


## PRINCIPAL'S CORNER

ALLYSON MIZOGUCHI



With midyear exams this week, several things are true: (1) casual wear becomes the attire of choice among students as they arrive clad in sweats for the sole purpose of taking exams; (2) campus is as quiet as a ghost town by noon, with staff hunkered in all corners either grading exams or meeting with students; and (3) Winter Week is just around the corner!

As many of you know, Winter Week is one of the most distinctive and abiding traditions at Wayland High School. While its exact form and content has varied over the years, its primary and historic purpose is to kick off the second half of the school year with experiences outside the norm for students and staff following the stressful period of exams. Prominent speakers, interactive events, and student performances provide our school community with important ways to learn and come together.

The vast responsibility to take on the vision of Winter Week and coordinate a menu of events is traditionally the domain of Student Council. To me, this is the most impressive part of Winter Week: the planning and execution of the week -- and thus its relative success or failure -- falls largely on a group of elected student leaders. That the institution bestows so much trust and influence on its students is a signal of our student-centered mission and a nod to the original vision of Winter Week: this experience is for students, by students.

This year, led by Student Council President Amanda Armstrong and Vice President Gage Fuller and advised with clarity and purpose by math teacher Eric Wolven, this diverse group of 14 students has prioritized a vision of having fun while bringing students together and learning new things. Under the “bringing students together” heading, one focus of Student Council is to offer an extensive lineup of student performances to highlight the many talents of their peers. Hence, next week’s schedule is packed with student music, dance, a capella, and theater performances, capped off by an all-school student and staff Talent Show on Friday. This opportunity to celebrate the hidden talents of their peers and teachers -- and some of them are quite amazing and surprising! -- builds community and school spirit like few events can.

Learning about new and pressing issues is another theme of the week. In years past, Winter Week speakers have entertained us, made us question, and inspired us. We have hosted government officials, university professors, entertainers and artists, and figures from the world of professional sports. This year, we are proud to welcome Reverend Mariama White-Hammond, a prominent figure in the Boston landscape (she was profiled in the August 2017 edition of Boston Magazine, among other publications) who will discuss the intersection of social justice and environmentalism. Her honest, open, ebullient style will surely connect with our students and push our thinking on these important topics.



After the coming week of midyear exams, Winter Week offers a unique change of pace that has been treasured for literally generations of students. At the same time, it is not without its challenges. With its multiple bell schedules and quickened pace, the week can feel disorderly and chaotic; additionally, we trade valuable instructional time for activities that may not be of interest to everyone. Some events may invite unwelcome controversy (I am thinking now of a certain Olympic bobsled-themed film) or may lack the power we had hoped for. Winter Week has assumed a reputation of nearly mythic proportions which can serve us well, or can result in feelings of disappointment or entitlement among students. Like all school traditions, Winter Week has multiple layers of complexity and truth.

With good planning, a clear vision, and student leaders who embrace the responsibility, I believe Winter Week is worth the risk. In our Mission Statement, we declare our values of “personal and civic responsibility, love of learning, and empathy for others”; we seek to deliver on that promise each day for our students, inside and outside the classroom. In important ways, Winter Week aligns with our mission and can enhance our students’ experiences as learners, citizens, and members of our school community. I look forward to a week full of spirited and educational moments with students and staff alike.

*Allyson Mizoguchi*

Principal

# WHSP0 News

*Happy New Year! I hope everyone had a pleasant and restful holiday break.*

While our students are preparing for midterms and looking forward to Winter Week, WHSP0 is busy distributing Mini-Grant funds and awarding Wish List funding.

- As I write this I hope that teachers and club leaders have found time to apply for funds under our new Wish-list program. Wish-list grants will accommodate larger requests than our Mini-Grant program and allows for requests from WHS clubs through teacher advisors. The deadline for submissions was January 18th with awards to be granted February 1st. However, if teachers or clubs find themselves needing an extension, please see [the application form](#) and contact Elisa Scola on [cpandes@yahoo.com](mailto:cpandes@yahoo.com).
- WHSP0 is pleased to be an annual supporter of Winter Week. This year, Student Council is bringing in a speaker that will be partially funded by WHSP0.
- Planning is underway for Late Night 2019, a fun post-Prom celebration designed to keep our kids safe on Prom night. This year's Prom will be on Saturday, May 18. Please consider supporting this 21 year old tradition! The event is entirely funded by tax-deductible donations from parents and local businesses. Junior parents plan and set up the event and Sophomore parents chaperone, so volunteers are needed, in addition to donors! Please contact this year's Late Night Chairs, Lana Murphy and Sandy O'Driscoll at [LateNightWHS@gmail.com](mailto:LateNightWHS@gmail.com) with any questions about how to donate or volunteer.
- Looking to get more involved? WHSP0 will begin filling 2019-20 Board and Committee roles shortly. Please consider joining us the Board - we would love for you to join us! Feel free to reach out to one of the WHSP0 Board or Committee members if you are possibly interested and see our next newsletter for more details.
- It was wonderful to see many of you at our most recent PIE meeting on the morning of the 11th, at which Dr. Unobskey [presented his proposed FY20 budget](#). Our next PIE meeting will be in the evening on March 7th at 7pm. As always feel free to contact us with any suggestions or concerns!

Stephanie A. Leong, WHSP0 President  
[WHSP001778@gmail.com](mailto:WHSP001778@gmail.com)

## 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!!***

PLEASE join a cherished tradition @ WHS. Volunteers Donate & Deliver breakfast treats every Thursdays for the 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. 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/GKegYtc>! 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 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
<b>Thursday, March 7, 2019</b>	<b>7:00 PM</b>	<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	

W  
H  
S  
P  
O  
  
M  
T  
G

## WHSPO Board & Advisory Team 2018-2019

**President**  
Stephanie A. Leong

[whspo01778@gmail.com](mailto:whspo01778@gmail.com)

**Vice President &  
Student Activities**

Nancy Funkhouser

[nancyfunkhouser@verizon.net](mailto:nancyfunkhouser@verizon.net)

**Secretary**  
Sarah Orlov

[sorlov@orlovcompany.com](mailto:sorlov@orlovcompany.com)

**Asst. Secretary**  
Elisa Scola

[cpandes@yahoo.com](mailto:cpandes@yahoo.com)

**Treasurer**  
Pam Cerne

[whspotreasurer@gmail.com](mailto:whspotreasurer@gmail.com)

**Newsletter**

Tracy Scheidemantel

[tscheide@comcast.net](mailto:tscheide@comcast.net)

**Faculty Appreciation**  
Pauline Ahearne & Nan Li

[mda1997@comcast.net](mailto:mda1997@comcast.net)  
[annie060303@hotmail.com](mailto:annie060303@hotmail.com)

**Mini Grants**

Sarah Orlov & Elisa Scola

[sorlov@orlovcompany.com](mailto:sorlov@orlovcompany.com)  
[cpandes@yahoo.com](mailto:cpandes@yahoo.com)

**Beautification**  
Missy Davis

[missydavis118@gmail.com](mailto:missydavis118@gmail.com)

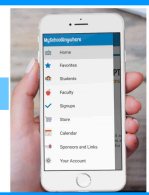
**On-Line Directory  
Administrator**

Catherine Scholz

[cscholz89@gmail.com](mailto: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](mailto:whspo01778@gmail.com)

## WHSPO Newsletter Submission Deadline (9pm) Dates 2019

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](mailto:tscheide@comcast.net)



# Class News

Class of  
2019

Advisors: Ms. Schmidt & Mr. Schmirer

## News from the Class of 2019

With the start of 2019, E-Board has been busy planning senior events for the class!

- On Friday, March 22 and Saturday, March 23, the Class of 2019 will run the Senior Show. E-Board and Class Advisors have determined our leadership team through an application process. Congratulations to Andrew D'Amico, Lizzy Francis, and Jake Tyska (Co-Directors); Lauren Campbell, Dale Lippincott, and Eden Vanslette (Dance Directors); Jack Gaddis and Tucker Jones (Video Directors); Anika Das (Scheduler); and Andrew Briasco-Stewart and Clarissa Briasco-Stewart (Technology Team)! They are already busy at work planning the show. You don't want to miss it!
- To celebrate a successful Senior Show, there will be the Progressive Dinner on Saturday, March 30. During this Wayland High School tradition, the entire class will enjoy a meal together at three different houses: one house for appetizers, another for entrees, and the other for dessert. It is essentially a big potluck with some catering. However, we can't do this without your help. We need volunteers to make dishes and three families to open up their homes for this event. We will send out a google form later, where you can sign up what dish you will be bringing. If you are interested in hosting, please email President Rose Kiefer, [Rose\\_Kiefer@student.wayland.k12.ma.us](mailto:Rose_Kiefer@student.wayland.k12.ma.us).
- I also want to remind you of all the exciting senior events after the seniors are done with school (Friday, May 24). Prior to graduation (Sunday, June 2 at 3pm), there will be the Senior Class Night at Lombardo's (Tuesday, May 28), Senior Cruise (Wednesday, May 29), and Senior Awards Night (Thursday, May 30). We will provide more information about these activities later.

If you have any questions, please feel free to email me, Class of 2019 Secretary

[Rachel\\_Chou@student.wayland.k12.ma.us](mailto:Rachel_Chou@student.wayland.k12.ma.us), or one of our Class Advisors,

[David\\_Schmirer@wayland.k12.ma.us](mailto:David_Schmirer@wayland.k12.ma.us) or [Joanne\\_Schmidt@wayland.k12.ma.us](mailto:Joanne_Schmidt@wayland.k12.ma.us).

## Senior Independent Projects

The Senior Independent Project (SIP) Program is available to members of the Class of 2019. SIPs started at WHS with the graduating class of 2010. The program's goal is to let motivated seniors create their own projects to be completed during the last quarter of their senior year. Seniors may explore a creative interest and/or a vocational possibility that their previous classroom work did not address. Projects have included building a boat, assembling a co-cart, building a smoker and experimenting with smoking meat, studying a variety of religions, genealogical research, & much more.

We've found that taking responsibility for designing their own projects has been a huge motivating force for the students that have participated so far. Parents of these students say that they have never seen their children so excited about what they were doing, nor so dedicated to the work they had set for themselves as they were in their last term at WHS.

Interested students should do some brainstorming about exactly what their project might be. Deciding on a field of interest, such as art, music, education, computers, scientific research, a craft, or a form of community service, is the first step. More challenging is coming up with a workable project that will fit into the last six weeks of the school year and then finding an internship or a mentor to help the student accomplish the goal. The initiative for the project needs to come from the student, but parents can suggest people or places to call to set up informational interviews in a field of interest.

The students will be given more information about the program at the Senior Class meeting on Tuesday, February 26. For more information, have your student talk to one of the co-directors of the program.

Joanne Schmidt [Joanne\\_schmidt@wayland.k12.ma.us](mailto:Joanne_schmidt@wayland.k12.ma.us) and

Lee Krasnoo [Lee\\_krasnoo@wayland.k12.ma.us](mailto:Lee_krasnoo@wayland.k12.ma.us)

# Class News

...CONTINUED

## WHS REFLECTOR 2019

**THE SALE PORTAL FOR THE 2019 YEARBOOK** will remain open until January 31. After that time, yearbooks will no longer be available for purchase. Books are only available through pre-order. We do not sell books in the spring. Our large scale, full-color books are still offered to all students (not just seniors!!!) for \$85 a book. Go to <https://sites.google.com/wayland.k12.ma.us/whs-reflector/home> to order or send in a check (to the High School attention: Kristin Cowell) for \$85 made out to Wayland High School Reflector.

**PARENT ADVERTISEMENTS:** Looking for a great way to honor your 2019 graduate? A recognition ad in the yearbook is a simple way to show how much you love them and how proud you are of them. This timeless way of honoring them and showing them how much you care will bring a smile to their face every time they reflect back on high school years. To get additional information about ads and how to place an order just go here: <https://sites.google.com/wayland.k12.ma.us/whs-reflector/home> . If there are any questions parents can contact [kristin\\_cowell@wayland.k12.ma.us](mailto:kristin_cowell@wayland.k12.ma.us)

Class of  
2020

Advisor: Mr. Lee Krasnoo

Class of 2020

We are well on our way to earning the necessary money for the **coach buses** for our prom! During the weekend of January 12, over fifteen members of the Class helped in our Christmas Tree Pickup fundraiser. I am pleased to announce that we raised over \$1,900 for our prom! These students worked very hard, and they showed great teamwork on the coldest Saturday of the school year! I was very proud of this group! Many thanks are due to all of the students who helped. We would also like to express thanks to those families who supported our fundraiser!

In order to raise additional funds for our prom, the Class will be hosting:  
**A WHS PARENT DANCE!** The event will take place at the Sandy Burr Country Club on March 30, 2019 from 7:00-11:00 PM. **SAVE THE DATE!** All parents of Wayland School students are invited to attend this exciting happening. Please plan to join us! More details will be coming in the March WHSPO newsletter!

Our **Prom** committee has reserved a company for our photo booth, and its members will be confirming the menu for our big night soon. I want to remind families that they should encourage their students to think about their prom arrangements early. As I have mentioned before, the venue will require us to have all payments in by the beginning of April. As a result, tickets will go on sale during the last week of March and the first week of April.

In the days leading up to the Prom, we will continue to raise money for it and other class events. In addition to the Parent Dance, we are currently exploring the possibility of another Krispy Kreme sale. Please keep an eye out for this and other ways in which you can support our Class.

As always, please do not hesitate to contact me with any questions or concerns.  
I hope to see you at Sandy Burr on March 30!

Lee Krasnoo, Class Advisor  
[lee\\_krasnoo@wayland.k12.ma.us](mailto:lee_krasnoo@wayland.k12.ma.us)

# Class News ...CONTINUED

Class of  
2020

## Wayland High School Late Night 2019

Help support a safe, fun night for our students!



Saturday, May 18 will be an exciting day for Wayland High School students – it is the evening of the Junior Prom. For the 21st year, Wayland High School parents and the local business community will come together to fund and support “Late Night,” a fun, supervised event for our Prom-goers and their guests immediately following the Prom. Late Night is a free, after-Prom celebration organized and chaperoned by our High School parents, designed to provide a safe and substance-free environment where classmates can be together and celebrate on Prom Night.

**Late Night is 100% funded by our Wayland parents and the local business community.** We keep this event **FREE** for the kids to make their attendance as easy as possible. All Juniors and their guests are encouraged to participate in this event, whether they attend the prom or not, so **we need your financial support.** Donations are needed to plan and secure the entertainment, food and activities that will ensure a fun and successful event. The cost to cover all of the event expenses is estimated to be **\$85 per person.** Please help us make Late Night 2019 a memorable event by making as generous a donation as possible.

Tax-deductible donations can be made payable to the Wayland PTO and mailed to: LATE NIGHT 2019, c/o Elizabeth Shine, 29 Training Field Road, Wayland, MA 01778. Please provide your name, phone number, and email. Or you can go online and donations can be made at [www.waylandpto.org/high-school-pto/late-night/](http://www.waylandpto.org/high-school-pto/late-night/). The Wayland PTO is a non-profit organization, Fed ID# 20-0141838.

Follow us on Facebook at <http://www.facebook.com/WHSLateNight/> and feel free to contact Lana Murphy or Sandy O'Driscoll at [LateNightWHS@gmail.com](mailto:LateNightWHS@gmail.com) if you have any questions or would like to learn more.

Let this be the ONLY Party in Town!

# Class News

...CONTINUED

**Class of  
2021**

**Advisors:**

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

**Class of 2021**

Although it may seem far away, the Eboard has been busy planning next year's **Prom**! We are closer to finalizing the venue and will share more information about that soon. We can say that the event is tentatively scheduled for May 16, 2020. Mark your calendars! More details to follow.

Fundraising efforts are still underway. We closed out the BoonSupply fundraiser and made over \$750. We are still selling "01778" **phone wallets**. Limited supply still available. Contact an Eboard member if you'd like to purchase one for \$5.

Lastly, keep an eye out for another class clothing event. Class **sweatpants** will be sold soon. Designs and pricing are being finalized. They will be on sale soon. Buy some sweatpants and support your class!

**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>

Please email us with any questions at [Jennifer\\_Reed@wayland.k12.ma.us](mailto:Jennifer_Reed@wayland.k12.ma.us) and [Scott\\_Parseghian@wayland.k12.ma.us](mailto:Scott_Parseghian@wayland.k12.ma.us).

Thank You



# Department and Faculty News

## Guidance Department



Marybeth Sacramone, Department Head

...

WHSPO Guidance News

January and February 2019

Visit us at our [Guidance Website](#)

Follow us on Twitter [@WaylandGuidance](#)

*THE GUIDANCE DEPARTMENT HOPES THAT YOU HAD A HEALTHY AND HAPPY NEW YEAR. AS ALWAYS, WE LOOK FORWARD TO WORKING WITH YOU THROUGHOUT THE YEAR. THIS MONTH WE WELCOME BACK MS. AIMEE LIMA, OUR ACADEMIC CENTER COORDINATOR. AND WE THANK MS. MARY BRACKEN FOR DOING A GREAT JOB FILLING IN FOR MS. LIMA.*

*AS ALWAYS, PLEASE CALL YOUR SON/DAUGHTER'S GUIDANCE COUNSELOR IF YOU HAVE QUESTIONS ABOUT ANY OF THIS INFORMATION OR WOULD LIKE TO TALK WITH US ABOUT YOUR SON/DAUGHTER. WE HOPE YOU HAVE A WONDERFUL WINTER!*

### THE EDUCATION COOPERATIVE -- A GREAT RESOURCE

- The Education Cooperative (TEC) offers lots of great resources and programs for our students. TEC offers online courses, college fairs, summer programs and internship programs. For more information, please attend one of their open houses or visit their website at [TEC-COOP.ORG](http://TEC-COOP.ORG). There are open houses scheduled for February 12, March 5, March 19 and April 3 at the Morse's Public Library in Natick from 7PM to 8PM. Please attend and learn more.
- **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 2019-2020 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 to download the application and review frequently asked questions about the program and placement process.

### FUTURE PLANNING NIGHT IS ON THURSDAY, JANUARY 24, 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 the panel. **Parents of juniors and sophomores are welcome to attend any of our future planning night**

## Guidance Dept.

...CONTINUED

### REMINDER: FINANCIAL AID INFORMATIONAL OVERVIEW IN BOSTON FOR PARENTS OF OUR BOSTON STUDENTS:

As per your invitation emails, please join us and Gregg Cohen from Campus Bound for an informational meeting. We will meet on February 7 at the Horizons for Homeless Children's Center at 1705 Columbus Avenue, Roxbury. We hope that this session will help you to understand the process, to think about the financial aid process in relation to your son's/daughter's future planning search, and know what to expect come next year. Topics to be discussed will include:

- How colleges determine how much you will receive in financial aid and/or scholarships
- What to do when you are offered grants and scholarships
- Loans and paying options if the scholarships don't go far enough

### VISITING NEW ENGLAND PUBLIC COLLEGES THIS SPRING/SUMMER?

If so, take note of this cost savings program. The New England Regional Tuition Break Program allows students from Massachusetts to attend other New England colleges for state tuition rates for certain majors that are not offered at any of our public colleges or universities in Massachusetts. So, if your senior is interested in a unique major, check out the resources at the following links:

- The [Tuition Break Information for MA Residents](#) - lists the bachelor's degree programs offered by public colleges and universities in the five other New England states.
- The [Tuition Break Listing for MA Residents](#) - lists approved associate and bachelor's programs by area of study and by institution, as well as campus contact information

### MID YEAR EXAM INFO FOR ALL (ESPECIALLY FOR 9TH GRADERS AND THEIR PARENTS/GUARDIANS):

Most 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. Exams for all will be January 22 through January 25.

- Mid year exams are designed to be 1-1/2 hours long, but every student gets two hours to complete their exam.
- Students come to school during exam week to just take exams; there are no classes that week.
- The first exam is from 8:00 AM to 10: AM. The second exam session is from 10:15 AM to 12:15 PM.
- 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 may be two exam days on which they have two exams.
- There are two bus runs on each exam day except on Friday: one following the first exam, and the second run after the second exam. Regular bus runs also occur at 2:15 (and 1:05 on Wednesdays). There will be no second run on the Friday of exams.
- There is no lunch served on exam days. There are snacks available before exams and in between exam periods.

## Guidance Dept.

...CONTINUED

### EVENING PROGRAM FOR PARENTS JUNIORS – FUTURE PLANNING PART 2 (SOPHOMORE PARENTS WELCOME TOO):

Mark your calendars for the evening of **March 21, 2019, 6:30 PM**. Our department is consistently looking to stay on top of trends and improve our programming and, as a result, we will be offering an additional evening program this year to support our students and families throughout 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 to schools through early plans, (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 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.

### CONTINUED NEW FORMAT FOR SENIOR PARENT PROGRAM FOR THE FALL OF 2019

Following our two future planning programs this winter/spring semester, we will continue to offer support to parents/guardians through 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 mid-September and early 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.

### SENIORS:

- Some seniors are just beginning the future planning 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 who have already applied - 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, including things like writing your teacher letters of recommendation and editing your essays.
- Seniors who have already applied - Please be sure to update your counselor with your decisions and update your decisions in Naviance too. Counselors want to know what you are hearing and how we can continue to help.
- Please be sure to pay your transcript fees. Your first request was free, and each request after that is \$5.00. You can check in Naviance to determine how much you owe. Please see Mrs. Fratto or your Guidance Counselor with questions or to make payments.



## Guidance Dept.

### ...CONTINUED

- Guidance will be sending midyear transcripts after midyear exam/quarter grades are complete. It is our hope to get those out just before the winter break. So, when colleges call or email your students asking for these grades, please let them know to expect them in mid to late February.
- Financial Aid Information  
In order to receive financial aid from a college or from the Wayland High School Scholarship Committee, students and parents must submit the Free Application for Federal Student Aid Form (FAFSA). If you have not already, you can begin your FAFSA by going online to [www.fafsa.ed.gov/](http://www.fafsa.ed.gov/).
- FAFSA Days Massachusetts 2019: Free assistance to students and families seeking to complete the FAFSA. Financial aid administrators and high school counselors will be on hand to help college-bound high school seniors complete the Free Application for Federal Student Aid (FAFSA) free of charge. To read more about FAFSA Days Massachusetts click here: <http://www.fafsaday.org/> To find a location near you, click this link: <https://www.masfaa.org/fafsa-day/> Further contact information is here too. Email: [fafsaday@gmail.com](mailto:fafsaday@gmail.com), Phone: 877-424-7627.
- Wayland Scholarship Reminders:
  - The Wayland Scholarship applications will be available in Guidance and on the high school and guidance website soon.
  - To be eligible for the Wayland Scholarships, you must submit a FAFSA.
  - Once the FAFSA is filed, you will receive via email a "Student Aid Report" (SAR) 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 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 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 email or call 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.
  - For current juniors, if you qualify (based on your grade 10 MCAS scores), you will be notified sometime during the month of March.
- Upcoming Gap Year Programs:  
Have a junior or senior that might be interested in taking a year off to do a Gap Year? If so,

## Guidance Dept.

### ...CONTINUED

there are three Gap Year fairs coming up this winter that might be of interest to you, and we thought it would be helpful for you to mark your calendars early. See "Dates for our Calendar" below. And visit the [USA Gap Year Fair site](#) for more information.

## JUNIORS

- Junior Parents Night is on Thursday, January 24, at 6:30-8:30 PM in the Main Stage Theater. A panel of college admissions representatives will be available for two hours of Q&A.
- Junior Seminars began on January 8 and will run for four cycles through March 6.
- Free online SAT and ACT tutoring on line is available to juniors through their Naviance account. Its name is Method Test Prep. Sophomores will receive access in March when sophomore seminars begin.
- The 10th annual Career Colloquium is coming on June 5. Juniors will be discussing their career interests in seminars, and will make their selections there as well, for their top choices of career workshops to attend.

## NINTH AND TENTH GRADERS:

- 9th graders are just completing their seminar sessions. We are asking that students now schedule appointments with their individual Guidance Counselor to get to know each other better if they haven't already. Please encourage your 9th graders to schedule those appointments.
- Sophomore Seminars will begin second semester on March 12 and run for three cycles through April 12.
- 9th and 10th graders are encouraged to check in with their Guidance Counselor to begin to discuss their course selection plans for next year.
- As per last month's WHSPO News, all sophomores will be undergoing the SBIRT screening in the middle of April. Please see SBIRT information below under the Guidance Corner.

## 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.

### ...CONTINUED

- 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.

## COURSE SELECTION INFORMATION FOR ALL PARENTS

- The course recommendation/selection process at the high school will kick off during second semester.
- In preparation, students and parents can review the course descriptions in our Program of Studies online. A revised Program of Studies will be available on the high school's website in the near future.
- Please confer with your son/daughter to discuss course selections.
- Students are also strongly encouraged to schedule time with their guidance counselor to review course selections for next year.
- If you, as a parent/guardian have any questions or concerns about your son/daughter's program for next year, or the course selection process, please contact your child's guidance counselor. It is very important that students, teachers, parents and counselors coordinate their efforts to ensure the most suitable and balanced program for every student.
- If there is disagreement with the teacher recommendation and what the student/family would like to pursue, please visit the link below that explains the override procedure and eligibility guidelines:  
\*\*[OVERRIDE GUIDELINES](#).
- \*\*Dates of the course selection process and overrides are subject to change this year due to our new student information system. Stay tuned for further updates.



## **Guidance Department Dates to Remember**

**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**

**January 24: Future Planning Night Admissions Panel**

**March 16: SERF College and Gap Year Fair at Lincoln-Sudbury RHS, 1-4 PM**

**March 21: Future Planning Night Part 2, 6:30 PM**

**March 27: TEC Fair at Westwood High, 6:30-8:30 PM**

**March 28: 3-W Fine Arts College Night @ Weston High**

**March 29: WHS Scholarship Deadline**

**April 8-April 12: SBIRT Days**

**June 5: Career Colloquium**

### **PIE MEETINGS:**

**\*\*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/ACT Registration Deadlines\*\*:**

**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](https://collegeboard.org) or [actstudent.org](https://actstudent.org) for more details and to register for upcoming tests.**

## The Guidance Corner

### The Guidance Corner: Two for One: Social Media and SBIRT Information

#### Social Media and Creating a Positive Digital Image

After several years of research and developing curriculum, the NYC Department of Education has written and posted their Student Social Media Guidelines. Although the audience is adolescents, we hope that you, as parents, will read and discuss these guidelines and tips with your students.

Here are just a few great “tid-bits” to give you a flavor of what’s in this resource:

- \* **Align your online image with your goals**
- \* **Families can be helpful partners.**
- \* **Pause before you post.**
- \* **Post responsibly: be mindful of your audience.**
- \* **There is no right to privacy when using school-related social media.**

Click here to review the full publication. [#SoMeGuidelinesNYC](#)

---

### Reminder from last month’s ENews about an important screening for your sons/daughters –

#### **SBIRT (Screening, Brief Intervention, Referral to Treatment):**

##### **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 as needed, not consequences

##### **How will we get the word out?**

- Principal ENews
- Opt out letter to parents through email
- Inform students through Sophomore Seminars
- ENews reminders to parents
- 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 last year, an opioid abuse prevention bill was passed.
- This bill now requires districts to perform mandatory addiction screening interviews with all students in two different grade levels.
- 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.

## The Guidance Corner

### 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 recently 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 Counseling Department, Administrators and Wayland Cares staff.
- We are screening sophomores because we see from data collected by the Metrowest Health Adolescent Survey that there is an increase in use between grades 10 and 11.
- Next step of the plan will involve the middle school to screen all of our 8th graders.
- We are in the planning stages and are aiming to do all of the screenings during the week prior to April break -- we hope to screen all 200 sophomores in a 5-7-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 10-15 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.

### 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 relating to the CRAFFT survey
- If screening with CRAFFT necessitates further information, there is a longer discussion utilizing BNI counseling principles (Brief Negotiating Interviewing (BNI) includes: 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 identifying information is shared with the state.
- Negative screens have no follow up at all.
- Brief exit survey about what they learned (post test).



# 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](mailto:mjkpak@aol.com)

# Community News

...CONTINUED



**Teen Pizza Nights: Tuesday, Jan. 22, Wednesday, Jan. 23, and Thursday, Jan. 24**

## Teens!

Feed your brain while studying with your friends at the Wayland Public Library.

Pizza will be served at 5:30 p.m. Cookies, chips, and other snacks will be available throughout the evening.

The library all stay open until 11 p.m. just for you.

We hope you ace your exams!

## SAT & ACT Mock Exam Fundraiser For WSPN

SAT Practice Test	ACT Practice Test	SAT Practice Test
Date: Saturday, 2/2/19	Date: Saturday, 3/2/19	Date: Saturday, 4/6/19
Time: 9:00 am – 1:00 pm	Time: 9:00 am – 1:00 pm	Time: 9:00 am – 1:00 pm
Register by: Jan 25th	Register by: Feb 22nd	Register by: Mar 29th

Location: Wayland High School
Cost: \$20 / test. All proceeds support WSPN!
Financial Aid is available by contacting Elizabeth Willard at RevPrep
Registration is required & space is limited. Students are welcome to register for more than one test!

### TO REGISTER

Contact Elizabeth Willard at 917.983.9069  
or Elizabeth.Willard@revolutionprep.com

Or online at <https://www.revolutionprep.com/partners/497/>

Why take a practice exam?	What's included with registration?
Taking full-length practice tests under timed conditions is essential to being ready for the official test. A proctored practice exam will help your child build testing endurance and give you a real-time snapshot of their testing performance. Your child will receive a detailed SAT and/or ACT Score Report.	Upon registration your Revolution Prep liaison will schedule a score report review at a time convenient for you. During the session, we will breakdown your child's score to understand areas of strength and improvement. Your child will receive a detailed SAT or ACT Score Report.



## Wayland High School Basketball



**Coaches vs. Cancer  
Basketball Games  
Wayland Warriors vs.  
Weston Wildcats  
Friday, February 15 ~  
Wayland High School  
Boys Varsity ~ 5:30 p.m.  
Girls Varsity ~ 7:00 p.m.**

Please join the Wayland Warriors basketball teams as they fight cancer!

Coaches vs. Cancer t-shirts on sale for \$15 each. Email Amanda

Rukstalis

([Amanda\\_Rukstalis@wayland.k12.m](mailto:Amanda_Rukstalis@wayland.k12.ma.us)  
[a.us](mailto:Amanda_Rukstalis@wayland.k12.ma.us)) to purchase one. Make a

donation and support your Warriors by clicking [this link](#).

**Thank you for your  
support!**

# Community News

...CONTINUED



Boston Parent Council Presents

## **Boston/Wayland Annual Dr. Martin Luther King, Jr. Dinner and Program**



**Friday, January 25,  
2019**

**6:00pm-8:45pm**

**Wayland Middle School  
201 Main Street  
Wayland, MA**

**Dinner 6:00pm – 7:15pm  
Program starts at 7:30p-8:45pm**

**This year's program theme:  
A Tribute to Aretha Franklin**

**Caribbean meal: rice & peas, mac'n cheese, steamed  
vegetables, salad and choice of jerk chicken or fried chicken,  
beverage and dessert**

**\$15 adult / \$8 children / \$12 vegetarian meal**

**\$7 Pizza (2 slices with salad, drink, dessert)**

**Program only: \$5.00**

**Volunteer sign-up: <http://signup.com/go/itujcnp>**

**All proceeds will benefit the Boston Parent Council to support Wayland METCO Program**



# Community News

...CONTINUED

the education  
COOPERATIVE

## PLAN YOUR COLLEGE CAREER THE RIGHT WAY.

Join 150+ college, universities, gap-year & military programs at our Spring College Fair & learn first-hand what they have to offer!

This is a FREE event.

All are welcome to attend!

**WEDNESDAY, MARCH 27, 2019**

**6:30PM TO 8:30PM**

**200 NAHATAN ST, WESTWOOD, MA, 02090**

TEC's Spring College Fair is an annual event where students & families have the opportunity to meet with reps from more than 100 higher ed organizations from across the US & beyond.

[tec-coop.org/student-programs/college-fairs](http://tec-coop.org/student-programs/college-fairs)

Join The Education Cooperative  
for one of our

## SUMMER 2019 INTERNSHIP INFO SESSIONS!

4 WEEKS

60 HOURS

1 AWESOME EXPERIENCE

IT'S NEVER TOO EARLY TO START THINKING SUMMER!



JANUARY 23  
FEBRUARY 12  
MARCH 5  
MARCH 19  
APRIL 3  
2019

**ALL ARE WELCOME TO ATTEND!  
7-8PM**

**MORSE INSTITUTE LIBRARY  
NATICK, MA  
14 E. CENTRAL ST.**

Questions?  
Contact Emily Manz at  
[emanz@tec-coop.org](mailto:emanz@tec-coop.org)/  
781.236.2473 x721 or visit  
[tec-coop.org](http://tec-coop.org)

[TEC-COOP.ORG/STUDENT-OFFERINGS](http://TEC-COOP.ORG/STUDENT-OFFERINGS)

the education  
COOPERATIVE

Registration for Summer 2019  
opens JANUARY 15 - Apply early!

## CAREER EXPLORATION & INTERNSHIP PROGRAM

WHAT DOES YOUR FUTURE HOLD?

### WHY AN INTERNSHIP?

Internships are the best way for students to explore a career before heading off to college & beyond. They gain beneficial real-world experience and knowledge, clarify an interest, increase confidence and make connections.

### PROGRAM BENEFITS

Each student receives one-on-one resume development, interview coaching, internship placement, supervision and evaluation with access to career & college workshops. Internships available in a wide variety of career interests.



### WHY THE EDUCATION COOPERATIVE?

The Education Cooperative has provided invaluable internships to nearly 4,000 students in the Greater Boston and MetroWest area for over 15 years. We have developed strong relationships with highly respected businesses, organizations and public sector employers in a diverse array of industries.



APPLY ONLINE AT [TEC-COOP.ORG](http://TEC-COOP.ORG)

QUESTIONS? [EMANZ@TEC-COOP.ORG](mailto:EMANZ@TEC-COOP.ORG)