

Winchester High School  
Parent Faculty Association Newsletter  
September 12, 2022

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,

We hope you had a fantastic fall weekend! It was great weather for our WHS athletes to start their seasons. Check out our sports section below ~ we'd love to have pictures of students from clubs, sports, arts, music, theater, etc so don't hesitate to **submit photos** to our awesome news editors - *Tara Salvietti & Audrey Siciliano*



**New PFA Meeting date: Tuesday, September 20 7pm in the Library.** We changed this from the previous date of 9/27 to avoid having our meeting the night before WHS Open House Night.

Warmly,  
Brenda Mandile & Adrienne Spignesi  
Co- Chairs  
[whspfa@gmail.com](mailto:whspfa@gmail.com)

## WHS IMPORTANT DATES - MARK YOUR CALENDAR

### 2022-2023 District School Calendar

**MON 9/12** - WHS CLUB FAIR (for students during WIN Block)

**FRI 9/23** - EARLY RELEASE DAY

**TUES 9/20** - PFA MEETING, 7 PM, WHS LIBRARY

**WED 9/28**- "BACK TO SCHOOL NIGHT" ~ 7PM~ PARENT OPEN HOUSE

**THURS 9/29** - 9TH GRADE PARENT/GUARDIAN INFO ZOOM

**MON 10/3** - 12TH GRADE PARENT/GUARDIAN COLLEGE APP NIGHT



### WHSPFA DIRECT APPEAL

*Let's get the 2022-2023  
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' in-school 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 cooking for life program
- AED trainers, laptops, books, software programs
- social/emotional programming, and more!

***WHEN?* Now!**

***HOW?*** Click one of the links for [PAYPAL](#) or [VENMO](#). **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](#)

**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.**

---



## CONGRATS SCHOLARS

BIG shout out to our WHS National Merit Scholarship semi-finalists (less than 16,000 left in the country!). Ava H. Douglas M. Peter C. Eric P Jihyun K. Ayan G and Andrew R We are rooting for them to go all the way!

---

## WHS GUIDANCE DEPARTMENT

The Fall issue of the WHS Guidance newsletter with lots of helpful information is available for download on the [WHS Guidance website](#). Please see your student's counselor directly with any questions.

---

## MAIN OFFICE STUDENT ASSISTANTS

Juniors interested in serving as TAs for the main office should email Ms. Conis by this FRIDAY, September 10th. Students will be notified about their potential positions next week. Anyone with questions should see Ms. Paradis, Ms. Hanlon, or Mr. Mahoney.

---

## SUBSCRIBE TO THE RED & BLACK

This year, Winchester High School's treasured student newspaper, The Red & Black, will publish its 84th volume. The newspaper covers a diverse range of topics, including local and global news, student life, sports, entertainment, and more! As the paper is entirely student-led, the ability of WHS's talented journalists to continue to write for The Red & Black is largely thanks to the paper's supporters, particularly subscribers! A subscription to The

Red & Black comes at the low cost of \$30 annually. With a subscription you will receive physical and/or digital copies of the newspaper each month, as well as access to The Red & Black's website ([whsredandblack.com](http://whsredandblack.com)).

To subscribe, fill out this [form](#). Payments should be mailed to Winchester High School at 80 Skillings Rd, Winchester, MA 01890. Checks should be made out to "Winchester High School, attn: The Red & Black."

Thank you!  
The Red & Black

---

### **PARKING PERMITS**

Parking passes for Seniors and Juniors are now available! Please fill out the [Google Form](#) and then see Ms. Hanlon in the main office or Officer Chiuccariello with your license to get your hang tag. Please remember Juniors need to have had their license for 3 months before they can receive a pass.

---

### **FREE SCHOOL MEALS EXTENDED FOR ALL STUDENTS (2022-2023)**

As you may know, it was recently announced that the Commonwealth of Massachusetts will extend free school meals for all students through the 2022-2023 school year. While breakfast and lunch will continue to be served at no cost to all students, second meals and a la carte items (i.e, milk) will be charged to student accounts at existing prices. To add funds to your student's account, please visit <https://www.myschoolbucks.com> or submit a payment via a check made payable to Winchester School Lunch Program to any cashier at each school.

Please note that even though meals will be free for all, it is very important for families to complete the household Application for

Free and Reduced Price Meals for the 2022-2023 school year. You can view and complete the application [here](#).

We strongly encourage ALL families to submit this form as it allows us to establish eligibility for P-EBT benefits, waived transportation fees for those who qualify, and serve families most effectively.

In addition, please consider applying for SNAP, the federal nutrition program that provides eligible residents with monthly financial assistance to purchase groceries. More SNAP information can be found at [gettingsnap.org](http://gettingsnap.org) or by calling Project Bread's FoodSource Hotline at 1-800-645-8333.

As always, we are grateful for the opportunity to provide nourishing and healthy meals to all Winchester students so please reach out to us with any questions or concerns.

WPS Food & Nutrition Services

---

## YOUTH VOLUNTEER OPPORTUNITY

The Winchester Board of Health is charged with protecting the Environment and the Public Health of the people of Winchester. This three-member elected Board of Health is offering a new Youth Volunteer opportunity for any high school 11th or 12th grader who lives in Winchester. This Junior or Senior student will serve in a non-voting position. The Youth Volunteer is an exciting opportunity for any student interested in working on public health or the intersection of the environment and public health.

To apply, or for questions, please send the following to the [Winchester Board of Health](#):

1. a short (1/2 – 1 page) letter of interest regarding why the Youth Volunteer position with the Winchester Board of Health is of interest to you
2. a short list of courses completed or currently undertaken that you think might be helpful to this position
3. any projects that you might be considering (optional)

# CLASS OF 2023 NEWS

## **FALL PLANNING WORKSHOPS FOR SENIORS**

Guidance counselors will be meeting with seniors **September 20-27** to review the application process and begin their Common Applications.

All seniors should visit <https://apply.commonapp.org/login> to create an account prior to their workshop.

## **SENIOR PARENT/GUARDIAN COLLEGE APPLICATION NIGHT**

**Monday, October 3rd**

*Please note date change since the summer mailing to students and families*

**WHS Auditorium  
6:30-7:30pm**

This presentation for parents of seniors shares highlights from the student workshops and outlines the college application process at WHS. The presentation will be shared on the WHS Guidance website the following day for those unable to attend.

# CLASS OF 2024 NEWS

## **Come support WHS class of '24**

Stop by FIRST HOUSE PUB on  
Friday September 16  
4-6

before the first home football game for a raffle to  
support the junior class!



FIRST HOUSE PUB  
Main Street, Winchester  
4:00 - 6:00  
Outside Patio

Tickets: 5 for \$20

Raffle items include:

- (2) FIT LIFE one month memberships (\$ value \$125 each)
- WINCHESTER flag (value \$65)
- Gift card to First House Pub (\$50)
- ....and more!

VENMO DANIELLE-ADAMS-7 and write down how many raffles



you want in the Venmo. Contact [Danielle Adams](#) with any questions.

## CLASS OF 2025 NEWS

Check back here for updates

## CLASS OF 2026 NEWS

### SEPT 15 DEADLINE FOR PARENT ADVISOR VOLUNTEERS

The WHS PFA has the following board positions open:

Freshman Class Parent Advisors (Each class has 4 Parent Advisors that work along with Teacher Advisors to help guide the Student Class Officers in regards to planning class social events, civic volunteering and fundraisers. **Please note this is a 4 year commitment.**

[Click here](#) for a "job description".

\*[Please email](#) if you want to volunteer to be a Freshman Class Parent Advisor by **9/15**. You can reach out at same email address with any questions.

---

### 9TH GRADE PARENT INFO SESSION

Thursday, September 29th  
9-9:30am

The Guidance staff will be holding a brief informational Zoom to share information about WHS Guidance services and helpful tips for

parents of 9th grade students. The presentation will be shared on the WHS Guidance website the following day for those unable to attend.

**[Join Zoom Meeting](#)**

Meeting ID: 897 4397 3885

Passcode: 201444

## 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](#)**

---

### **WHS ATHLETICS ANNOUNCEMENT**

There will be a meeting for anyone interested in **Wrestling** this Winter Season next **Wednesday, 9/14** right after school in the Wrestling Room.



**CHEER**



Thanks to all who supported the Cheerleaders' Car Wash Fundraiser on Saturday!



---

## CROSS COUNTRY

Our Boys and Girls Cross Country Team are excited for an awesome season and their first race on Tuesday, September 20th against Burlington!



---

## FIELD HOCKEY

Varsity Field Hockey won their home opener over Burlington on 9/8.



---

## FOOTBALL

Varsity Football opened the season with 13-6 victory at Newton

South on Friday night. Junior Varsity also got the W against Newton South. Let's go Red & Black!



## GOLF

Golf Team won their opening match at Wilmington 34-11 on Tuesday 9/6 and picked up a W over Watertown on Thursday 9/8 50-22.



---

## SOCCER

---

## SWIMMING

---

## VOLLEYBALL

The girls varsity volleyball won their first two games this week, defeating Burlington 3-0 and Medford 3-0.



## WHS ARTS, MUSIC & THEATER

Check this section for updates about Arts, Music & Theater events and opportunities at WHS. If you have pictures or updates about WHS student performances and work **[please email them to us!](#)**

---

Winchester High is alive with the sound of music!

WHS families! The 2022-2023 school year is underway, and with it, another year of amazing choral, orchestral and band performances—and more. There are opportunities for our children to

learn, to perform, to grow. And to continue Winchester's strong and special musical traditions, the **Winchester Friends of Music** is asking for your support.



**What do we do?** We support Winchester's K-12 music programs, volunteering at performances, cheering on Winchester's music teachers and budding musicians, providing grants, and doing all that great stuff that friends do ☐—check out our [website](#) to learn more!

**So how can you help?** We are always grateful for donations, and Winchester Friends of Music is a 501(c)(3) public charity, so all donations are tax deductible. And we always welcome volunteers! Creating the beautiful backdrops for our kids' musical performances (think concerts Strawberry Pops & Jazz's In the Mood), doing publicity, selling tickets, ushering—we have so much fun and get to enjoy wonderful performances.

Our first volunteering opportunity this fall are our Concession Stands! Come join us for a fun filled night of hearing our WHS Band, cheerleaders cheer and football play! Sign up [HERE](#).

If you would like to donate, you can do so via [the website](#)—every dollar counts! Thank you for your consideration!

#### Winchester Friends of Music Board

Mai Harrison (President)  
Laura Colella (Vice President)  
Adrienne Spignesi (Secretary)  
Maura Sullivan (Treasurer)

# WHS CLUBS & GROUPS

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

---

## WHS CLUB FAIR

The WHS Club Fair will be happening this year in the gym during WIN Block on **Monday, September 12th**. All clubs interested in having a spot at the fair please complete [this link](#). Any questions? Contact [Ms. Paradis](#).

---

## WINCHESTER LEADS

Winchester Leads is a leadership club open to all students at WHS. On **Tuesday morning 9/13** we have a speaker coming in who will be talking about leadership. Kevin Eastman will be speaking from 7:30-8:25am. He is a former NBA assistant coach (was with the Celtics when they won the NBA title in 2008) and now works on leadership development with businesses such as GE and Cisco as well as teams like the University of Alabama football team. We lucked out on having Kevin come in and received some support from the Coalition for a Safer Winchester to do so. Click [here](#) for more information.

---

## DEBATE CLUB

Do you like arguing or public speaking? If so, join WHS's Debate Club! We meet every Monday from 3:15 to 4:30 in A111 (starting September 12). No experience is necessary. We will play fun games, improve public speaking skills, debate fun topics, and even participate in competitions.

Please fill out this [form](#) if you are interested.



---

## SCIENCE OLYMPIAD

Looking for more science but couldn't find enough to satisfy your desire? Join us on Fridays for Science Olympiad! We have events ranging from astronomy and anatomy and physiology to chem lab and forensics. Do you like trees? There's an event for that! There's something for everyone, so feel free to drop by and visit!

Unlike normal school science where you're just given some material and some tests, here at Science Olympiad you can choose what interests you and work together with others to show off your science skills!

Our first meeting is going to be on **Friday, September 16th** from 5:30 to 7:30 in LG 1, and every meeting thereafter will be on Fridays from 5:30 to 7:30 in Mrs. Chakladar's room, B208.

If you'd like to know more, you can fill out this [form](#) !

## 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.

---

### ABC HOST FAMILIES NEEDED!

Fall 2022

#### *From Winchester A Better Chance*

We are looking for host families for two incoming ninth graders! During the school year, the ABC scholar would spend Sundays from 12-8pm with your family and would stay at your house one weekend a month.

**Who are the scholars?** We're glad you asked!

**Meet Ayden!** Ayden is a highly motivated student and excited to join the Winchester community. Ayden plays viola and has been teaching himself how to cook. He loves preparing meals for his

family.

**Meet Joel!** Joel is a great friend and student. He loves computers, coding, and robotics. Joel has enjoyed being tech support for his church.

Please let us know if you are ready to get to know either of our scholars better as their new host family!

Contact us at: [info@winchesterabc.org](mailto:info@winchesterabc.org)

You can also learn more about WABC and other ways to volunteer at:

<https://www.winchesterabc.org>  
[www.facebook.com/winchesterabc](https://www.facebook.com/winchesterabc)  
[www.instagram.com/winchesterabc](https://www.instagram.com/winchesterabc)

---



### **Join Scouting in 2022!**

Interested in exploring the outdoors? Camping? Hiking? Canoeing?  
Do you want to take on new responsibilities to build skills and confidence?

Learn leadership skills?

Please join us at our annual Ice Cream Social to learn more about the scouting program in Winchester.

The program is open to both boys and girls.

Pack leaders will be on hand to talk to and answer any questions that you may have about the scouting program.

This is a family event and parents and siblings are welcome to meet

the scouting community and enjoy an ice  
cream treat!

**Monday, September 12**  
**6:45pm - 8:00pm**

Crawford Memorial United Methodist Church  
34 Dix St, Winchester, MA, 01890  
(parking in lot or on streets around church)

Learn more at: <https://www.scouts507.org>  
**Contact** Pack Leadership at: [info@scouts507.org](mailto:info@scouts507.org)

---

## **MASTERING THE COLLEGE SEARCH**

Stressed about college applications? Dr. Karen Droisen will demystify it by providing a chronological overview of the process, from the school search to the personal statement to clicking the "submit" button at "Mastering the College Search" on **Monday, September 19 at 7 pm**. Free and open to the public.

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

**[Register online.](#)**

---



## **TOPSoccer (adaptive program) starting soon!** **Join us to play or coach!**

### TOPSoccer

TOPSoccer (The Outreach Program for Soccer) provides children with different abilities the opportunity to play soccer through rule and equipment adaptation. Players age 5 and older are invited to participate in this adaptive program which includes a modified game of soccer once a week. This program is run by Winchester Soccer Club in collaboration with the Winchester Recreation Department. The program works simply by matching a Junior Coach with a player during each session. We will incorporate a few formal activities to encourage learning of soccer but the goal of each session is for the coach and player to make a connection and have fun!

***DO YOU KNOW A TOPS ATHLETE WHO WANTS TO PLAY?***

Click below to join the fun!

Junior Coaches serve as one-on-one buddies with TOPS players. Junior Coaches are Winchester students in grades 8-12. No specific training and no prior soccer experience is required. This is a great opportunity to connect with players and provide them with an opportunity to participate in an athletic activity. Volunteers should be patient, hard working, and ready to have fun! WSC organizers will be on hand to help.

***DO YOU KNOW A JUNIOR COACH WHO WANTS TO VOLUNTEER WITH TOPSOCCER?***

Click below for more information!

### **Fall 2022 Season Information**

Who: TOPS players age 5+ *and* Junior Coaches grades 8-12

When: Sundays, September 25 - November 13 (No session on October 9), 12:00-1:00 p.m.

Where: Knowlton Field (9/25-10/2) and Manchester Grass Field (10/16-11/13)

Cost: Free

Registration: No registration necessary for players or coaches. Please join and follow the TOPSoccer Facebook page for updated information on the program.

[Click Here to Join the TOPS Facebook group!](#)

# Health Begins at Home

How quality, affordable housing strengthens a community's well-being

## A Panel Featuring



Thea James, MD  
Assoc Professor of  
Emergency Medicine,  
Boston Medical  
Center



Dana LeWinter  
Municipal  
Engagement Director,  
CHAPA



Sarah Betancourt  
Reporter, GBH News'  
Center for  
Investigative  
Reporting

and moderated by Tom Howley



Wednesday, September 21

7-8:30PM

Winchester Town Hall Auditorium

**Sponsored By:**



Winchester  
Board of Health  
& Health  
Department



Made possible by funding from  Beth Israel Lahey Health  
Winchester Hospital



The Winchester Chamber of Commerce  
invites your organization to participate in:



# WINCHESTER SPIRIT NIGHT



FRIDAY, SEPTEMBER 23rd

5:00-10:00 PM

- Organizations will have an opportunity to sell their "Spirit Wear" on Main and Thompson streets
- Set up begins at 4:30 and the night begins at 5:00 pm  
Booths can stay until 8:00 pm
- Live music and cheer on the WHS Field Hockey teams
- Free to participate. Free to register!

*If you would like to participate, send an email to Dot Butler at:  
[butlermaild@gmail.com](mailto:butlermaild@gmail.com)*

[Send Email to Participate](#)

---

## GLEN DOHERTY MEMORIAL RACE

Run in the Glen Doherty Memorial Race, September 25th.

RACE DETAILS + REGISTRATION  
INFO at [www.glendohertyfoundation.org](http://www.glendohertyfoundation.org)

---



## Michelle Icard: The Essential Parenting Conversations – and How to Have Them

**Tuesday, October 4, 2022 at 7pm**

**Location: Zoom**

Based on her most recent book, *Fourteen Talks by Age Fourteen*, Michelle will guide parents of tweens and teens past their fears and challenges around covering “the important stuff” with their kids and into a confident enough position to have meaningful conversations where their kids will actually engage. In addition to learning general Dos and Don’ts for communicating successfully with increasingly resistant adolescents, Michelle will get into the specifics of what parents need to know on certain hot topics: Becoming Independent, Keeping Creativity Alive, Taking Care of Yourself, Living with Technology, and Helping Others.

Michelle is a CNN parenting writer and a member of the TODAY Show parenting team. Her work has been featured in *The Washington Post*, *The Chicago Tribune*, CNN, *Time*, and *People Magazine*. Her middle school leadership programs, *Athena’s Path & Hero’s Pursuit*, have been implemented at schools across the country.

*This talk is open to all but most appropriate for late elementary through early high school parents.*

[REGISTER HERE!](#)

---

Sponsored  
by  
Winchester  
Cooperative  
Bank

# **A Concert To Benefit** **Winchester Got Lunch**

***When School Ends, The Need  
For Lunch Does Not***



**Live Music Is  
BACK!**  
Under the stars  
(& under a tent!)

Winchester's  
Own Miss  
Ellaneous spans  
pop to  
bluegrass with  
something for  
everyone!

**THURSDAY, OCTOBER 13**

**Doors open at 6:30pm; Music at 7:00pm**

**Griffin Museum Patio**

**Tickets: \$40**

**[Winchestergotlunch.org](http://Winchestergotlunch.org) or at **BookEnds****



[Click Here for WGL Tickets](#)





**Pantry Hours**  
**by Appointment Only**  
**Sundays & Mondays**

**Text, Email, or Call**  
**781- 369-5844**  
**[enkapantry@gmail.com](mailto:enkapantry@gmail.com)**



**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.



## ENKA NEWS

En Ka Celebrates being selected as a Stop & Shop Bloomin' 4 Good Program Beneficiary. En Ka Pantry has been selected as a beneficiary of the Stop & Shop Bloomin' 4 Good Program for the month of **September**. The

Stop & Shop Bloomin' 4 Good Program, which launched in February 2021, is an easy way for shoppers to give back. Every \$10.99 Bloomin' 4 Good Bouquet with the red circle sticker sold supports a hunger organization local to the Stop & Shop in which it was purchased. En Ka Pantry was selected as the September beneficiary by local store leadership at the Stop & Shop in Winchester. En Ka will receive a \$1 donation for every \$10.99 Bloomin' 4 Good Bouquet purchased at this Stop & Shop location in September.

"Flowers can make someone's day, brighten a room or spread a smile," said Judy Bongiorno, En Ka President. "Now they can help our community too. Purchase a Bloomin 4 Good Bouquet at Winchester Stop & Shop in September." En Ka Society is a non-profit based in Winchester. Founded in 1902, En Ka is widely known for its annual spring fair, the proceeds from which are donated back to the Winchester community in many ways.

Learn more about EnKa by visiting [www.enkasociety.org](http://www.enkasociety.org).



**THE GREEN TEAM** is an interactive educational program that empowers students and teachers to help the environment through waste reduction, recycling, composting, energy conservation and pollution prevention. Participating classes receive certificates of recognition and are eligible to win awards.

The **Green Team** provides many, many resources for teachers and parent volunteers to bring these topics alive. Teachers and adult leaders must register each year to receive the materials and newsletter. The Green Team works with the MA Dept of Environmental Protection to support environmental education as well as waste reduction in the schools.

[Click Here to Sign Up for the Green Team Newsletter](#)

---

## **SAM BELLINO MEMORIAL 5K**

Running for a cure. Please join us on Saturday, October 22, 2022 for the first annual Sam Bellino Memorial 5K road race.

Register to walk or run by logging in to [Runsignup.com](https://www.runsignup.com). Click on find a race and use the name Sam Bellino Memorial 5k. All proceeds will help the National Brain Tumor Society provide funding for research to find a cure.

**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.

