

Subject: WHS PFA Newsletter 11/9/20

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

Date: 11/9/2020, 6:40 AM

To: lauren.lesperance@verizon.net

Winchester High School Parent Faculty Association Newsletter November 9, 2020

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



PRESIDENT'S NOTE

Dear Fellow WHS Families,

WOW, what a weekend! We hope everyone was able to get outside and enjoy the summerlike weather! And these Winchester sunsets have been amazing!



There is so much going on in our fabulous high school and town! With **Veteran's Day** this week, it feels like an extra special time to give thanks.

The [WHS Spirit Fair](#) has gone virtual! Please feel free to share the [link](#) with family and friends! SO many fantastic logo items will make great gifts for any occasion and you will be supporting WHS extracurricular activities too!

Thank you to all of the families who have donated to the [WHS Direct Appeal](#) campaign! We are getting close to our goal; please help us cross the finish line!

[WHS Curriculum Guides](#) are available on the WPS website. WHS teachers and the central office created the guides that may be helpful for families who would like a broader picture of the WHS curriculum THIS year.

A message from the WHS Rebranding Committee –

- Please be aware that we will be closing the “WHS Pillars” feedback survey on Tuesday, November 10th. We have had a strong response thus far, but we want to make sure that everyone has had an opportunity to answer the survey.
- Please follow the directions in the link, as well as read the original message that was sent on 10/22 prior to responding: [The pillars that define WHS feedback form](#)

- As a reminder, we are not yet soliciting specific mascot and name responses.
- Thank you and Go Winchester!

As always, please reach out with any ideas, questions or concerns!
Stay safe and healthy!

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 8

1. **What high school did you go to?**
Alexander W. Dreyfoos School of the Arts
2. **What was your favorite subject in high school?**
Communications & History
3. **What sport and/or extracurricular were you involved in high school?**
No sports for me but I was a part of a competitive Speech & Debate team, on the yearbook staff, and Class Council.
4. **What is one of your hidden talents?**
I am not a bad singer.
5. **Favorite Movie/Book/Band/Food?**
Labyrinth/Harry Potter/No Doubt/Tacos
6. **Is there a quote or saying that you live your life by?**
"Whether you think you can, or you think you can't - you're right" Henry Ford

*****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

Tues 11/10 - School Committee Meeting, 9:30am

Wed 11/11 - No School - Veterans Day

Mon 11/16 - WHS PFA Meeting, 7pm

Wed 11/26 & Thu 11/27 - No School - Thanksgiving Holiday

WHSPFA Direct Appeal
One and Done

Help Us Cross the Finish Line!



We're almost at our goal of \$20,000 for WHSPFA's only fundraiser. We're excited to support activities, programs, and products that enhance our children's education. Here's a partial list of *WHS-teacher* requested grants:

- E-Readers for World Language Department
- Scientific calculators and various supplies for Learning Centers
- Bridge/Car Frames for the Physics Program
- LCD Digital USB Microscopes and Lens adapters for Biology/Forensic Science
- Software to support remote learning in the Science Department
- Soundtrap Software for the Music Department

Please consider donating now to this important cause – no amount is too small or too large – it all goes to support our students, teachers, and staff in providing a top-notch education in this unprecedented school year.

Keep in mind that we're a non-profit organization under section 501(c)(3) so each dollar is tax deductible.

DONATE NOW via PAYPAL

or mail a check payable to:

WHSPFA 10 Cranston Road, Winchester, MA 01890

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





From the WHS School Nurses

We are seeing an uptick of cases in our community and the WHS nurses are working tirelessly to follow-up on all absences and emails, but we need the support and follow-through of our families. We want to keep seeing our students in our WHS Building. Please continue to stay vigilant.

School Absences:

It is very important to our collective health that everyone in our school community reviews the Covid-19 **Daily Symptom checker** and stays home if they are feeling ill/are exhibiting any of the potential symptoms.

Including:

- Fever (temperature of 100.0 deg F or above), felt feverish, or had chills
- Cough – (not due to other known cause, such as chronic cough)
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat
- Headache when in combination with other symptoms
- Muscle aches or body aches
- Nausea, vomiting, or diarrhea
- Fatigue when in combination with other symptoms
- Nasal congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptoms

If your student is home sick due to Covid-19 symptoms, you must provide documentation of a **Negative Covid-19 PCR test** and be cleared to return to school by a WHS Nurse before your student can return to school. Official test results can be faxed or emailed directly to one of the nurses using the email links below. Parents/Guardians must have communication with a school nurse via phone or email that states your child is cleared to come back to school. Additionally, students must be fever free for at least 24 hours without Tylenol or Motrin and all other symptoms significantly improved.

Travel:

If you must travel, it is your responsibility to follow the **Mass Travel Order**. When traveling to a high risk area, please notify the WHS health office and submit a Negative PCR test before your student can return to the building. Please plan your trip accordingly.

Masks:

We are pleased with our students and their willingness to help keep our community safer by wearing masks when on our WHS school campus. Please be sure to wear a clean mask everyday, wash cloth masks every night, adequately cover your mouth and nose and, if your mask becomes wet or soiled during the school day, please see the front office staff for a new clean mask.

Keep up the great work!!



The Spirit Fair has gone virtual this year!

You will have two weeks to purchase merchandise from your favorite Winchester High School teams, clubs, and activities. Use the link below to view the slideshow and see what's available!

[SPIRIT FAIR](#)

Intergenerational Programs and Community Service Projects Workshop

All WHS students are invited to join a special 3-part workshop on how to plan Intergenerational Programs and Community Service Projects. This is a great opportunity for students who are interested in working with senior citizens and the elderly, as well as those who want to learn about how to get their community service project ideas off the ground.

The workshop seminars will be **Monday, 11/9** and Monday, 11/16, from 4-6 PM via Zoom. This program is sponsored by the Jenks Center.

Register at [Intergenerational Workshop](#) or [Contact Ms. Edenhofner](#) for more information.

WHS Gives Back

Winchester Gives Back and its partnership with the WHS PFA is BACK, but, like everything else, looks a little different. This year we will raise money to donate gift cards to children who attend any of the Winchester Public Schools.

[Click here](#) to find out more information about the program and the form to complete to receive gift cards.

Please complete the form as soon as possible and return to [Nicole Dieuseul](#) or [Amber Haines](#), adjustment counselors in the Guidance Department at WHS. Forms can be emailed to Amber or Nicole or dropped at the high school

main office. Forms have a hard deadline of November 30, 2020 so that the gift cards can be purchased in time for the holidays. Any questions can be directed to Amber and Nicole.

PFA & WHS GIVES BACK



What is WHS Gives Back?

WHS Gives back is an opportunity for the students and residents of Winchester to come together as a unified body to provide holiday gifts for those in need.

We collect money and divide it among the Winchester residents who need assistance providing gifts for their families.

Last year, 99 children received \$150 worth of gifts and each family received a Market Basket gift card so they could enjoy a holiday meal.

This year families will receive a Target gift card to buy gifts for their children and if we raise enough, we can get them a Market Basket gift card as well.



How do I donate?

Due to COVID-19, all donations will be collected online this year. Use this [LINK](#) to make an online donation. We start collecting donations

MONDAY NOVEMBER 9th
until *December 2nd*.



[LINK](#) TO DONATE TO WHS GIVES BACK

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!](#)

The WHS Girls Cross Country varsity runners take a moment to relax after their 44 to 18 win against Woburn Memorial High School. The last home meet of their undefeated season was held at Skillings field on Saturday morning.



The WHS Girls Cross Country Team celebrate their Senior runners
Molly Bannon, Isabelle Callahan, Mary Lou Coakley, Elena Dickison,
Emma Ehl, Michaela Eichel, Grace Feng, Nina Furlong, Camryn Menninger,
Amelia Murray, Katie Lew, Ariana Rourke, Sofia Wilson, Caitlin Wiseman,
Elysia Yuan, Vivian Zander



Tough 23-32 loss for the WHS Boys Cross Country team
in Woburn on Saturday afternoon





Congratulations to the WHS Field Hockey team for continuing their winning streak with a big 9-0 victory over Woburn Memorial High School on Saturday.



Congratulations to the WHS Girls Soccer team for defeating Woburn Memorial High School on Saturday with a final score of 9 to 2.



Support the Girls Varsity Soccer team by purchasing black masks with a "W" logo for **\$12 each**. Orders can be placed for teams/groups or individuals who wish to order.

Venmo **@AllyMurphy36** for payment or **email** with any questions

Congratulations to the WHS Boys Soccer team for defeating Woburn Memorial High School 3-0 on Saturday.





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

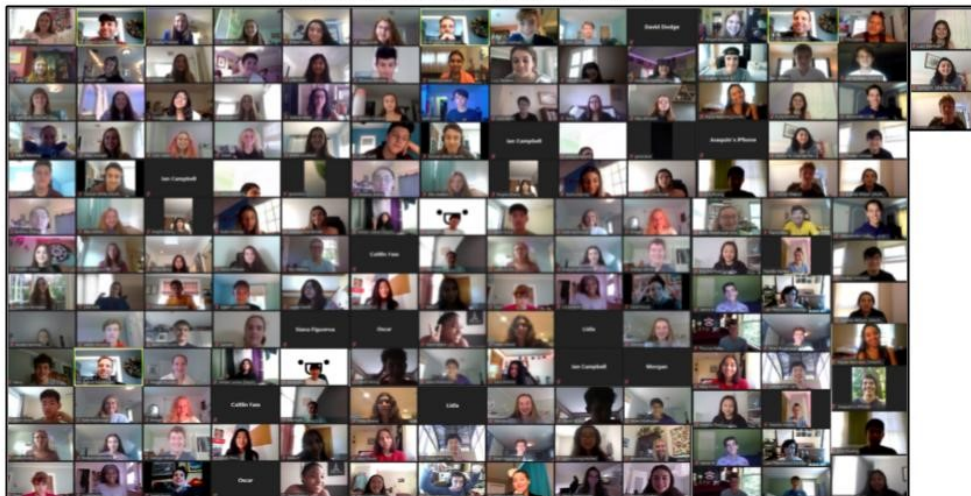
WHS ARTS, MUSIC & THEATER

[Follow this link](#) to see two amazing videos performed by WHS students Amy Li (lead vocals), Mia Meibom (drums, backup vocals), and Viktor Meibom (guitar) at the 2018 and 2019 WHS National Honor Society Talent Shows.

The first video is a performance of "Stairway to Heaven" by Led Zeppelin and the second video has performances of "Hotel California" by the Eagles and "Bohemian Rhapsody" by Queen.

Introducing the 2020-2021 WHS Choir

WHS Choir 2020-2021



Curtain & Cue Club

Do you wish you could be on the stage this fall and showcase your performing talent? Please fill out [this form](#) if you are interested in joining.

If you have any questions, please email Ms. Cella

WHS CLUBS & GROUPS

Click here for a [list](#) of WHS Clubs and Organizations
See below for current club news and upcoming meetings and events.

Check out our new [Clubs and Organizations website](#) for each group's zoom link for the fair!

- Mark your calendars! **Healthcare Occupations Club** will be having our first meeting of the year today, Nov 6 at 4 PM [over zoom](#). Our speaker, Aolani Perillaarias, is a second-year nursing student at UMass Boston's traditional nursing program. She does clinicals at St. Elizabeth's Medical Center and hopes to be a pediatric nurse practitioner serving those in need of medical attention in Latin America and the US. Hope to see you there!
- The **Interact Club** is also hosting a Food and Gift Card drive! There is a bin outside WHS and at 80 Myopia Rd, Winchester MA. We will be accepting canned goods and gift cards to local supermarkets. The drive will end on November 10th, so donate while you still can!
- The October edition of the **Red & Black** is available now. Click [here](#) to subscribe to Winchester High's student-produced newspaper.

CLASS OF 2021 NEWS

CONGRATS to the Class Officers and Student Council Representatives!

President - John Bellaire
VP- Steven Rozmanith
Secretary - Mia Legere
Treasurer - Kate Emanuel

Class Reps:
Alex Bowers
Jeremiah Colbert
Molly Egan

Tia Fiorentino
Carly Von Halle

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

CONGRATS to the Class Officers and Student Council Representatives!

President - Brian Kavanaugh
VP- Alessandro Cella
Secretary - Sarine Meguerditchian
Treasurer - Anna Caggioni

Class Reps:
Camille Clarke
David Dodge
Andrew Houllahan
Boshen Li
Brooke Moloney-Kolenberg

CLASS OF 2023 NEWS

CONGRATS to the Class Officers and Student Council Representatives!

President - Ayesha Ghosh
VP - Andrew Ren
Secretary - Mary Arangio
Treasurer - Regan Miller

Class Reps:
Armen Bagdassarian
Conor Brennan
Melvin Kabucho
Jessica Korotkin
Elle O'Connor
Charlie Savage

CLASS OF 2024 NEWS

CONGRATS to the Class Officers and Student Council Representatives!

President - Kaitlin Tan
 VP- Isla Ferrari
 Secretary - Katie Kavanaugh
 Treasurer - Mia Kurtz

Class Reps:
 Addison Adams
 Rebecca Fang
 Andrew Lee
 Jay Lepore
 Reagan Murphy
 Addison Walsh

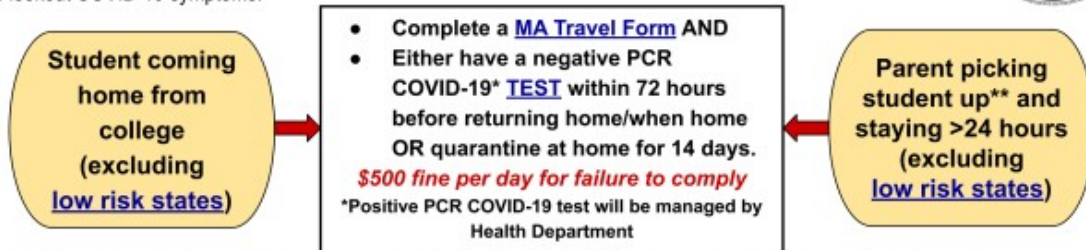
NEWS AROUND TOWN

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.

Have a child returning home from college?



If yes, make a plan for their safe re-entry back to Winchester. Even if your child had a negative test before coming home, this does not mean they are COVID-19 free. Take precautions within your household and be on the lookout COVID-19 symptoms.



**Parent driving student home and anyone else in car should wear a mask and open car windows to create airflow

Precautions to consider for 14 days after return home	How to Stop the Spread
STAY HOME	Practice social distancing and wash hands frequently
Wear a mask (even indoors at home)	Wear a mask with anyone outside your household, even outdoors. <i>The State updated face-covering order to include all public places, at all times.</i>
Create distance during meals (eat outside when possible); sit at opposite ends of the table; open windows to create airflow	If need to ride in a car with someone outside your household wear a mask and open car windows for airflow
Sleep in a separate room. Use a separate bathroom and disinfect any shared bathrooms after every use.	No parties! Large gatherings are not safe indoors or outdoors (including Fells/wooded areas). The State announced 10pm curfew and reduced social gathering numbers: details here

Keep informed: winchester.us/coronavirus

Make Your November Appointment Today!

...the new November appointments...



Special This Month:

Choose from a selection of seasonal fall pies!
Shop our other special Thanksgiving pantry items!

<p style="text-align: center;">Food Pantry Hours by Appointment Only Sundays, Tuesdays & Fridays</p>	<p style="text-align: center;">Text, Email, or Call 781- 369-5844 socialservice@enkasociety.org</p>
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1037 Main Street
Winchester, MA 01890
Same location as the En Ka Exchange

Open to Winchester Residents

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



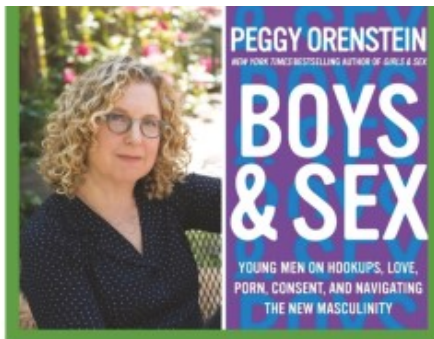
Thank You En Ka
for Their

**Boys & Sex:
Young Men on Hookups, Love,
Porn, Consent and Navigating
the New Masculinity
with Author Peggy Orenstein**

Generous Support

**educate
encourage
empower**

parenttoparentwinchester.org



Inspired by her *New York Times* best seller, Orenstein will focus on her work with high school and college boys to reveal how they understand and negotiate the new rules of physical and emotional intimacy.

Through wit, research and powerful stories, she will explore:

- The impact of “locker room” talk on boys
- How the word “hilarious” robs young men of empathy
- Why pornography has become the new sex education
- Boys’ understanding of hookup culture and consent

Register below for a provocative talk that offers a much-needed vision of how boys can truly move forward as their best selves. Good information for parents of either boys or girls!

Use this link to register: https://us02web.zoom.us/webinar/register/WN_BcBkuoAcQ66d5OExAUt1Bw

Thursday, November 12
7:00 PM
Zoom Webinar

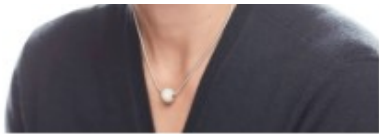
*All Programs Are Free and Open to the Public.
Book Available at Book Ends..*



Coping with Covid-19: Managing Stress, Anxiety, and the Upcoming Holidays



Lisa Damour, PhD
Tuesday, November 17, 2020
7 p.m.
REGISTER HERE



Dr. Damour is a clinical psychologist and author of the award-winning *New York Times* best sellers *Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood* and *Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls*



winchestercoalition@gmail.com

The holidays can be stressful for families in a normal year and this year is anything but normal!

Join us to learn more about:

- how to keep pressure and tension from reaching toxic levels
- how to parent effectively in the current circumstances
- how to address the challenges presented by the holidays ahead

REGISTER [HERE](#) for Lisa Damour, PhD


Town of Winchester
Thanksgiving 2020
Recommendations


**Happy Thanksgiving
Winchester!**

Safer At Home This Year

*Indoor Covid
Transmission is Real*

**Looking Forward to
November 2021!**



	<u>Low Risk</u>	<u>Moderate Risk</u>	<u>High Risk</u>
	<ul style="list-style-type: none"> • Small dinner with people in household only • Virtual dinner with extended family and friends • Watching sports & parades at home with household members only • Online “Black Friday” shopping 	<ul style="list-style-type: none"> • Small OUTDOOR dinner with family and close friends • Pumpkin patch/orchard (wear masks and use hand sanitizer!) • Local outdoor sports event, race or parade with masks and social distancing 	<ul style="list-style-type: none"> • INDOOR dinner with people who don’t live with you • Using alcohol or drugs (indoor or outdoor), which can impair judgment • Crowded (or indoor) sports event, race or parade • In person “Black Friday Shopping”

Adapted from the CDC Thanksgiving guidelines:
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#thanks>

DO YOU FEEL THIS WAY?

There is so much anger around me and I can't stand it

I feel hopeless about the holidays

Because of Covid-19 I can't see my family and my friends the way I used to -- I feel so alone

I'm so afraid of being quarantined!

TALK TO SOMEONE WHO UNDERSTANDS

**CALL
INTERFACE**




INTERFACE
Mental Health Referral Helpline

CALL: 888 244 6843
Monday - Friday
9am - 5pm

FREE SERVICE
For Winchester Residents



REGISTER TODAY!
En Ka Society's FIRST VIRTUAL TURKEY TROT
2020



TURKEY TROT

Walk, Trot or Run 3.1 miles (5k) in your neck of the woods on your own time!
Thursday, November 26th through Sunday November 29th
\$30 for adults, \$10 for children under 12
First 200 to register by 11/1 will receive a free t-shirt!
We couldn't have the En Ka Fair this year, but we *can* still have a GOBBLE of a good time while raising funds that go right back to our Winchester community!

**En KA Turkey Trot [Registration Here](#)
Family Fun for All AGES!**

Unite With Light - Winchester 2020



Along with the local chapter of the [Make a Wish Foundation](#), this year's sales of the UWL-W Luminaria kits will benefit

WINCHESTER GOT LUNCH



**Sunday, December 13
@ 5:00 pm**

*(Rain/Snow Date:
Monday, December 14)*

It's easy to participate:

- 1. Order as many luminaria kits as you need [HERE](#) by [Tuesday, December 8th](#)**
- 2. We will deliver your order to your doorstep by Saturday, December 12th**
- 3. Assemble, set out and illuminate the luminarias along your front yards, walkways or driveways or path on Sunday, December 13th at 5:00 pm**

Unite With Light-Winchester is a town-wide Luminaria Night event organized by the children of Winchester to celebrate the beginning of the winter season with beautiful light and raise money for a child-charity that will strengthen our community and our world

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!

[Bob Gates, Class of 1973 and ABC Inaugural Class](#)



UNMASKED: Our Super Social Studies teacher Melissa Peduto!

Thank you Mrs. Peduto for participating and helping us get to know you better!

IMPORTANT INFORMATION

WE WANT TO HEAR FROM YOU We want to hear from you!

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

If you NO longer wish to receive the newsletter or you wish to change or add a new email address to your account, [please email us.](#)

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

WHSPFA | 80 Skillings Road, Winchester, MA 01890

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

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