

Winchester High School
Parent Faculty Association Newsletter
April 3, 2023



PRESIDENT'S NOTE

Happy April WHS Families,

If you took a peek into WHS's calendar this past week you would see it was stacked with club meetings, sports and music practices, special dinners and the Junior Class Fundraiser. And this week proves to be just as busy. You may have even seen some Italian students walking through the halls or are possibly hosting some of them. Thank you for making our school run smoothly.



A HUGE congratulations to all of our newly inducted students in the **National Honor Society**. Thursday night's ceremony was beautiful and meaningful and we are proud of all of our students, whether in NHS or not.

We are excited for Spring activities and sports to get into "full swing". Are you wondering how different team and activity pictures and information get into the newsletter? It's because someone sends them to us! Don't be shy, that person could be you! Please [click here](#) to send pictures and updates from any and all sports, music and club and school activities. Scroll through the newsletter to see the latest submissions.

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

Fondly,
Brenda Mandile & Adrienne Spignesi
WHS Co-Presidents
whspfa@gmail.com



Thursday Night's National Honor Society Induction Ceremony

WHS IMPORTANT DATES - MARK YOUR CALENDAR

2022-2023 District School Calendar

FRI 4/7 - Q3 ends

MON 4/10 - Q4 starts

MON 4/17 - FRI 4/21 - No School - April Vacation

THU 4/27 - Early Release Day

FRI 5/5 - Early Release Day

MON 5/15 - Mid-Quarter

MON 5/29 - No School

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

The School Committee approved the 2023-2024 school year calendar

2023-2024 District School Calendar

NOTES FROM THE GUIDANCE DEPARTMENT

MassBay Community College in Framingham will be holding an info session for students and families who may be interested in careers as EMTs or Paramedics on **Wednesday April 5th** from 6-8pm.

MassBay is also offering a general open house for all programs on Saturday, April 29th from 9am-12pm.

Visit www.MassBay.edu/OpenHouse for info.



For more information contact
Admissions at 781-239-2500

Interested in becoming an **EMT** or **Paramedic**?

RSVP HERE!



Join Us for an Immersive Tour of the Emergency Medical
Services Programs on MassBay's Framingham campus.

Wednesday, April 5, 2023

1:30pm-3:30pm **or** 6:00pm-8:00pm



Meet our faculty, staff, and students. Observe a
simulated emergency. Participate in hands-on
activities in our labs. And more!

MASSBAY.EDU | START HERE • GO ANYWHERE

INTERESTED IN BECOMING AN ARCHITECT

Have you ever thought of becoming an architect? WHS parent and professional architect Jessica Lohnes will be at WHS during WIN Red on **4/10** in the library to discuss what it takes to become an architect! Ms. Lohnes will introduce the architectural education process and culture; the broad professional directions one might take with an architecture degree and the fun and camaraderie of the architecture community. An architectural degree can prepare

you

for many different career directions in architecture, urban and environmental design and planning, construction project management, real estate development, computer graphics and new world architecture. Sign up for this event using the tab in SignUpGenius!

ONLINE SCHOOL STORE

The [Winchester Online School Store](#) is now live!

Order your Red and Black gear and show your WHS spirit.

HEY RED & BLACK FANS

SCORE YOUR SPIRIT WEAR HERE

- ✓ OPEN 24/7/365
- ✓ FAN WEAR FEATURING YOUR COLORS & LOGO
- ✓ PERSONALIZATION OPTIONS
- ✓ SHIPS DIRECT TO YOU



**25% OFF
SITEWIDE**

GRAND OPENING SALE
USE CODE **SPIRIT**

CLASS OF 2023 NEWS

[Click Here for The Class of 2023 Spring Event Schedule](#)

CLASS OF 2023 BANNERS

Spring is here and so are the Class of 2023 Banners!

The WHS PFA is organizing the 4th Annual

Personalized Banner Drive for the **Class of 2023**! If you would like to order a banner for your student or for another deserving student, please fill out this [form](#) and submit it no later than **Friday, April 7th**.

Each banner is **\$65**. Payment must be made in full in order to process your banner request. **Banners can be picked up at WHS on April 28th, 4:00-6:00 PM or they can be delivered to your home for a \$10 fee.**

If you have any questions or concerns, please do not hesitate to [contact us](#). If your family would like financial assistance with purchasing a banner, please contact [Ms. Conis](#).

You can pay either by check (payable WHSPFA) or Venmo (@whspfafa). Checks can be dropped off at the main office.

SCHOLARSHIP APPLICATIONS OPEN

- Check Naviance for scholarship applications available
- Applications for the Christopher Mitropoulos Memorial Scholarship are due **April 8th**. Please see the guidance office and Naviance program for more information.
- Applications for the Rotary Club of Winchester Scholarship are available in the guidance office.
- Applications for the Joseph M. Murphy III Scholarship are now available in Guidance and in Naviance.

CLASS OF 2024 NEWS

THANK You to all who helped make our 80s Musical BINGO night so TOTALLY RAD!!!



PIC·COLLAGE



CLASS OF 2025 NEWS

Check Here for Class Updates

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](#)



SPRING SPORTS

[Click here](#) for Spring Sports Information

ATHLETICS USER FEES

User fees are due one week after the start of each sport season. The fee approved by the School Committee is \$350.00 per student per sport with a family cap of \$1400.00 per year. Check or money order should be made payable to the Winchester Scholastic Athletic Fund.

PLEASE KEEP IN MIND THAT IF ATHLETICS IS NOT AN OPTION FOR A DROP DOWN WE HAVE NOT STARTED ACCEPTING ATHLETIC FEES FOR THE SPRING SEASON ONLINE. PLEASE DO NOT USE THE STUDENT ACTIVITIES

ACCOUNT FOR ATHLETIC FEES.

Please send team updates and photos to us throughout the season!

WHS ARTS, MUSIC & THEATER



WHS CLUBS & GROUPS

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

FRENCH & SPANISH CLUBS

The **French and Spanish Clubs** are hosting a **laser tag** event in the **evening on Tuesday, April 4th**.

We will be competing against each other at XtremeCraze located at 15 Presidential Way, Woburn. Prices will be \$20 per person. Please fill out this form as soon as possible to confirm your participation.

We look forward to seeing you there!

INTERGENERATIONAL BOOK CLUB

Do you love to read? Do you want to get involved with senior citizens in your community? Join the Intergenerational Book Club in reading *A Man Called Ove!* Join us during WIN Block on **April**

5th to connect with other high schoolers and senior citizens within your community. Snacks will be provided!

Contact [Maleah Jensen](#) or [Micayla Fiore](#) with any questions, or visit the the [Sign Up Form](#).

WHS BOOK EXCHANGE FOR PEACE

The Book Exchange for Peace is a space where people can donate and find meaningful books that promote peace in all its facets. For the month of March, you can find us by our tables in the cafeteria at lunchtime to donate or grab a free book. By giving students a space to discover and share literature, we hope to bring the value of peace into people's consciousness.

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.

A new local community project needs volunteers

Gardens For Good **Growing food locally for our neighbors**

Gardens for Good is a newly formed community group who have committed to turning parts of our lawns into gardens and/or volunteering our time to grow fresh produce for neighbors who are patrons of the Council for Social Concern, the En Ka Food Pantry and the Crawford Memorial Church Food Pantry.

Gardens for Good is a project of the Winchester Farmers Market Community Hub and is supported by Wright-Locke Farm. We aim to:

- Increase the availability of fresh, local, healthy food to the

diets of local food pantry patrons

- Emphasize regenerative growing practices to increase awareness for growing food in an ecologically sustainable way that recarbonizes the soil
- Foster a more communal effort in food production

IF YOU'D LIKE TO JOIN THIS MOVEMENT
TO SHARE GOOD FOOD AND COMMUNITY, CONTACT

gardens4good@wfmchub.org

We really appreciate any time you can give us to help us realize our efforts with this new project!

Sincerely,
The Gardens for Good neighbors



**educate
encourage
empower**

parenttoparentwinchester.org

Romaine Calm! Tips to Feed Your Family For their Health



with Tara McCarthy, MS,
RD, LDN

Please join Parent to Parent and Family Action Network at Wright-Locke Farm to hear Tara McCarthy, Clinical Nutrition Supervisor at Boston Children's Hospital.

Tara will provide parents with the tools and confidence to give their child the nutrition they need to grow and thrive. In addition, she can guide parents with children who have to eliminate foods from their diet for different reasons.

Monday April 3rd 7:30pm *

**Location: Wright-Locke Farm
All Seasons Barn****

*6:30 - 7:30 doors open for light refreshments

**Parking is limited, try to carpool, additional parking at Mullen Field

While not required, please go to our website to register in advance to help us plan properly.

All Programs Are Free and Open to the Public



All About the Cards!

Being savvy New Englanders you aren't about to plant a garden this week.

But, you can get ready! Purchase yourself a gift card at Mahoney's Garden Center **this Wednesday, April 5th**. A portion of all sales made

on **Wednesday, April 5th**, excluding landscaping services, will be donated to WFEE to support grants at all Winchester schools. If you buy yourself a gift card this Wednesday you will be ready plant when spring is truly sprung. For some immediate joy, buy Easter lilies, pansies or cut flowers.

Your purchases help a local business, support our schools and make you happy – what could be better?



Mental Health After High School: How To Help Your Young Adults Help Themselves

Did You Know that 75% of all mental health conditions start by age 24?

The life of an 18-24 year old can be hard. College, job search, gap year, life exploration and living on their own for the first time are some of the things they face.

- 12:00-12:30 lunch & viewing of *What Made Maddy Run*
- 12:30-1:30- Panel Discussion
 - Young adult speaker- experience; signs & symptoms
 - College resources: Support for students on campus
 - Community mental health provider resources

JOIN US FOR LUNCH AND A PANEL DISCUSSION!

*Facilitated by WHS Adjustment Counselor
Amber Haines, LICSW*

Panelists:

Madison Murphy, Boston University Student Services
Chris Robinson, Boston University, Student Services
Christiana Benoit, WHS Transition Specialist
Lori Karim, WHS alum (21'), Northeastern University (25')

**April 13, 2023 @ Noon
WinCAM
32 Swanton Street
Winchester, MA**

**FREE & Open to
the Public!**



RSVP
winchestercoalition@gmail.com
so we can plan for food!

RSVP Here

GOLF CADDIE OPPORTUNITY

Winchester Country Club is holding a caddie orientation for the 2023 golf season. Any interested students should go to the club on **April 17th /18th** for orientation. If you would like a caddie packet please contact **[Mark Bezjian](#)**.

SAFE DISPOSAL DAY

SAFE DISPOSAL DAY



Saturday, April 22

9 am to 1 pm

Tent Outside Transfer Station Gate

15 McKay Avenue, Winchester



Keep them safe. Clean them out. Take them back.

Safe Options for Medication & Needle Disposal



Rotary Youth Leadership Awards (RYLA) is Rotary International's leadership training program for young people. Rotary District 7930 has a long-running annual program for high school students.

High school, sophomores, juniors, and seniors are invited to attend a weekend-long event, where they learn life and leadership skills including goal setting, cultural understanding, problem solving, communication, public speaking, networking, community building, team building and more!

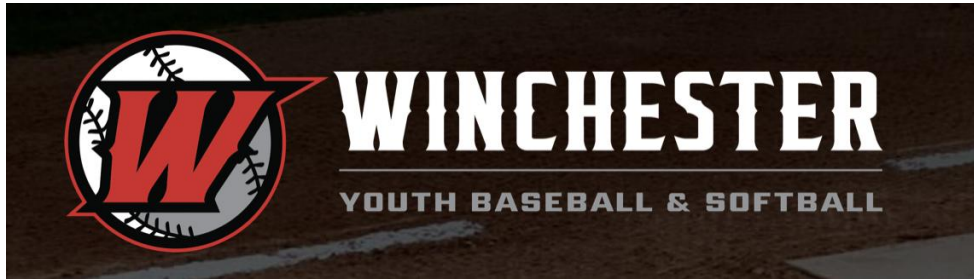
The cost for RYLA this year is \$325 per student (typically paid by sponsoring Rotary Clubs), plus a \$25 application fee (paid for by students).

Prospective students can apply by clicking [here](#).

LIFEGUARDS NEEDED

Mass DCR is looking for Lifeguards

Become a Lifeguard! Learn CPR-Learn First Aid- Learn Water Rescue Skills! Free Training- Qualifies lifeguard candidates that work for DCR do not have to pay to take certification classes. All you need is to be at least 16 years old and be a strong swimmer. For more info go to mass.gov/guides/dcr-lifeguarding.



Spring is almost here, that means it is time for Winchester Baseball and Softball! Please go to Wybs.org to register for the spring season.

See you on the field this spring!

OUTBREAK! A STUDENT PUBLIC HEALTH EXPERIENCE

Outbreak! 2023 is a FREE online program for students entering grades 10-12 interested in careers in public health/medicine/epidemiology/bioethics/ nursing/virology/mental health & more!

INTERACTIVE WORKSHOPS* *ENGAGING DISCUSSIONS LED BY PUBLIC HEALTH EXPERTS* *Q&A PANELS WITH COLLEGE STUDENTS

Mon-Fri July 24th to July 28th 9 am - 3 pm

*Mon, Tues, Wed, and Friday on Zoom, Thurs in person in Tewksbury, MA with a remote alternative for out-of-area students.

Optional virtual college visits with faculty and college students on **Monday, July 31.**

REGISTER BY MAY 15th www.publichealthmuseum.org

Now in its 11th year! REGISTER **HERE**

ALUMNI NEWS



WINCHESTER

ALUMNI ASSOCIATION

*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](#).

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](#) or [click on this link](#).

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