alumni Spotlight Series that celebrates past WHS students now around the world or check out our website [HERE](#).

The WHS Masked Staffer UNMASKED!



UNMASKED: Jasmyn Chacko our fantastica Spanish Teacher! Thank you Ms. Chacko for participating and helping us get to know you better!

Stay tune next week folks for our next mystery WHS Masked Contestant! :)

IMPORTANT INFORMATION

WE WANT TO HEAR FROM YOU!

If you have any pictures, news, updates, we want to hear from you. [Please email us](#). We would love to share with the WHS Community!

If you NO longer wish to receive the newsletter or you wish to change or add

a new email address to your account, **[please email us.](#)**

To make a newsletter or a news blast submission, **[please email us](#)**
NO LATER than 12:00 PM on Friday.

WHSPFA | 80 Skillings Road, Winchester, MA 01890