Subject: WHS PFA Newsletter 2/8/21 From: WHS Parent Faculty Association <whspfanewsletter@gmail.com> Date: 2/8/2021, 6:35 AM To: lauren.lesperance@verizon.net

Winchester High School Parent Faculty Association Newsletter February 8, 2021

To ensure continued delivery of the WHSPFA Communications, please set-up our <u>email address</u> as a contact/safe sender.



PRESIDENT'S NOTE



Hello Fellow WHS Families, Alum, Staff and Friends!

We hope you had a wonderful weekend! Valentine's Day is less than a week away and love is definitely in the air at WHS!

Although our kids are the ones in high school, sometimes it's helpful to remind ourselves of what it was like when we were in high school on Valentine's Day when the gossip, the crushes, the hormones sometimes took precedence over studies. . . what better way than to open the vault of classic 80s (and some 90s) teenage romantic songs to bring us back! We hope this simply brings a smile and a giggle to your day—and if you want to make a mix tape (or Spotify track list) for your honey with these songs, go for it! Oh, you needed a last-minute Valentine's Day gift? Problem solved! (You're welcome) **Click on song and get transported back to MTV*!*

Top 20 songs for Mix Tapes * SIDE A

- 1. Tiffany "I Think We're Alone Now"
- 2. New Edition "Cool it Now"
- 3. Debbie Gibson "Only in My Dreams"
- 4. Heart "These Dreams"
- 5. New Kids on the Block "You've Got it (The Right Stuff)"
- 6. Simple Minds "Don't You (Forget About Me)"
- 7. a-ha "Take on Me"
- 8. Bangles "Eternal Flame"
- 9. Belinda Carlisle "Heaven is a Place on Earth"
- 10. Stacy Q "Two Hearts"

SIDE B

- 1. Extreme "More Than Words"
- 2. Starship "Nothing's Gonna Stop Us Now"
- 3. All-4-One "I Swear"
- 4. Spandau Ballet "True"
- 5. Mariah Carey "Without You"
- 6. Madonna "Crazy for You"
- 7. Bill Medley, Jennifer Warnes "(I've Had) The Time of My Life"
- 8. Peter Cetera "Glory of Love"
- 9. Guns N' Roses "Sweet Child of Mine"
- 10. Journey "Faithfully"

Back to 2021, to help WHS prepare for Valentine's Day, last Friday, we were lucky to have "The Lion's Heart" group come and help us decorate the windows of WHS with hearts and hearts galore! The group of Freshman boys spread joy to their fellow peers and school community—a big shout of appreciation to David Chamberlain, Jonathan Christmas, Bo Spignesi, and Ben Wilson for their time and care!

Last but not least, here are some great things happening this week and events to look forward to in our community!

- WinchesterTogether-On Monday, 2/8 (TODAY) we celebrate Winchester and good ol' hometown cooking at the First House Pub, which will have \$5 burgers and fries –delish! FHP's slogan for this special event is "Where's the Beef?!"—a tribute to the classic 80s burger sensation and Clara Peller!
- Winchester Got Lunch— February break is coming up and although school will be closed WGL will continue to help families in need please consider <u>donating</u> and supporting the wonderful community initiative.
- Winchester Coalition--Free wellness webinars for adults and students this week!
- WFEE Trivia Bee—OK, take a deep breath, here goes: Yes, your own PFA co-president cameos as the WFEE Bee! You know I will do anything for the kids! Who wants to play? Order a Trivia Bee bag now and you'll have blast too! www.wfee.org
- Network for Social Justice- 3 part Learning Series starts this week!
- **Parent to Parent** Save the date for March 3rd "Successful Sleep Strategies for Kids and Adults"
- So much more going on around our great town, please scroll down and

learn more!

Wishing you a wonderful February break filled with happiness, nostalgia, and many arrows from Cupid's quiver *(pack where he carries his arrows-had to google it!)*!

Warmly, Mai Harrison & Abbie DiMatteo Your WHS PFA Co-Presidents



"Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has." --Margaret Mead



The WHS Masked Staffer Week 20

 What high school did you go to? Everett High School (Everett, Ma)
 What was your favorite subject in high school? Humanities with Gary
 Dascoli
 What sport and/or extracurricular were you involved in high school?

football, wrestling, rugby
4. What is one of your hidden talents?
I am a fantastically average sailor.
5. Favorite Movie/Book/Band/Food?
Braveheart/GOT/anything old/fajitas
6. Is there a quote or saying that you
live your life by? If you are not getting
better, you are getting worse

**Remember to read through the end of the newsletter and find out the identity of our WHS Masked Staffer! **

WHS IMPORTANT DATES - MARK YOUR CALENDAR

MON-FRI - 2/15 to 2/19 - School Vacation

WHS School Calendar

The Winchester School Committee approved the <u>monthly calendars</u> for February through June 2021

Winchester is planning and preparing for a full in-person return to school in the fall, and I thought you might find the approved <u>2021-2022 Calendar</u> useful for planning purposes.

Carnation Time!

Student Council will still be offering carnations, but with a twist! Instead of delivering carnations during classes, we will be selling a carnation, ribbon, and card for **\$3** for you to fill out and hand-deliver to that special someone!

Head to tables in the cafeteria or the gym to buy them on **February 8th-9th** (AA Cohort) and **February 11th-12th** (BB Cohort)!

One Wish Project Drive

I'm hosting a toy drive for the One Wish Project during the months of **February and March.** The toys collected during this drive will be given as birthday gifts to homeless children living in the area.

I would love it if you could donate any unused/unopened toys for kids of any age. There will be a box to drop off toys in front of the main office.

If you would prefer to have your toys picked up at your home please email me

The Wish Project Drive

As we kick off 2021, we are once again going to be organizing a toiletry drive, including items such as deodorant, toothpaste, and many more. This drive is one organized for the <u>Wish Project</u>, a lovely program that provides families in need with basic necessities. A collection bin will be placed outside the main office for any donations.

Thank you all for being so generous!

School Lunches

Did you know that the USDA has approves **FREE** breakfast and lunch for **ALL** students for schools on the National School Lunch Program and School Breakfast Program for the 20-21 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 and for PICK UP. Students attending school in person are eligible to pick up breakfast and lunch daily at NO CHARGE (1 breakfast and 1 lunch).

To be added to the list of pick up meals, please contact <u>Trina Scotti</u>, foodservice general manager. Please include the number of students and which cohort they are in. You will then be sent a confirmation email with details on where and when to pick up meals.

Please note that ala carte or 2nd meal purchases will be charged to the student's lunch account.

SATs Update

As you may have heard, CollegeBoard is <u>discontinuing the SAT Subject Test</u> as well as the optional Essay portion of the SAT.

We recognize that some of our students have already signed up for these tests at WHS in March, May or June. All refunds/future notifications will be coming through CollegeBoard.

You can access this information on your CollegeBoard portal as well.

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

Fall 2 Sports Registration is now open on FamilyID! You **must re-register** if you had registered earlier in the year.

The following sports will run in Fall 2:

Girls Volleyball, Indoor Track, Cheering, Football, and Girls Swim.

Anyone interested in Joining the WHS Girl's Swim Team!

The coach is holding an informational zoom on **Tue, February 9th at 7:00 PM**. Join us to learn everything you need to know to join the team, we hope to see you there!

Fill out this Google Form to receive a zoom link.

Congratulations to the **Girls Varsity Hockey** team for their first win! Led by goals from **Ariane O'Rourke**, **Annie Ettenhoffer (2)**, **Mary Lou Coakley**, **Maggie Fortin**, and **Sam Kimball**, Winchester squad defeated Lexington 6-2.

Senior Lila Cohen was spectacular in net, earning her first win in her first league start. While there were no fans in attendance, senior Luca Tedesco (aka future Doc Emerick) provided riveting play-by-play for the online viewing audience. Girls Hockey final: Winchester 6, Lexington 2

For the **first time in 4 years** Winchester Girls Basketball won a Liberty Division win in the Middlesex League with a 54-45 win over Lexington.

Senior Captain Katie Degnan with 16 pts and 10 rebounds



Boys Varsity Basketball Pictured left - **Sean Gogolin** Pictured below - **Phillip Sughrue**



It was a cloudy day with temps in the mid 30's for **Thursday's Alpine Ski Race**. Nashoba Valley received 2 feet of snow from last week's nor'easter, but this made the slalom course softer than usual.

58 girls racers competed in this week's slalom race. Coming in 4th place was senior captain Michaela Eichel, coming in 7th was sophomore captain
Maddie Taylor, coming 24th was sophomore Grace Preston, coming in 26th was senior captain Charmie Galvin, coming in 37th was junior Amelia
Nicholas, coming in 40th was sophomore Caty Jones, coming in 41st was sophomore Josie DiMatteo, coming in 47th was senior Bryce DiMatteo, and coming in 49th was freshman Sienna Hurd.

For the Boys: 68 racers competed. Coming in 15th place was **junior Niko** Fortier, coming in 27th was **junior Henri Duplessis**, coming in 28th was **junior Max Durand- Morris**, coming in 32nd was **senior John Ferrelli**, coming in 43rd was **sophomore Doug McCallon**, coming in 46th was **junior** Will Westerfield, Freshman Liam Carlin missed one of the gates toward the bottom of the course but hiked back up the hill to recover and finished in 44th place. Cody Paigen and Gabe Cantoni had issues with the timing from Nashoba but both had good runs. Any students interested in playing **Girls Lacrosse** this Spring who missed the December sign up meeting should complete this <u>form</u>.

Any students interested in playing **Boys Lacrosse** this Spring Season, please fill out this google form

WHS ARTS, MUSIC & THEATER

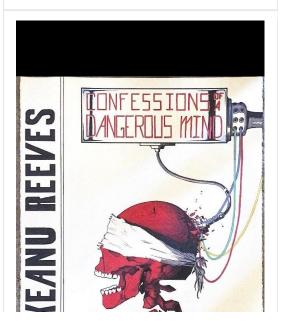
Check out these amazing works from some our Senior Honors Art students



Katie Lew

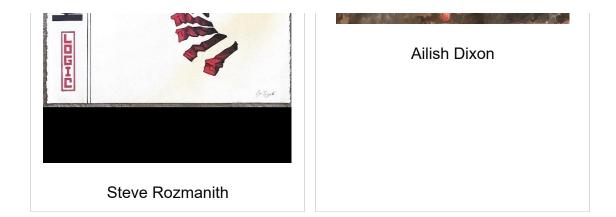


Amelia Murray





7 of 21



In celebration of Black History Month, Tri-M is hosting another virtual concert on **February 26th!** We are looking to share music by artists and composers of African descent. Any singers and instrumentalists are welcome to perform, and we encourage students to play pieces in the original style or their own style. Singers, solo instrumentalists, chamber groups, electronic producers, and all are welcome to send in recordings.

If you would like to contribute, submit music in this form by February 19th.

Email with any questions

WHS CLUBS & GROUPS

Click here for a <u>list</u> of WHS Clubs and Organizations See below for current club news, upcoming meetings & events

Join **Careers club Wednesday, Feb 10th** as we welcome Dr. De, he is an Anesthesiologist at the Albany Medical Center. If you are a new member and are interested, use this <u>form</u> to sign up. We hope to see you there!!

Interested in life's bigger questions? Come to **Philosophy club** every **Friday at 5:30pm on zoom!** We discuss a wide variety of profound, thoughtful topics, and allow members the opportunity to lead the discussion! If you're interested fill out <u>this form</u>. All are welcome, and we hope to see you there!





Recently, **the Latin club** did its part to show its appreciation to the front line workers at Winchester Hospital. As we all know the staff at the Winchester Hospital has been at the forefront of the fight against the virus since last Spring. They have shown extraordinary courage and care during these unprecedented times. Community members recognized their efforts and showered hospital staff with meals, snacks, flowers, gift cards, and more. The Latin Club did its part and delivered water bottles to the frontline workers. They were distributed to the front-line workers when they received their Covid vaccine in their conference center which was set up to administer the vaccines. The gesture was much appreciated and welcomed.

Join the **Winchester Farmers Market Club** to get involved with the local market! We will be offering volunteering opportunities in the spring and summer. Please fill out <u>this form</u> to sign up if you are interested in attending our monthly zoom calls. All are welcome, and we hope to see you there!

WHS's student council and class officers have been working hard this past year to start the first-ever **WHS Senate** tackle anti-racism efforts. Follow <u>WHS Senate</u> on Instagram to stay updated on what they are working on!

Are you looking for volunteer opportunities and a great way to give back to the community? Then try the **WHS Fells Club**! We are planning on meeting once a month and doing volunteer work in the Fells such as clearing trails of brush, trash, and fallen trees. We are also working to adopt a section of the Fells for our club to maintain! Another main priority is raising awareness about invasive species and helping to preserve native plants and animals. Fill out the form <u>here</u> if you are interested, hope to see you soon!

Click <u>here</u> to subscribe to Winchester High's student-produced newspaper **the Red & Black**.

CLASS OF 2021 NEWS

Scholarship Information

The **Winchester Scholarship Foundation** applications for the academic year 2021-2022 are currently available in the Guidance Department as well as online in Naviance.

The 2021 **Christopher N. Mitropoulos** Scholarship application is available in the guidance office and on Naviance.

Applications for the **Joseph M. Murphy III Scholarship** are now available in the Athletic Office, the guidance office and on Naviance. They can be picked up during school hours any day during the week.

When requested, we will share your student's name and contact information with the branches of the military unless you choose to opt out of this. Families wishing to opt out must complete this <u>google form</u>.

If you can believe it, it is already time to order your cap and gown! The cost is **\$15.50** and all students will be wearing red. The order comes with one 2021 tassel.

Get online and order now!

CLASS OF 2022 NEWS

COLLEGE NIGHT PROGRAM

Wednesday, February 10th, 6:30-8:00 PM

This evening webinar for juniors and their families features local admissions professionals who will describe the admissions process from the colleges' perspective. Guidance Coordinator Suzanne Ontso will discuss how to get started on the college selection process and provide an overview of how to use Naviance.

This program is the first in a series of workshops designed to equip parents and students with as much timely information as possible about the college process.

WEBINAR LINK Passcode: Winchester

CLASS OF 2023 NEWS

Check this section for updates about the Class of 2023

CLASS OF 2024 NEWS

Check this section for updates about the Class of 2024

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.

WHERE'S THE BEEF?



FIRST HOUSE PUB, of course! \$5 BURGER & FRIES

MONDAY, 2/8, 4-9PM

Dine In, Take Out or Delivery by FHP!

Call to Order: 781-369-1381



Sponsored by Winchester Rotary With Enthusiastic Support for Winchester Together

(No Uber Eats or Grub Hub)



From The Winchester Health Department:

Phase 2 of the state's vaccination plan will begin on **February 1st** starting with anyone **75 years and older**. Winchester is part of the Mystic Valley Public Health Coalition with Melrose, Malden, Medford, Wakefield, and Stoneham.

ELIGIBLE Winchester residents may receive their vaccine at clinics listed in those towns and at other designated sites throughout the state **NOW** by going to <u>this site</u>.

If you have a parent, family friend or neighbor in the 75 plus category, please help them register. If they need additional assistance, have them call the Jenks Center at **(781) 721-7136**.

The Winchester Health Department plans to vaccinate the most vulnerable and home bound residents when supply is available.

Click here for more information

TOGETHER WE CAN MAKE COVID HISTORY!





MIAA is hosting a series of **FREE** wellness webinars for students and school staff.



FREE Wellness Webinars for Students and School Personnel



Digital and Social Media Landmines (Students & Adults)

Robert Hackenson, Dynamic Influence, will address how to navigate around some of the pitfalls of social media and other technologies. Using comedy and magic, he will provide information on technology addiction, social media anxiety, cyber-bullying, online predators, and other critical facets of your digital footprint.

February 9, 2021 9:30-11:00am



Building Resilience with Positive Psychology (Adults)

Pam Garramone will discuss what resilience is, how you can become more resilient, and simple strategies you can put to use immediately, using positive psychology, to help build your strength of resiliency.

February 10, 2021 9:00-11:00am



Substance Abuse Prevention & Education for Athletes & the Professionals that Serve Them (Students & Adults)

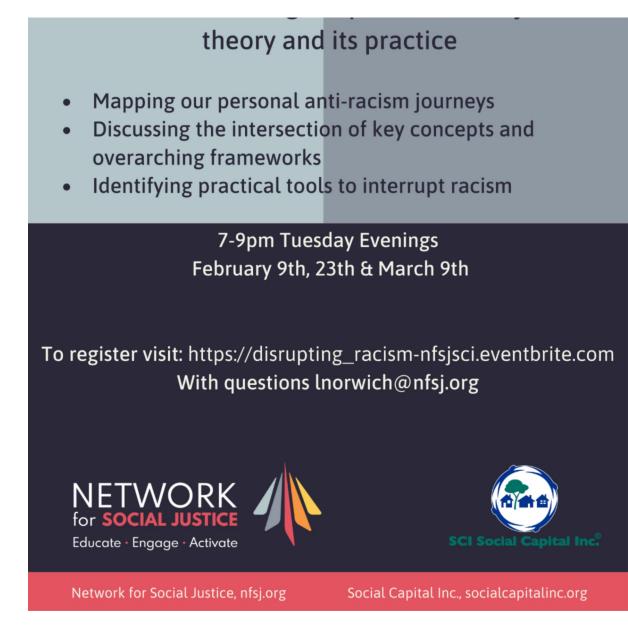
Tina George, Caron Treatment Centers, will help participants learn the difference between student-athlete substance use and that of their peers, discover how substances can affect athletic performance, and the unique factors that can make athletes more at risk than their peers.

February 11, 2021 9:00-10:30am

To register, CLICK HERE.

DISRUPTING RACISM LEARNING SERIES

This 3 part series is designed to build a learning circle of diverse community members committed to diving deeper into racial justice



REGISTER HERE FOR THE DISRUPTING RACISM LEARNING SERIES

Email with Questions

Virtual Social Justice Trivia Night!

Thursday, February 25th 8:00-9:30 PM

Mixing general trivia with social justice historical and pop culture factoids, this virtual trivia event is meant to be a fun way to spend a COVID-safe evening in. Play will involve individuals (or families-who-live-together), not teams. All ages are welcome! Prizes for the top three finishers will be awarded!

Register here



"Thought is the seed of action."

~ Ralph Waldo Emerson

Join the Conversation! An Open Forum on Racial Equity & Authenticity A Virtual Workshop Hosted by Cyndi Weekes Bradley

Thursday, February 25 7 p.m. <u>REGISTER HERE</u>

We want Winchester to be a town where everyone feels welcome. Are we already there? Are we close? Do we have a long way to go?

Whatever you think, let's talk!

*Open to all ages - we recommend that children under 15 attend with an adult.





Ms. Weekes Bradley is an educator with over 20 years of school-based experience within teaching and leadership, spanning from early childhood through post-secondary education. She enjoys using her lived experiences to create open spaces for productive discourse and actions that move communities closer to their goal of embedded racial and culturally inclusive practices.

REGISTER HERE FOR CYNDI WEEKES WORKSHOP

Email with Questions

February Events Winchester Community Music School

Junior District Auditions Workshop Saturday, February 27, 2:00 – 3:30 PM

For middle and junior high school students trying out for the MMEA Junior District Festival. This workshop hosted by Winchester Community Music School will provide a wealth of information about the audition process including how to prepare, manage nerves, and develop presentation skills.

Students will divide into vocal and instrument groups to perform for adjudicators and receive constructive feedback on their solos and scales. Held live on Zoom; \$25 per participant. Open to all; you do not need to be enrolled at WCMS to participate._

Register online by February 22 or call 781-721-2950 for more information.



Successful Sleep Strategies for Children (and Parents) with Dr. Dennis Rosen



- How much sleep do children and teens really need?
- Why are some children night owls, while others can't keep their eyes open past 8:00 pm?
- How do sleep patterns interface with brain development and affect academic performance?

Dr. Dennis Rosen, author of *Successful Sleep Strategies for Kids*, is the Associate Medical Director of Boston Children's Hospital Sleep Center. In this talk, Dr. Rosen will answer these questions and more, and provide strategies you can use to improve the quality of your child's sleep.

CLICK HERE TO REGISTER IN ADVANCE FOR THIS WEBINAR!

Wednesday, March 3







All Programs Are Free and Open to the Public.

REGISTER HERE for Dr. Dennis Rosen

Bee-cause We Care....

WFEE has figured out a way to hold the Trivia Bee without resorting to a Zoom event but still "bee-ing" safe. This year we are doing a Bee in a Bag, a keepsake canvas tote bag full of everything you need to **hold the Bee at home**. The bag comes with three levels of trivia questions (answers included of course!), instructions on holding your Bee at home, snacks, goodies from our sponsors, a crown for your winner and more.

Bags can be <u>ordered here</u>, members of the WFEE hive will deliver your bag to a Winchester address on **March 3rd**. Sign up **now** to make sure you are one of the **first 250 people** who are guaranteed the canvas bag.

The beauty of this Bee is you play when it works for you. Make it a family night or buy a bag for a friend then create your own socially distanced event. Best of all, why not upgrade your gift and have our fully costumed, very enthusiastic Bee, aka Mai Harrison, buzz by to deliver the bag in full Bee regalia.

The Bee in a Bag will help fund WFEE projects for the rest of this year. In the last month alone WFEE has created a virtual Authorfest involving 20 presenters at all of our schools. In addition, WFEE offered two weeks of free, online enrichment programming for our elementary students. More projects are coming, help us "bee" sure we can support them!



Registration is open for Kids' Corner's Summer Program!

Did you know that Kids' Corner offers multiple exciting, full day programs during the summer? We offer our beloved Kids' Corner Summer Program (grades K-5) and our adventurous KC Xtreme for middle school students (completed grades 6-8). Kids' Corner's Summer Program upholds the same safe, engaging, caring and values-driven environment, coupled with a fun-loving, learning-filled atmosphere that has been central to the Kids' Corner Out-of-School Time Program for over 30 years. We intend on having some fun, enriching experiences on site and we hope to relaunch our awesome field trips in 2021.

Please see more information: HERE



When School Ends, The Need For Lunch Does Not

Winchester Got Lunch provides healthy lunches for Winchester families during times when school is not in session -summer, school vacations and during the pandemic.

DONATE HERE

Donations will provide gift cards for families during February & April vacations and summer food delivery



- \$25 feeds a child for one week
- \$50 feeds a child for two weeks
- \$250 feeds a child for the entire summer!



Winchester Got Lunch is a community partnership with Winchester Public Schools, businesses, faith-based organizations, civic groups and community members

winchestergotlunch.org

DONATE HERE Winchester Got Lunch



Winchester Together is a community based initiative of coordinated events and acts of kindness that offer hope and positivity to all generations of Winchester residents and our local essential workers. The goal of Winchester Together is to coordinate a series of events and acts of kindness to address the isolation and pandemic fatigue that many residents of Winchester are now experiencing. We act as a communication hub for residents and wish to promote safe activities that all generations of Winchester residents can enjoy and find purpose in.

Winchester Together is made possible by all of the Winchester organizations, businesses, and people of action engaging in this coordinated campaign. We are grateful for all they do for our community.

Follow us on Facebook Or on Instagram: @Winchestertogether

WE ARE WINCHESTER TOGETHER!

As Winchester Together is also a call for action, contact <u>Rich Mucci</u> or <u>Dot Butler</u> if you have an idea, have an event in progress to promote or wish to volunteer to engage in new project as part of this campaign.

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 <u>HERE</u>

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 <u>database</u> 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 <u>HERE</u>.



Check out our latest alumni spotlight!

Chris Rucker

Winchester High School class of 1993



UNMASKED: Our Magnificent Math Teacher Craig Mackenzie! Thank you Mr. Mackenzie for participating and helping us get to know you better!

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!

WHS PFA Direct Appeal



If you NO longer wish to receive the newsletter or you wish to change or add a new email address to your account, <u>please email us</u>.

To make a newsletter or a news blast submission, <u>please email us</u> NO LATER than 12:00 PM on Friday.

WHSPFA | 80 Skillings Road, Winchester, MA 01890

<u>Unsubscribe lauren.lesperance@verizon.net</u> <u>Update Profile | Customer Contact Data Notice</u> Sent by whspfanewsletter@gmail.com powered by

