



PRINCIPAL'S CORNER

ALLYSON MIZOGUCHI

When I was a junior in college, I took a course in computer programming as part of a distribution requirement for graduation. For an English major whose mindset was firmly entrenched in literature and writing, I remember this experience as both terrifying and illuminating.

I confess that I can't recall anything specific about the course--even what programming language we used--but I have vivid memories of rubbing my temples as I tried to force my brain to think in a different way. This did not come easily to me. Stringing together commands in order to achieve a particular output required skills vastly different than those I had honed in my area of study. During that term, I never became fluent or confident in programming, and I didn't find a new passion or talent; however, I staggered my way through the course and ended up broadening my mind. One or two new neuropathways may have been created that sometimes flicker and sputter today.

I reflect on my brief foray into computer science as I think about the course selection and scheduling process in which we are currently engaged. During this time of the school year, we gather course recommendations and requests from each student and, after a careful and iterative review of this information, build next year's master schedule from scratch. This process began last month, when your student's academic teachers recommended him or her for course placement for the 2019-20 school year. Generally, this accounts for four or five academic areas of study (English, math, science, social studies, and world languages). Beyond this core of courses, your student hopefully chose from a menu of elective courses including arts and drama, business and current events, journalism and innovation that offer new ways of thinking and creating.

Like the menu at the Cheesecake Factory, our Program of Studies can seem to offer such a rich wealth of options that it is hard to be selective. During the last few weeks, we have encouraged our students to make choices that enrich their experiences while keeping their studies, and their lives, healthy and manageable. Signing up for too many courses not only threatens to overwhelm a student's life balance (sleep, stress, ability to focus, capacity for exploration), but in a very technical sense it can create conflicts during the scheduling process. A student's overall course balance -- the number of honors and Advanced Placement courses, the exact combination of elective courses -- is a reflection of each individual's set of interests and strengths. It is also realized through much conversation between students and their teachers, their counselors, and their parents.

I can attest to the enormous benefits gained by students who carefully select one area of risk or challenge, such as taking a theater arts course if they are averse to speaking in public or an honors history course if they have met the prerequisite but aren't sure how far to extend. High school is a time to reach outside one's comfort zone and try something new (ceramics, creative writing, forensic science). It is also a time to be thoughtful and self-aware when choosing courses in areas of study that might be more challenging. "Where will I find support if I need it? How do I spend my time outside of school? What are my academic strengths and weaknesses right now? How do I handle stress? In what kind of learning environment am I most engaged?" are the kinds of questions students might ask themselves as they make these choices.

During the next few weeks, counselors and department chairs will be reviewing course requests and our scheduling architects will start to build the master schedule. If your student is still uncertain as to his or her requests for next year, there is still time for those vital conversations with both teachers and counselors. Looking ahead to 2019-20, we hope our students (like the English major taking a computer science class) will be enriched by opportunities to discover new skills and neuropathways in a purposeful and manageable way.

A portion of this piece appeared in the WHSPO Newsletter, March 2016.

Allyson Mizoguchi

Principal

WHSP0 News

Happy Spring! With only three more months of the school year left, now is a great time to show your ongoing appreciation for our WHS teachers and staff. The WHSP0 Board has decided to change things up and in place of the old weekly Thursday Breakfasts, WHSP0 will now be coordinating monthly opportunities for families to express their gratitude for all of the hard work being done at WHS. Our kick-off event will be on Friday, April 5th and we hope that our families will participate in these easy ways to say thanks!

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.

Treat our Teachers and Staff with Dessert!

Friday, April 5th



Our WHS Teachers and Staff are AMAZING! Not only are they an important part of our teenagers' lives, but they also have a huge impact on their futures. Wondering how to say thanks? We say, "when in doubt, make a dessert!"

Let's show how much we appreciate them! Please bake or buy your favorite dessert and drop it off at the High School Teacher's Lounge on Friday April 5th any time between 7:45 am and 10:00 am. Can't drop-off during those times? Please email WHSP001778@gmail.com to arrange for a drop-off the evening before or earlier that morning. If you know in advance that you plan on participating please

let Pauline Ahearne know, for planning purposes, by emailing her at mda1997@comcast.net. However, last minute donations will also be gratefully accepted.

TWO PIE MEETINGS THIS MONTH: Please join us for two Parent Information Exchange (PIE) Meetings this month with Allyson Mizoguchi and Marybeth Sacramone! They are a great way to find out what is going on at the High School. All are welcome and we hope to see you there!

1. - Tuesday, April 2 from 7:00 p.m. to 8:30 p.m. Jason Vershoosky of Wayland Cares will be discussing **vaping**: current trends, products and devices, health impacts, and more.
2. - Friday, April 5th at 7:45a we will hold our regularly scheduled **PIE** meeting. Please consider bringing a sweet treat to contribute to our teacher appreciation event that day!

Looking for a way to get more involved at WHS? Here's your chance! WHSP0 is looking for Moms, Dads, and Guardians interested in volunteering their time and skills in support of WHS. There are a variety of opportunities, from once off activities (e.g., coordinate one teacher and staff appreciation event), once off admin roles (e.g., coordinating the Alumni Award), and longer term managerial positions on the Board. It's an easy and meaningful way to get involved in and contribute to our school community! Please contact Stephanie Leong at WHSP001778@gmail.com if you have any questions or are interested in volunteering.

Stephanie A. Leong,
WHSP0 President
WHSP001778@gmail.com

WHSP0 News...CONTINUED

Bus Driver & Crossing Guard Appreciation Event

Wednesday, April 10, at 9:15 AM, Happy Hollow School



Show your appreciation for our district-wide bus drivers and crossing guards. If your high school student rides the school bus to school or for sports or field trips, this is your chance to show your thanks! Don't use the bus? We are also thanking our district-wide crossing guards who help students who walk or bike to school get there safely. Debbie Bressler-Sideropoulos, Lead Coordinator for this event, is collecting \$5 donations in the

form of either a check, made payable to the "Wayland PTO," or gift card by April 5, 2019. These monies will be used to provide gifts to the bus drivers and crossing guards. Personal thank you notes are also encouraged and really appreciated. Please mail or drop off any checks, gift cards and/or thank you notes to Debbie Bressler-Sideropoulos at 19 Harrison St, Wayland, MA 01778 by April 5th.



WANTED: Your Happy Hollow memories - Help us celebrate Mr. Lee.



As you may know, Jim Lee, Happy Hollow principal is retiring this year. We are reaching out to Happy Hollow alumni to ask for your help as we are compiling memories, thoughts and photos of Jim throughout his tenure at Happy Hollow in order to make a memory book for him. If you have memories of Jim, stories, photos, etc. can you please send to: mrleememories@gmail.com. It would be special for him to have notes and/or photos included from the children he interacted with during their time at Happy Hollow. We appreciate your help in making this memory book a success.

And please save the date **June 6, 5:30 p.m. - 7:30 p.m. at HH** for Jim's retirement party. More details to come!

Thank you!

WHSP0 News...CONTINUED



Principal's PIE Meetings and WHSP0 Board Meetings for 2019

(bold used for evening meeting)

(Italics for WHSP0 only mtg)



Principal's
PIE
(Parent
Information
Exchange)
meeting
schedule

PIE	TIME	WHSP0 BOARD MTG	TIME
Tuesday, April 2, 2019	7-8:30PM		
rescheduled Pie: VAPING			
Friday, April 5, 2019	7:45 AM	Immediately following PIE	
Friday, May 3, 2019	7:45 AM	Immediately following PIE	
Friday, June 7, 2019	7:45 AM	Immediately following PIE	

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WHSP0 Board & Advisory Team 2018-2019

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Stephanie A. Leong

whspo01778@gmail.com

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Catherine Scholz

cscholz89@gmail.com



People are

Looking for you!!

Have you done this yet? It takes 2 minutes and there are no more printed directories!



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.

WHSP0 Newsletter Submission Deadline (9pm) Dates 2019

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

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

Class News

Class of
2019

Advisors: Ms. Schmidt & Mr. Schmirer

News from the Class of 2019

E-Board has been busy planning senior events for the class!

- Senior Show was a big success!
- Progressive Dinner was amazing-
- Also, a reminder 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, or one of our Class Advisors,

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

Want to celebrate a graduating senior?

Consider a customized Senior Graduation Sign!



Orders help support Wayland Boys Soccer.

Thank You!

Signs will be delivered to the school in May!

Senior Graduation signs are here!

Custom graduation yard signs are a great way for parents or anyone to show their support for their soon to be graduate!
Perfect for parties or just announcing your graduation to the neighborhood.

Wayland High School

✓ Each Senior customized sign is \$30.00 and includes the H stake for your yard

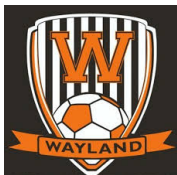
✓ Upgrade your student's sign with their College Choice!

✓ Final orders must be placed by

Friday April 12th

**Order
Now**

Questions: Call Jostens - 1 (888) 248-9084



Sponsored by:

WAYLAND WARRIORS SOCCER

Class News ...CONTINUED

Class of
2020

Advisor: Mr. Lee Krasnoo

Class of 2020

On Saturday, March 30, the Class hosted a Parent Dance at the Sandy Burr Country Club. A number of parents attended, and it was a very enjoyable evening for all. We brought in over \$700, which will be used toward our prom. We would like to thank Mrs. Debbie Cibotti and the Sandy Burr Club for their generous support of the event. The Class would also like to give many thanks to all parents who attended and to those who sent donations in their absence. We are very grateful to those Executive board members and parents who provided refreshments and helped with the event. Our final thanks goes to Executive Board members Ava Tang and Sarina Patel for their leadership in seeing this project through from start to finish.

Our Prom is only seven weeks away! We are looking forward to our big night at the Intercontinental in Boston on May 18th. Tickets were sold over the last two weeks, and almost ninety percent of the Class members are planning to attend! As the day approaches, students and their families should look for further information regarding the prom and associated events (Pre-Prom and Late Night programs).

We are hoping to have a company come to campus to take tuxedo orders from students, if they choose. This company will take measurements at the school during lunches. We will also look into having a florist come to campus to take orders for corsages and boutonnieres. Students should look for announcements about both of these opportunities in the weeks ahead.

As always, please do not hesitate to contact me with any questions or concerns
(lee_krasnoo@wayland.k12.ma.us).

Lee Krasnoo, Class Advisor

Wayland High School Pre-Prom & Late Night 2019

REGISTRATION OPEN and DONATIONS NEEDED

Register at www.latenightwhs.com/registration

Donate at www.latenightwhs.com/donate

Volunteer at www.latenightwhs.com/volunteers

Contact us at latenightwhs@gmail.com

Follow us at www.facebook.com/LateNightWHS



REGISTER for Late Night and **DONATE** at www.LateNightWHS.com. All Juniors and their guests are encouraged to participate in this FREE event regardless if they attend prom. WHS Juniors are responsible for informing their guests to register at LateNightWHS.com.

REGISTRATION is required for attendance at Late Night.

Only ONE-THIRD of the class has contributed and we need your support now so we can plan and secure the entertainment, food and activities to ensure a fun and successful event. The cost to cover all of the event expenses is estimated to be \$85 per person but **we appreciate any amount that gets us closer to our fundraising goal.** Visit www.LateNightWHS.com to donate and for important Pre-Prom and Late Night information.

Join us at our next Pre-Prom/Late Night Planning Meetings on Thursday 4/11, 4/25, 5/2, and 5/9 @ 7:00 PM in the WHS Lecture Hall. Feel free to contact Lana Murphy & Sandy O'Driscoll at LateNightWHS@gmail.com if you have any questions or would like to learn more. Follow us on Facebook at www.facebook.com/LateNightWHS.

Also, please consider helping with one of the many tasks involved in preparing for and running Pre-Prom and Late Night. In addition to junior parent volunteers, it is a time-honored tradition that sophomore parents run Pre-Prom and chaperone Late Night so junior parents can enjoy this special day with their child. Sophomore parents volunteer regardless if their sophomore sons/daughters are or are not attending the Prom/Late Night. Please consider volunteering for a task on www.latenightwhs.com/volunteers.

Thank you for helping us keep our kids safe on prom night by making this the ONLY party in town!

Class News ...CONTINUED

**Class of
2021**

Advisors:

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

Class of 2021

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

Please see below for info on our next class fundraiser:



HELP SUPPORT

WAYLAND HIGH SCHOOL CLASS OF 2021

WHERE 21 Andrew Ave, Wayland, MA 01778

WHEN WED, April 3rd

FROM 12:00pm - 8:00pm

Bring this flyer or show an electronic version to the cashier when you place your order and we'll donate a portion of the proceeds from your purchase.*

Ordering Online for Rapid Pick-Up or Delivery?*

Enter **"PRFUND"** as your Promo Code to have a portion of your proceeds donated to your organization.

Learn more at [FundraisingPaneraBread.com](https://www.FundraisingPaneraBread.com)

* Gift card purchases and catering orders are excluded and will not count toward the event.
Rapid Pick-Up and Delivery only where available.

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Class News ...CONTINUED

**Class of
2022**

Advisors: Scott Parseghian and Jennifer Reed

Hello Class of 2022 Parents/Guardians!

The Class of 2022 will be holding a Krispy Kreme fundraiser on April 27th. Pre-order your box today and have them delivered right to your door! Doughnuts can be ordered from anyone in the grade.

Please email us with any questions at Jennifer_Reed@wayland.k12.ma.us and Scott_Parseghian@wayland.k12.ma.us.

Thank You

SAT Practice Test Opportunity April 6 ~ SAT WHS



WSPN is excited to announce our practice test fundraiser with Revolution Prep. On April 6th we will be offering a practice SAT test at Wayland High School.

Cost for the test is \$20 and all proceeds support WSPN and our trips to Journalism Conventions. If you have any need for financial assistance please reach out to Elizabeth Willard at 917-983-9069, or Elizabeth.Willard@revolutionprep.com.

Taking full-length practice tests under timed conditions is essential to being ready for the official test. A proctored practice exam will help you build testing endurance and give you a real-time snapshot of testing performance. Scores are returned within minutes of completing the test via a dedicated student dashboard & app. Upon registration each family will have the chance to set up a time to meet with Elizabeth Willard, our Dedicated Academic Advisor, and a Wayland High School Alumni, for a detailed score report review at a time convenient for you. During the session, Elizabeth will provide context about the score, help you to understand the score report, identify strengths and target opportunities for improvement.

To learn more or register visit: <https://www.revolutionprep.com/partners/497/> or contact Wayland High School's Dedicated Advisor, Elizabeth Willard at 917.983.9069, or Elizabeth.Willard@revolutionprep.com.

Department and Faculty News

Guidance Department



Marybeth Sacramone, Department Head
...

WHSPO Guidance News

April 2019

Visit us at our [Guidance Website](#)

Follow us on Twitter [@WaylandGuidance](#)

HELLO AND HAPPY SPRING FROM THE GUIDANCE TEAM! WE HOPE YOU HAVE A WONDERFUL MONTH OF SPRING AHEAD. WE ENCOURAGE YOU TO CONTINUE TO THINK SUNSHINE, WARMTH AND SPRING!

SENIORS AND JUNIORS:

- The 10th annual Career Colloquium has been rescheduled for June 5, 2019. Please remind your juniors to make their selections for careers through the Naviance link if they have not done so already.
- Shout out to all Juniors and Seniors and their parents: As you know, college has become incredibly expensive. In response to that, our state college system has worked diligently to devise a plan to make four years of college much more affordable. Please check out this link that includes both a video introducing the program, and provides plenty of information about the program on the web page too. [Commonwealth Commitment](#).
- Seniors: 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 Student to determine how much you owe by clicking on the Colleges tab, then click on the Colleges I am Applying to, click on Manage Transcripts, scroll to the bottom to see how much you owe. Please see Mrs. Fratto or your Guidance Counselor with questions or to make your payment.
- Senior Boys: The United States Selective Service System wants us to remind parents and seniors that young men ages 18–24 can register on line at www.sss.gov.
- Seniors: Please remember to see your counselor with what news you have heard or what we can help you with if you are still unsure of what you want to do next year. Gap year questions, waitlist questions, internships and employment questions – please come to see us, and we will do our best to help in any way.
- Seniors/Parents of Seniors: Please be sure to either add your acceptances and denials to Naviance on your own, or to ask your counselor to do so. This will make the senior sign out process go much faster and smoother!

Guidance Dept.

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- Interested in Gap Year programs? Although some local gap year fairs have already happened, here is a great site for gap year events and resources. [USA Gap Year Fair](#)
- Scholarships: Private scholarship notices are posted to Naviance and on file in the Guidance office.
- Two other great resources for scholarships include [Fastweb.com](#) to search for scholarships and [mefacounselors.org](#) for a wealth of information on the financial aid process.
- Wayland Scholarship Reminders:
 - ★ Although the Wayland Scholarship applications were due into Guidance on March 29, some students still need to hand in their FAFSA notifications – this indicates your family’s “Estimated Family Contribution” (the EFC).
 - ★ The Wayland Scholarship Committee cannot process your application without this information.
- 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 link: [2019-20 Tuition Break Information](#).
- Massachusetts State college and university scholarships also 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.
 - ★ For Juniors, Mr. Buffa will be sending Koplik invitation letters and application information on or around April 5. These will not be due until be due May 1 of your senior year. This allows you to think about whether or not to take SAT Subject tests in June of your Junior year (which is a requirement for the Koplik).
- Junior packets were due into Guidance on March 29. If your junior has not handed theirs in yet, please encourage them to do so. These packets are important to us because they help the students to begin to reflect and communicate about themselves during the future planning process. In addition, the information is extremely helpful to the counselor who will be writing a comprehensive letter of recommendation for each student who applies to schools and/or organizations they plan to pursue.
- College Fair Announcements:
 - April 4-April 5: NACAC Boston National College Fair, Seaport World Trade Center. [Link is here.](#)
 - May 14: NEACAC College Fair, Assumption College. [Link is here.](#)

Guidance Dept.

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- Free online SAT and ACT tutoring online is available to juniors through their Naviance account. Its name is Method Test Prep. Sophomores received access in March when sophomore seminars began.

- For All Seniors:
 - ★ There are often a few areas of confusion this time of year: the waitlist, the deferral procedure, and multiple deposits.
 - ★ Please see your guidance counselor with questions about the waitlist and the deferral. There are procedures to follow we can help you with.
 - ★ We strongly advise against “double deposits,” (the act of depositing at two schools in order to hold two spots rather than choosing just one school to attend), as this is both unethical, and it delays the student’s decision-making process, while also withholding a spot from someone that might have a chance to come off of a waitlist.
 - ★ Seniors are once again reminded that college offers of admission are contingent upon successful completion of their senior courses.
 - ★ Beware that with a serious downward slide in grades since the time of acceptance, students may hear from a college because they want you to explain your downward trend. And unfortunately, at times, if your downward slide is serious, and your explanation is not a strong one, then they may also decide to rescind their offer of admission. Don’t let this happen to you. Stay consistent and continue to work hard.

RIISING JUNIORS AND SENIORS (CURRENT 10TH AND 11TH GRADERS):

- If you are interested in being a Peer Mentor, please read the qualifications and description of a Peer Mentor carefully before signing up as the role has changed over the past few years. Here is the link to the information on being a Peer Mentor. Applications will be available in early April. After it becomes available, applications will be due into Guidance by Friday, May 3.

NINTH AND TENTH GRADERS:

- Ninth and 10th graders are being encouraged to schedule appointments with their individual Guidance Counselor to discuss course selection and to continue to get to know each other better.
- As per last month’s WHSPO News, all sophomores will be undergoing the SBIRT screening during the week of April 8. SBIRT Stands for Screening, Brief Intervention, Referral to Treatment. For more information, please visit [this link](#) that briefly explains the screening to students, and/or call your son/daughter’s guidance counselor. You can also check out [this link](#) (quite similar) which is our SBIRT explanation for parents. Please also be on the look out for an opt out letter coming to you from our principal in case you are considering not having your child participate in this health screen.
- Sophomore Seminars are wrapping up on April 12, and sophomores now have access to their Naviance accounts. Through the seminars, students were introduced to career investigation through a few resources we shared with them: [Naviance Student](#), [O*Net Online](#), the [Mass. Career Info System](#) (MassCIS) and [Sokanu](#).
- Free online SAT and ACT tutoring online is available to sophomores through their Naviance account. Its name is Method Test Prep. Sophomores received access through their sophomore seminars. Accessing SAT and ACT Method Test Prep online allows students to do test preparation activities at their convenience. These activities include:

Guidance Dept.

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- ★Listening to audio explanations of test questions
 - ★Accessing strategy guides for each test
 - ★Completing full-length practice tests
 - ★Receiving hundreds of practice questions
 - ★Reading easy explanations for every question
 - ★Tracking strengths on each test
 - ★Receiving valuable test-taking tips
 - ★Taking practice quizzes to boost knowledge
- ◎Upcoming MCAS Dates for 9th and 10th graders:
- ★May 21-22, Math for 10th graders
 - ★June 4-5, Biology for 9th graders

ALL STUDENTS:

- ◎SAT Subject Tests:
- ★Although most colleges do not require subject tests, some of our students take them when they complete a course they do not plan to continue further (Biology, Chemistry, Languages, etc.).
 - ★Some students take them later in their high school career because they can be used as one measure to qualify for the Koplik Scholarship, which can be used at any Massachusetts State college or university (see information above relating to the Koplik Scholarship)
 - ★If you are planning to take a Subject Test, you sign up on line at collegeboard.org
 - ★If you take a subject test, you can opt for what's called score choice. This means that you can choose to send your scores to colleges in the future or not. For more information on score choice, click here.

THE EDUCATION COOPERATIVE – A WONDERFUL RESOURCE

The Education Cooperative (or TEC) is a multi-service agency that 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 soon or visit their website at TEC-COOP.ORG.

- ◎**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 2019-20 academic year internships. We invite students rising to grades 11 and 12 to learn more about internships currently offered for after school or perhaps during the school day. Visit the [TEC INTERNSHIPS](http://TEC-INTERNSHIPS) website WWW.TEC-COOP.ORG to download the application and review frequently asked questions about the program and placement process.
- ◎**TEC Online Academy and TEC Connections Academy:** Registration for the spring online courses is now closed, but if you are interested in taking a class for the fall, please ask your son/daughter to see their Guidance Counselor to register. Visit the [TEC ONLINE LEARNING LINK](http://TEC-ONLINE-LEARNING-LINK) to learn more.

Guidance Dept.

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COURSE SELECTION INFORMATION FOR ALL PARENTS/STUDENTS:

- As you know, course selection is fully underway. Home Access Center is now closed to families to change requests. If you need to make a change, please contact your student's guidance counselor.
- Students are also strongly encouraged to schedule time with their Guidance Counselor to review course selections for next year to discuss finding an academic and extra-curricular balance.
- It is very important that students, teachers, parents and counselors coordinate their efforts to insure the most suitable program for every student, so we welcome your email or phone call if you have any questions or concerns.
- If there is disagreement with the teacher recommendation and what the student/family would like to pursue, please visit this [Override Guidelines](#) link that explains the override procedure and eligibility guidelines.

Guidance Department Dates to Remember

April 4 and April 5: Boston National College Fair, Boston Seaport World Trade Center

<https://www.nacacfairs.org/attend/national-college-fairs/boston/>

April 8 – April 12: SBIRT Days

May 3 – Deadline for students to write their appeal letter to override a teacher's course recommendation

May 6 – May 17: AP Testing

May 14 – NEACAC College Fair, Assumption College 6:00-8:00 PM

May 24 – Final day to complete course override meetings

June 5 – Career Colloquium

PIE MEETINGS:

**Tuesday April 2, 2019, 7:00 PM – Special Guest Jason Verhooskey to discuss the issue of Vaping

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**:

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

June 14 is the deadline for the July 15 ACT

July 24 is the ESTIMATED deadline for the August 24 SAT

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

The Guidance Corner

With the spring season upon us, students are busy attending parties and gatherings. Although our Metrowest Adolescent Health Survey demonstrates that the majority of our students choose to be drug and alcohol free, we remain concerned about substance use among our student body especially at this time of year. Please find below some great resources to understand the issues better. We hope these resources will help you at home to open up the conversation with your teen about substance use and all of the risks and ramifications related to it.

Thank you in advance for checking out these resources and talking openly with your kids about how to keep themselves and their friends safe.

- Safe and Substance Free Guide for Parents and Guardians
[http://www.nfkda.com/PDF%20DOWNLOADS/UNDER THE RIGHT INFLUENCE A Guide for Parents and Guardians.pdf](http://www.nfkda.com/PDF%20DOWNLOADS/UNDER_THE_RIGHT_INFLUENCE_A_Guide_for_Parents_and_Guardians.pdf)
- Choose Responsibly: Binge drinking by the numbers
http://www.chooseresponsibility.org/binge_drinking/
- Alcohol: Check the Facts:
<https://www.drinkaware.co.uk/check-the-facts>
- Alcohol Fact Sheet from the CDC:
<http://www.cdc.gov/alcohol/fact-sheets/binge-drinking.htm>
- 7 Ways to Protect your Kids from Alcohol and Other Drugs
<http://www.mass.gov/eohhs/docs/dph/substance-abuse/7-ways-to-protect-teen-from-alcohol-drugs.pdf>
- Wayland Cares Website – information on the new marijuana laws and other great articles/resources
<http://waylandcares.org/>

Community News



News from the Creative Arts Parent Association (CAPA)

CAPA's April Meeting:

Tuesday, April 9, at 7:30 PM -- WHS Media Center

- Discussion of spring teacher grants
- Bottle and Can Drive, Fine Arts Night, Spring A Cappella

Please join us!

Spring College A Cappella Concert -- Saturday, April 6, 2019

CAPA's spring College A Cappella concert will be held at 7:30pm on Saturday, April 6 in the WHS theater. In addition to our own WHS a cappella groups (**Muses**, **T-tones**, and **Madrigals**), three college groups will be featured, including the award-winning Northeastern **Nor'easters**, the Harvard **Krokodiloes**, and the Tufts **Jackson Jills**. Proceeds from the College A Cappella night supports all of the Fine Arts programs at WHS. Tickets are \$18 and are still available at Donelan's, Russell's Garden Center, and online at www.whsarts.com.

CAPA Bottle and Can Drive:

Wayland High School, Town Pool Parking Lot

Saturday, May 4, 10:00 - 2:00 PM

Time to donate your refundable bottles and cans-- Please start saving them if you haven't already! The CAPA Bottle and Can Drive is coming! This is a fun and high-spirited event and volunteers are always appreciated for their service! The Bottle and Can Drive is a significant fund-raiser for the Wayland High School visual and performing arts programs and CAPA needs your refundable cans and bottles more than ever! High School student volunteers will receive community service hours to use toward their graduation requirements. Contact CAPA at Contact@WHSArts.org for more information on how to volunteer. Please help us to support the Arts in our schools!

The 2018-19 CAPA Board:

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

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

Community News

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Serve.

Learn.

Change.



2019 Annual High School Community Service Awards

Honor HS students who do 50 hours or
more of Community Service.

You can nominate a friend, a student, your
child, or yourself! This includes all WHS
students, and Wayland residents who attend
independent high schools.

Information packets and application forms are available in the
High School Guidance Office or online at:

www.waylandenews.com

www.wayland.ma.us/wayland-youth-family-services/pages/community-service

Deadline for all submissions: **MAY 1, 2019**

Please join us at:

The HS Community Service Awards Ceremony

Thursday, June 6, 2019 7:00 pm

Wayland Media Center

*Sponsored by Wayland High School and
Wayland Youth and Family Services*

Questions: Dossie Kahn, WYFS, 508-358-4293 dkahn@wayland.ma.us

Community News

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HIGH SCHOOL COMMUNITY SERVICE AWARDS NIGHT

Thursday, June 6, 2019 7:00 P.M.

WAYLAND HIGH SCHOOL MEDIA CENTER

Sponsored by Wayland High School and Wayland Youth and Family Services

Criteria and Application for Unsung Heroes Award

ELIGIBILITY FOR COMMUNITY SERVICE AWARDS:

1. Eligible students include high school students who live in Wayland and attend Wayland High School, high school students who live in Wayland and attend independent schools, and high school students who do not reside in Wayland but attend Wayland schools including Wayland METCO students.
2. **Students must have completed 50 or more hours of community service** between April 1, 2018 and April 1, 2019.
3. Eligible service hours are hours spent in unpaid direct service. In instances where service requires travel outside of the Wayland area, credit cannot be given for hours spent traveling, sleeping, sightseeing, etc.
4. Service can be carried out independently or take place through school, community, scouting, religious, or other organizations as long as it involves service to the broader community.
5. Students may nominate themselves or be nominated by someone else.

QUALIFYING SERVICE HOURS DO NOT INVOLVE:

1. Lobbying or partisan political activities (e.g. campaigning or fundraising for a candidate; volunteering in an elected official's office by serving constituents may qualify)
2. Religious proselytizing
3. Efforts that are directed to serve only one's own family or a family member
4. Working in a private office or a for-profit business
5. In any questionable cases, the decision as to whether the hours are eligible will be made by the Award Selection Committee.

TO COMPLETE THE NOMINATION FORM:

- Fill out the nomination form in full. **Please include your email address.**
- The nomination must include a completed Award Service Record form filled out by the student and signed by one or more adults **not related to the student** who can certify that the student has engaged in the activities listed for the number of hours documented.
- Please send high resolution photos to dkahn@wayland.ma.us. Pictures of your community service activities and/or a self-portrait are great. We will use these in the CSA slideshow. Please sign below to give permission to have this slideshow shared on the WYFS/WaylandCares website.

I give my permission to have my photos shared on the WYFS/WaylandCares website.

Signature: _____

Nominations and photos are due MAY 1, 2019. Mail nominations to Wayland Youth & Family Services, 41 Cochituate Rd., Wayland 01778, or drop them off to us in the WYFS office in the Town Building or at the WHS Guidance Department. Please call Dossie Kahn at 508-358-4293 or email dkahn@wayland.ma.us with any questions.

Community News

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NOMINATION FOR HIGH SCHOOL UNSUNG HEROES AWARD

The *Unsung Heroes Award* is given to recognize students who have completed 50 or more hours of community service during the time period from April 1, 2018 to April 1, 2019.

Nominee's name: _____

Nominee's phone number: _____

Nominee's address _____

Nominee's email _____

Your name: _____

Your phone number: _____

Your address _____

Your relationship to the nominee: _____

Your email address _____

Please attach:

1. Nominee's specific responsibilities in the service activities.

2. Please write a brief statement discussing the significance of this person's service, her/his contribution to the community and why you feel she/he should be honored by receiving the Unsung Heroes Award.

3. Please attach the service record form filled out completely with signatures of adults (**non family members**) who can vouch for the activities and hours.

Community News

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SERVICE RECORD FOR HIGH SCHOOL STUDENTS FOR THE UNSUNG HEROES AWARD

Your name: _____

Your phone number; _____

Your address _____

Your email _____

Document your 50+ service hours below.

SERVICE ACTIVITY COMPLETED during 4/1/18 - 4/1/19	DATES OF SERVICE	TOTAL HOURS	ADULT SIGNATURE (<u>NOT A FAMILY MEMBER</u>)

TOTAL HOURS OF SERVICE _____

DESCRIPTION OF YOUR SERVICE: Please use the other side of this paper to describe some part of your service activities that you particularly enjoyed or found meaningful and why.

Remember, a completed application includes a high resolution photo sent to dkahn@wayland.ma.us

Community News

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The Friends of the Wayland Library Spring Book and Bake Sale

Large Hearing Room, Wayland Town Building
Saturday, May 4, from 10:00 a.m. - 4:00 p.m.
Sunday, May 5, from noon - 4:00 p.m.

The Friends of the Wayland Public Library will sponsor its Spring Book and Bake Sale on Saturday, May 4, from 10:00 a.m. - 4:00 p.m. and Sunday, May 5, from noon - 4:00 p.m. We also offer a Members Preview night on Friday, May 3 from 5:00 p.m. - 8 p.m. Memberships available to purchase at the sale starting Friday night at 4:30.

Sale items include thousands of quality books for children and adults, DVDs, CDs, and delicious baked goods. All proceeds support Library programs and services.

Contact Jan Dunn (508-655-9149) if interested in contributing baked goods. For more sale information, contact Carole Schneider (508-358-1012).



WAYLAND BOOSTER'S

**Wayland Booster Apparel and Gear
always available!**

Events for spring include the Wayland Little League Parade and Youth Lacrosse W Day. Dates will be posted on our website and in the school calendars, so please watch for information. Contact Linda Hanifin (lhhanifin@comcast.net) for specific needs between events.



Community News

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SATURDAY APRIL 13



Rain date : Saturday, April 20. If in doubt, check our website.

WAYLAND CLEANS UP!

DEMOS & INFO

Single-stream, zero-sort recycling made easy!

Hands-on demos.
10 AM - noon.



What to do with food scraps?



Learn about composting at home or curb-side food scrap pickup.
10 AM - noon.

RAIN BARREL COMPOST BIN PICKUP

Between 9 AM - noon, pick up your rain barrels and compost bins.

Pre-order them at discount prices from Department of Public Works and MassEnergize. Order deadline: April 7!

More info on our website, or email.

ANNUAL CLEAN UP OF LITTER ALONG ROADS & FIELDS

Between 9 AM - 2 PM, **pick up free bags**, gloves, & instructions at the Wayland Transfer Station (484 Boston Post Road).



Clean up anywhere in town.

Sort recyclables and trash. Email us about stuff you can't move because it is too heavy or hazardous. We will arrange a pickup.

Drop off collections at the Wayland Transfer Station before 3:00 PM. No need for sticker or orange PAYT bags for the trash.

All ages are welcome. Wear orange or another bright color for safety and visibility. Bring insect repellent, sunscreen. Be safe!

Spread the word by taking selfies, sharing on social media.

email: info@EnergizeWayland.org
website: www.EnergizeWayland.org

SPRING GREENING

WITH  MASS
ENERGIZE
.org

In collaboration with the Wayland Department of Public Works, MassEnergize, Transition Wayland, Wayland Democrats, and the Wayland PTO Green Team.