### Winchester High School Parent Faculty Association Newsletter May 8, 2023



# PRESIDENT'S NOTE

**Good Morning WHS Families!** 

Hopefully you were able to get out and enjoy the beautiful weather this weekend. We are crossing our fingers it sticks around for a while.

Let's Taco 'Bout the amazing Teacher Appreciation Lunch you helped throw!! Because of you, the teachers and staff were treated to a proper Fiesta. There were tacos, burritos, quesadillas, Mexican salads, diablo eggs and stacks upon stacks of delicious desserts. Not to mention the gorgeous raffle items you very generously donated. We received many beautiful "thank you's" and we were specifically asked to pass them on to you. So, Thank you! for making it happen. Enjoy a few of the pictures from the big day!

Another Friday success was the Annual Music Fundraiser "In the Mood"! More than a hundred families showed up to enjoy a night of jazz from our very own WHS Jazz Band and singers along with McCall's Jazz Band. It was impressive, beautiful and there was DANCING! Next up ... <u>Strawberry</u> <u>Pops</u>! Keep the night of Tuesday, May 16th open. Your sweet tooth will thank you!

Keep reading to stay updated on all the upcoming events and note various date changes. 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 <u>here</u>.
- 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













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# WHS IMPORTANT DATES - MARK YOUR CALENDAR

## 2022-2023 District School Calendar

## 2023-2024 District School Calendar

FRI 5/12 - Battle of the Bands (new date!)

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!

### CONGRATULATIONS WHS MATH TEAM!

Congratulations to the WHS Math Team for placing **3rd** at the New England Mathematics Meet after qualifying for the event in the Massachusetts Math League. Winchester High School students answered questions on topics such as number theory, trigonometry, and geometry, beating out teams from Massachusetts, Connecticut, New Hampshire, and other New England states.

### **CONGRATULATIONS WHS LATIN CLUB!**

The WHS Latin Club was awarded **2nd place** last weekend at the annual Junior Classical League State Convention in Duxbury. In addition to having lots of fun, our delegation won prizes in many

areas: academics, quiz bowl, athletics, drama, costume design, website, publicity, newsletter, community service, and spirit. Zo Clarke was named the top student of the entire convention in Creative Arts.

In photo: boys' team wins chariot race



#### WHS BADMINTON TEAM TAKES PRIZE!

Congratulations to the Winchester Badminton team who placed 4th in the High School Badminton Championships on Sunday, April 30th. Players: Joonquen Choi, Andrew Zhang, Aden Chen, Teddy Kuszewski, Leon Fu, Prattey Bhattacharya, Yujen Hou, Tiffany Zhang and Helen Ren.

#### **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!

## **BATTLE OF THE BANDS**

Have you and your band always wanted to perform in front of the school? Well now is your chance! Battle of the Bands is back!

Friday May 12th from 6:30-9:00 PM, come see your favorite student bands and show your support! Also a great way to kick off senior week! It will be an awesome night full of awesome music!

Hope to see everyone there!

If you are interested in performing, <u>Here</u> is the link to sign up.

### 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.

### 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 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** and click on the Register tab at the top of the home page.

### **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!

### SENIOR PROM INFORMATION

The Class of 2023 Officers will be collecting Prom payment and

contracts on **Monday, May 8th** during WIN Block. Tickets are \$75 and contracts can be picked up in the Main office or found in the link below. We will also be collecting payments for Senior T-shirts during that time. Just as a reminder, if you pre-ordered a Senior Tshirt, you may not get a prom ticket until you have paid for your Tshirt. Students may also drop off Prom payment and contracts to the main office anytime before May 16th. Thanks so much and hope to see you all there!

WHS STUDENT CONTRACT

GUEST CONTRACT

#### 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, <u>email us</u> 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 <u>whsangpcommittee@gmail.com.</u>

## DONATIONS STILL NEEDED!

We still need a few more \$25 gift cards~these are used for chaperones at the prom who generously volunteer their time! Click here to sign up. Gift cards can be from wherever you think teachers might like. Thank you to all who have already signed up!

Please use <u>this link</u> to access the signup genius site. Thank you again for all your help!



#### 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 <u>form</u> to enter!

#### VIP Parking at graduation!

There will be THREE winners for one VIP spot each. Complete this <u>form</u> to enter!

#### VIP Promenade Area!

There will be TWO winners for one VIP spot each. Complete this <u>form</u> to enter.





#### PHOTO SUBMISSIONS AND HELP NEEDED!

Please submit photos of your Seniors, ideally **3-4 photos per Senior**. Can be photos with friends, individual photos from High school, a baby photo or elementary school photos as long as appropriate and okay with your Senior.

Please provide as soon as possible but **no later than May 19th** at this <u>Google Drive folder</u>.

#### SCHOLARSHIP OPPORTUNITY

Attention Senior Student-Athletes. The Boston Globe is now taking applications for the Phelps Scholarship. A \$3,000 scholarship will be awarded to one female student-athlete and one male studentathlete from District 4. Applications are due by **May 12th**. Any Senior that is interested should pick up an application in the Athletic Office.

#### **CLASS OF 2023 SENIORS**



#### ADVENTURE AWAITS ...

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

#### JOIN THE WINCHESTER ALUMNI ASSOCIATION

College Transitions - Professional Networking - Alumni News and Events Winchester Alumni Association - winchesteralumni.560alumni.com

# CLASS OF 2024 NEWS

### SAVE THE DATE!!

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



#### Summer theme!

June 5, 2023 | 6:00 - 8:00 | \$20

Find us outside of WHS for Frozen Hoagies, a bouncy house, lawn games, music, & friends!

# CLASS OF 2025 NEWS

The Class of 2025 is offering volunteering hours. Sign up<u>here</u> to help clean up for the EnKa fair! The date is on Sunday the 21st at 7AM outside of Jenks.

# 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

Great job by Sam Kimball & Carly Geddes representing WHS last Friday at the MIAA Girls & Women Day in Sports!





SPRING SPORTS SEASON IS IN FULL SWING! PLEASE <u>SEND US</u> SCORES, UPDATES AND PHOTOS OF STUDENT ATHLETES AND TEAMS IN ACTION! LET'S GO RED AND BLACK!

**BOYS LACROSSE** 

The Winchester boys lacrosse team has its first night game of the season **Tuesday**, **May 9** at 7 pm. Come down to Knowlton and cheer them on against a strong Minnechaug team.

## **GIRLS LACROSSE**

The girls continue to **ROLL** with a record of 11-2! Way to go!



SAILING



# GLORIA'S WHS SAILING PIZZA NIGHT

## **Tuesday May 9th from 5-Close**

Order a delicious dinner from Gloria's and a percentage of the proceeds will go to the WHS Team!

Thank you for your support and thank you to Gloria's for continuing to support the WHS teams!

https://www.gloriaspizzeria.com

## **TRACK & FIELD**

Rain does not stop our athletes from competing! They train hard, play hard and even have time for a PROMPOSAL!



## TENNIS

Winchester Boys Tennis won against Wakefield 5-0 this week!

# UNIFIED BASKETBALL

WHS Unified Basketball hosted Woburn on Wednesday May 3. A hard fought game ended in a tie twice- once in regulation and again in overtime! All the players showed heart and hustle out there. Join us again WEDNESDAY @ 4 for the next home game against Burlington!



# WHS ARTS, MUSIC & THEATER





## **GREETINGS FROM THE WHS MUSIC DEPARTMENT**

I am happy to share that the WHS Music Department successfully completed its quadrennial performance trip to Disney World at the end of the vacation week.

Disney has strict performance requirements in terms of quality of ensemble, professional appearance, repertoire, etc. In order to be allowed to perform on their properties, each group had to submit an audition tape to Disney Performing Arts. We traveled to Orlando with 175 student performers - marching band, chorus and orchestra.

Marching Band paraded down Main Street in the Magic Kingdom; our orchestra presented a concert on the main stage in Disney Springs; and the chorus participated in workshops with Disney personnel to record the vocal soundtrack to parts of the Lion King!

Despite the long and steamy days, our students performed beautifully - we are so proud of their preparation and hard work.In addition to the wonderful work of our student ensembles, we could not do this trip without a terrific team behind the scenes.

Thanks to Laurel Anthony, Peter Rowe and Sheryl Stein who helped process the grants and payments.

A huge shoutout of thanks to our nurses Jen Markham and Lauren Vaccari. They worked through over 175 medical forms, contacted

parents with any concerns and met with dozens of students to ensure that all would be well during the trip. We were well-prepared and incident free!!!

Our chaperone team was second to none. These are long days that started at 2:30 AM on Saturday and ended at 2:30 AM Wednesday. I can't thank them enough for their energy, positive attitude, consistency and willingness to give up their time in order to make this a successful trip.

With great appreciation to current and former WHS Faculty and staff -Craig MacKenzie, Michelle White, Melissa Peduto, Jack Squeglia, Dan Perenick, Sami Goldberg and Nick Costello. Non-WHS chaperones included Sally Squeglia, Sara Wenzel, Ashley Bianchi and Michael Galvin. You are the best!

SPECIAL THANKS to the wonderful organizations in Winchester that helped defray the cost of the trip for our students. We want to recognize the amazing generosity of the EnKa Society, The Rotary Club, The John and Mary Murphy Foundation and the Winchester Public Schools' Friends of Music!

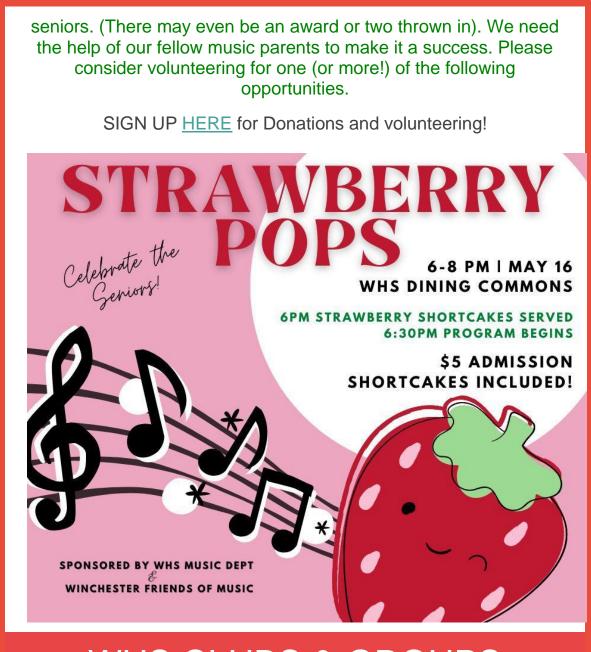
In other news, the month of May is a busy one at WHS! JOIN US!!:

Tuesday, May 16 for our annual Strawberry Pops Concert. Saturday, May 20th - EnKa Parade Tuesday, May 23 - Vocal Senior Showcase Monday, May 29 - Memorial Day Parade Saturday, June 3 - Town Day

The students came back in full swing for last Friday's Night annual *IN the Mood Jazz Night*! It was a full house- enjoying the night of talented McCall Jazz Band, WHS Jazz Band and beautiful singing from some of our WHS Chorus singers! Thank you for all you came out to support our students, for all those who donated elegant sweets and volunteered through out the night! Hope to see you at our next funfilled event - Strawberry Pops, Tuesday, May 16th!



STRAWBERRY POPS is back Tuesday, May 16th! This tradition is always special as we not only listen to great music and eat shortcakes; but we also bid a fond farewell to our graduating



# WHS CLUBS & GROUPS

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

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 with any questions.

## **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!



# **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.

#### Winchester School Committee Meeting

May 8, 2023: 6:00 PM Winchester High School, Guidance Conference Room D107.2 80 Skillings Road, Winchester, MA

- I. Call to Order (6:00 PM)
- II. Discussion & Consideration of Spring Town Meeting Articles (around 6:05 PM)
- III. Adjournment (around 6:30 PM)

The above topics represent what the Chair of the Winchester School Committee reasonably anticipates will be discussed at this meeting at the time this meeting was posted. If you require additional accommodations or translation services, please contact the Superintendent's office prior to the meeting date. Agenda times are approximate.



#### THE LEAGUE OF WOMEN VOTERS OF WINCHESTER invites you to Come celebrate our Centennial Anniversary! Humor for Humanity with Jimmy Tingle!



## Wednesday, May 10, 2023 6:30 pm

All Seasons Barn at Wright-Locke Farm Winchester, MA 01890

#### Seats limited to 100 - \$100 each

Reserve your seats NOW **and pay online** at **lwvwinchester.org** Or by clicking on this QR code:



Each ticket supports civic activities of your local League and <u>celebrates</u> 103 years of League voter services and advocacy! 1920 – 2023



#### En Ka Fair Book Donation Bin is Open and Ready For Your Deposits... NOW until May 12th!!!

#### PLEASE FOLLOW THESE GUIDELINES:

- No magazines, textbooks, dictionaries, CDs, DVDs, or encyclopedias
- All books must be in good condition, so please no damaged / musty /torn books. If YOU would not buy it, please do not donate it!
- Please donate your books in boxes or bags

Donation bins are located at St, Mary's School, 162 Washington Street. Enter from Washington Street and follow arrows on parking lot. They are on the side of the Wilder School building at the end of the drive (big sign). St. Mary's has asked that we AVOID deliveries of donations Monday thru Friday between 8:00 AM & 8:30 AM and between 2:00 PM & 2:30 PM as these are their student drop-off and pick-up times.

THANK YOU FOR RESPECTING THIS REQUEST. We thank you so much for your support and we are excited to see you all under the En Ka Fair Book Tent!

> Book Tent Committee En Ka Fair 2023

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10 AM - 1 PM FRONT OF WHS



# **ITEMS NEEDED:**

#### BAKED BEANS

- CANNED LUNCH (SPAGHETTIOS, ETC.) CANNED MEAT (STEW, SPAM, CHILI, ETC.) CEREAL (HOT & COLD) CONDIMENTS DESSERT MIXES, JELLO, PUDDING CANNED FRUITS INSTANT MASHED POTATOES JUICE PASTA & SAUCE
- POWDERED MILK & SHELF STABLE MILK
- RICE/RICE MIXES
- SOUP (CONDENSED & READY TO SERVE)
- SNACKS (COOKIES, CRACKERS, ETC.)
- SUGAR-FREE, LOW SODIUM & FAT-FREE FOODS
  - TUNA
  - PERSONAL CARE PRODUCTS
    - PAPER PRODUCTS
    - PEANUT BUTTER & JELLY
    - CAKE MIXES & FROSTING

#### 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 May 15th, 3:30-4:30 PM

Feel free to reach out by email for more details!

Follow us on Facebook

Zoom Meeting Info





# 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.



# 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

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 <u>hello@winchesternews.org</u> and visit <u>www.winchesternews.org</u> to sign up for updates.



# Athletes & Eating Disorders

Russell Kennedy, Ph.D, <u>Walden Behavioral Care</u>

#### 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.



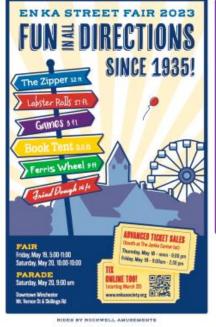
Dr. Russ (he/him/his) was an all-around gymnast for Syracuse University and has been coaching gymnasts and cheerleaders for the past 30 years. Outside of Walden, Dr. Russ works as a coach, lecturer and advisor for performance athletes, teams and governing bodies on eating disorders, disordered eating,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





# 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** 



Tickets will be good for EVERYTHING at<br/>the fair!Tickets only: All rides and all Rockwell<br/>games.Tickets and/or Cash: Food Trucks and all<br/>En Ka tents - Cafè, Lobster Rolls, Bakery,<br/>Jewelry, Face Painting, Games Tent (it's<br/>back!) and Book Tent!!So now is the time to order your tickets!See you at<br/>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: <u>https://us02web.zoom.us/meeting/register/tZ0pce2uqzkvGdec5ywKRfa9N9NEfl26FJY5</u> After registering, you will receive a confirmation email containing information about joining the meeting.

For more information, check out our website: www.winchesterabc.org For questions or to apply contact us at info@winchesterabc.org

**REGISTER FOR WINCHESTER ABC ZOOM HERE** 

#### WFEE TOWN DAY ROAD RACE

#### Ready to Run?

No, not the run to the end of the year. That's upon us no matter what! How about a quick walk or run to kick off **Town Day on June 3rd**? The WFEE Town Day Road Race is fun, fast and for all of us. Funds raised come back to our schools in the form of teacher and student grants, more than \$135,000 this year alone.

Register now! The elementary school with the most participants will receive \$250 WFEE playground equipment grant.

#### Top Three Reasons...

to participate in the WFEE Town Day Road Race:

#3 - Running or walking 2.5 or 5 miles is a great way to kick off Town Day on June 3rd

#2 - If you register now at through <u>www.wfee.org</u> you'll get a free tee shirt

#1 - All funds raised through the Race come back to our schools in the form of WFEE Grants to educators and students



WHSPFA | 80 Skillings Road, Winchester, MA 01890