

WHSPFA Newsletter
October 2, 2023



PRESIDENT'S NOTE



SMALL THINGS TO LOVE ABOUT OCTOBER



Crystal clear
sky



Horror movies



Fallen leaves



Halloween



Trick or Treat



Pumpkin spice
latte

OurMindfulLife.com

Dear Fellow WHS Families,

Happy Monday and the beginning of October!!! We would like to wish our awesome Custodial Staff—HAPPY National Custodial Worker’s Recognition Day! We have 10 of the best custodians who working at Winchester High School. Thank you **Peter Antonuccio, Greg Belmonte, Adam Hiscock, Paul Marshall** (missing in photo below-sorry!), **Joe O’Brien, Nate Palermo, Seth Parsons, Jason Scholl, Michael Wyman, and Chris Conway (Facilities Coordinator)**! First to arrive, last to leave, you do so very much to make our school a warm, welcoming, and safe place for our students and staff to learn, teach, and grow. And then there are the many, many meetings, dances, banquets, clubs, concerts, and sports event that make our school community so vibrant—these would not happen without your extra effort and support. We are grateful for you on this day and every day!



As we enter October, WHS is in “full swing”! Please take a moment to scroll down to see all that is happening and friendly reminders!

- **WHS PFA Freshmen Class of 2027 Parent Advisors:** Parent

Advisors work with the elected Class Officers and Staff advisors for 4 years on a variety of class related activities and events! Please email us at whspf@gmail.com for more information.

- **Student Improvement Council (SIC): 2 Volunteers Needed**

The WHS School Improvement Council (SIC) needs you! The WHS SIC is a collaborative group of WHS staff, students, parents and community members who meet with Principal Dennis Mahoney one morning a month to discuss what is happening in the school. Members of the SIC work in an advisory capacity with the principal to implement positive changes in our school. This year the PFA will hold an election for two candidates to serve a 2-year term.

The Role of School Council: MA law requires that there be a school council at each public elementary, secondary and independent vocational school in the Commonwealth. Responsibilities may include - Creation of the School Improvement Plan, student programing, examining new opportunities for students and staff and potential special projects. Interested parents and guardians can obtain the application form [HERE](#). The deadline for candidate forms is **Sunday, October 8th**. We will post each submitted application for the WHS community to read and familiarize themselves with the candidates during the election period. On-Line voting will take place Thursday, October 12th to Sunday, October 15th. Results will be announced on Monday, October 16th.

- **Winchester Coalition for a Safer Community:** First Lunch and Learn happening this Tuesday (10/3) at noon at Winchester Town Hall! Please see flier below for more details!
- **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, 10/20 from 9 am-10 am. Caregivers of children of all abilities in the WPS system are welcome.
- **Donate to Direct Appeal!** Our “Grants” Committee is busy

accepting "Teacher Grant Request" Applications. This is where the vast majority of our PFA Direct Appeal funding goes~ directly to teacher grants that benefit our kiddos. Please take a moment and donate to our **WHS Direct Appeal**. To make it easy, you can just click one of the links for [PAYPAL](#) or [VENMO](#). Any amount is appreciated! Remember that we are a non-profit organization under section 501(c)(3), so each dollar is tax deductible ~ more information below.

Lastly, thank you for all who attended our first PFA meeting last Monday! We loved seeing you and hearing your thoughts! Hope to see you again and new folks too!

As always, please reach out with questions, concerns, or just to say "hi."
Have wonderful week!

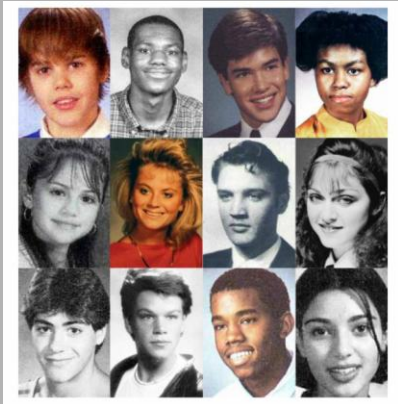
Very Fondly,
Adrienne Spignesi & Mai Harrison
WHS Co-Presidents

[**whspfa@gmail.com**](mailto:whspfa@gmail.com)

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

**Rain or shine our community still comes out to support each other!!!
G-O Red and Black!**





Let's start off Monday with some
FUN!

Thank you for all who participated! The lucky winner is **BETH LEPORE!** Great job figuring out all these celebrities! Your prize will be sent to you in the mail!

Look out for little fun games like this and you could be a winner too!

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](#)

MON 10/9 - No School

SAT 10/14 - PSAT/NMSQT exam, WHS

AUTHOR ALERT!

WHS is happy to welcome award winning graphic novelist Gareth Hinds to school on **October 4th**. Hinds is coming to WHS as part of WFEE's annual Authorfest. He will be working with 9th graders who are studying The Odyssey using his graphic illustration of the classic poem.

WFEE will be selling copies of Hinds' books at noon in the dining commons. Students other than 9th graders who are free last period are welcome to hear Hinds' presentations, please let Mrs. Plosky know you are coming.

Elementary and middle school students will celebrate Authorfest on October 26th.

WHSPFA DIRECT APPEAL

Let's get the 2023-2024 school year off to a great start!

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:

- a new sound system at Knowlton Stadium
- bought art materials for specialized art classes
- risers for the music department



- a human skeleton for the science program
 - new student events
- materials for the Cooking for Life program
- AED trainers, laptops, books, software programs
- 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](#) or [VENMO](#)



WinchesterHS ParentFacul...
@whspfa



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.

NOTE FROM THE MAIN OFFICE

Sports bags are not allowed to be stored in the main office during the day. If you are dropping a sport bags during the day, please text

your student to come pick it up and bring it to the locker room.

NEWS FROM THE CAFETERIA

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

PSAT

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

All Juniors take this test. There are limited seats for Sophomores to take the test as practice.

This will be a Digital test.

Forms are available outside Room B208. Completed forms with check should be handed to Mrs. Chakladar (Room B208) only to get a registration ticket.

COLLEGE VISITS

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

MON 10/2 -

Case Western Reserve University
University of Maryland - College Park

TUE 10/3 -

Brandeis University
Pace University NYC campus
University of Connecticut during WIN in the Auditorium

WED 10/4 -

Haverford College
Salem State University

THU 10/5 -

Union College
University of Vermont

FRI 10/6 -

College of the Holy Cross during WIN in the Auditorium
McGill University during WIN in LG1

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



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!

10/11 - Class Dinner
11/18 - Parent Fundraising Event
12/1 - Semi-Formal Dance

CLASS OF 2025 NEWS

Check back here for updates

CLASS OF 2026 NEWS

Check back here for updates

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](#)



CHEERING

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

CROSS COUNTRY

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

FIELD HOCKEY

The WHS Girls Varsity Field Hockey team is off to a very strong start with a 6-1 record. Last week they beat Lexington 4-0 but lost their first game of the season to Middlesex rivals Reading in a 1-0 nail biter.

Come root the team on as they face Melrose Monday at home at 4:15...Go Red and Black!



FOOTBALL

The team lost to Belmont 15-9, taking their record to 3-1.

The team recognized Keiran Corr with his framed Commemorative 2024 Under Armor All-American Jersey. He is the first player to be selected from the Middlesex League. Read his article [here](#)

Come celebrate the Seniors during Senior Night on Friday 10/6 at 5:45 PM before the start of the game.







BOYS SOCCER

The WHS Boys Varsity Soccer team had an exciting week of soccer games beating Woburn 6-0, and Lexington 2-0. They remain undefeated with no goals scored against them. Come cheer them on at the next game!



The WHS Boys Varsity Soccer team invites everyone to come and help honor their senior players at Knowlton Field on **Oct. 9th at 10am** (HOLIDAY, NO SCHOOL). There are 17 seniors on the team

this season! Cheer them on as they take on Wakefield.

GIRLS SOCCER

With a 3-0 win over Lexington on Sat the girls Varsity soccer team stays with an undefeated record of 7-0 for the season!!!



GOLF

Recent wins over Belmont and Concord put the Golf team at 7-1 so far this season! They are back at it on Tuesday with a match against Burlington at home.

To help raise funds, the team is selling a limited supply of their best selling umbrellas, string backpacks, shirts and hats! To order please go to the WHS Golf Team's website [here](#). They sell out fast, so please order soon!



SWIMMING

The team swam against Belmont and lost 97-86, but they still had some great swims!

STATE QUALIFIERS

200 Medley Relay

Emily Moh, Captain Julia Valcourt, Elissa Bennett & Captain Elle Michaud

200 Free

Captain Julia Valcourt & Captain Megan Han

200 IM

Captain Elle Michaud

50 Free

Elisa Bennett

100 Fly

Elisa Bennett

100 Free

Captain Megan Han

500 Free

Captain Elle Michaud

200 Free Relay

Captain Julia Valcourt, Anamaria Andronesi, Captain Nell Chmielewski & Captain Megan Han

100 Back

Emily Moh

400 Free Relay

Elissa Bennett, Emily Moh, Captain Megan Han & Captain Elle Michaud

VOLLEYBALL

Check out these action shots from the JV Girls Volleyball game against Woburn on Tuesday 9/26!





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!](#)

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!

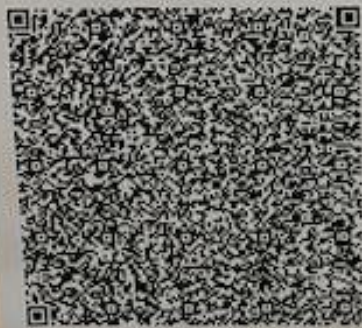


Tri-M Music HONOR SOCIETY®

Join the Winchester High School chapter of Tri-M
Music Honors Society!

- Give back to your music community
- Build your resume / college application
- Help out at various volunteer opportunities

Apply now! Applications are due Friday, October 6th



questions? contact
president Aly Pejrolo
11016@wpsstudent.com

WHS CLUBS & GROUPS

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

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.

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!](#)

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! Starting Wednesday, October 4th, we'll be meeting weekly from 3:15 - 4:15 PM in B118.

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

Feel free to [contact](#) or [contact](#) with any questions. Until then!

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 hhigd2r 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. Articles are due 10/6, and please sign up [here](#) and join our Google Classroom ([link](#)). 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!

SPANISH CLUB

VEN AL CLUB DE ESPAÑOL - WHS' Spanish Club's first meeting is next Wednesday, October 4th at 6:30 pm in room B112. Want to sample different brands and flavors of tortilla chips, salsa and guacamole? Or are you your own master guac-maker? Bring your favorites to share - we can't wait to try them all! No Spanish experience necessary - bring your friends!

Follow us on Instagram (@whs.spanishclub_).

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.

JOIN US FOR THE

THE WFE
*Fall
Flamingle*



AUCTION

ONLINE ONLY

OPENS 9/25

CLOSES 10/2 AT 8PM

BID ON GREAT ITEMS AND EVENTS

TO BID GO TO:

[HTTPS://AUCTRIA.EVENTS/FALLFLAMINGLE](https://auctria.events/fallflamingle)



BID HERE

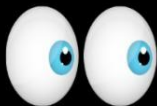
WINCHESTER CHAMBER OF COMMERCE'S
ANNUAL HALLOWEEN
HOUSE DECORATING CONTEST



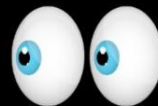
\$25 TO ENTER

To register, visit: www.winchesterchamber.com

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



JUDGING WILL TAKE PLACE ON
OCTOBER 27TH





Living Alcohol-Free

Courtney Peters

October 3, 2023 @ noon

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



Join us as we kick off "Sober October" with Coach Courtney Peters!

Courtney is the founder of [PMA Coaching](#) and has lived in Winchester for over 20 years. She's dedicated to guiding individuals in resolving their personal challenges and passionate about teaching the benefits of living alcohol-free.

Are you curious? Maybe you have read about the growing movement and want to hear what it was like to decide to give up alcohol.

Whether you are ready to make a change or just curious, this lunch is for you.

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



[RSVP](#)

Winchester Public Library

Read-In

Thursday, October 5

3:00 to 5:00 p.m.



On **Thursday, October 5**, join WPL from 3 to 5 p.m. for a Statewide Read-In! Grab a book, help yourself to some snacks, and help fight book banning. #LetFreedomRead



INTERNATIONAL DAY

at the Farmers Market is this Saturday, **October 7th from 9:30-1:30** on the Common.

Shop for fall vegetables, apples, and other treats while you enjoy a sampling of cultural entertainment.

At 9:30 there will be a student display of martial arts and a Saxophone performance, followed at 10:00 by a special classic Chinese Dance you won't want to miss!

At 11:00 there will be a demonstration of Japanese drumming and at 11:30 a renowned Chinese Music Ensemble will perform music that will evoke the fall season we are entering.

Contact [Fred Yen](#) to reserve a table or to sign up to perform.

International Day is sponsored by the Winchester Cultural Council.



Winchester Indigenous Peoples' Day (IPD) Family Celebration 2023

Presented by the Network for Social Justice

Monday, October 9th, 10-12pm
Wright-Locke Farm

82 Ridge St., Winchester, MA

Parking at Mullen Field (across the street)

Bring your family for an IPD experience!
Explore and learn about Indigenous Peoples, their history,
and their connection to arts, culture and land
through a range of hand-ons activities.
Free and open to all.

Questions? office@nfsj.org

NETWORK
for SOCIAL JUSTICE
Educate · Engage · Activate



Sponsored by:



WINCHESTER
CO-OPERATIVE BANK



WRIGHT-LOCKE
FARM WINCHESTER, MA

*Wright-Locke Farm is located on the ancestral land of the
Massachusetts people.*

[Questions](#)



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!



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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