

Subject: WHS PFA Newsletter 3/8/21

From: WHS Parent Faculty Association <whspfaneletter@gmail.com>

Date: 3/8/2021, 5:30 AM

To: lauren.lesperance@verizon.net

Winchester High School Parent Faculty Association Newsletter March 8, 2021

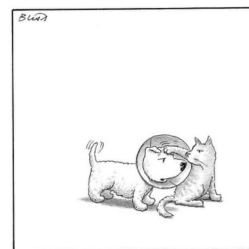
To ensure continued delivery of the WHSPFA Communications, please set-up our [email address](#) as a contact/safe sender.



PRESIDENT'S NOTE

Happy Monday WHS Families, Staff, Alums and Friends!

We hope you had a great weekend! Our special school and community continue to impress! **WHS** has so many clubs and organizations **helping others** –please take a moment to check them out and encourage your student to join the fun! (The WHS Purple Club, The WHS Fells Club, The One Wish Project , The Wish Project, The Winchester Intergenerational (IG) Leadership Team and more!)



"I really appreciate this..."

The Winchester Coalition for a Safer Community continues to have very helpful programming. On March 31st don't miss the presentation by our WHS Adjustment Counselor, Amber Haines, "Coping with COVID Stress: Helping Our Youth LIVE and THRIVE in a Pandemic – One Year Later!" (more details below)

Winchester Together is a sustainable series of events and random acts offering hope, kindness, and positivity to all generations of Winchester residents and our local essential workers. (follow on Facebook to see how you can participate!) Today is the last day for – Winchester Together, Find #Commonwealth Benches! Take photos of yourself and friends/family sitting on these 12 benches around town and you may win a \$20 gift card! (see details below). Even your TEENS will love this event!

There are SO many more inspiring organizations and activities happening in our high school and community, read our newsletter to the bottom to learn more! Thank you to everyone one who purchased a **WFEE** "Bee in a Bag"! This event supported our schools and your participation was very appreciated!

As you may know, in collaboration with the Winchester Board of Health, WHS is conducting free COVID-19 pool testing for our students and our staff for the next 6 weeks. (details below) Starting this week, if you are available from 8:15 -9:30am on Tuesdays

and/ or Thursday mornings we would GREATLY appreciate your help! There will be a variety of volunteer positions and there will be a person to help direct us every morning. No medical background needed—just wear a mask and help point students in the right direction! SIGN UP HERE: <https://www.signupgenius.com/go/8050A4CAEA728A46-whscovid>

Our next **WHS PFA meeting** will be Monday, March 22nd at 7pm. We will be welcoming the School Committee candidates during the first half hour. Please Zoom with us and meet the candidates! (link to come)

Don't forget – **NO school this Wednesday**, 3/10 for students! Our teachers and staff will be participating in a day of professional development. It's going to be 55 degrees and sunny – sounds like a day to get outside! There is a light at the end of the tunnel! Spring is just around the corner!

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 23

What high school did you go to? Huntington High School, Long Island NY
What was your favorite subject in high school? Art and English
What sport and/or extracurricular were you involved in high school? Art - I went to a local art studio run by some amazing local artists after school and on the weekends.
What is one of your hidden talents? I can do a fairly smooth, inward dive pike
Favorite Movie/Book/Band/Food? Brazil, Brave New World, Ween, Egg Special from Bay Deli
Is there a quote or saying that you live your life by? "Happiness...is generally the byproduct of other activities"- Aldous Huxley

***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

- WED 3/10** - NO SCHOOL - Professional Day
- THUR 3/11** - Special School Committee Meeting
- MON- 3/22** - PFA Meeting 7 pm (meet the School Committee Candidates)

WHS School Calendar

The Winchester School Committee approved the [monthly calendars](#) for February through June 2021

Winchester is planning and preparing for a full in-person return to school in the fall, here is the approved [2021-2022 Calendar](#) for planning purposes.

Special School Committee Meeting March 11, 2021 7:30PM

Meeting held via Zoom due to COVID-19 Closure

Please click this [link](#) to join the webinar: Passcode: 651752

Or iPhone one-tap :

US: +13017158592,,86325991872#,,,,*651752# or +13126266799,,86325991872#,,,,*651752#

Or Telephone:

Dial(for higher quality, dial a number based on your current location):

US: +1 301 715 8592 or +1 312 626 6799 or +1 929 205 6099 or +1 253 215 8782 or +1 346
248 7799 or +1 669 900 6833

Webinar ID: 863 2599 1872

Passcode: 651752

International numbers available: <https://us02web.zoom.us/j/86325991872>

MEETING AGENDA

1. Call to Order
2. Action Item
 - a. Vote to approve contract for the Interim Superintendent of Schools
3. Adjourn

WHS COVID-19 Pool Testing Sign -Up

Dear WHS students and families,

Thank you for your continued partnership during this most challenging school year. We are excited to announce that we will be rolling out a **free voluntary COVID-19 pooled testing pilot program for students and staff at Winchester High School during the month of March**. Participants have the opportunity to be tested each week. We will begin with the Senior class and phase in teachers, Juniors, Sophomores and Freshman. We have been

working closely with the Massachusetts Department of Elementary and Secondary Education (DESE) and the Winchester Health Department to make this happen. We are thrilled to be working with [Project Beacon](#), a social benefit organization focused on helping to increase the capacity, availability, accessibility, and affordability of COVID-19 testing in Massachusetts.

What is pooled testing and why is it important?

- Pooled testing combines multiple nasal test swabs from individuals into a “pool” group, then the pool is tested for COVID-19 in a laboratory setting. This approach increases the number of swabs that can be tested at one time and significantly brings down the cost of testing.
- Pooled testing is one more layer of protection that helps quickly detect, trace, and isolate COVID-19 positive individuals, ultimately helping lower the risk of transmission in our community.

This program is voluntary but your participation is encouraged! The more people who participate, the more effective this program will be.

How will it work at WHS?

- Participants will take a non-invasive shallow nasal swab and nurses will be available to provide support if needed. This will take place on Tuesdays for Cohort A and Thursdays for Cohort B.
- This is not for symptomatic testing. If your student has any of [these COVID-19 symptoms](#) they should not attend school or participate in pooled testing.
- Test results will be confidential and will only be seen by WHS nurses. Individual positive cases will be managed by the Winchester Health Department and are required to be reported to the Massachusetts Department of Public Health.
 - **If the result of the pool is negative:** all individuals are presumed to not have COVID-19, and you will not be contacted.
 - **If the result of the pool is positive:** all individuals in the pool will be notified by the Winchester High School Health Office and **they must be retested individually**. Individual follow up testing will be offered at the High School expeditiously after results are received. Students in a positive pool cannot return to school until the follow up testing is complete and we have identified a positive individual. The way the pooled testing days are scheduled, hybrid students should not miss any in-person days. [Details on this process can be found here](#)

How can your student participate?

To be included in the Pooled Testing Program, your student must have a profile created in Project Beacon, which includes signing an electronic consent form, covering both the pooled testing and retesting if needed.

[CLICK HERE TO REGISTER AND FOR MORE INFORMATION](#)

Note: Students may not participate if they have tested positive for COVID-19 within the last 90 days

At Winchester High School we are extremely grateful to our committed staff and families that continue to show great flexibility, compassion and resilience as we navigate through this school year. While we may be in different boats, we are all still in the same storm together.

If you have questions regarding the COVID-19 Pooled Testing Program not answered [here](#) , please [email us](#).

Thank you,
Principal Dennis Mahoney and the WHS Covid-19 Pool Testing Team

**** PARENT VOLUNTEERS NEEDED** -Please sign up here:
[WHS Families: WHS Covid 19 Pooling Test Parent Volunteers](#)
([signupgenius.com](#))

"Starting the Conversation: College and Your Mental Health" Webinar

Monday, March 8th from 7:00–8:30 PM

The webinar's panel of college administrators and a recent college graduate who experienced mental health challenges in college encourage transition age families to start conversations about mental health before students leave home. It is prudent to understand privacy laws, what can be communicated by college administrations, and that colleges differ in supports.

Students, parents/guardians welcome. Presented by the National Alliance on Mental Illness (NAMI) Central Middlesex. Co-sponsored by the Acton-Boxborough United Way and the Mystic Valley Behavioral Health Coalition.

Attendees must [register in advance](#) for this webinar.

Student Volunteer Opportunity

The Winchester Intergenerational (IG) Leadership Team is looking for high school students who want to get involved in developing fun, community based activities designed to bring together community members who span a wide range of ages. Building meaningful connections in our community will promote the well-being of everyone, and in the midst of the COVID pandemic, this is true now more than ever.

Our group is one team within the IG Leadership Team, funded by a Cummings grant, and our focus is on Performing Arts and Entertainment as a way to foster interconnectedness. Due to social distancing restrictions, we are tabling many of our performing arts project ideas until we can safely bring people together in the same physical spaces or venues. In the meantime, we have a

project in the works for this spring, involving the community showing of a movie related to sustainable, local farming, followed by discussions related to the successes and challenges involved.

Our goal is to host follow up activities and discussions including members of local farms, organizations and/or Winchester family owned businesses who will share their experiences. We're in the early stages and are open to new ideas and directions.

If you are interested in learning more about this opportunity, please contact us as soon as possible! [Rebecca Watson](#) or [Melissa Jackson](#)

Leadership and Community Service Training Program

Sponsored by WPS Service Learning and SCI Social Capital Inc., Spring 2021

The Leadership and Community Service Training Program revolves around the SCI Youth Grant Pitch Contest, which engages youth-led groups in creating community projects designed to address the mental health needs of their peers. These projects can range from organizing clean-up days of nature areas, to volunteering with the elderly, to creating PSAs about mental health. Student groups whose initial applications are approved will then be paired with a professional coach who will assist in developing project ideas and proposals. The program will culminate in a Pitch Contest event, where a panel of judges will award Grant funds for project implementation to selected groups.

Student clubs are encouraged to participate, and individual students will have the opportunity to be matched with others to form a group. All applications due Friday, March 12th via email to [Ms. Edenhofner](#), WPS Service Learning Coordinator.

For more information and the application form, see [WPS Service Learning website](#) or email Ms. Edenhofner, at aedenhofner@winchesterps.org. For more information about SCI Social Capital Inc., please visit <https://socialcapitalinc.org/>.

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

Once again we are organizing a toiletry drive, including items such as deodorant, toothpaste, and many more.

This drive is one organized for the [Wish Project](#), 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 [Trina Scotti](#), 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.

WHS SPORTS

We Want to Hear From You!

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



WHS Girls Volleyball had a great start to their season with their home opener against Reading with the Varsity team winning 3-0, JV 2-0 and Freshmen 2-0.

Congratulations to **WHS Boys Hockey** team members **Robert DiVincenzo** (goalie) and **Joey Falso** (forward) for being named Middlesex League All-Stars.

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

WHS ARTS, MUSIC & THEATER

Check out these awesome WHS student performances in **the WHS Tri-M Music Society's** Black History Month February 2021 Concert

[Link](#) to Winchester Tri M Youtube Channel

WHS CLUBS & GROUPS

Click here for a [list](#) of WHS Clubs and Organizations

See below for current club news, upcoming meetings & events

The WHS Fells Club is holding a contactless bottle drive fundraiser to raise money for equipment to clean up the Fells!

If you are interested in helping us collect bottles and cans please fill out this google form [here](#) before **Wednesday March 10th**.

If you have any questions please email [Shelagh Dixon](#)

Carbon Countdown 2021 Announcement

There is an important Carbon Countdown summit happening on the morning of Saturday, March 13th on Zoom. It is hosted by Sustainable Middlesex and co-sponsored by **WHS Connect & Commit Club**. There will be a lot of important discussion around the topic of Climate Action. Please see the [Carbon Countdown 2021 flyer link](#) for more information and for the registration link. Also, fill out this [C&C Google Form link](#) if you would like to let the Connect & Commit Club know you are attending so they know of Winchester students who are interested in Climate Action.

Interested in public speaking, finance, or management? Then FBLA is for you!

The FBLA (Future Business Leaders of America) club meets virtually through zoom from **3:30-4:15 PM on Thursdays**.

Our state-wide competition is coming up, so if you'd like to join us for it and compete in a bunch of really cool events, [click here](#) for more information, or you can [email us](#). We hope to see you there!

Click [here](#) to subscribe to Winchester High's student-produced newspaper **the Red & Black**.

CLASS OF 2021 NEWS

The end of the school year is in sight!

We are hard at work planning a safe graduation for you, but we need you to do your part. About **1/3** of you have **NOT** yet ordered a cap and gown.

It can be done online fairly quickly. The cost is **\$15.50** and all students will be wearing red. The order comes with one 2021 tassel.

Go online and [order now](#)

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.

Seniors interested in applying for the **Rotary scholarship** should click [here](#) for more information.

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.

CLASS OF 2022 NEWS

Check this section for updates about the Class of 2022

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.

League of Women Voters of Winchester Requests Questions for Upcoming Zoom Debates for Town Elections

Dear parents, teachers, friends of the WPS - This year's town election is on March 30. In addition to candidates for 8 Town Meeting seats in each precinct, there are 3 contested elections for seats on townwide boards. This are Select Board School Committee, and Board of Health.

The League of Women Voters of Winchester is holding Zoom debates for these townwide offices. We are asking you the voters for suggestions for debate questions. Please submit them to lynnesgarden@gmail.com. If you have a student who is not yet of voting age, they too are welcome to submit a

question. Questions will be selected and edited for relevance, brevity, tone, and to eliminate bias or prejudgement.

The League of Women Voters is a nonpartisan political organization. We do not support or oppose any candidate or political party. We welcome everyone as members. Students may join for free.

Thank you for your participation.

Lynne Brodsky

Voter Services Chair

Steering Committee Member

LWVW



From The Winchester Health Department:

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 [this site](#).

If you have a parent, family friend or neighbor, 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!




**JOE'S MAIN STREET
PIZZA**

612 Main Street
Winchester, MA 01890
Tel: 781-729-8088


**Join us for a
PIZZA DAY AT JOE'S!**

**Wednesday, March 10
(WPS No School - Prof Dev)**




\$1 per slice!

A Winchester Together Initiative




BECAUSE WE CARE

Sponsored By




DUCKS IN A ROWSM
Expert Organizing for Busy Professionals

Anne Lucas - (617) 513-4507




Betsy Kelly - (617) 645-5655




**UPSTAIRS
DOWNSTAIRS**
Declutter & Organize

Isobel Magee - (860) 908-8003



...making your space
work for you

Anne Sharp - (617) 939-4641



Declutter the Decades - (617) 417-3279

Winchester Soccer Club Spring 2021 Registration is Open!

Registration is open for WSC In-Town, Sandlot, and Pre-K Soccer Leagues! Players in grades 3-12 can register for the In-Town League and players in grades K-2 can register for the Sandlot League. The Pre-K league is

for ages 3-5 and is filled on a first-come, first-serve basis. For more information on each program and to register, go to www.winchestersoccer.net. We look forward to a safe and fun spring season!



Kids' Corner has a few openings in our popular and adventurous **KC Xtreme Summer Program** for grades 6-8. The program runs weekly beginning the week of August 2nd and ends the week of August 23rd. KC Xtreme students get to take local, fun and exciting field trips as a group every day of the week! Don't miss out! See more information and register [here](#).

MARCH ON OVER TO EN KA PANTRY!



SPECIAL THIS MONTH Protein & Produce Baskets

Plus our usual selection of personal items and non-perishable food

Make your appointment today!

Food Pantry Hours
by Appointment Only
Sundays, Tuesdays & Fridays

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



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

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

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.

REGISTER HERE FOR DR. DENNIS ROSEN

WINCHESTER TOGETHER
**Looking for something fun to do with friends or family?
We've got a challenge for you!
Find #CommonwealthBenches**

Between **Monday, March 1st and Monday, March 8th**, take photos of yourself and friends/family sitting on these 12 benches around town.
Show your progress on social media by tagging #CommonwealthBenches and #WinchesterTogether!

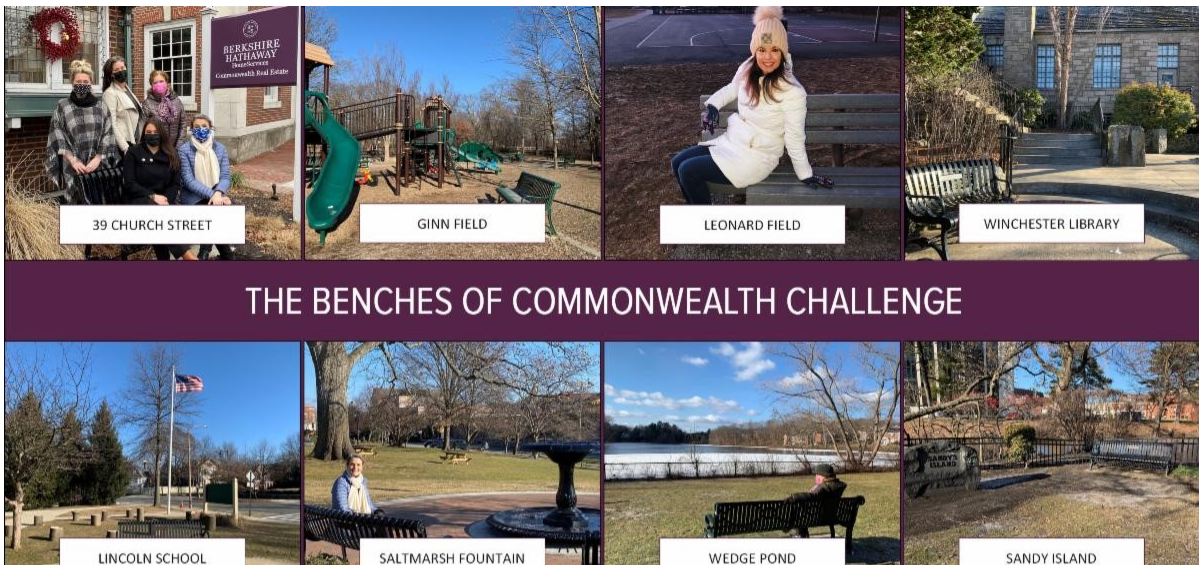
When you have all 12, **email** your photos.
The first 50 entries will receive a **\$20 gift card** to their choice of Joe's Main Street Pizza, Swanton Street Diner, or La Patisserie.
(One entry per family please.)

Most creative of the entries gets an additional \$50 prize!

The agents of Winchester's
Berkshire Hathaway HomeServices Commonwealth Real Estate
are delighted to sponsor this activity and support our local restaurants!

We hope you have fun participating.

Find more events on Facebook at **01890Together**
and on Instagram **@WinchesterTogether**



First 50 entries receive \$20 prize

Most creative entry wins a \$50 prize!



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 theory and its practice

- Mapping our personal anti-racism journeys
- Discussing the intersection of key concepts and overarching frameworks
- Identifying practical tools to interrupt racism

7-9pm Tuesday Evenings
February 9th, 23th & March 9th

To register visit: https://disrupting_racism-nfsjsci.eventbrite.com
With questions lnorwich@nfsj.org

NETWORK
for **SOCIAL JUSTICE**
Educate • Engage • Activate



SCI Social Capital Inc.®

EMAIL WITH QUESTIONS

REGISTER HERE FOR DISRUPTING RACISM

WINCHESTER YOUTH BASEBALL & SOFTBALL REGISTRATION FOR SPRING 2021

Winchester Youth Baseball and Softball (WYBS) is pleased to announce that registration is now open for all spring programs. We offer fun, age-based instruction and games for kids from 6-15 and we have a dedicated group of parents and volunteers who are ready to make this the best season ever!

To register please visit our [new website](#) and click on the Registration tab.

13-15U BABE RUTH DIVISION

13-15U players will compete against neighboring towns in a competitive, fun, Babe Ruth league. Two games per week will be held on Monday, Wednesday or Friday evenings. Games will be played on 90foot diamonds, with practices scheduled for non-game nights. All registered players will receive a roster spot. Teams will be organized based on age and skill once Spring registration is complete. If you have questions about Babe Ruth baseball, please contact: Mike Creane or Chris Centurelli:

Michael Creane
baseballmike9@gmail.com
781-983-0934

Chris Centurelli
chris@centurelli.org
617-256-1084

13-14U MIDDLE SCHOOL EMIB DIVISION

13-14U (as of April 30, 2021) players will be selected after a try-out to play on one of two McCall Middle School EMIBL teams. These teams will compete against other Eastern Massachusetts Independent Middle School Baseball teams ("EMIB"). www.easternmassbaseball.com/. EMIBL teams play two 90 foot diamond games per week on Sunday, Tuesday or Thursday evenings and one practice. Players must be 13 or 14 as of April 30, 2021, registered at www.wybs.org, attend a zoom meeting, attend a try out, and be selected by the coaches to receive a roster spot. Middle School players are encouraged to play on a Babe Ruth team too, at their interest.

WYBS plans to host informational zoom meetings on Tuesday March 9, Tuesday March 16th and Tuesday March 23rd, at 7 PM, to further explain the EMIB Middle School commitment and selection process. These zoom meetings will run for 15 to 30 minutes, depending upon interest. Players who are interested in trying out for the Middle School division should attend one of these meetings. Parents are also welcomed and encouraged to attend. Interested player names, email, and family phone numbers will be collected on these zooms and tryout information will be provided. The Zoom meeting link is:

Join Zoom Meeting:

<https://us04web.zoom.us>

[/j/76275919021?pwd=MW4vZ1duc2RtTWf6OXREMm10MVlwdz09](https://us04web.zoom.us/j/76275919021?pwd=MW4vZ1duc2RtTWf6OXREMm10MVlwdz09)

Meeting ID: 762 7591 9021

Passcode: 6a9ZUE

If you have questions about the Middle School division, please contact:

Philip Michienzi

Philmich21@gmail.com

617-803-5576

WYBS JUNIOR JOURNALIST PROGRAM

WYBS would like to recruit a pool of “reporters” to cover games and publish game summaries this spring. Candidates interested in developing their writing skills while providing content for publication on our website and in the local news, please [email Janine Kutylo](mailto:Janine.Kutylo@wybs.org). Students (middle and high school) will be trained on keeping a score book and given a template to guide them in developing the summaries. Students will also receive a small stipend for each story submitted.

WYBS JUNIOR UMPIRE PROGRAM

WYBS is seeking **boys and girls ages 13 and up** to work as Junior Umpires for boys AA and AAA leagues, and girls Intermediate Softball games during the spring 2021 season. Junior Umpires earn **\$20** per game.

All new aspiring umpires and those who have umped in the past must contact our Umpire-In-Chief by **April 1**, preferably [by email](mailto:umpire@wybs.org). This program includes basic training and tips for calling the game, along with a unique perspective and great way to help your community.

WYBS SPONSORSHIP

We would like to take the opportunity to thank those who have supported WYBS in the past and who continue to be there for our boys and girls.

Each year, WYBS relies on its local partners to help deliver the best product possible and we always have new opportunities for organizations or individuals who want to support our programs. To learn more about how you can help, [please email us](mailto:sponsor@wybs.org) or [visit](https://www.wybs.org) for a quick, easy

and secure transaction!



SNOWMAN/SCULPTURE CONTEST (OPEN TO ALL)

As we are spending more time at home this winter, we thought that it would be fun to challenge Winchester residents to create a snow work of art! We hope that you will brave the elements and enjoy some time outdoors creating your own unique snow sculpture! The judging panel will select winners based on originality and overall appearance.

Ages and number of participants will be considered during judging.
Submit your entry with family, friends or as a neighborhood!
Upon entering, please state ages and number of participants.

Judging date: March 22nd but photos may be from any time during Winter 2021.

Email photos - We will post all photos on our Facebook page for the community to vote! Who will be the 2021 Snow Sculpture Champion!

Starting the Conversation:

College & Your Mental Health

A Webinar Panel Discussion for Students & Parents

--- Mental Health Issues --- Panel Members

March 8, 2021
7:00-8:30 pm

**Advanced
Registration
Required at**
namicentralmiddlesex.org

Sponsored by:



*mental health issues
have become more
prevalent in college
settings.*

*What are some mental
health-friendly signs to
look for when applying
to colleges?*

*What kind of mental
health support is
available on college
campuses?*

*How do you access help
if you or a friend need it?*

Panel Members

Rebecca Luberoff - BLA
Peer Presenter

Melissa Wall - M.A.
Dir. of Student Mental Health
& Wellness, UMass Lowell

Patricia Bruno - MSW
Assoc. Dean of Student
Support Services, Middlesex
Community College

Stacey G. Harris - J.D.
Assoc. Dir. of Disability &
Access Services, Boston Univ.

Jennifer Morazes - LCSW, PhD.
Operations Dir., Learning &
Working During the Transition
to Adulthood Research Center,
UMass Medical School

Submit questions in advance to nami.cmsx@gmail.com namicentralmiddlesex.org

The Network for Social Justice proudly presents...

BOOK TALK
with E. Dolores Johnson

**A memoir of secrets,
separation, and
transformation that
chronicles four generations
who overturned forbidden
race-mixing norms amidst**

SAY I'M DEAD
A Family Memoir



Pick up your copy at BookEnds or
Winchester Public Library

REGISTER HERE FOR BOOK TALK

**Coping with (COVID) Stress: Helping Our Youth
LIVE and THRIVE in a Pandemic --
One Year Later!**



**Wednesday, March 31
7pm
Zoom Meeting**

Artwork by Katie Lew, WHS'21

**Join us for a one-hour presentation and Q&A with
Amber Haines, LICSW, WHS Adjustment Counselor**

We will cover:

.....

- **What to know and how to help your teen/child**
- **Identifying the current stressors**
- **Typical vs. atypical adolescent development**
- **Warning signs and when to seek help**
- **Strategies for COVID stress and beyond**
- **Quick tips & resources**

winchestercoalition@gmail.com



Energy Management Committee Update

Vinson-Owen and the High School have solar panels! In January 2020, the Vinson-Owen Elementary School began using the sun to generate electricity, followed by Winchester High School in October 2020. VO and the High School now have ballasted solar panels on their roofs and are saving the Town money, providing clean energy, and serving as an educational tool for the children. The Town signed a Power Purchase Agreement (PPA) which means there were no up-front costs, the price of electricity is more stable for the next 20 years, and there is reduced cost for electricity. VO has a 69.1kW system and the HS has a 127.3 kW system.

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](#).



Check out our latest alumni spotlight!

**[Ashley Osbourne](#)
Class of 2016**



UNMASKED: Our one and only AMAZINGLY ARTISTIC, Art Director and teacher, Jennifer Levatino!

Thank you **Ms. Levatino** 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, **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

[Unsubscribe lauren.lesperance@verizon.net](mailto:lauren.lesperance@verizon.net)

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