

**Subject:** WHS PFA Weekly Newsletter 9/14/20  
**From:** WHS Parent Faculty Association <whspfanewsletter@gmail.com>  
**Date:** 9/14/2020, 9:06 AM  
**To:** lauren.lesperance@verizon.net

# Winchester High School Parent Faculty Association Newsletter September 14, 2020



Visit our Website

## PRESIDENT'S NOTE

Dear Fellow WHS Families,

A **HUGE Welcome** from the Winchester High School Parent Faculty Association! For families who are new - we can't wait to meet you!

It is said that absence makes the heart grow fonder. Well, we think that's true, and know that hearts are truly bursting with excitement to be reunited for our 2020-2021 school year. Of course, this year will be far different from any other, and communicating and staying connected will be more important than ever before. And so we present to you:



## Top Ten Reasons to Read the WHS PFA Newsletter

- 10. We will use many emojis, exclamation points, and other energizing characters
- 9. It's peanut free

8. It weighs less than the ridiculously heavy backpacks our kids drag to school
7. You'll find out updates about stuff your kids won't tell you
6. Find out community news too!
5. Be "in the know" when you're having a socially distanced conversation with other WHS families
4. You're not allowed in the school, so this may be your only way to see what WHS looks like from the inside
3. You don't have to wear a mask while reading it
2. We really are a special community and this is a great way to stay connected
1. It's not a Zoom meeting 😊

The newsletter will have sections for clubs, arts/theater/music, sports, and more—right now, there's a fair amount of blank space just waiting to be filled with your photos, announcements, news, and more—so don't hesitate to submit contributions at [whspfaneewsletter@gmail.com](mailto:whspfaneewsletter@gmail.com) to our awesome news editors *Laura Colella and Tara Salvietti!*

### **WHSPFA Meetings**

Every year we look forward to working collaboratively with the Winchester High School teachers and administrators to make Winchester High School a terrific place for our kids to grow and learn. Please join us at our WHSPFA meetings, where Principal Mahoney will update us on events and happenings at WHS and guest speakers will address various topics relevant to our students and families. This year 2020-2021 PFA meeting dates are scheduled for:

- **Monday, September 28<sup>th</sup> 7PM (ZOOM)**
- **Monday, November 16<sup>th</sup>, 7PM (ZOOM)**
- **Monday, January 11<sup>th</sup> 7PM (ZOOM)**
- **Monday, March 15<sup>th</sup> 7PM (ZOOM maybe not!)**
- **Monday, May 10<sup>th</sup> 7PM (Last PFA meeting for the year—hoping in person!)**

### **WHSPFA Board Positions**

We are currently looking for more parents to join our board!

We have the following board positions open:

- Freshman Class Parent Advisors

Please email [whspfaga@gmail.com](mailto:whspfaga@gmail.com) for more information.

### **WHSPFA Website**

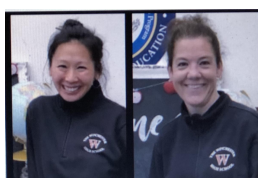
Please check out our website [www.whspfaga.org](http://www.whspfaga.org) for more information about WHSPFA and updates throughout the year! Thank you to *Lauren L'Esperance* for kindly volunteering to manage this for us this year!

Lastly, not only has it been hard and unprecedented times for our families but also our fellow WHS Teachers and staff. More than ever we need to uplift each other. One way we showed our support and appreciation was with a special Welcome Back Snacks (traditionally we have had a welcome back luncheon-these grab and go snacks were safer way to go) and individualized "Thinking of You Kits" for all WHS Teachers & Staff! A really big **THANK YOU** goes to

our fellow parent *Trish McCarthy* and her sweet family for making and donating over 200 "W" sugar cookies beautifully wrapped in a bow! A big shout out goes to *Maria O'Connor* and her great family for helping to package the sweet treats! (please see photo above)

As always, please let us know if you have any ideas, questions or concerns. This year will definitely have challenges and obstacles for us all but please remember you are not alone... **we're in this together!** We are looking forward to a memorable and fun year as it can be with you all! **Together we can!**

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



## **WHS IMPORTANT DATES - MARK YOUR CALENDAR**

**MON 9/14** - In-person orientation for hybrid students grade 9, new to district and designated high-needs students-A Group A-K

**TUE 9/15** - In-person orientation for hybrid students grade 9, new to district and designated high-needs students-B Group L-Z

**WED 9/16** - All classes meet as full groups with teachers remotely via Zoom, including Full Remote

**THUR 9/17** - Cohort B classes meet in person and Cohort A meets remotely

**FRI 9/18** - Cohort B classes meet in person and Cohort A meets remotely

# WHS SPORTS

## **Fall Sports - Start Times and Locations**

**\*Please Note:**

Coaches will be Contacting Students with what Sessions to Attend

### **Field Hockey**

9/21 - 3:30-5:30 @ Knowlton Stadium

9/22 - 5:30-7:30 @ Ciarcia Field

9/23 - 3:30-5:30 @ Knowlton Stadium

9/24 - 3:30-5:30 @ Ciarcia Field

9/25 - 3:30-5:30 @ Knowlton Stadium

### **Girls Soccer**

9/21 - 5:30-7:30

9/22 - 3:30-5:30

9/23, 9/24, 9/25 - 5:30-7:30

All sessions at Knowlton Stadium & Manchester Field

### **Boys Soccer**

9/21 - 3:30-5:30 & 5:30-7:30 @ Ciarcia Field

9/22 - 3:30-5:30 @ Ciarcia Field

9/23 - 3:30-5:30 & 5:30-7:30 @ Ciarcia Field

9/24 - 3:30-5:30 @ Knowlton Stadium

9/25 - 3:30-5:30 & 5:30-7:30 @ Ciarcia Field

### **Cross Country**

9/21, 9/22, 9/23 - 3:30-5:30 @ Manchester Track

### **Golf**

9/26 - 1:00 @ Leo J. Martin Golf Course

## **Fall Sports - Athletic Department Update**

Based on the recent guidelines established by the EEA, DESE, MIAA, Middlesex League, and Winchester Public Schools, and voted on by the School Committee, the following has been established for the Fall 2020 Season

Boys & Girls Soccer, Field Hockey, Golf, and Cross Country will take place this Fall Season. Tryouts/practices will begin the week of Monday, September 21st.

Football, Cheering, Girls Volleyball, and Girls Swimming have been moved to the MIAA Fall 2 Season, with tentative season dates of 2/22/21-4/25/21.

**MASKS ARE REQUIRED AS SPECIFIED BY MIAA SPORT SPECIFIC RULE MODIFICATIONS** for all participants and coaches at practices and games. In accordance with Winchester Public School health and safety policies, **GAITERS ARE NOT PERMITTED** for athletic participation.

The Middlesex League Varsity Teams will participate in a 10 game interscholastic schedule this fall, with the exception of Cross-Country (5 Meets). All Sub-Varsity teams with the expectation of Cross-Country will participate in an 8 game interscholastic schedule this fall.

All sub-varsity games and most varsity games will be played on Saturdays in October and November (10/3 to 11/21). Additional varsity games will be played on Columbus Day (10/12) and Veteran's Day (11/11). Middlesex League Golf matches will be played during the week based on golf course availability.

Winchester will compete against one school in all sports on the same weekend to limit contact and exposure and to also help with contract tracing should it be needed at any point during the season.

There will be no school-provided transportation provided to games, meets or matches in Winchester or in other communities. Families must provide transportation to practice during the week (as students will be arriving at practice from remote learning each

afternoon) and on Saturdays and holidays for respective games.

Varsity Teams will practice 3 times per week and Sub-Varsity Teams will practice 2 times per week throughout the fall season.

Click [here](#) for the fill Athletic Department Notice.

## WHS ARTS, MUSIC & THEATER



COMING SOON: News from WHS Arts, Theater and Music Programs.

Please [email](#) us with news and links to artwork and performances.



## WHS CLUBS

COMING SOON: News from WHS Clubs.

Please [email](#) us with WHS Clubs news, events, fundraisers.

## CLASS OF 2021 NEWS

Welcome Seniors! Please [email](#) us with class news and events.

## CLASS OF 2022 NEWS

Welcome Juniors! Please [email](#) us with class news and events.

# CLASS OF 2023 NEWS

Welcome Sophomores! Please [email](#) us with class news and events.

# CLASS OF 2024 NEWS

Welcome Freshmen! Please [email](#) us with class news and events.

# NEWS AROUND TOWN

The WHSPFA 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.

## ENKA PANTRY NOW OPEN

THANKS TO THE GENEROUS SUPPORT OF OUR ANNUAL STREET FAIR,  
CUMMINGS FOUNDATION, AND OTHER DONATIONS!



**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.

**Food Pantry Hours  
By Appointment Only**

**Sundays, Tuesdays & Fridays**  
socialservice@enkasociety.org  
781-369-5844

*If you have any questions or would like to make an appointment, please email  
**socialservice@enkasociety.org** or call **781-369-5844***

The En Ka Society is a volunteer-run 501 (c)(3) non-profit organization. Information about your family is kept strictly confidential. At no time will your information be shared publicly.

## Managing School Worries, Thursday, September 17th



*Co-Sponsored with the  
Winchester Coalition for a Safer Community*



### Now What? Strategies for Managing Our Worries for School This Fall with Lynn Lyons, LICSW



Lynn Lyons, LICSW, psychotherapist and specialist in anxiety will present a parent-focused presentation that provides a framework of positive, action-based strategies to help children/teens effectively cope with anxiety, strategies made all the more relevant by our current pandemic-dominated environment. Q&A will follow presentation.

Using creativity, connection and energy parents will:

- Learn how to increase flexibility
- Support the tolerance of uncertainty
- Emotionally equip your child as they begin this school year

Register in advance for this webinar at [parenttoparentwinchester.org](https://parenttoparentwinchester.org).  
[https://us02web.zoom.us/webinar/register/WN\\_31XJnfKfQu2quDOW540eeg](https://us02web.zoom.us/webinar/register/WN_31XJnfKfQu2quDOW540eeg)

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Thursday, September 17  
7:00-8:30 PM  
Zoom Webinar

All Programs Are Free and Open to the Public.  
Thank you to the John and Mary Murphy Educational Foundation for their generous support of this program.

## High School VOTER Registration Week is September 21-25.

The registration deadline is **Saturday, October 24th** for online and in-person. Mail-in must be **postmarked** by Oct. 24th.

Please take time to register to vote or check your registration status if you think you were automatically registered through the RMV or registered or pre-registered at a past League of Voter vote registration event.

If you are 18 or turning 18 on or before November 3rd, you are eligible to vote. Go to [www.vote411.org](http://www.vote411.org) to check your registration status and learn about the ballot initiatives.

To register online, you must have either a Drivers License or the last 4 digits of your Social Security number to complete the form.

### VOTER REGISTRATION FORM (PDF)

<https://www.sec.state.ma.us/ele/elepdf/Voter-reg-mail-in.pdf>

Students without a Drivers License or SS number will need to provide identification as listed on the registration form under "Identification to be Provided." The paper form must be accurately filled out in **pen** and mailed to Town Hall, 71 Mt. Vernon St., Winchester, MA 01890, Attn: Town Clerk. Currently, the Town Hall is closed to the public. You can call the Town Clerk at 781-721-7130 to set up an in-person appointment, if necessary.

## Winchester Coalition for Safer Community News

DO YOU HEAR THIS?

"You don't have it so bad ... stop complaining!"

"You don't look depressed ... you're fine!"

"You need to focus on the positive and stop being so..."

**INTERFACE**  
Mental Health Referral Helpline



Stop being so negative.”

TALK TO SOMEONE WHO UNDERSTANDS

CALL INTERFACE

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

FREE SERVICE  
For Winchester Residents



**NEW AND IMPROVED FOR 2020!**

# 01890 COMMUNITY APP

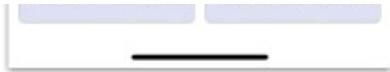
*Winchester at your fingertips*



**FREE App**  
through iTunes  
& Google Play!

**DOWNLOAD TODAY!**





## Lessons in Uncommon Sense with Dr. Adolph Brown Wednesday, October 14, 2020





# Real Talk

## Lessons In Uncommon Sense With Dr. Adolph Brown

Wednesday, October 14, 2020

7 p.m.

Zoom Webinar

[Stay Tuned For Link!](#)

An interactive program that will address the pressure we all feel to be “perfect” and to “fit in.”

Dr. Brown offers real life strategies to cope with stress and not only survive but thrive in today’s challenging world.



*Thank you to our partners the Winchester Cooperative Bank, Winchester Public Schools and the Cummings Foundation for their generous support.*

## IMPORTANT INFORMATION

### WE WANT TO HEAR FROM YOU

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

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

To make a newsletter or a newsflash 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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