

PRINCIPAL'S CORNER

ALLYSON MIZOGUCHI

Before performing in “You’re a Good Man, Charlie Brown” two weeks ago, the last time I sang on stage was over 30 years ago at my sixth grade graduation. Coincidentally enough, I remember that our class sang “Happiness,” the last number in “Charlie Brown,” as we bid farewell to elementary school and greeted the world of junior high ahead of us.

When WHS theater teacher Aidan O’Hara spoke with me last spring about his fun idea of directing a student-staff production of “Charlie Brown,” I gave him an enthusiastic thumbs-up. What better way to connect students with staff, through the experience of creating live theater? Fast forward to this fall, and a group of nine intrepid staff members joined the talented student cast of “Charlie Brown” in the artistic process of bringing a script and score to life.

With a bit part of my own, I was quickly swept up in the excitement and challenges of the experience. The actor’s charge of becoming someone else and inhabiting another world stretched my mind and imagination. Playing the part of Patty, one of Charlie Brown’s many friends, I needed to turn back the clock. How do I behave and speak like an eight-year-old? What should I do with my face and hands to convey a child’s disposition? I began watching my own son more carefully for clues, and then making an attempt to channel him on stage. Being “in character” was both freeing and incredibly hard.

Amidst my own individually humbling moments, I felt deeply connected to and strengthened by the communal power of the cast. Along with encouraging us to stay in character and relish in the joy of the process, Aidan also emphasized the togetherness that theater requires. Circling up prior to each show, we knew we had to rely on each other. Each line, scene change, dance, and song required a cohesiveness that needed to look and sound unrehearsed. As a unified cast -- adults and teenagers alike -- we were on equal footing (actually, the students were my guides) in pursuit of a common mission: to tell a story.

With my heart pounding on opening night, I marveled at how calmly and confidently the students performed. Being a part of the backstage world -- where students managed everything from testing microphones to organizing props to changing the sets -- was dizzying. And, in the midst of the flurry in between scenes, I cherished the words of encouragement I received from the student actors: “Good luck, Ms. Mizoguchi!” “Break a leg!” “Have fun!” I was part of the gang.

Theater is magical and revealing. Students I see in classrooms and hallways suddenly become fearless performers on stage. They are dancers and singers, telling stories by weaving lines and songs together. In “Charlie Brown,” just as the students in the cast earnestly revealed new parts of themselves through theater, the adult cast members showed some hidden talents of their own. Who knew that Mr. Liddell could belt out a song with such soul? Or that our Superintendent could play in a rousing, musical baseball game on stage with no bat or ball?

Theater is courageous. Singing and dancing with others in front of a live audience was one of the scariest things I have done in a long while. My nervousness was eased by the inspiring joy and bravery that our students exuded as they took the stage every time. Eventually, my fear morphed into joy. And, the fear reminded me to do things that scare me more often.

Theater is transformative, both as an individual journey and as a collective experience. It is a gift that the ensemble gives the audience, and it is a gift that members of the ensemble give themselves. I am grateful for the patience, camaraderie, and support that my staff and student castmates gave me, and for the humbling reminders and inspiring lessons that the stage gave me. “Happiness!”

WHSP0 News

BROUGHT TO YOU BY...

Happy Holidays and thank you for your ongoing support of WHSP0! We appreciate all of our volunteers, donors, and members, especially during this busy time of year.

Sarah Orlov and Elisa Scola have been especially busy chairing the Mini-grant committee, providing teachers with funds to enhance their classroom instruction, support different learning styles, and promote innovation. Our students, across all disciplines, will be enjoying new materials, including expanded independent reading selections, new mBot servo motors, and a larger number of color coded skull anatomy models, to only name a few of this year's grant awards. Sarah and Elisa will also be kicking off our new Wish List grant program shortly, which will accommodate larger requests and allow for requests from WHS clubs through teacher advisors.

Looking for a way to give thanks to our WHS teachers and staff? Please consider volunteering to provide them with a "Thursday Breakfast." This weekly offering of grab and go breakfast snacks for our teachers and staff is much appreciated! [Sign up](#) today for this opportunity to say thanks at <http://signup.com/go/GKeqYtc>! If you have any questions, feel free to contact either [Pauline Ahearn](#) or [Nan Li](#).

Thanks you again to everyone who participated in WHSP0's "Gift Your Child" program. If haven't had a chance to contribute yet, please keep WHSP0 in mind for planned end of the year giving. Wayland PTO is a qualified non-profit organization and your contribution is tax deductible to the extent allowed by law. Donations can be easily made online at www.waylandpto.org.

Please join us on December 7th at 7:45 am for the next Parent Information Exchange (PIE) Meeting with Allyson Mizoguchi and Marybeth Sacramone. PIE and WHSP0 meeting dates and times for the rest of the year are included below - All are welcome!

Best wishes to you all for a very happy holiday season and a restful winter break!

Stephanie A. Leong, WHSP0 President

WHSP001778@gmail.com

Thursday Breakfast Club!!



PLEASE join 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. 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>! If you have any questions, feel free to contact either Pauline Ahearn or Nan Li.

WHSPO News...CONTINUED

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

(bold used for evening meeting)

(Italics for WHSPO only mtg)



Principal's
PIE
(Parent
Information
Exchange)
meeting
schedule

PIE	TIME	WHSPO BOARD MTG	TIME
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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WHSPO Board & Advisory Team 2018-2019

President
Stephanie A. Leong

whspo01778@gmail.com

Vice President &
Student Activities
Nancy Funkhouser

nancyfunkhouser@verizon.net

Secretary
Sarah Orlov

sorlov@orlovcompany.com

Asst. Secretary
Elisa Scola

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Treasurer
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annie060303@hotmail.com

Mini Grants

Sarah Orlov & Elisa Scola

sorlov@orlovcompany.com
cpandes@yahoo.com

Beautification
Missy Davis

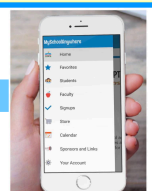
missydavis118@gmail.com

On-Line Directory
Administrator

Catherine Scholz
cscholz89@gmail.com



MySchoolAnywhere



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

Wayland Booster Store Pop-up Events

or contact: whspo01778@gmail.com

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

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

News from the Class of 2019

Thanks to all the WHS families who supported the Senior Class as we opened Rick's Cafe during all home football games! The Thanksgiving game, played Wednesday night, was a little chilly, but we sold lots of hot chocolate, candy and snacks. Our profits will be used to defray the cost of Senior Week activities.

As a reminder, Senior Week Activities include:

1. Senior Class Night at Lombardo's on Tuesday, May 28. As is the tradition, a slide show of pictures of the class will be shown at Lombardo's. If you have pictures you want included, please e-mail a class advisor (addresses below) and we will email you directions for submitting photos.
2. Senior Cruise on Wednesday, May 29
3. Senior Awards Night will be Thursday, May 30 in the Theatre at WHS

We have two big fundraisers coming up. We'll be working with the Junior Class E-board to pick up Christmas trees and take them to the dump. Details will be emailed shortly.

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. Anyone who has a senior who might be interested in a leadership role for the production, should have the student email Mr. Schmirer.

If you have any questions, please email one of the class advisors.

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

WHS REFLECTOR 2019

Books are selling quickly, and we will have a limited supply. Order now to be sure you reserve your students' copy of the 2019 WHS Reflector before our final deadline of January 31.

Also, if you'd like a printable certificate for gift giving this season, simply contact Kristin Cowell at kristin_cowell@wayland.k12.ma.us, and we will send along the perfect holiday gift certificate for their ordered book. Use the website below for ordering information.

<https://sites.google.com/wayland.k12.ma.us/whs-reflector/home>

Senior Parents:

Looking for the perfect way to send a special message of congratulations for your graduating senior? Purchase a Parent Ad in our 2019 WHS Reflector. You can send photos for us to assemble an ad or, for the first time, you can design your own ad, start-to-finish, and send for publication. We have already sold over half the available space for ads, so be sure to place your order soon to assure your ads' inclusion in the yearbook. Use the [link](#) below for ordering information. Don't miss out! Order before January 31. Any questions? Contact Kristin Cowell, faculty adviser at kristin_cowell@wayland.k12.ma.us.

Class News

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**Class of
2020**

Advisor: Mr. Lee Krasnoo

Class of 2020

The Cookie Dough Fundraiser was a big success! The Class really came together and sold over 360 boxes of Cookie Dough to raise over twenty-five hundred dollars! We had a number of students sell the necessary five boxes to get a \$10 discount on their prom ticket! The top seller of the Class was Michayla Mathis, who sold fifty-five boxes of Cookie Dough. This earned her \$100 off of her prom ticket. In addition, she will receive a free prom ticket as her prize for selling the most boxes! Kudos to Michayla and all of the students who sold cookie dough! A big shout out is also due to our class officers who spearheaded this project and put in a lot of time!

On behalf of the Class, I would like to extend many thanks to all of those families who supported this fundraiser with their purchases. We would also like to give a special thank you to those who made donations! The cookie dough will be delivered to the school during the third week of December. If your students sold cookie dough, please have them listen for announcements to come and pick it up for distribution to their customers!

Our fundraising efforts so far will pay for at least two of the seven buses we will need for the prom. As a result, we will continue to work on earning money to bring down our ticket price. In early January, we will be working with the Senior Class on a fundraiser to pick up Christmas trees after the holiday and transport them to the dump. This has been a popular fundraiser in the past, and we are looking forward to this collaborative venture with the Class of 2019! Please keep a look out for announcements regarding this fundraiser. If you are interested in this service and have not heard by the end of December, please send a note to one of the Class officers or me. We will do our best to get you on the list. Please support our juniors and seniors, and let us help you to dispose of your old tree!

We continue to remind students in the class that prom tickets will go on sale early this year. This is due to an early deadline from the hotel. Please help us by reinforcing this to your student. Ticket sales will begin during the third week of March, and students will need to purchase their tickets by April 1. 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 News ...CONTINUED

**Class of
2021**

Advisors:

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

Class of 2021

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 of
2022**

Advisors: Scott Parseghian and Jennifer Reed

Hello Class of 2022 Parents/Guardians!

The class is involved in many activities! 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. Please email us with any questions at Jennifer_Reed@wayland.k12.ma.us and Scott_Parseghian@wayland.k12.ma.us.

Thank You

Department and Faculty News

Guidance Department



Marybeth Sacramone, Department Head

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HELLO AND HAPPY HOLIDAYS TO YOU FROM THE GUIDANCE DEPARTMENT! WE WOULD LIKE TO WISH ALL OF YOU A VERY HEALTHY, RELAXING AND JOYFUL HOLIDAY SEASON, AND A VERY HAPPY NEW YEAR!

A FEW REMINDERS TO ALL MEMBERS OF THE COMMUNITY FROM THE GUIDANCE DEPARTMENT:

Every day, month and year we are thankful for the fantastic students, families, teachers, administrators and support staff that make Wayland High School such a wonderful place. Each year we hear our administration remind us that we are one of the top schools in the country in a number of ways, and for this we are thankful too. However, being such a great place also has its drawbacks. The pressure is incredibly intense, and expectations extremely high on all of our students. As our Principals have requested in past WHSPO news posts, and as our Guidance Department preaches every year, please help us support our students by not contributing to this pressure, especially for our juniors and seniors that are in the midst of the future planning process (at the beginning, middle or end of it).

"In an effort to downplay the competition, we have a longstanding tradition of not asking students to which school(s) they are applying or from which school(s) they have received acceptances. Inquiring only contributes to the anxiety. I respectfully request that you join us in this approach. Wayland High School is a high-performing college preparatory school and we are very proud of our students' accomplishments. Nonetheless, a student's mental and emotional health is our foremost priority."

– Allyson Mizoguchi

Please know that all students are in a different "place" when it comes to their future. Some seniors are just beginning to think about options, some are not planning to go to school next year and instead have wonderful plans to go into a career they love, or plan to take a year off from school to do community service, or to seek employment to make some money to pay for school or a gap year program. And some seniors are "neck high" in the process waiting to hear from their ED/EA schools and worrying about what next. So, knowing the pressure our students are under and the fact that everyone is finding their own path, we ask that you respect their privacy and not ask those obvious questions that they have been hearing for many months and for some, several years now. We ask that you join us in helping our students to remember some of the "Principles of a Healthy Future Planning Process" that we have talked about with our students and their parents/guardians:

- Beware of comparing your process to others
- Honor your privacy and the privacy of others
- Think for yourself
- Keep your perspective and a healthy sense of humor

Guidance Dept.

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- Don't obsess over GPAs, SATs and ACTs – who you are and how hard you have worked means a lot more to everyone than your “raw numbers!”
- Don't judge yourself by your future plans or your college list
- Don't assume that your decision on what to do next year is the biggest decision of your life
- Celebrate your accomplishments and acceptances, but with an acute awareness that others may be struggling around you

Thank you all for thinking about our students in this way and helping them keep a healthy perspective throughout their WHS careers.

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. Lastly, if you missed our Financial Aid night in October, more resources and information are [here](#).

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.

PSAT SCORES – IMPORTANT!

We have been informed by the College Board that PSAT scores will be sent to students electronically sometime between December 10 and December 13. Students and Parents/Guardians will gain access to their scores by way of an email from the College Board and will connect students to a number of resources on their website. The Guidance office no longer receives paper copies of scores, so students and families will need to access their scores by logging on to their College Board account. If they do not have an account yet, instructions will be in the emails sent to students on how to create an account and access their scores. Soon we will be sending this [letter for parents and guardians](#) to all parents and students. Please read this important message and feel free to call the Guidance Office with questions.

Guidance Dept.

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MID YEAR EXAM INFO ESPECIALLY FOR 9TH GRADERS AND THEIR PARENTS/GUARDIANS:

Ninth graders have never taken an exam that covers a semester's worth of material. Through advisory, classes and individual conversations, students will be reminded of the following information. We would also ask for your partnership in discussing this with your ninth graders. As always, please call your student's Guidance Counselor if you have questions.

- Midyear exams are designed to be 1-1/2 hours long, but every student gets two hours to complete their exam
- Midyear exams are tentatively scheduled this year for January 22, 23, 24, 25
- Students come to school during exam week to just take exams; there are no classes that week.
- The first exam begins 7:45 to 9:45 a.m. The second exam session is from 10:00 a.m. to 12:00 p.m.
- Most students have one exam per day on three of the days and one day with two exams. If your student takes six classes, there's also a chance they may have two exams on two exam days instead of just one.
- Most teachers handle their own review sessions in the classroom 2-5 days in advance of exam week, but some departments hold their review sessions after school, or have additional review sessions after school, or in between exam days. The classroom teacher will share this information with students shortly after the holiday break.
- Even though there is some review in the classroom prior to exams, students should be organizing and reviewing well before this time on their own.
- Teachers are available for extra help a lot prior to exams, but students must schedule times with them to be sure they are available.
- There are two bus runs on each exam day; one following the first exam and the second run after the second exam.
- There is no lunch served on exam days. There are snacks available before exams and in between exam periods

GUIDANCE WEBSITE CHANGES:

As a result of our school district switching website host organizations, our website looks different. We thank you for your patience while we update links and try to make the site more appealing and easy to navigate.

MCAS DATES FOR NINTH GRADERS, PLEASE MARK YOUR CALENDARS:

- June 4: Science and Technology, session 1
- June 5: Science and Technology, session 2
- TBA May 28 -- June 14: This is a testing window for a Science/Technology field test. Although we do not know the exact dates yet, the testing window will be between these dates

SOPHOMORES AND PARENTS OF SOPHOMORES, MCAS AND SBIRT COMING SOON:

- Sophomore Seminars will begin second semester on March 12 and run for three cycles through April 12
- MCAS Testing Dates, mark your calendars:
 - March 26: ELA Composition
 - March 27: ELA Reading
 - May 21: Math
 - May 22: Math

Guidance Dept.

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- As our Future planning discussions seem to be coming earlier and earlier, please know you are welcome at any of our parents' nights for juniors where we do discuss the future planning process for our students.
- SBIRT Screenings coming soon for all sophomores. Please see the Guidance Corner. Section for more information.

JUNIORS AND PARENTS OF JUNIORS – PARENTS OF SOPHOMORES ALSO TAKE NOTE:

- PSAT scores will be emailed to students from the College Board between December 10 and 13
- Junior Seminars will begin January 8 and run for four cycles through March 6.
- Junior Parents Night is on **Thursday, January 24, 2019 from 6:30-8:30PM** in the Main Stage Theater. Junior seminars and this evening program officially kick off the future planning process for our juniors and their families. The evening program will include a panel of College Admissions Representatives who will be available for two full hours of Q&A. WHS Counselors will also discuss approaching the future planning process in a healthy way. Feedback on this program is always positive, as there are years of expertise and experience represented by our panel.
- Parents of sophomores are welcome to attend any of our future planning nights

EVENING PROGRAM FOR PARENTS OF JUNIORS & SOPHOMORE PARENTS WELCOME TOO:

Mark your calendars for the evening of **March 21, 2019, 7:00 PM**. We will be offering an additional evening program again this year to support our students and families through the future planning process instead of waiting until the early fall of senior year. This is also in direct response to the increase in the number of our students who are applying through early plans to schools, (early decision, early action, rolling, etc.), and we want them and you to be well prepared with the information you both need. We are calling this program **Future Planning Night Part 2**. Part 1 is in January when we bring in a panel of admission representatives to speak about the college admissions process as a whole (see above date and description). For our "Part 2" program, we hope to get much more specific with helping our families understand how we work with our juniors and what we cover with them through our Junior Seminars and individual meetings. This evening will include mini-demonstrations of programs that our students utilize throughout the future planning process such as Naviance, Big Future, and Common App. Additional topics will include admissions testing (SAT and ACT), as well as discussions around building a college list, early applications, deadlines and keeping the process healthy. We hope you will join us for this very informative night.

CONTINUING OUR NEW FORMAT FOR SENIOR PARENT PROGRAM IN THE FALL OF 2019:

Although this is nearly a year away, our department wants to let you know that we will be continuing our new format for our senior parents' program next fall. As noted above, more and more of our students begin their future planning process earlier now, so we are adapting our future planning programming. We will have two evening programs (January and March), which will cover the bulk of information you and your students need to know to begin the future planning process. So then in the fall, instead of one large evening meeting for parents of seniors, we will be offering morning Q&A sessions for parents who want/need more information and support on the process. These sessions will be co-led by at least two counselors, and our hope is to offer one per week between the months of September and November. More information will be coming to you later in the spring and over the summer. As always, if you have questions about any of this process, please call your son/daughter's guidance counselor.

Guidance Dept.

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3-W GAPYEAR 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.

USA GAPYEAR EVENTS 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 9: 3-W Gap Year Program, Wellesley High School, 7PM (see details above)

January 12: Noble & Greenough School (Dedham) Gap Year Fair, 1- 4PM

January 13: Andover High School, time to TBD

January 14: Brookline High School Gap Year Fair, 6 – 8:30 PM

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

ATTENTION SENIORS AND PARENTS OF SENIORS - REMINDERS:

- We need your official name for your diploma. If you haven't filled out a diploma form yet, please see Mrs. Fratto as soon as possible.
- The Guidance Office will be closed over the December Break. If you have January deadlines, we need your requests in Naviance as soon as possible in order to meet the deadline.
- Please come to Guidance and pay your transcript fees.
- First term grades were sent out on November 20 and 21. Please do not worry if a school reports that they have not yet received them. We can always fax an additional copy if necessary.
- Some seniors are just beginning this process. Please know this is completely fine! Counselors are ready and willing to meet with any senior or parent to help them get started on thinking about the future.
- Seniors - Please do not forget to write a heartfelt thank you note to the teacher(s) for the hard work they do for you inside and outside the classroom and throughout the future planning process.
- Many colleges require applicants to have their scores sent directly from the testing services to the admissions office. This can be done online through www.collegeboard.com or www.act.org
- In order to receive financial aid from a college or from the Wayland High School Scholarship Committee, students/parents must submit the Free Application for Federal Student Aid form (FAFSA). The FAFSA is available on line at <http://www.fafsa.ed.gov/>. For more resources from our very informative MEFA Night in October, [click here](#).

Guidance Dept.

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WAYLAND SCHOLARSHIP COMMITTEE REMINDERS:

The Wayland Scholarship applications will be available in Guidance and on the high school and guidance website after the first of the year.

- To be eligible for the Wayland Scholarships, you must submit a FAFSA.
- Once the FAFSA is filed, you will receive a "Student Aid Report" (SAR) via email that will include your "Estimated Family Contribution" (the EFC). This information is required to complete your Wayland Scholarship application.
- The deadline to apply for the Wayland Scholarship will be Friday, March 29, and applications cannot be accepted or processed without the EFC or if you miss the March 29 deadline.
- For more detailed information on the Wayland Scholarship Committee process and applications, please visit the [WAYLAND HIGH SCHOLARSHIP LINK](#).

STATE COLLEGE AND UNIVERSITY SCHOLARSHIPS FOR ALL STUDENTS TO BE AWARE OF:

- Please visit the guidance website and click on the link named [KOPLIK AND ADAMS AWARD PROGRAMS](#) in order to review the eligibility guidelines for each scholarship.
- If you are a senior and have questions about your eligibility and/or application process for these awards, please call or email our Koplik/Adams coordinator, [BEN BUFFA](#) at 508-358-3706.
- Mr. Buffa will be sending applications on April 15, so please provide him with the appropriate information before that time.

Guidance Dept.

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DATES FOR THE CALENDAR:

Please be advised that from the close of school on December 21 through January 1 the Guidance Office will be closed for the Holiday Break. This means that no one will be available to submit transcripts to colleges, so please request transcripts as soon as possible for any January 1 deadline.

Guidance Department Dates to Remember

Upcoming SAT/ACT Registration Deadlines:**

January 11 is the deadline to register for the February 9 ACT

February 8 is the deadline to register for the March 9 SAT

March 8 is the deadline for the April 13 ACT

April 5 is the deadline for the May 4 SAT

May 3 is the deadline for the June 1 SAT

May 3 is the deadline for the June 8 ACT

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

January 9: 3-W Gap Year Program, Wellesley High School, 7PM (see details above)

January 12: Noble & Greenough School (Dedham) Gap Year Fair, 1- 4PM

January 13: Gap Year Fair at Andover High School, time to TBD

January 14: Brookline High School Gap Year Fair, 6 – 8:30 PM

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, 6:30PM in the Lecture Hall

PIE MEETINGS:

● 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**

The Guidance Corner

For the third year in a row now, our counselors and health team will be administering the SBIRT screening again to all of our sophomores. You and our sophomores will hear more about this in the weeks to come. Until then, here is some brief information about it.

What is SBIRT?

- Screening, Brief Intervention, Referral to Treatment
- It is a universal screening, evidence-based, screening tool
- Its primary intent is prevention and helping students to make healthy decisions
- It is not a drug testing or treatment program, and it is not a targeted screening of specific students either because ALL students are screened just like a hearing or vision screening
- It is not a way to “catch kids” who are using -- it’s a preventative measure, and we will offer support and referrals as needed, not consequences

How will we get the word out?

- Principal ENews
- Opt out e-letter to parents through email
- Student informed through Sophomore Seminars
- ENews reminders to parents and students
- TV postings for students
- Faculty communication about students missing class time

Why do we have to do it?

- There has been an increase in substance abuse especially including the increase of opioids around the state of Massachusetts.
- At the end of September 2015, an opioid abuse prevention bill was passed.
- This bill now requires districts to perform mandatory addiction screening interviews with all students in two grades.
- The idea is to treat addiction as a medical issue, so just like we screen for vision, hearing, BMI, we’re going to screen for substance abuse.

Ways SBIRT Can Help

- Helps teens/adults to understand the impact/risk of alcohol and drugs
- Opens a dialogue that can improve overall health and safety
- Reinforces and supports continuation of safe choices
- Helps identify at risk students for substance related problems and provides resources for these students

Logistics of our plan

- All Counselors, Nurse Amy Schoeff and administrators were sent to trainings to prepare thanks to a grant for early adopters, of which Wayland was one
- Our SBIRT planning team includes members of our Health Department (Amy Schoeff and Ruth Mori), the whole WHS Counseling Department, Administrators and the Wayland Cares staff
- We are screening sophomores because we see from data collected by the Metro West Health Adolescent Survey that there is an increase in substance use between grades 10 and 11.
- We will do all of the screenings during the week prior to April break -- we hope to screen all 200+ sophomores in a 3-5 day period, mostly before April break (at the start of the new term, and then “stragglers” after the break).
- Students will be scheduled for a specific appointment time and will be taken out of class for 5-15 minutes to be screened.
- There will be an opt out form sent to parents in case for any reason you do not want your son or daughter screened

The Guidance Corner

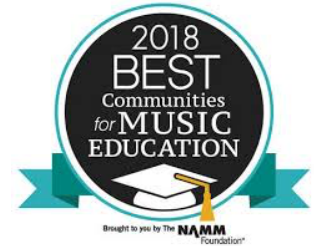
What's involved in an SBIRT screening will include:

- Brief "what do you know" survey about substance issues (pre-test)
- Brief CRAFFT Tool assessment (brief written survey): asks questions about their own usage over the past 12 months. Ex: Have you had any alcohol (more than a few sips) over the past 12 months? Have you ever ridden in a car with someone who is high or under the influence of alcohol?
- An individual interview with each sophomore by a member of the SBIRT team relating to the CRAFFT survey
- If screening with CRAFFT necessitates further information, there is a longer discussion utilizing BNI counseling principles (Brief Negotiating Interviewing: open-ended questions, affirming and reflecting their responses, and summarizing their responses for clarification and confirmation)
- Resources and referrals for treatment will be discussed and parents will be informed
- We are required by the state to document the number of positive and negative screens, but they are all anonymous -- no names or information is shared with the state.
- Negative screens have no follow up at all
- Brief exit survey about what they learned (post test)

Fine Arts Dept

Susan Memoli, Department Head

Fine Arts Notes



Hard to believe that December is already upon us! The WHS Fine Arts Department is buzzing with activity and there are many opportunities for you to see what we have been up to.

WHSTE has completed its outstanding run of *You're a Good Man Charlie Brown*. Congratulations to the cast (including our amazing staff who participated!), crew, pit and directors on bringing Charles Schultz' characters to life. Auditions are in full swing for the play, *Pronoun*. Stay tuned for more info!

Please join us for the following performances and exhibits:

12/6, WMS-WHS Winter Band Concert, WHS Auditorium, 7:30pm
12/13, WMS-WHS Winter Choral Concert, WHS Auditorium, 7:30pm
12/17, WHS Art Show, WHS Commons and Arts Wing, 6:30-9:00pm
12/17, WMS-WHS Winter Orchestra Concert, WHS Auditorium, 7:30pm

We are proud to announce that 35 WHS students have been accepted into the prestigious **2019 Eastern District Senior Festival**. Those with asterisks scored within the top 50% of their section and have also earned a recommendation to audition for the MA All State Festival. Congratulations!!

WHS Band Members:

Andrew Briasco-Stewart, Concert Band, Flute, 12
McKenna Kelemanik*, Orchestra, Tuba, 11
Mingle Li*, Orchestra, Mallets, 10
Cecelia Murphy, Concert Band, Oboe, 11
Jakob Simmons, Concert Band, Bass Clarinet, 11
Lillianna Tobe, Orchestra, Snare Drum, 9
Joshua Zhang*, Concert Band, Trombone, 9

WHS Chorus Members:

Will Gardner*, Tenor, 11	Matias Salama, Tenor, 10
Simon Goode, Bass, 10	Luciano Sebastianelli, Bass, 9
Siddhanth Iyer*, Tenor, 12	Tyler Sharp, Bass, 10
David Lathan, Tenor, 10	Andy Wang*, Tenor, 12
Darini Nagalingam, Soprano, 9	

Rachel Chau, Violin
Tristan Wolff, Viola
Siddhanth Iyer, Tenor
Andy Wang, Tenor

The accolades keep coming! WHS is also honored to have 4 students selected for the **2019 All Eastern Festival** this April in Pittsburgh. The top students from all of the Eastern portion of the United State's All State festivals will gather to rehearse and perform together. A hearty congratulations to our 2 orchestra and 2 chorus students who will represent Wayland High School at this extraordinary event!

And lastly, the 2018 All National Honor Ensembles were just held in Orlando, Florida. This year, WHS was represented by one amazing vocalist, **Andy Wang**. Andy participated in the rehearsals and performed in a phenomenal concert with 240 of the finest voices from across the US. Congratulations, Andy!!

Our department wishes you and yours a wonderful holiday season filled with the arts, family and some much needed relaxation!

WHS Orchestra Members:

Samantha Baron, Viola, 11
Megan Chau*, Violin, 9
Rachel Chau*, Violin, 12
Dora Chen, Viola, 9
Abra Hwang, Cello, 9
Spencer Lee*, Violin, 12
Angela Liu*, Violin, 9
Michael Liu*, Cello, 11
Connor Rader*, String Bass, 10
Jesse Wang*, String Bass, 11
Walker Whitehouse, Cello, 10
Tristan Wolff*, Viola, 11
Alanna Xue, Violin, 9
Angela Yan*, Violin, 9
Sarah Zhang*, Violin, 12
Elizabeth Zhong*, Violin, 10
Ashley Zhu, Violin, 9
Gabriel de los Reyes*, String Bass, 9
Julia de los Reyes*, Violin, 12

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

...CONTINUED

• • • • **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



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



Hockey Fights Cancer Game Wayland vs. Bedford Sat 12/29 at 1pm NESC, Marlboro

All of our players and coaches have been affected by cancer in some way. A few have even lost members of their family in 2018 and as recently as November. Our collective goal, as a team and community, is to do whatever we can to raise awareness and funds to help cure this terrible disease.

<https://www.crowdrise.com/o/en/campaign/wayland-warriors>