

WHSPFA Newsletter

October 10, 2023



PRESIDENT'S NOTE



Good Morning, Winchester!

Hope you enjoyed your long weekend! We are excited to share some great events we were able to experience first hand last week (like literally front row seats!)

Last Wednesday, students were lucky enough to hear from artist/writer Gareth Hinds. His name may sound

familiar, as one of the summer reading books was his graphic novel remake of *The Odyssey*. He kept the audience riveted with his drawing and writing process and all it entailed to publish a book. Thank you, WFEE, for one of the best Authorfests yet. It was such a treat, and I hope your student could attend. *(If your child enjoyed the*



presentation, there may still be some autographed copies of his books available at Bookends.)



We were lucky to walk by Mr. Bond's and Ms. Greene's AP Statistics classroom this week and see "Barbie Bungee" in action. The students graphed and predicted how Barbie bungee jumps. Part one was in the class; part two is off a higher point this Spring. The roof?! We have both been lucky enough to be in the halls and see what's buzzing around the school. It's A LOT. If you would like to see your student in action, apply to be an ISS (that's official talk for a "substitute teacher"). Please consider it. WHS is short on subs, and it's a beautiful way to be in the school, possibly even see your child, and make a little extra holiday money! For more information [click here](#) or email [Marisa Derrouche](#).

Quick highlights of what is happening this week! Please scroll down for more details!

- **WHS Students Clubs-** Check out what we have and ask your child if they know about it! It's not too late-- they can still join!
- **The Winchester Coalition for a Safer Community:** Noelle Lambert Thursday Evening, 10/12 7:00 PM WHS Library **Noelle will be speaking to WHS sophomores and Juniors earlier in the day. Hear the same message and keep the conversation going!*
- **Halloween FUN is everywhere** -- at the high school and around town -so keep reading to find out when and where!

As always, please reach out with questions, concerns, or just to say "hi."
Have wonderful week!
Very Fondly,
Adrienne Spignesi & Mai Harrison
WHS Co-Presidents

whspfa@gmail.com

** to enlarge pictures in collages on computer -just click on them :)*

Another WHS SPIRITED NIGHT!
G-O Red and Black!



WHS IMPORTANT DATES - MARK YOUR CALENDAR

Q1: September 7 - November 9
Mid quarter: October 5

Q2: November 13 - January 26
Mid quarter: December 15

Semester 2 starts again as a *Day 1*

Q3: January 29 - April 5*
Mid quarter: March 8

Q4: April 8 - June 18 *
Mid quarter: May 10

Seniors' last day of classes: May 31

[Click Here for 2023-2024 District School Calendar](#)

TUE 10/10 - Class of 2026 Playa Bowl Fundraiser

SAT 10/14 - PSAT/NMSQT exam at WHS

TUE 10/17 - Picture re-take day

THU 10/26 - Class of 2025 Movie Night + Cookie Decorating Event

SAT 11/04 - Class of 2025 Parent Social - details in class section

SAT 11/18 - Class of 2024 Parent Social - details in class section



WHSPFA DIRECT APPEAL

*We're off to a great start,
Thank you to all donors!*

WHAT? *Direct Appeal* is WHSPFA's only fundraiser.

Monies raised support our WHS faculty and staff with their extra needs during the school year. Your donation will help them enhance students' learning, teaching, and counseling experiences.

WHY? **It's an investment in our kids' educations.**

Direct Appeal funds are used to support programs and activities beyond what is covered in the regular school budget. By contributing, you will be helping to fund valuable in-school enrichment programs, teacher grants, and more! For example, previous fundraising efforts have purchased:

- supplies for new student events
- books, tools, and materials for art classes
- headsets for the language lab
- English honors class art supplies
- supplies to support technology
- sports equipment for Win Block
- materials for the Cooking for Life program
- beautification of the stairs of the gym and front
- social/emotional programming, and more!

WHEN? Now!

HOW? Click the link below. **Any amount is appreciated!**
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](#)

[DONATE NOW via VENMO](#)

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.



WinchesterHS ParentFacul...
@whspfa



CLASS OF 2026 FUNDRAISER



PICTURE RETAKE DAY

For anyone who missed picture day in September or who wants to retake their picture from September, the retake day will be on **Tuesday October 17th**. Come in with your smile!

STUDENT PARKING

Students may use the eastbound side of Skillings Road from Stop

and Shop up to Shore Road after 9 AM. Other parts of Skillings Road and Shore Road are posted "No Student Parking." This is to ensure ample parking for those visiting the Jenks centers and businesses in the downtown area.

Students may not park in the neighborhood behind the high school unless they are a resident of those streets and have a permit. Students are not to park on private property without permission from the owner/ manager of said property. Parking on private property may result in the vehicle being towed.

Students should be mindful of general parking restrictions in other areas around the high school, such as Washington Street and Shore Road (i.e. timed parking or no parking zones).

PSAT

PSAT/NMSQT exam is on **Saturday, October 14th** at Winchester High School. The PSAT is the qualifying test for the National Merit Scholarship.

Students who have submitted their PSAT forms received an email on Saturday to download the [Blubook app for practice](#). They will be using it to take the exam and should familiarize themselves with the features.

Students will take the exam on a school device. There is no need for registration tickets to take the practice tests on the website.

Students will also receive a follow up email with exam day information by Thursday.

COLLEGE VISITS

The following colleges will be visiting WHS in the Guidance Department from **8:00-8:30 AM** unless otherwise noted.

TUE 10/10 -
Binghamton University

Roger Williams University

WED 10/11 -

Sacred Heart University
University of Michigan
University of Alabama in the Auditorium

THU 10/12 -

Hobart William Smith College
Merrimack College

UPDATES FROM THE WHS NURSE'S OFFICE

11th grade Physical Forms

If you have not submitted your 11th grade student's required updated physical form, please do so immediately. You may submit a paper copy directly to the WHS health office, have the health care provider fax the form to us or send it via email.

Our WHS Health Office Fax number is: 781-756-0972

WHS Nurse email

EpiPens

Please remember that if your student has a Life Threatening Allergy, we require an EpiPen on hand in the health office in case of an accidental exposure to the allergen during the school day.

With the EpiPen, please submit:

A signed Emergency Action Plan (EAP) -
signed by health care provider

FAAP

A signed Individual Health Care Plan (IHCP)-
signed by parent guardian

IHCP

Inhalers:

If your student(s) has asthma and may need to use their inhaler during the school day please be sure to drop off an inhaler to the

health office.

With the inhaler please submit:

an Asthma Action Plan -
signed the health care provider

Medications:

Students are not permitted to carry medications (prescription or OTC's) with them in their backpack. If your student needs medication during the school day, we are happy to keep it in the health office. Please fill out this [Medication Form](#) and provide us with a medication order (for prescribed medications) from the doctor.

If you have not already done so, please use this link [Aspen Family Portal](#) to complete our new annual student health update form. *You must complete this form if you want the nurses to have permission to administer over the counter medications such as Ibuprofen (Motrin) or Acetaminophen (Tylenol) during the school.

Important dates:

Winchester Health Department student flu clinic at WHS is on **October 25th**. If you would like to have your student receive their flu shot during the school day, please be sure to sign them up ASAP.

MA DPH health screenings for 9th grade postural screenings and 10th grade hearing/vision & BMI - Dates will be announced in the next couple of weeks.

Covid update:

If a student/staff tests positive, MA [DPH COVID Guidance](#) must be followed:

- Stay home (isolate) for a minimum of 5 days. (5 days from developing first symptom(s) or, if no symptoms, 5 days from positive test). Ex: Day of first symptoms is Day 0.
- Notify the school nurse of the illness via the absentee phone message or email.
- Return to school is allowed on Day 6 if symptoms are largely

improved (greatly diminished cough, congestion, and runny nose, 24 hours fever-free) .

- Students/Staff must mask through Day 10.
- If student was exposed to someone who tested positive for COVID (e.g., someone in the household):
- If no symptoms: student may attend school. It is recommended to test on Day 6 after exposure. Those who can mask must do so until Day 10.
- If symptoms develop, mask up immediately if around others, stay home and test right away.

Contact Jen Markham and Lauren Vaccari

781-721-7020 ext. 4011 & ext. 4012

NEWS FROM THE CAFETERIA

Breakfast is served for free to all students in the dining commons every school day from **7:30-8:30 AM** and again from **9:35-9:45 AM**.

While students are welcome in the cafeteria in the mornings before school, we do need to keep the walkways (hallway past the auditorium to the athletics wing and hallway toward A wing) clear. Please move into the center of the cafeteria and use the tables up on the second floor. Students are also reminded that they do not need to stay in the cafeteria until the 8:25 bell: you may leave the cafeteria and head toward your first period class earlier than that.



FREE MEALS FOR ALL STUDENTS

DID YOU KNOW.....

For the 2023-2024 school year, Governor Healey has approved **FREE MEALS** for all students in Massachusetts.

This means all students will have access to Nutritious Meals (1 breakfast meal and 1 lunch meal per students) at **NO COST** to Parents/Guardians.....



NO CHARGE for ALL STUDENTS..

Breakfast will be available daily each morning in your school's cafeteria each morning.....

Lunch will be available daily in the Cafeteria at your designated lunch schedule....

There will be a charge for **Ala-Carte Items and Second Meals.....**

WWW.WHITSONS.COM    

PARKING PASSES

Seniors and Juniors* (*who have had their license for 3 months) can obtain a parking pass by filling out [this form](#).

Even if you had a parking pass last year you must fill out this form for a NEW parking pass each year. Once the form is complete they can pick up their pass at the main office with Mrs. Hanlon or Officer Chiuccariello in Room A102.

Students must have their license with them to pick up the parking pass. You **must** have a parking pass to park in the student lot or designated street spots on Skillings Road, failure to do so will result in a ticket or possible tow.

CLASS OF 2024 NEWS

Please visit this [2024 WHS Yearbook Info](#) to all the important information you need to know about Senior Pictures and the 2024 WHS Yearbook.

Also, more details to follow from your class officers but keep these important dates for the Class of 2024 on your calendar!

TBD - Class Dinner
11/18 - Parent Fundraising Event
12/1 - Semi-Formal Dance

SATURDAY NIGHT FEVER DANCE PARTY

It's time to boogie and get those dancing shoes on! Join the Class of '24 parent advisors at a dance party like no other! Dress your best for Saturday Night Fever Dance Party sponsored by Andersen Group Realty! Tickets go on sale **Tuesday 10/10**.

Use [Venmo](#) to pay and please note guests names. Any questions contact parent advisors tagged. Spread the word all are invited.

WINCHESTER HIGH SCHOOL CLASS OF 2024

SATURDAY NIGHT *Fever*

SATURDAY, NOVEMBER 18

7-11PM

SONS OF ITALY

\$75 (INCLUDES APPS & 2 DRINKS)

SPONSORED BY

ANDERSEN GROUP REALTY

All proceeds benefit class of 2024 Senior activities

CLASS OF 2025 NEWS



JUNIOR

MOVIE NIGHT+ **COOKIE DECORATING**

**COME WATCH A SCARY MOVIE WITH
YOUR FRIENDS AND DECORATE SPOOKY
COOKIES!**

**WHEN: THURSDAY, OCTOBER 26TH:
6:30-8PM**

**WHERE: WHS DINING COMMONS &
AUDITORIUM**

The parents of the class of 2025 are looking forward to kicking this year off with a social at the Brickyard Lounge. Tickets are limited so don't delay. See you there!

CLASS OF 2025

**PARENT
SOCIAL**

BRICKYARD LOUNGE

**SATURDAY
NOVEMBER
4**

**371 MAIN ST - WOBURN
(PARKING LOT BEHIND
OFF OF MONTVALE AVE)**

7-11

CASH BAR

APPS

KAROKE 8-9:30

\$30 per ticket | Venmo @WHS_parents2025

Please include names of attendees in note.

If prefer to pay cash, drop at: 69 Wedgmere Street

Ticket Sales Open until Oct 27 or until they sell out

Proceeds go class of 2025

PAY VIA VENMO

CLASS OF 2026 NEWS



CLASS OF 2027 NEWS

Check back here for updates

WHS SPORTS

WE WANT TO HEAR FROM YOU!

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

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



COLLEGE ATHLETIC COMMITMENTS

Congratulations to the following students who have committed to continue on their athletic careers in college!

Carson Muse - Trinity College - Golf

BASEBALL

There will be a meeting for anyone interested in playing baseball this Spring on **Wednesday, October 11th** after school in the auditorium.

CHEERING

The team celebrated their Seniors before Friday nights football game!



The girls have been getting the student section pumped up at every home game and have been cheering in the cold and the rain!
We all appreciate their enthusiasm and support!



CROSS COUNTRY

[Please email us photos and updates!](#)

FIELD HOCKEY

[Please email us photos and updates!](#)

FOOTBALL

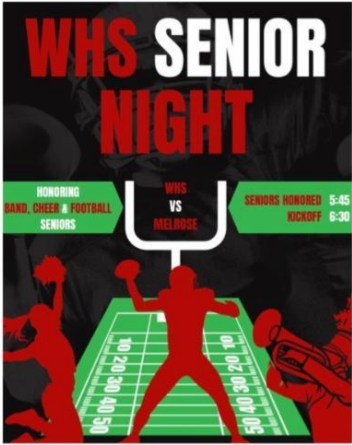
The boys beat Melrose 17-12 and brought their record to 4-1!
Before the exciting game, the team celebrated the
Seniors and their parents.







Last Friday, 3 wonderful groups came together to CELEBRATE their SENIORS- **Marching Band, Cheer, and Football!!!** Special shout out to fellow parent **Jen Johnson** who captured all these family pictures for us, **Ali Wilson** for making all the beautiful bouquets and **Angela Winn** for making the adorable Senior pins!!! And for all those parents who helped with everything else to make it such a memorable night for all!



PIC·COLLAGE



PIC • COLLAGE



PIC • COLLAGE



PIC·COLLAGE



BOYS SOCCER

The Boys Varsity Soccer team won against Reading this week, and

had a loss against Melrose. They continue to play strong and encourage all folks to come out to watch their games. #motivation





GIRLS SOCCER

[Please email us photos and updates!](#)

GOLF

On Tuesday 10/3, the Varsity Golf team celebrated its 8 Seniors: Liam Carlin, Cole Cassidy, Will Fortier, Max Griffin, Max Lowenberg, Carson Muse, Peter Sughrue & Raymond Yang. The team defeated Burlington 56-16 in that day's match.





SWIMMING

Please email us photos and updates!

VOLLEYBALL

Please email us photos and updates!

WHS ARTS, MUSIC & THEATER



WE WANT TO HEAR FROM YOU!

If you have updates or pictures of WHS Arts, Music & Theater students [please email them to us!](#)

Winchester Friends of Music

Thank you all who helped with the Concession Stands Bake Sale! All your treats were very much appreciated! It was a great addition! Also thank you for your continued help at the Concession stands as volunteers-- we love the spirit of working together and having FUN! Our WHS Band was joined by the 8th grade band and boy did we feel the extra energy! It was Senior night for our Marching Band Seniors and those who were in the stand made sure their band mates felt the love and music! THANK YOU for adding that extra musical note all! Hope to see you at our last home game this Thursday, October 12th!



CHAMBER MUSIC CLUB

Enjoy playing music? Perhaps you've heard something you just desperately wanted to perform but weren't able to find the right people or the motivation to do so. Or maybe you just want a place to set your mind at ease after a long school day and improve your musical skills. Well then, THE Chamber Music Club is the place for you!

We meet every Wednesday from 3:15-4:15 in B118.

All are welcome; vocalists, keyboards, percussion, woodwinds, brass, strings, and any other connoisseurs of the art!

Feel free to contact 2504068@wpsstudent.com and 2507014@wpsstudent.com with any questions.

WHS CLUBS & GROUPS

Click here for a [list](#) of WHS Clubs and Organizations
Check this section for current club news, meetings & events

Hi WHS! The National Honor Society is hosting our annual Talent Show on **November 17th**.

We are looking for talent across all ages from elementary to adults!

Please sign up with [this form](#) to perform and spread the word!

ARMENIAN CLUB

ALL ARE WELCOME, whether you would like to learn about Armenian culture, meet Armenians, or discuss political tensions.

If you are interested, please fill out the form [here](#)!

For any questions, [please email](#). See you soon!!

BATTLEBOTS CLUB

Join our school's BattleBots Club! Not to be confused with competitive robotics (botball, which you should join too), Battlebots is where you experience the thrill of engineering, strategy, and adrenaline-pumping combat! We'll teach you everything you need to know so you can unleash your creativity as you design and build formidable robots, then put your skills to the test in exciting competitions. It's a chance to learn teamwork, problem-solving, and STEAM principles while having a blast! - don't miss out on the opportunity to become a true robot warrior!

Come join us every Wednesday from 3:07 - 4:30 in the CAD Lab which is E102 (the computer lab right below the gym).

Feel free to [email](#) or [email](#) if you have any questions.

BLACK STUDENT UNION

Do you want to foster a community of unity that encourages, motivates, and supports students who identify as Black? If so, come join the Black Student Union (BSU)! Our goal at BSU is to promote a spirit of unity and cultural awareness while addressing issues that are pertinent to Black students. In a welcoming, respectful, and safe environment, challenging dialogues and open perspectives among Black students and between Black students can occur to provide enlightenment or to enact change.

We will carry out civic engagement, enjoy planned social activities, and much more based on the needs and interests of the club. As a member of BSU, you will be recognized and your voice will matter!

The club meets every other Wednesday from 3:15 to 4:15 in room C105. For further updates, meeting details, and to access the Google Classroom fill out this [form](#). If you have any questions, feel free to contact [Christie Charles](#).

BOTBALL

Are you passionate about the creative design and programming of robots? Are you itching to compete against others in a fun environment, all while using the simplicity of Legos and metal pieces?

Come be a part of Botball (also the Competitive Robotics class), where you'll have the freedom to unleash your imagination, designing and programming your very own robots to complete tasks and score points against others!

Join us on Mondays from 3:15 - 5:00 PM in E102 through [this form!](#)

CHINESE CULTURE CLUB

This year the Chinese Culture Club plans to have amazing events, fundraisers, and activities, so we hope you can join us! For further updates and a more organized method of news than email, join our Google classroom: zqib2uv. Everyone is welcome so see you there!

CRIMINAL JUSTICE CLUB

Are you interested in pursuing a career in the Criminal Justice Field? Have you considered becoming a police officer, lawyer, crime scene specialist, or federal agent? Well, then the Criminal Justice Club is for you!

We partake in many hands-on experiences and community service opportunities to help you get insight into the field and figure out *your* path. By joining, you'll learn how to pull over a motor vehicle, search buildings, negotiate hostage situations, handle a firearm, and MUCH more. Later, you'll get to apply these skills at Law Enforcement Explorer Day, field trips to the Woburn District Courthouse and Police Academies, and the Massachusetts Law Enforcement Explorer Competition!

Email [SRO Chiuccariello](#) for information and/or to join!

DEBATE CLUB

Hey all! Are you passionate about debate, seeking to improve your public speaking skills, or looking to compete and further your debating experience? If so, then debate club is the perfect place for you!

We meet every Monday from 3:15 - 4:15 PM in A107.

GEMS

Genuine, Empowering, Meaningful Support

You're Invited To GEMS Annual

"Milk & Cookie Meet & Greet"

We are looking for new GEMS members to join our group! GEMS is a female empowerment group that gets together to embrace confidence, build new friendships, and have fun!

We love meeting new people & can't wait to meet you there!

Sign up in MyFlexLearning

JOIN US: in back of Dining Commons (Cafeteria)

Have questions? See [Ms.Haines](#) in Guidance or [email her](#)

ITALIAN CLUB

For future club announcements, join the Google Classroom with code hhgd2r and follow the Instagram @whsitalianclub24!

Relax and have fun while appreciating the Italian language and culture, no experience required! ALL are welcome!

LITERARY MAGAZINE

Submissions for the fall edition of the Literary Magazine are now open! You can submit writing or artwork using this [form](#).

Submissions will close on **December 1st**.

You can view our [FAQ document](#) for more information and [email](#) with any remaining questions.

MATH TEAM

Join Math Team! Whether you like winning or simply like math, we have what you're looking for. Hone your problem solving skills while collaborating with friends on practice problems, learn new strategies and concepts for solving problems, and compete against other schools!

We meet every **Tuesday & Wednesday from 3:30 - 5:00 PM**. Fill out [this form](#) here if you're interested in joining us!

MODEL UN

Are you interested in joining one of the biggest clubs at WHS? Want to try out debate and public speaking while having fun and learning more about governments across the world?

[Email](#) with any questions!

(Follow us at @thewinmun and join our Google Classroom [kuvxjzk](#))

ORNITHOLOGY CLUB

Calling all nature enthusiasts and bird lovers! Do you want to know what bird you just saw fly across the street? What about the one in your backyard chortling at unholy hours of the night? Join Ornithology Club to find out! We'll teach you how to identify the birds around you and seek them out together on our weekly birding walks! It's like finding a new rare Pokemon you don't have yet. Ready to spread your wings? Meet us in LG 2 every Thursday from 3:30 - 5:00!

PONGMINTON

Elevate your school experience by joining the PONGMINTON (ping pong + badminton) Club today! Whether you're a seasoned player or a beginner looking to try something new, our club offers FREE lessons and a fun, inclusive environment for all. Improve your fitness, develop your skills, and make lasting friendships while enjoying the fast-paced action of badminton – join us and smash your way to success on the court! Sign up for training held in the gym every WIN block using MyFlex Learning. Feel free to email 10449@wpsstudent.com if you have any questions.

THE RED & BLACK

Article sign-ups for the October edition of the Red and Black, WHS' official print newspaper, are open! We encourage all students to write about anything they are interested in.

If you have any questions, contact 10408@wpsstudent.com and 2408017@wpsstudent.com!

SCIENCE OLYMPIAD

Do you like science? Then join Science Olympiad today! Compete with teammates in biology, chemistry, physics, and engineering events against other schools in Massachusetts! Explore your interests while also having fun! Meetings will be on Fridays from 5:00 - 7:15 PM in B208 (Ms. Chakladar's room). Fill out [this form](#) if you're interested in joining!

ZERO WASTE CLUB

Do you want to know how **YOU** can get involved in creating a sustainable society? [Join](#) WHS's **Zero Waste Club!** Zero Waste Club is dedicated to reducing overall waste in Winchester

through promoting everyday eco-friendly lifestyle choices
and organizing sustainable community events.

NEWS AROUND TOWN

The WHS PFA does not specifically endorse events and organizations and shares information on events and activities that may be of interest to the WHS community as a courtesy for informational purposes.

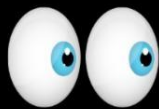
WINCHESTER CHAMBER OF COMMERCE'S
ANNUAL HALLOWEEN
HOUSE DECORATING CONTEST



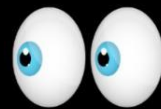
\$25 TO ENTER

To register, visit: www.winchesterchamber.com

PRIZES AWARDED FOR 1ST, 2ND & 3RD PLACES



JUDGING WILL TAKE PLACE ON
OCTOBER 27TH



SCHOOL COMMITTEE MEETING 10/10 AT 6 PM



WINCHESTER PUBLIC SCHOOLS

INCLUSION • SERVICE • INNOVATION

Winchester School Committee

Tom Hopcraft, *Chair*

Shamus Brady

Michelle Bergstrom, *Vice Chair*

Christian Nixon

Karen Maruyama Bolognese, *Recording Secretary*

Winchester School Committee Meeting

October 10, 2023: 6:00 PM

Winchester High School - Room LG1 (B118)

80 Skillings Road, Winchester MA

Live streaming via Wincam: <https/wincam.org/watch/education>

- I. Call to Order (6:00 PM)
- II. Executive Session (around 6:00 PM)
 - Purpose (3) to discuss strategy with respect to collective bargaining because an open meeting may have a detrimental effect on the bargaining position of the Committee.
- III. Public Comment (around 6:30 PM)
- IV. Superintendent, Chair & Student Remarks (around 6:50 PM)
- V. Report, Update & Action Items (around 7:00 PM)
 - A. Lynch Replacement Project Update
 - B. Consideration of Appointment of Grievance Representatives
 - C. Consideration of Approval of Revised Security Training Dates
 - D. Winchester High School Floor Assessment
 - E. Discussion & Consideration of Fall Town Meeting Articles
 - F. WPS & Superintendent Goals
- VI. Anticipated Agenda Items for Next Meeting (around 8:00 PM)
 - A. School Improvement Plans (October 24)
 - B. Facilities Planning (October/November)
- VII. Future Meeting Dates: October 24, November 14
- VIII. Adjournment (around 8:05 PM)

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

[Live Stream](#)



Quiet Kids: How to Parent When You or Your Child is Introverted in an Extroverted World with Susan Cain



Please join us as Susan Cain, bestselling author of *Quiet: The Power of Introverts in a World That Can't Stop Talking*, shares her research and knowledge about ways to support and encourage introverted children to help them thrive and succeed.

- *Susan will characterize introverts and distinguish them from shy children.*
- *She will address how and when to ask children to stretch outside their comfort zones while avoiding turning themselves inside out or burning out. This applies to extroverts as well as introverts.*
- *Susan will celebrate introverted children and show us their unique gifts. She will show us how to tap into those gifts without asking them to act like extroverts.*
- *Are you an extrovert but have an introverted child? Or, are you an introvert and have an extroverted child? Susan will give you tips to parent children dissimilar to ourselves.*

Please register at: www.parenttoparentwinchester.org

Thank you to the John and Mary Murphy Foundation and the En Ka Society for their generous donation to this program!

Wednesday, October 11th

7:00PM

Zoom Webinar

parenttoparentwinchester.org

All Programs Are Free and Open to the Public

**educate
encourage
empower**

[Register](#)



Noelle Lambert

October 12, 2023 @ 7pm

Winchester High School
Library Media Center



Noelle Lambert is a para-athlete and founder of [The Born to Run Foundation](#). Noelle lost her left leg in a moped accident in 2016 during a summer trip to Martha's Vineyard. At the time, she was a student at the University of Massachusetts Lowell and played Division 1 lacrosse on UMass Lowell's women's lacrosse team, the Riverhawks.

Noelle will share her message of **hope, determination and perseverance**, focusing on the importance of:

- Becoming comfortable with being uncomfortable
- Applying oneself 100% in everything you do
- Realizing that everyone deals with insecurities and self confidence in their own way
- How to enlist peers, coaches/faculty, and administration for support

Noelle will be speaking to WHS sophomores and juniors earlier in the day.
Hear the same message and keep the conversation going!





KIDS CORNER

Get a good dose of Halloween fun this October at Kids' Corner! On **Friday, October 13th** from **6:15-8:15 PM**, we will be hosting our **Halloween Movie Night** fundraiser featuring **Halloweentown (PG)**! Preorder pizza, wear your costumes and enjoy a fun evening while supporting the KC community! Spots are limited! [Register here](#)



YOU'RE INVITED TO

HALLOWEEN MOVIE NIGHT FUNDRAISER

FEATURING
HALLOWEENTOWN (PG)

Friday, October 13th

6:15PM-8:15PM

SPOTS ARE LIMITED!
PLEASE REGISTER WITH THE QR CODE
BELOW OR AT:
[LINKTR.EE/KIDSCORNERWINCHESTER](https://linktr.ee/kidscornerwinchester)



On Wed 10/25 from 6:30-7:30 PM, we will be hosting our annual Halloween Haunted House at Kids' Corner. Monetary

donations and canned goods go to benefit the Council of Social Concern. We hope to see you there!



**JOIN US FOR
KIDS' CORNER'S ANNUAL
HALLOWEEN
HAUNTED
HOUSE**

**WEDNESDAY,
OCTOBER 25TH
630PM-730PM**

**BRING IN CANNED
GOODS/CASH DONATION TO
SUPPORT THE HOLIDAY
BASKET DRIVE AT THE
COUNCIL OF
SOCIAL CONCERN.**

RIPLEY PRESENTS: Youth Open Mic Night

Live in-person from the stunning Ripley Chapel at First Congregational Church, Winchester. Please join us on **Saturday, October 14th at 7:30 PM** for a dynamic and energized evening of music from the town's best youth performers. First Congregational Church will provide the setting, audio needs, a beautiful digital grand piano, and snacks! Just bring your talent!

[Click here](#) for more information



ROTARY GOLF TOURNAMENT

The 34th Annual Winchester Rotary Golf Tournament is **October 16th** at the Winchester Country Club. This tournament is held to benefit the Winchester Rotary Charitable Foundation. The fund supports numerous local charitable organizations and the national and international works of Rotary International.

[Registration and more information here](#)



Nutrition & Athletes

Sara McGowan

October 17, 2023 @ noon

Town Hall, Winchester Room
(near Town Clerk's office)



Are you an athlete? The parent/caretaker of an athlete?

Join us for a nutritious lunch with Sara McGowan, MS, RD, LDN, to talk about how to create and maintain healthy eating habits.

Sara, a registered clinical dietitian at Winchester Hospital, will share tips that will help athletes of all ages and fitness levels (as well as non-athletes!)



RSVP winchestercoalition@gmail.com so we can plan for food.

RSVP



CALLING ALL WOMEN

The **Winchester Coalition for a Safer Community**, the **Winchester Police Department** and the **Winchester Recreation Department** are offering a community R.A.D. self defense class for all self-identified **women and girls over the age of 14.**

REGISTER TODAY

(Class Size: Minimum 10; Maximum 20)

FAMILY PARTICIPATION WELCOME!

What is R.A.D.? The Rape Aggression Defense (R.A.D.) System is a program of realistic, self-defense tactics and techniques. It is a comprehensive course for women that begins with awareness, prevention, risk reduction and avoidance, while progressing on to the basics of hands-on defense training.

R.A.D. is not a martial arts program. Our courses are taught by certified R.A.D. instructors and provide you with a workbook/reference manual. This manual outlines the entire physical defense program for reference and continuous personal growth. Our system of realistic defense will provide a woman with the knowledge to make an educated decision about resistance.

DATES: **OCTOBER 17, 19, 24, & 26 (this is a 4 class course) (Register by October 10)**

TIME: **6:00-9:00 PM**

LOCATION: **Winchester High School Gym (80 Skillings Road)**

COST: **\$40 (workbook/reference material included)**

Register at winrec.com. Questions? Please call 978- 423-3786.



REGISTER

b ARCHITECTURE STUDIO

in partnership with the Winchester Chamber of Commerce presents

OUR GUIDE TO YOUR GETAWAY HOME



CHRIS BROWN
AIA, LEED AP

Come join Chris Brown from b Architecture Studio as he guides you through the first step of discovering what a perfect getaway home looks like for you. During this session, you will receive your own copy of "Our Guide to Your Getaway Home" while Chris discusses the essential initial steps you need to take when considering this next adventure.

OCT | 18TH | 2023

7:00 - 8:00 PM

Winchester Public Library, The Large Meeting Room
80 Washington St, Winchester, MA 01890

Head to www.winchesterchamber.com to RSVP

adventure seekers welcome!

RSVP

MEET THE WINCHESTER SPECIAL EDUCATION TEAM

Join us online to meet the special education staff of Winchester Public Schools and the Winchester Special Ed PAC!



Friday, Oct 20
9:00 am-10:00 am on
Zoom



The Winchester Special Education Parents Advisory Council (WinPAC) invites you to a virtual Meet and Greet with the special education team from Winchester Public Schools on Friday, October 20 from 9 am-10 am. Caregivers of children of all abilities in the WPS system are welcome.

Zoom information is below. We hope to see you there!

[Meeting URL](#)

Join by telephone (use any number to dial in)

Dial:

+1 309 205 3325

Meeting ID:

935 0316 3340

One tap mobile:

+13092053325,,93503163340# US

LEADERS FOR AN EQUITABLE TOMORROW (LET) PROGRAM PRESENTS

SOCIAL MEDIA & TEEN MENTAL HEALTH WORKSHOP



Featured Speaker:

Dr. Jill Walsh

*Author, Researcher & Lecturer,
Boston University*

For Youth, Adults, & Families!

Monday, October 23, 2023

7-8:30PM

James L. McKeown
Boys & Girls Club of Woburn
Charles Gardner Lane
Woburn, MA

Hosted by



SCI Social Capital Inc.
Cultivating Connections

NETWORK
for SOCIAL JUSTICE



Leaders for an Equitable Tomorrow (LET) is a joint initiative of SCI and NFSJ that seeks to advance mental health awareness and engagement among suburban youth within, and beyond, Winchester and Woburn through a focus on the intersection of mental health, race, and identity. Funding for LET is provided by Winchester Hospital Community Benefits.

SCHOOL THE WORLD INFORMATION SESSION

Date/time:

Thursday, 10/26 6-7 PM

Location: Winchester Public Library (Large Meeting Room)

Join us to learn about School the World's 2024 high school service trips! STW's Student Service Program provides an inspiring service experience for High School Students. While traveling to Guatemala, Panama, or Honduras, they will get to experience a new culture, make new friends, fulfill service hours and create lasting relationships with the kids in the community! All while supporting our infrastructure growth by building a school and/or a playground! Join us on October 26 to hear from past Winchester student travelers about their experiences, and ask questions about our 2024 programs!

SAFE DISPOSAL DAY



Saturday, October 28
9 am to 1 pm

Tent Outside Transfer Station Gate
15 McKay Avenue, Winchester



Keep them safe. Clean them out. Take them back.
Safe Options for Medication & Needle Disposal





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ENGAGING LEARNING and SOCIAL ENVIRONMENT

THE BURLINGTON YMCA AFTER SCHOOL PROGRAM IS HIRING!

The YMCA Burlington After School Programs are looking for After School Counselors. We are looking for staff to assist with homework, gym & outdoor play, and execute crafts & activities. Help us reinforce school norms, curriculum, and behavior management all while getting to be part of a unique environment with the children.

We focus on the Y's mission of Youth Development, Healthy Living, and Social Responsibility.

Hours are 2pm until 6pm daily. We also offer care on half days and school vacation weeks so there is opportunity for more hours when available. Pay range is \$16-\$18/hour and you receive a **FREE** membership to the YMCA of Greater Boston with your employment! The perfect high school job – go to classes during the day, and spend your afternoon with our students!

If interested, please contact
MaryAnn Hanafin at
mhanafin@ymcaboston.org
to apply.



ALUMNI NEWS



WINCHESTER

ALUMNI ASSOCIATION

*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](#).

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](#) or [click on this link](#).

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

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