

PRINCIPAL'S CORNER

ALLYSON MIZOGUCHI



Two years ago, all Wayland High School students -- along with over 24,000 other high school students from 26 communities in the region -- sat down to take the biennial MetroWest Adolescent Health Survey (MWAHS). This extensive tool, which WHS has been administering since 2006, asks students approximately 160 questions about a variety of topics related to health issues and youth behaviors such as substance and tobacco use, stress and mental health, sexual behavior, diet and nutrition, and social connectedness. The resultant report, which we received in June of 2017, is a treasure trove of information.

As with any comprehensive collection of data, which here is both longitudinal and comparative, the nearly 200 pages of graphs ask us to probe, reflect, and understand. In an effort to bring this rich information to life, we imagine the underlying stories behind the numbers and ask ourselves honest, exploratory questions. Our charge is to turn the data into action.

As an example, related to the topic of marijuana use, the 2016 MWAHS survey showed that 24% of WHS students have used marijuana in their lifetime, and 14% used marijuana in the past 30 days. From a longitudinal perspective, current marijuana use decreased from 21-22% in 2006-2010 to 14% in 2012 and 2016. Interestingly, the overall decrease in marijuana use since 2006 is greater among males than females.

The data in the preceding paragraph comprise only about two pages of the lengthy report, yet offer many intriguing insights and questions. What prevention efforts, if any, might account for the decline over the years? Why is the rate falling faster among males than females? What are the stories of the 10% of students who have used marijuana in their lifetime, but not in the last 30 days? What follow-up is necessary to further parse these results? With the legalization of marijuana in Massachusetts, what might we predict about these numbers in the future?

The numbers lie flat on a page unless we are making decisions and taking action based on the stories they tell. Over the last decade, we have made an effort to do just that. With the state-mandated Screening, Brief Intervention, and Referral to Treatment (SBIRT), for example, we made the decision to screen all sophomores because the survey data has consistently shown that the greatest leap in substance use among students is from 9th to 10th grade. Similarly, when we think about what topics we want to cover in our Wellness curriculum, and in what grades, we often turn to the MWAHS as one source of helpful information. When we consider programmatic enhancements or brand-new new initiatives, they are regularly in response to the data trends we see in the MWAHS. The new districtwide Social Emotional Learning Initiative Committee, set to launch on November 7, will no doubt rely on data from the MWAHS to determine priorities and direction.

On November 15, we will administer the 2018 MetroWest Adolescent Health Survey to all WHS students in Advisory groups using a protocol designed to preserve both privacy and confidentiality in their responses. As they have been in years past, the data results we collect from this administration will be vital to our programming. Survey results also can provide rich points of discussion between you and your child. If issues concerning social media, texting while driving, sleep patterns, or healthy relationships are coming up at the dinner table, you might delve into past survey data to enrich and broaden those conversations. The numbers come alive and inspire positive change when we talk about them and learn from them.

The 2016 MetroWest Adolescent Health Survey results may be found on the WaylandCares, Wayland Public Schools, and Wayland High School websites. The 2018 MWAHS administration will occur during school on November 15, 2018. A version of this Newsletter appeared in November, 2017.

WHSP0 News

Thank you to everyone who has participated in our Gift Your Child fundraising campaign!

With your generous donations we continue to support a wide range of teacher, student, and school programming at Wayland High School. One of the ways we do so is through our annual mini grant program which is currently underway. In the spring we will launch a new wishlist grant program. The wishlist program will allow for somewhat larger requests by staff and faculty, as well as a new offering of funds for the benefit of clubs to be requested by their teaching advisors. WHSP0 accepts donations via Gift Your Child year round. If you haven't had the opportunity to donate yet and would like to, please visit <https://waylandpto.org/> at anytime to donate!

BROUGHT TO YOU BY...

This newsletter is brought to you by **WHSP0**, the Wayland High School Parents Organization. WHSP0 is a not-for-profit organization dedicated to the support of Wayland High School students, teachers, parents, and administrative staff and to the promotion of Wayland High School activities.

Thursday Breakfast Club returns!!



PLEASE consider joining a cherished tradition @ WHS. Volunteers Donate & Deliver breakfast treats every Thursday for the staff. A time honored WHSP0 tradition is the provision of "Thursday Breakfast" for our WHS teachers and staff. Many have embraced this opportunity in the past as an easy but meaningful way to say thanks



to those who educate and support our students day in and day out. Please don't be daunted by the word "breakfast"; know that it is meant to be a grab and go selection of breakfast foods. Popular provisions in the past have been a few dozen bagels sliced with cream cheese and bowl of fruit; or a couple of melons, cut up, with a few loaves of rustic bread with butter and jams; or yogurt with granola and a side of blueberries or assorted mini pastries. We serve approximately 50 people and drinks are not needed. The items may be dropped off by 7am in the Teacher's Lounge. Please consider signing up for this opportunity to say thanks at [http://signup.com/go/GKeqYtc!](http://signup.com/go/GKeqYtc) If you have any questions, feel free to contact either Pauline Ahearn or Nan Li. Thank you to Cindi Jacobs for coming out of retirement to get this up and running!

Don't miss this month's evening PIE meeting this week on **Thursday, November 8th at 7pm**. As always, Principal Allyson Mizoguchi and Guidance Director Marybeth Sacramone will lead the discussion and provide time for questions. Our monthly WHSP0 Board meeting will be held the next morning on **Friday the 9th at 9a** in the Main Office conference room. Please see below the dates of future PIE and WHSP0 Board meetings for the remainder of school year.

If you have any questions about WHSP0 or are interested in volunteering, please contact me or any WHSP0 board or advisory team member. Feedback and suggestions are also always welcome!

Stephanie A. Leong, WHSP0 President

WHSP001778@gmail.com

WHSP0 News...CONTINUED

Principal's PIE Meetings and WHSP0 Board Meetings for 2018-2019

(bold used for evening meeting)

(Italics for WHSP0 only mtg)



Principal's
PIE
(Parent
Information
Exchange)
meeting
schedule

PIE	TIME	WHSP0 BOARD MTG	TIME
Thursday, November 8, 2018	7:00 PM	<i>Friday, November 9, 2018</i>	9 AM
Friday, December 7, 2018	7:45 AM	Immediately following PIE	
Friday, January 11, 2019	7:45 AM	Immediately following PIE	
Thursday, March 7, 2019	7:00 PM	<i>Friday, March 8, 2019</i>	9 AM
Friday, April 5, 2019	7:45 AM	Immediately following PIE	
Friday, May 3, 2019	7:45 AM	Immediately following PIE	
Friday, June 7, 2019	7:45 AM	Immediately following PIE	

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WHSP0 Board & Advisory Team 2018-2019

President
Stephanie A. Leong
whspo01778@gmail.com

**Vice President &
Student Activities**
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Asst. Secretary
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**On-Line Directory
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Catherine Scholz
cscholz89@gmail.com



The Townwide PTO is only maintaining an all-district on-line directory at this point. If you have not already registered your family yet, please go to the 'MySchoolAnywhere' link on the <http://waylandpto.org/> webpage.

WHS

Car Magnets Available
Interested in showing your WHS pride with an orange WHS car magnet??
\$5.00 per magnet
Magnets are available for sale at:
Wayland Depot
AND
Orange and Black Shack- WHS Store
or contact: whspo01778@gmail.com

WHSP0 Newsletter Submission Deadline (9pm) Dates 2018-2019

December Newsletter deadline- 11/30 (for post on 12/3)
Jan/Feb Newsletter deadline- 1/18 (for post on 1/21)
March Newsletter deadline- 3/1 (for post on 3/4)
April Newsletter deadline- 3/29 (for post on 4/1)
May Newsletter deadline- 5/3 (for post on 5/6)
June Newsletter deadline- 5/31 (for post on 6/3)

Submissions to Tracy Scheidemantel at tscheide@comcast.net

Class of
2019

Class News

Advisors: Ms. Schmidt & Mr. Schmirer

Important events and dates:

- Please come support the Wayland Varsity Football Team as they compete against Weston on Thursday, November 22 (Thanksgiving) from 10am-12pm at WHS. Stop by the concession stand where E-board will be selling all of your favorite drinks and snacks! Money raised will be used to reduce the costs of Senior Week activities.
- On Friday, March 22, 2019 and Saturday, March 23, 2019, the Class of 2019 will run the Senior Show. This is a long-standing tradition at WHS you definitely don't want to miss! Seniors will be rehearsing frequently, especially the week before the show. More details regarding rehearsals and directors (there will be a formal application process before December break) will come soon.
- Once seniors are done with school (as of now, May 24, 2019), E-board will run some activities prior to graduation (Sunday, June 2 at 3pm). There will be a Senior Class Night at Lombardo's on Tuesday, May 28. The next day, Wednesday, May 29, will be the Senior Cruise. Finally, on Thursday, May 30, the class will meet at the WHS Auditorium for Senior Awards Night. This will be the final time the Class of 2019 will be together before graduation. We will provide more information about these senior activities later.

The Class of 2019 has an exciting year planned! If you have any questions, please email me at

Rachel_Chou@student.wayland.k12.ma.us or one of our class advisors,

David_Schmirer@wayland.k12.ma.us or Joanne_Schmidt@wayland.k12.ma.us.

WHS REFLECTOR 2019

The yearbook purchasing portal is open now - just click the WHS Yearbook link on the High School homepage. We are especially excited about this year's book, and we encourage you to order your child's book early. We have some special surprises in store, and the earlier we can begin, the better!

Have some great pictures to share? Simply go to [http://www.hjeshare.com/eShare/?](http://www.hjeshare.com/eShare/?code=Reflector2019)

[code=Reflector2019](http://www.hjeshare.com/eShare/?code=Reflector2019) to upload pictures, or send them to one of our editors or adviser for possible inclusion in this year's book - we are in particular need of sports photos for our fall and Winter sports teams. We love your photos!!

Senior Parent ads in the yearbook are available and can include photos alongside a personal message to your child. Space is limited in the book, so if you would like to be sure your message of congratulations and love is included in the 2019 Reflector, please send your order form to Kristin Cowell at the high school as soon as possible - see the flyer (or our website) for more details.

Parent Ad Flyer: <https://drive.google.com/open?id=10SINqpIX7X3EcctdQDk9ELF90bWrxFLW>

As always, if you have any questions, please contact us:

Kristin Cowell, teacher adviser: kristin_cowell@wayland.k12.ma.us

Amanda Armstrong, co-editor-in-chief: amanda_armstrong@student.wayland.k12.ma.us

Annie Clarke, co-editor-in-chief: annie_clarke@student.wayland.k12.ma.us

Thank you,

The 2019 Wayland High School Yearbook Staff

Class News ...CONTINUED

**Class of
2020**

Advisor: Mr. Lee Krasnoo

Plans are coming along nicely for our prom, which will be held on Saturday, May 18th at the Intercontinental in Boston. Northern Lights has been confirmed as our DJ, and Prom Committee members will soon be deciding on the menu for our dinner. We have also reserved the coach buses that will be transporting the members of the Class and their dates to Boston! We want to remind students and their families that the cost of this transportation will be included in the prom ticket price. As a result, the ticket price will be higher than in previous years to reflect this change.

To offset this increase, the Executive Board will be conducting several fundraisers this year. On November 1st, we kicked off our Cookie Dough Sale! Order forms were distributed to students in their advisories and will be accepted up until Friday, November 16. We are asking all juniors to help with this sale. If the whole class gets involved, the price of the tickets for all students will go down. Students can also help themselves to lower their own individual cost. For every five boxes of Cookie Dough students sell, they will get \$10 off of their prom ticket price. In addition, the student who sells the most boxes of Cookie Dough will win a free ticket! Each year, there have been students who have asked for discounted tickets. This is a chance for students to bring down the price on their own. Please encourage your students to take part in this fundraiser, and please support our class by buying cookie dough!

We will be reminding students that prom tickets will go on sale during the third week of March, and will have to be purchased by April 1. Please help us to reinforce this with your student. We don't want anyone to miss out! Further information regarding the prom will be forthcoming in my future submissions to the WHSPO newsletter.

Please encourage your student to become involved in both class events and the many activities offered at the High School. As always, please don't hesitate to contact me with any questions and concerns.

Lee Krasnoo

Class Advisor

lee_krasnoo@wayland.k12.ma.us

**Class of
2021**

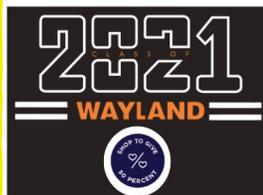
Advisors:

Mrs. Mary Barber, Mrs. Jessica Imbornone & Dr. Heidi Friedlander

Class of 2021

Last month's Sophomore Semi was a huge success! We had a great turn out with 180 of our students attending the dance. A huge shout out to our Eboard for organizing such a great event, the Strehle family for sponsoring our class, and Weston Golf Club for coordinating such a beautiful and memorable night. If you would like to see pictures from the dance, visit WS.PN for the many photos captured during the evening.

BOON SUPPLY



Holiday shopping is just around the corner, so why not help support the class of 2021 while you're doing it. Boon Supply is an online shopping website where you can purchase tons of cool holiday gifts as well as miscellaneous items! 50% of the profits from what you buy goes to help out our class!

Check it out at <https://www.boonsupply.com/collections/all?fundraiser=92142>

Class News ...CONTINUED

Class of
2022

Advisors: Scott Parseghian and Jennifer Reed

Hello Class of 2022 Parents/Guardians!

We are the class advisors for the class of 2022 and are looking forward to working with your child over the next four years. Coach Parseghian has worked with the Wayland Public Schools for 23 years and is also a Wayland Alumni. He is currently the Wellness Department head for the entire district and coaches the football, wrestling, and ultimate frisbee teams. He is also an advisor for the Mentors in Violence Prevention (MVP) club. Ms. Reed has worked with the Wayland Public Schools for 7 years and is currently a Wellness Teacher here at WHS. She is also the advisor for the National Honor Society. Class elections were just held and we would like to introduce this year's E-Board:

President: Andrew Zhao

Vice President: Garrett Spooner

Secretary: Kylie Byrne

Treasurer: Taylor Hsu

Eboard members: Izzy Chitkara, Taylor McGuire, Sammy Johnson, Sophie Ellenbogen, Emily Staiti, Sofia Barris, Alanna Xue, Madeeha Syeda, Ali Baron, Julia Raymond, Lauren Medeiros, and Marie Popov.

These members are responsible for making decisions for the class and planning events. The class will be involved in many activities over their time at Wayland High School including class events, fundraisers, prom, and senior week. Currently, the class sweatshirt design was chosen and can be purchased through this link: <https://www.customink.com/fundraising/class-of-2022-aparrel> The first class fundraiser is scheduled for December 16th in Framingham at Chipotle.

High school is such an exciting time and we are looking forward to advising the class of 2022! Please email us with any questions at Jennifer_Reed@wayland.k12.ma.us and Scott_Parseghian@wayland.k12.ma.us.

Thank You,
Scott Parseghian and Jennifer Reed

Department and Faculty News

Guidance Department



Marybeth Sacramone, Department Head

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HELLO FROM THE GUIDANCE OFFICE AND WELCOME TO THE HOLIDAY SEASON! WE HOPE THAT ALL OF YOU ARE SURVIVING THIS EVER-CHANGING FALL WEATHER WE'VE BEEN EXPERIENCING AND NOW ARE GETTING EXCITED FOR THE THANKSGIVING AND DECEMBER HOLIDAYS. AS ALWAYS, PLEASE CALL OR EMAIL OUR DEPARTMENT MEMBERS IF YOU HAVE QUESTIONS ABOUT ANY OF THIS INFORMATION OR FEEDBACK FOR US. WE LOOK FORWARD TO HEARING FROM YOU AND SUPPORTING YOUR TEENS AND FAMILIES THROUGHOUT THE YEAR.

NOVEMBER EVENING PIE MEETING:

One of our evening PIE meetings is coming up – please mark your calendars for Thursday, November 8, at 7:00PM in the WHS Lecture Hall.

FOR PARENTS OF NINTH GRADERS:

- The Guidance Counselor portion of our 9th grade seminar program will conclude this next cycle (ending November 15).
- We have discussed transition, academic planning, expectations, and the school community. Other sessions focused on resources and the role of the counselor, time management and accessing support resources around school.
- Please encourage your child to set up an individual appointment with his/her counselor so that the counselors can continue to get to know your child.
- For the remainder of the semester, students in 9th grade seminars will be back in study halls, and peer mentors who were also in the seminars will continue to connect with 9th graders in their study halls, offering academic and social support as well.

3-W GAP YEAR PANEL DISCUSSION:

Please join us for the 3-W Gap Year Panel Program. Wellesley, Weston and Wayland are joining forces to offer a Gap Year Panel Program at Wellesley High School on January 9 at 7PM. The panel will include students (who have either done a gap year program or are currently doing one), gap year program professionals, and counselors who work with students considering gap years. Please join us.

EXTENDED TIME ON THE SAT (SSD ELIGIBILITY) AND ACT

- In order to receive extended time on the PSAT, SAT, or the SAT Subject Tests, students must be on either a 504 Accommodation Plan or an IEP.
- Any student who is currently on an IEP or 504 Accommodation Plan and receives extended time on tests in school, needs to apply for this SSD eligibility from the College Board. This process must be completed before taking any College Board test. If you have not already begun this process, please speak with your son's/daughter's Special Education Liaison (if the student is on an IEP) or to their Guidance Counselor (if the student is on a 504 Plan).

Guidance Dept.

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- Similarly, there is also an online process for getting approved for accommodations for the ACT. A student must first register for an ACT test date, and from there, the counselor and/or liaison is notified by ACT that a student is requesting accommodations. To cover all bases, it is recommended that the student/family let the counselor know that they would like to apply for accommodations for the ACT in case there is a delay in the notification process by the ACT.

NON-STANDARD SAT AND ACT ADMINISTRATION INFORMATION

- Just a reminder that students who are entitled to non-standard accommodations due to their disability (i.e., 100% extra time, need for a scribe, computer, etc.), will take their tests over two days on a weekend.
- We would ask that if your student is entitled to such non-standard accommodations, that they speak with either their Special Education liaison (IEP students) or their Guidance Counselor (504 students) prior to registering for their next test (SAT or ACT), so they can discuss their accommodations and testing dates.

REMINDER FOR CURRENT SOPHOMORES AND JUNIORS: METHOD TEST PREP:

The Guidance Department wanted to remind students and parents about our *Method Test Prep* program. This program is an internet based, self-paced program that students can access and utilize through their own Naviance account to help them prepare for the SAT Reasoning Test and/or the ACT. Juniors received access to the Naviance program last year in their Sophomore Seminars, and sophomores this year will begin utilizing Naviance and *Method Test Prep* through their Sophomore Seminars in February and March.

Accessing SAT and ACT *Method Test Prep* on-line allows students to do test preparation activities at their convenience. These activities include:

- Listening to audio explanations of test questions
- Accessing strategy guides for each test
- Completing full-length practice tests
- Hundreds of practice questions
- Reading easy explanations for every question
- Tracking strengths on each test
- Valuable test-taking tips
- Taking practice quizzes to boost knowledge

Sophomores and juniors will hear more about this program through their seminars in January through March. Juniors can log onto their Naviance accounts at anytime and start or continue to use the tool. *Method Test Prep* has been in the test prep business for a long time, so we are confident that their partnership with Naviance will be a great benefit for our students.

SAT Prep is also available to all students through [Khan Academy](#) via the College Board website.

ATTENTION PARENTS OF SOPHOMORES AND JUNIORS:

PSAT scores will be available in early to mid December. Students will receive their scores directly from the College Board electronically. Please also know that we will receive student test booklets back around this time too, so your students can pick up their test booklets in the Guidance Office.

Guidance Dept.

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KOPLIK AND ADAMS SCHOLARSHIP INFORMATION:

- Just a reminder to all students who received a letter regarding the Koplik Scholarship, applications are due May 1st of 2019.
- Please remember if you need to take an SAT Subject Test in order to meet qualifications, sign up early.
- Any students taking an AP test in May will get an extended deadline for the application (mid-July), but still be sure to submit your partial application by May 1st. As soon as you receive your AP scores (usually in late June/early July), please send PDF documents of your official scores report to Mr. Buffa via email. All Koplik and Abigail Adams Scholarship requirements are listed on the [Guidance Website here](#) or you can email our Koplik Coordinator, Ben Buffa, at benjamin_buffa@wayland.k12.ma.us.
- The Koplik and Adams scholarships pay tuition for any Massachusetts State College/University. Eligible students can receive one scholarship or the other, but not both. For either scholarship, the dollar amount is the same (it usually amounts to \$1,500-\$2,000 off the tuition bill each year depending on which State College/University your child attends).
- Lastly, students may take the Grade 10 MCAS tests a second time in Grade 11 in an attempt to meet the eligibility requirements for the Koplik Certificate. However, students are not allowed to take Grade 10 MCAS tests a second time to qualify for the Abigail Adams Scholarship. The Adams scholarship is based on first time Grade 10 MCAS test scores only.

REMINDERS FOR PARENTS OF SENIORS:

- Please remember that despite all the “college and future stuff” your senior may be dealing with now, it does not mean that all of your focus should be on this process. Many seniors are experiencing a great deal of stress about the pressures of this year and have expressed these feelings to us. We ask you to join with us to help them allay this stress. As we have suggested in meetings and communications with students and families, we recommend limiting the “college/future” talk with your child as much as you can so students don’t become overwhelmed or anxious about the process. Although this piece was written for students in college already, here’s a great [list of stress reduction tips](#) for all. Please share with your students. As always, please contact us with any questions or concerns.
- Please be aware that most colleges require applicants to have their scores sent directly from the testing services to the admissions office. This can be done on line through collegeboard.org or actstudent.org, or by phone through the College Board or ACT toll-free numbers.
- Seniors are immersed in an avalanche of future planning activities - - college applications, rough drafts of essays, gap year applications, and teacher recommendation forms. Dates and deadlines are important now. Senior parents are reminded that students have been told to request transcripts from Guidance and recommendations from teachers at least 1 month prior to the deadline (for January 1st deadline no later than November 20 due to the December vacation). The Guidance Office will be closed during the Thanksgiving and December breaks.
- For those students who have applied or are in the process of applying to schools, please note that the Guidance Office will automatically send your first term grades to schools.
- Once grades are verified, report cards are posted to ESchool Home Access Center, and transcripts are uploaded, we will begin the process of sending those reports to schools. Our ultimate and realistic goal is to send all first term grades out prior to the Thanksgiving holiday break (November 21).

Guidance Dept.

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- Please know that when your students are requesting transcripts, they must provide an accurate deadline in order for us to process things on time. That is, if the student believes the deadline is December 1, or is rolling admission, and that is what the student enters into Naviance when making the request, then that information is what we use to prioritize when we send records. If the deadline is actually November 15, the student is responsible for letting us know that (or changing it in Naviance) in order for us to send those records by the deadline.
- Although colleges and universities often ask for these grades by November 15, it is not possible for us to do that given that our first term does not end until November 9. So please do not be alarmed if your colleges are asking for first term grades – this is often an automated email or letter from the college just as a reminder.
- Please pay your transcript processing fees! Your student's first request is free, and then each request following that is \$5.00. Checks made payable to Wayland High School, please. See Mrs. Fratto with your payment.

FINANCIAL AID INFORMATION: In order to receive financial aid from a college or from the Wayland High School Scholarship Committee, students must submit the Free Application for Federal Student Aid Form (FAFSA) any time after October 1, 2018. Log onto <http://www.fafsa.ed.gov>. If you missed the MEFA Financial Aid night, resources can be found at the link below full of easy to access resources including the PowerPoint presentation from that evening, and plenty more important information. [MEFA Financial Aid Night Resources](#)

PAYING FOR COLLEGE? CHECK OUT A FAFSA DAY:

Thinking about financing your child's education? Confused about the FAFSA? Attend a FAFSA Day in Massachusetts. FAFSA Day Massachusetts, a College Goal Sunday Program, is a non-profit, volunteer driven program providing free assistance to students and families seeking to complete the FAFSA, the Free Application for Federal Student Aid. If you have questions, you may email for help at fafsaday@gmail.com or call 877-424-7627. You can also view [FAFSA Day locations here](#). There are a number of local ones around the Boston area.

THE WHS SCHOLARSHIP COMMITTEE: Applications will be available in Guidance and online in January (last year's application is already there). Please know that in order to be eligible for the Wayland Scholarships, you must fill out a FAFSA form and demonstrate financial need by providing to the committee your EFC (Estimated Family Contribution) letter, which is generated and sent to you via email after you have completed the FAFSA process. The deadline for the WHS Scholarship will be March 30, 2019.

ACADEMIC YEAR INTERNSHIPS THROUGH THE EDUCATION COOPERATIVE (TEC): An internship is a valuable experience where a student can apply their academic knowledge, develop marketable skills and enhance their resume for college and beyond. TEC is currently accepting applications for the 2018-19 academic year internships. We invite students in grades 11 and 12 to learn more about internships currently offered for after school or perhaps during the school day. Visit the TEC Internships website www.tec-coop.org to download the application and review frequently asked questions about the program and placement process.

Guidance Dept.

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Guidance Department Dates to Remember

- **November 7** – NACAC Boston Performing Arts College Fair, 6:30-8:30 PM.
For more info, visit [this link](#).
- **November 20** – Final day for requesting transcripts/guidance letters from guidance for schools/programs with January 1st deadlines.
- **January 9** – 3-W (Wayland, Wellesley, Weston) Gap Year Panel at Wellesley High School, 7:00 PM. See details above.
- **January 24** – Future Planning Night for Parents of Juniors – Part I, (Sophomore Parents Welcome), 6:30 PM in the Main Stage Theater
- **March 21** – Future Planning Night Part 2, 6:30 PM in the Lecture Hall

• PIE MEETINGS:

- **Thursday, November 8, 2018, 7:00 PM
 - Friday, December 7, 2018, 7:45 AM
 - Friday, January 11, 2019, 7:45 AM
 - **Thursday, March 7, 2019, 7:00 PM
 - Friday, April 5, 2019, 7:45 AM
 - Friday, May 3, 2019, 7:45 AM
 - Friday, June 7, 2019, 7:45 AM
- **denotes an evening meeting time

Upcoming SAT Registration Deadlines**:

Nov. 2 is the deadline to register for the December 1 SAT
Feb. 8 is the deadline for the March 9 SAT

Upcoming ACT Registration Deadlines**:

Nov. 2 is the deadline to register for the December 8 ACT
Jan. 11 is the deadline to register for the February 9 ACT

**Please visit collegeboard.org or actstudent.org for more details and to register for upcoming tests.

The Guidance Corner

A Few Tid-Bits for This Month!

Stop, Breathe and Think: This is an application that students can access on their computers and/or phones. Some of our Guidance Counselors are using it with students, and some of our advisors have utilized it as well to help students de-stress. The app offers students a simple guide to brief breathing exercises and meditation techniques. Follow [this link](#) to learn more and encourage your students to utilize it.

More Advice on Teen Smartphone Use (Provided by the Marshall Memo and Kappan Magazine)

“Due to the constant temptation to check their smartphones, today’s students are spending less time on their schoolwork, taking longer to complete assignments, and feeling more stressed in the process,” says Larry Rosen (California State University/Dominguez Hills) in this Kappan article. Have we reached the saturation point? “Sadly, I don’t think we are there yet,” says Rosen. “The smartphone is still only 10 years old, and many of us are still falling deeper into our obsessive relationship with these devices.” Some data from recent studies:

- College students unlock their phones at least every 15 minutes, look at them about five minutes each time, and spend a total of 4½ hours a day glued to their devices.
- Online conversations are teens’ lifeblood, accounting for much, if not most, of their social lives.
- Teens are constantly multitasking, even though they know it’s not efficient.
- When teens have their phones taken away, they become highly anxious.
- Phone-related anxiety is closely linked to poor academic performance and sleep deprivation.
- About 80 percent of teens say they rarely if ever sleep well, usually because they have a smartphone at their bedside and check it before going to sleep and during the night.
- The average adolescent finds it difficult to study for 15 minutes at a time.
- During a 15-minute stint of studying, teens spend at least five minutes in a state of distraction.
- 80 percent of high-school teachers and 63 percent of elementary teachers say technology is making students less able to sustain attention.
- Office workers are interrupted (or interrupt themselves) every 3-5 minutes, take as much as 20 minutes to get back to work, and feel stressed by having to work faster to make up for the lost time.

Rosen has these suggestions for messages that educators and parents should be giving kids:

- **Your brain needs an occasional “reset.”** Elementary-age children should spend no more than a half hour at a time on a device, followed by a break at least that long. Preteens and adolescents should spend no more than 90 minutes at a time with technology, followed by at least 10-15 minutes on an activity that calms their brain – going outside, exercising, listening to music, meditating, taking a shower, having an in-person conversation with a friend, playing a musical instrument, practicing a foreign language.

The Guidance Corner

- **Build stamina for studying without technology.** Treat this like any kind of strength training, says Rosen: start off easy and gradually increase the amount of time without a tech break. He suggests 15 minutes at first, turning off all websites and apps that aren't relevant to the study topic, setting an alarm, and placing the phone within sight, face down. When the alarm goes off, the student can check for messages and notifications for a minute, then set another 15-minute alarm. When the student can tolerate 15 minutes, perhaps finishing a paragraph when the alarm goes off rather than immediately grabbing the phone, push the time to 20 minutes, then 25, and so on. During this strength-building sequence, it's helpful for the teen to notify friends that there might not be an instant response to messages so they don't keep texting.

- **Sleep is sacred.** Nine hours is the recommended amount for high school students, and kids should know that melatonin is naturally secreted in the hours before bedtime to produce sleepiness – unless they're peering at a blue-light device. Ways to keep the melatonin pumping: use a pink-light setting in the hour before bedtime, or listen to familiar music or TV shows, read a paper book, and ramp down mental effort.

- **Cut down on the number of alerts and notifications.** It may not occur to teens that they can de-activate apps that aren't of strong interest, cutting down on distracting notifications. Rosen says he's amazed at the number of apps he uses each day, often without even thinking.

- **Carve out tech-free zones.** These might include the dinner table, restaurant meals, the car, the family den, and the bedroom. During the day, teens might need occasional one-minute breaks to check their phones and keep FOMO (fear of missing out) under control.

“The Distracted Student Mind: Enhancing Its Focus and Attention” by Larry Rosen in Phi Delta Kappan, October 2017 (Vol. 99, #2, p. 8-14), www.kappanmagazine.org; Rosen can be reached at rosen@csudh.edu.

Signs of Suicide and Suicide Prevention Program:

Each year our health educators utilize the SOS (Signs of Suicide) program in their classes, and counselors are on hand to speak with students who may be struggling or know someone else who may be. Given that the holiday season can be a stressful time for many, research shows that rates of suicide ideation and attempts can rise at this time of year. As a result, we wanted to share two very simple but important facts to help you to keep a close eye on your teen.

- Never be afraid to talk about feelings of depression or suicide with your teen. It is just a myth that by talking about it will make your teen more likely to think about depression and suicide. Rather, it can open a very important dialog with your teen.
- Listen to your teen. Hearing them means withholding judgment and being creative and patient.

Want more information? Click these links to learn more about the [Warning Signs of Suicide](#) and [How to Talk with Your Teen about Suicide](#).

The Guidance Corner

****The Gap Year****

Wikipedia defines a Gap Year in this way: A gap year (also called year abroad, year out, year off, deferred year, bridging year, time off and time out) is a year during which students take time off and do something other than schooling, such as travel or work. The gap year is most commonly taken after secondary school and before starting college/university. Every year we hear from colleges that they LOVE when students take a gap year before attending college because students come to school ready to learn and often with a better focus on their future goals.

USA Gap Year Fairs coming soon:

Have a junior or senior that might be interested in taking a year off to do a GAP Year? If so, there are three Gap Year fairs coming up this winter that might be of interest to you, so we thought it would be helpful to you to mark your calendars early.

January 12: Noble & Greenough School (in Dedham), 1 - 4PM

January 13: Philips Academy Andover (in Andover), time TBD

January 14: Brookline High School, 6 - 8:30 PM

For more information visit the [USA Gap Year Fair site](#).

Want to investigate more about Gap Year Programs? Check out a few of these resources.

Teen Life Boston at <https://www.teenlife.com/>

Dynamy: <http://www.dynamy.org>

Center for Interim Programs: <http://www.interimprograms.com>

Taking Off: <http://www.takingoff.net>

Gap Year: <http://www.gapyear.com>

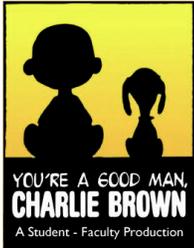
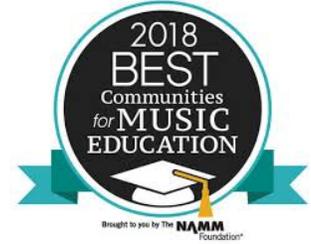
Leap Now: www.leapnow.org

The Education Cooperative: <http://www.tec-coop.org/career.html>

Fine Arts Dept

Susan Memoli, Department Head

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The Wayland High School Theater Ensemble presents YOU'RE A GOOD MAN, CHARLIE BROWN! All of your favorite Peanuts characters, and a cast comprised of both students and teachers! This is a student-faculty production!

This musical is ideal for families and friends throughout Wayland! Come on out and cheer on our students, teachers and administrators! Performances are Friday, November 16 at 7:30pm; Saturday, November 17 at 7:30pm; and, Sunday, November 18 at 2:00pm. Tickets are available at www.showtix4u.com. Any questions?

Email aidan_ohara@wayland.k12.ma.us.

This fall the WHS Visual Arts Department was asked to nominate one sophomore student to participate in the Craft Summit at Snow Farm Studios in Willamsburg, MA. Teacher Amy O'Connell selected sophomore artist Bec Patsenker, who traveled to the Craft Summit this past weekend, October 27-28. Bec participated in art workshops alongside 50 student artists from around Massachusetts!

Twenty-four arts students have signed on to do a portrait of a child living in poverty in the Philippines for The Memory Project this year. Kids from Art 2, Art 3, AP/Art 4, NAHS and Art Club are participating. Portraits will be completed in January.

Students enrolled in the WHS band, orchestra and chorus who have prepared audition materials (solo repertoire, scales and sight reading) will participate in the Eastern District Senior Festival auditions on Saturday, November 17 at Milton High School. Good luck to our auditionees!

Community News

WAYLAND HIGH SCHOOL SCHOLARSHIP COMMITTEE

PO BOX 36, WAYLAND, MASSACHUSETTS 01778

Wayland High School Scholarship Program Information Sheet

The WHS Scholarship Committee is currently comprised of 10 parents from the community plus several Ex-officio's

We oversee a general fund and 40 named scholarship funds; these are managed by
a small group at Fidelity Investments

We solicit donations twice a year (please give generously!)

Last year we awarded \$85,000 to 26 members of the Class of 2018

We hope to be able to do the same or better for the members of the Class of 2019!

Criteria for an award from us includes: financial need, academic effort, extra-curricular activities

In order to apply for a scholarship - please file a FAFSA form and then complete your taxes as early as possible; FAFSA will send you a Student Aid Report (SAR) with an EFC (Estimated Family Contribution) (We will not be able to consider applications with an EFC of greater than \$35,000.00)

When you will complete our application, which is available on-line on the WHS website

Please submit the EFC and the completed application ***no later than March 31, 2019.***

We will contact your student if s/he is eligible and conduct a brief interview.

All awards are for freshman year only and sent directly to the college; we also
support post grad years (prep school), community college, etc and we can
hold the award if a student takes a 'gap' year

All students who attend a Wayland Public School or one funded by WPS are
eligible – that includes students who reside in Boston and attend via
the METCO program.

All are welcome to contact us either by phone or email.

~ Phyllis Kennedy, Chair ~

508-826-5302

mjkpak@aol.com

Community News

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• • • • **CALLING ALL TEENS!** • • • •

Apply now to join Youth in Philanthropy

SUDBURY

For high school students who
live or learn in MetroWest

*It showed me
that kids on their own
and students in a group
can be just as powerful and
successful as a board
of adults can.*

-Ben,
YIP Hopkinton

Tuesdays, 7:00-8:30 pm
Starting January 15
The Grange Hall
326 Concord Road, Sudbury



APPLY TODAY: yipmetrowest.org

Applications due by December 7

The Sudbury Youth in Philanthropy program represents a partnership between The Sudbury Foundation and the Foundation for MetroWest.



Youth in Philanthropy

Deadline to apply: December 7

The Foundation for MetroWest's Youth in Philanthropy (YIP) program is an experiential leadership development program designed to empower and educate local youth to become our community's next generation of philanthropists – those who give their time, talent, and treasure for the common good. As participants of YIP, students learn about needs in our community, visit local nonprofits, and grant up to \$10,000 to nonprofits benefiting youth.

This free, 17-week program is for high school students who live or learn in MetroWest. YIP will meet on Tuesday evenings, from 7:00 to 8:30pm, at The Grange Hall in Sudbury. The program begins on January 15 and runs through May 28. For more information about YIP and to apply, visit yipmetrowest.org.

Community News

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Wayland Booster's Holiday Open House December 6

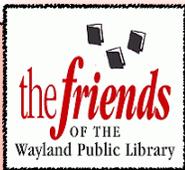
The Wayland Booster Store Holiday Open House is
Thursday, December 6th from 12-8pm,
in the faculty lounge at Wayland High School.

We have introduced new items this fall,
including an Under Armour Crew Neck Sweatshirt and Locker Tee, a Sweat Pant, and a
Cozy Sherpa 1/4 zip.

We will continue to offer Booster favorites - everything from "W" socks
to stadium blankets, duffles, hats and tee's.

Now is the time - shop for gifts and replenish your supply of Wayland clothing and gear.
Please note that Booster apparel is in adult sizes and select youth xl.

www.waylandboosters.org



THE FRIENDS OF THE WAYLAND LIBRARY Fall Book and Bake Sale

The Friends of the Wayland Public Library will sponsor their **Fall Book and Bake Sale** on Saturday, November 17, from 10:00 a.m.-4:00 p.m. and Sunday, November 18, from 12:00-4:00 p.m. There will also be a preview for members of the Friends on Friday, November 16, from 5:00-8:00 p.m. Memberships will be available at the sale starting at 4:30 p.m.

Sale items include thousands of quality books in good condition for children and adults, DVDs, CD's and delicious baked goods. All proceeds go to support Library programs and services.

If interested in contributing baked goods, contact Jan Dunn at (508) 655-9149.

The sale will be held in the Large Hearing Room in the Wayland Town Building, 41 Cochituate Road.

For more information, contact Carole Schneider at (508) 358-1012.

Community News

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News from the Creative Arts Parent Association (CAPA)

Please join us this year to help support all the arts at Wayland High School!

Our next meeting this Year is:

Wednesday, November 7, at 7:30 PM -- WHS Media Center

- Join us to vote on teacher grants for fall semester
- Plan for the college a cappella concert on December 1.
- Learn about up-coming arts concerts, shows, events and other happenings at WHS.
- Discuss plans for the year, including future grants, varsity jackets, and Fine Arts Night.

Upcoming Arts Events at WHS

WHSTE Fall Musical - November 16 and 17 at 7:30pm and November 18 at 2:00 pm. Wayland High School Theater Ensemble proudly presents *You're a Good Man, Charlie Brown*. The cast includes a collaboration of student and faculty members, both onstage and off! Performances tickets are \$15 for Adults, and \$10 for Students and Seniors available online at www.showtix4u.com. All tickets will be \$18 at the door.

WHS A Cappella Club Concert - Monday, November 19 at 7:30 PM. Come see and hear the first concert of the year for the Madrigals, Muses, and T-Tones!

WHS/WMS Jazz Concert - Tuesday, November 20 at 7:30 PM. Come see and hear jazz ensembles from both high school and middle school!

College A Cappella Concert -- Save the Date!

Saturday, December 1 -- 7:30pm, WHS Main Stage

Help us raise money to support CAPA's mission and join us at the Fall College A Cappella Concert for a fantastic line-up of first-rate college a cappella groups, featuring - Brown University's *Jabberwocks*, Berklee's *Upper Structure*, and BU's *Chordially Yours*; as well as our own *Madrigals*, *Muses*, and *T-Tones*! Get your tickets soon for \$18 at Russell's Garden Center, Donelan's, or online at <http://whsarts.com>.

Thanks

A BIG Thank you to Susan Yu for running the Fall CAPA Bottle and Can Drive on Sat October 13.

And thanks to our student helpers, too, and to the fine arts teachers for helping get the word out!

The 2018-19 CAPA Board:

Andrea Bonney Gould, Brenda Ross, Andrea Case, Deborah Baron,
Vicky Sin, Liz Brouillard, Marci Alvarado

Please feel free to contact us at: Contact@WHSArts.org.