



**PRINCIPAL'S
CORNER**

ALLYSON MIZOGUCHI

“I just wish I had taken the time to enjoy my high school years more....”

One of our accomplished graduating seniors uttered these words to me last week as we sat in my office and reflected on his high school career. This is a student who has much to celebrate as his WHS days wind down, yet as is typical with many seniors, his much-deserved joy is tempered by some poignant regrets. I have had the privilege to share many such conversations with seniors during the past few weeks, some as they grapple with future planning, some as they try to sustain momentum through the finish line, and some as they suddenly see the past four years with much sharper focus while the momentous, mysterious transition ahead of them beckons.

It's the final stretch for our seniors, a time of unparalleled excitement, nostalgia, and emotion. Clearly, as we want them to be, many are eager and ready to step into their futures: this is evidenced by the countdown of days posted gleefully in the commons and the happy drumbeat of the impending “last’s”: the last eight-day cycle, the last field trip, the last day of classes. Indeed, for the vast majority of our seniors (I don't have the exact numbers, but I know I am accurate when I say “vast”), our graduation ceremony on June 2 will cap a full, 13-year journey of being a student in the Wayland Public Schools.

We are mindful that what many of them have known for their entire childhood is about to change. Parents of seniors well know the complicated emotions that their students are feeling, and we are tuned into them, too. Our traditions and events for seniors both foster the exhilaration that comes with the end of their high school careers and provide support for the uncertainty and sadness that a goodbye can bring.

On perhaps the most serious note, we anticipate that graduation marks a change in many friendships that students have held for years. Affirming that this can be a challenging time to navigate romantic relationships in particular, we will once again hold the Escalation Workshop to all seniors during Senior Week. This experience, which includes a 40-minute movie and then small-group discussions, is designed to give our seniors even more tools at this vital time for recognizing the signs of unhealthy relationships and taking action to support oneself or one's friends.

At the same time, Class Night and the Senior Cruise are evening events that we have held for decades to bring the graduating class together before students part ways. Classes are over, laptops and textbooks are turned in, and they can sleep late. However, with these scheduled events, students stay connected to their class as they transition away from the traditional WHS structures that have supported them. Then, at Senior Awards, we have an opportunity to highlight individual students' accomplishments as a community before the Class of 2019 convenes for

PRINCIPAL'S CORNER

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Graduation on June 2. It is a whirlwind series of events planned to connect, support, and celebrate.

Beyond our scheduled senior events, we make it a priority to practice and model important words and actions for our graduates to smooth the transition. How we talk about the future -- with eagerness, curiosity, and affirmation -- should make every graduate feel content about their plans for next year. Honoring our seniors' many accomplishments in the realms of academics, athletics, and service gives credit and encouragement to many kinds of achievement. And, we try to show our seniors how to say goodbye with gratitude and joy while assuring them that we will still be here, wanting to hear from them and share in their experiences.

Wherever they are headed -- work, community service, travel, the military, or further education -- the Class of 2019 has set an impressive and spirited tone of leadership and self-awareness that the WHS community has valued enormously. As we round the bend to Graduation, I look forward to enjoying more moments of reflection and celebration with this talented group!

Parents: Please note the special note in the Guidance Corner regarding the change for next year regarding SAT testing locations.

Allyson Mizoguchi

Principal

WHSP0 News

This spring, as you enter Wayland High School's campus be sure to admire the beautiful garden around the school's sign, which is cared for and maintained by Missy Davis.

Spring is also the time of year when WHSP0 prepares its budget and slate of officers for the following school year. We invite you to come and vote to approve WHSP0's budget and slate of officers at the final PIE meeting on Friday June 7th at 7:45 am. If you have any questions regarding our budget or are interested in a Board or Committee role, please contact Stephanie Leong at WHSP001778@gmail.com. We are also always looking for volunteers to help out on once off or smaller regular tasks.

APPRECIATION LUNCHEON

The Annual Teacher and Staff Appreciation Luncheon will be held on Wednesday June 5th at 1:30pm. Please show your appreciation by signing up to donate items for this event: <https://signup.com/go/xQdRyaR>. This is a time to celebrate all that our teachers and staff do to support our students throughout the year. We will also be honoring those retiring, Mr. Nocito and Ms. Bryant.

Thank you to those who donated sweet treats in support of the kick-off of our first monthly teacher and staff appreciation event this past April. In May, WHSP0 will be borrowing an idea from the WMS PTO and will be providing healthy, energizing snacks on May 7th in honor of teacher appreciation day!

Every year WHSP0 awards a current faculty or staff member the Wayland High School Alumni Award. Nominations are accepted from WHS alumni, who are asked to choose a faculty or staff member who has inspired them to make important life, school and/or career choices. We will be accepting nominations from alumni through Wednesday, May 15. To nominate someone, please go to the following link to the [Alumni Center](#) on the Wayland Public Schools website. The Award will be presented at Senior Awards Night on Thursday, May 30, 2019.

Please join us at our next Parent Information Exchange (PIE) Meeting with Allyson Mizoguchi and Marybeth Sacramone on Friday, June 7, 2019 at 7:45 A.M. Hope to see you there!

As always, if you have any questions, suggestions or concerns, please feel free to contact me at any time.

Stephanie A. Leong,
WHSP0 President
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.

WHSP0 News...CONTINUED



Principal's PIE Meetings and WHSP0 Board Meetings for 2019



Principal's
PIE
(Parent
Information
Exchange)
meeting
schedule

PIE	TIME	WHSP0 BOARD MTG	TIME
Friday, June 7, 2019	7:45 AM	Immediately following PIE	

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WHSP0 Board & Advisory Team 2018-2019

<p>President Stephanie A. Leong whspo01778@gmail.com</p> <p>Vice President & Student Activities Nancy Funkhouser nancyfunkhouser@verizon.net</p> <p>Secretary Sarah Orlov sorlov@orlovcompany.com</p> <p>Asst. Secretary Elisa Scola cpandes@yahoo.com</p> <p>Treasurer Pam Cerne whspotreasurer@gmail.com</p>	<p>Newsletter Tracy Scheidemantel tscheide@comcast.net</p> <p>Faculty Appreciation Pauline Ahearne & Nan Li mda1997@comcast.net annie060303@hotmail.com</p> <p>Mini Grants Sarah Orlov & Elisa Scola sorlov@orlovcompany.com cpandes@yahoo.com</p> <p>Beautification Missy Davis missydavis118@gmail.com</p> <p>On-Line Directory Administrator Catherine Scholz cscholz89@gmail.com</p>
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People are Looking for you!!
Have you done this yet? It takes 2 minutes and there are no more printed directories!



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

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**
June Newsletter deadline- 5/31 (for post on 6/3)
Submissions to Tracy Scheidemantel at tscheide@comcast.net

The WHSP0 Beautification Team is looking for gardening help! We can always use help planting, weeding and watering around the front sign at the high school. Please help us keep the entryway to WHS nice this spring and summer!
Anyone interested in helping should contact Missy Davis at missydavis118@gmail.com



Class News

**Class of
2019**

Advisors: Ms. Schmidt & Mr. Schmirer

News from the Class of 2019

Congratulations Class of 2019 on an incredible Senior Show! Time-Lapse was amazing and could not have been possible without our phenomenal leadership team: Andrew D'Amico, Lizzy Francis, and Jake Tyska (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). The Class of 2019 celebrated a successful Senior Show with the Progressive Dinner the following weekend. We want to give a special shout-out to the Campbell, Nickerson, and Larsen families for hosting. Thank you so much!

The money raised from Time-Lapse and other E-Board fundraisers throughout the year is being used for all of the upcoming senior events! With less than 20 school days left, the Class of 2019 will be busy. (E-Board has already put up a countdown in the Commons!) Here are some important dates:

Friday, May 24: [Last Day for Seniors](#)

Tuesday, May 28 - Friday, May 31: [Senior Week](#) - there will be mandatory activities and graduation rehearsals at school in the morning as well. We will let you know the details at a later time!

Tuesday, May 28: [Class Night at Lombardo's](#)

Wednesday, May 29: [Class Cruise in Boston](#)

(Mandatory) Thursday, May 30 : [Senior Awards Night](#)

Sunday, June 2: [Graduation](#)

While the only mandatory after-school event is Senior Awards Night, we encourage seniors to participate in all of the events! We will provide more information about class dues soon.

If you have any questions, please feel free to email me, 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.

Class News ...CONTINUED

Class of
2020

Advisor: Mr. Lee Krasnoo

Class of 2020

Our Prom is only two weeks away! We are looking forward to our big night at the Intercontinental in Boston on May 18th. Please read below all the important information with details about this exciting event!

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

Register Online at www.latenightwhs.com/registration

Chaperone Late Night at www.latenightwhs.com/volunteers

Contact us at latenightwhs@gmail.com

Follow us at www.facebook.com/LateNightWHS

Dear Parents and Prom-Goers,

It is an exciting time for Juniors and their prom guests! Prom is on Saturday May 18th - less than a month away! As in past years, Prom is a school-run event, and Pre-Prom & Late Night are run by parent volunteers. Many thanks to the school administration for their hard work on the Prom and for collaborating with us to ensure a smooth day from start at Pre-Prom to finish at Late Night! We are also grateful to Wayland Cares for their continued support and involvement and to WHSPO for providing the administrative framework.

May 18th is composed of three events -

- * Pre-Prom (3:30 PM - 5:00 PM) @ WHS; followed by prom bus departure
- * Prom (7:00 PM - 11:00 PM) @ The InterContinental in Boston
- * Late Night (11:30 PM - 2:30 AM) @ WHS Field House

We are excited to share event information, but business before pleasure! In order for Pre-Prom and Late Night to happen and be successful, we have important steps for you to take.

STEPS TO TAKE

- * **REGISTER** for Late Night - **ONLINE REGISTRATION IS REQUIRED** for Late Night attendance at LateNightWHS.com. WHS Juniors are responsible for informing their guests to register at LateNightWHS.com. All juniors and their guests are encouraged to participate in this FREE event, regardless of whether they attend prom. All Late Night registrants will be entered into a daily raffle drawing from May 1st through 10th! Raffle prizes include donated gifts from Shep's Gas, Russells, The Local, Prime 131, and Moodz.
- * **VOLUNTEER** - Please sign up for one of the many tasks involved in 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

Class News ...CONTINUED

parents and students can relax and enjoy this special day. **We NEED SOPHOMORE PARENT CHAPERONES for Late Night.** Sophomore parents can volunteer whether or not their sophomore sons/daughters are attending the Prom/Late Night. Next year when you're a junior parent, sophomore parents will step up for you!

* ALL these steps can be found on LateNightWHS.com!

EVENT INFORMATION

* If you are seeking information (location, timing, details) about Pre-Prom or Late Night, go to LateNightWHS.com and click Information or see below.

* Pre-Prom/Late Night Rules - Please review the rules and note the Zero Tolerance Policy (underlined below). It is an exciting time and we hope all plan on enjoying an alcohol and substance free evening.

- Late Night is from 11:30 PM - 2:30 AM. Attendees must check-in by 12:30 AM.
- If a registered attendee has not checked in by 12:30 AM, parents/guardians will be called and/or texted once. No further attempts will be made to reach the parents.
- Liquids/substances/products/containers (e.g. nips, Juules, vape pens, candy, water bottles - disposable & reusable, hairspray, etc.) are not allowed.
- Zero Tolerance Policy - If an attendee possesses or consumes alcohol/substances at Pre-Prom or Late Night, parents, the youth officer, and the high school will be informed. The attendee will forego attendance at Pre-Prom/Prom/Late Night, parents will be required to pick up their child, and appropriate consequences will be enforced.
- The Late Night bags checked-in at Pre-Prom require a name tag. These bags will be inspected after Pre-Prom by Late Night parent volunteers and be subject to the Zero Tolerance Policy. Also, at Late Night, purses/bags will be inspected.
- Attendees are not permitted to drive **to or from** Late Night. Adult (21 and over) transportation is required.
- An **adult** (21 and over) must **come into** Late Night to sign out attendee(s). ID required.
- Attendees are not permitted to leave Late Night and then come back.

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

Pre-Prom/Late Night 2019 Team

- | | |
|--|--------------------------------------|
| - Co-Chairs - Lana Murphy, Sandy O'Driscoll | - Decorations - Louise Reck |
| - Pre-Prom - Mary Beth Crowley, Lisa Clayton | - Favors - Deb Newton, Wayland Cares |
| - Treasurer - Eli Shine | - Event Check-In - Brenda Hsu |
| - Fundraising - Ying Chen | - Event Check-Out - Kevin Britton |
| - Food - Lee Moser, Dana Davies | - Logo - Jen Dowling |
| - Entertainment - Kate MacDonald, Carla Stafford | - Social Media - Christina Veal |
| - Website - Cathy Scholz | - Chaperones - Nancy Peter |
| - Registration - Jen Medeiros | - WHSPO - Stephanie Leong |
| - Legal Advisor - Tom Fay | - PTO Web Support - Kim Reichelt |

Class News ...CONTINUED

PARENT INFORMATION Pre-Prom & Late Night 2019 *Saturday, May 18th*



REGISTER ONLINE FOR LATE NIGHT!

Parents & Attendees Complete the ONLINE Registration Form at LateNightWHS.com

ALL Late Night Attendees
MUST REGISTER Before May 17th

Remind Your NON-Junior Guests to Register

Pre-Prom - Orange Carpet & Photos

3:30-5:00 PM WHS Courtyard

- Parents park or drop off prom-goers at the entrance by the nurse's/staff lounge starting at 3:30 PM. Prom-goers gather in the Commons to give time for parents to park then start walking the orange carpet in approximate order of their assigned bus number.
- If your child is attending Late Night, he/she should bring a "Late Night Bag" with a name tag and change of clothes (casual clothes, sneakers, hanger, garment bag) to check-in at the Commons. Bags are inspected after Pre-Prom and will be subject to the Zero Tolerance Policy (see below).
- Talented parent photographers have volunteered to capture the Prom Pose photos before or after the Orange Carpet. Encourage your prom-goer to visit the photographers. Time is limited as buses start loading at 4:45.
- Prom-goers will be called to load by bus # - 4:45 PM (Buses 1, 2), 4:55 PM (Buses 3, 4), and 5:05 PM (Buses 5, 6).
- Rain Location: WHS Fieldhouse. Prom-goers still gather in the Commons and check-in their Late Night bags.

Prom

7:00-11:00 PM The InterContinental, Boston

Late Night - After Prom Party

11:30 PM - 2:30 AM WHS Field House

- Attendees must register at LateNightWHS.com before Friday, May 17.
- Open to all Juniors regardless of prom attendance.
- Attendees must check-in by 12:30 AM. If a registered attendee has not checked in by 12:30 AM, parents/guardians will be called and/or texted **once**. No further attempts will be made to reach the parents.
- Purses and handbags will be inspected at check-in and will be subject to the Zero Tolerance Policy (see below).
- Attendees are not permitted to drive **to or from** Late Night. Adult (21 and over) transportation is required.
- An **adult** (21 and over) must **come into** Late Night to sign out attendee(s). ID required.
- Attendees are not permitted to leave Late Night and then come back.
- Registration Changes: Before 5/17, email latenightwhs@gmail.com; On 5/18, call/text: Kevin Britton (508) 654-4858

Pre-Prom & Late Night Rules

- Liquids/substances/products/containers (e.g. nips, Juules, vape pens, candy, water bottles - disposable & reusable, hairspray, etc.) are not allowed.
- **Zero Tolerance Policy** - If an attendee possesses or consumes alcohol/substances at Pre-Prom or Late Night, parents, the youth officer, and the high school will be informed. The attendee will forego attendance at Pre-Prom/Prom/Late Night, parents will be required to pick-up their child, and appropriate consequences will be enforced.

Class News ...CONTINUED



Pre-Prom 2019 Information Orange Carpet & Prom Photo Ops

May 18, 3:30-5:00 PM
WHS Courtyard

- Parents park or drop off prom-goers at the entrance by the nurse's/staff lounge starting at 3:30 PM.
- Prom-goers gather in the Commons to give time for parents to park, then start walking the orange carpet in approximate order of their assigned bus number.
- If you are attending Late Night, bring a "Late Night Bag" with a name tag and change of clothes (casual clothes, sneakers, hanger, garment bag) to check-in at the Commons. Bags are inspected after Pre-Prom and will be subject to the Zero Tolerance Policy.
(Zero Tolerance Policy - If an attendee possesses or consumes alcohol/substances at Pre-Prom or Late Night, parents, the youth officer, and the high school will be informed. The attendee will forego attendance at Pre-Prom/Prom/Late Night, parents will be required to pick-up their child, and appropriate consequences will be enforced.)
- Photographers are ready and available to capture your Prom Pose photos before or after the Orange Carpet.
 - Pre-Prom organizers suggest prom-goers walk the orange carpet in approximate order of their assigned bus number.
 - For example, if you are assigned to Bus #1, you should walk down the Orange Carpet at the beginning so you have time to take your Prom Pose photo before your bus is called to load.
 - If you are on Bus #6, you could go to visit the Prom Photographer to take your Prom Pose photo while waiting for the Orange Carpet line to shorten as the Orange Carpet will take approximately 30 minutes.
- Buses will start loading at:
 - 4:45 PM - Buses 1, 2
 - 4:55 PM - Buses 3, 4
 - 5:05 PM - Buses 5, 6
- Rain Location: WHS Fieldhouse
 - Prom-goers still gather in the Commons and check-in their Late Night bags.
 - If inclement weather, updates will be posted on LateNightWHS.com.



Class News ...CONTINUED



Late Night 2019 Information After Prom Party

11:30 PM - 2:30 AM
WHS Field House

- Attendees must register at LateNightWHS.com before Friday, May 17.
- Open to all Juniors regardless of prom attendance.
- Check-in Window is 11:30 PM - 12:30 AM. Attendees must check-in by 12:30 AM.
- If a registered attendee has not checked in by 12:30 AM, parents/guardians will be called and/or texted **once**. No further attempts will be made to reach the parents.
- Liquids/substances/products/containers (e.g. nips, Juules, vape pens, candy, water bottles - disposable & reusable, hairspray, etc.) are not allowed.
- **Zero Tolerance Policy** - If an attendee possesses or consumes alcohol/substances at Pre-Prom or Late Night, parents, the youth officer, and the high school will be informed. The attendee will forego attendance at Pre-Prom/Prom/Late Night, parents will be required to pick-up their child, and appropriate consequences will be enforced.
- At check-in, purses/bags will be inspected and will be subject to the Zero Tolerance Policy.
- Attendees are not permitted to drive **to or from** Late Night. Adult (21 and over) transportation is required.
- An **adult** (21 and over) must **come into** Late Night to sign out attendee(s). ID required.
- Attendees are not permitted to leave Late Night and then come back.

Class News ...CONTINUED

**Class of
2021**

Advisors:

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

Class of 2021

Our fundraising efforts are in full swing. Our Eboard has been working hard to raise money for the class.

- Shout out to everyone who participated in Panera night last month. We raised over \$200, while enjoying great food. Thank you to the Panera in Wayland for partnering with our class on this.
- Our sweatpants fundraiser has also come to a close. We raised over \$500 and sold almost 50 pairs. Thanks to all who purchased class merchandise.
- The highly anticipated Krispy Kreme fundraiser is on Saturday, May 11th. Eboard will be selling at many locations...

* Wayland Stop and Shop (8:00-4:00)

* The Wayland Town Dump (7:00-4:00)

* The Middle School Fields (8:00-12:00)

* Claypit Hill School Fields (9:00-3:00)

Please find us at one of these locations to get delicious donuts while supporting your class!

**Class of
2022**

Advisors: Scott Parseghian and Jennifer Reed

Hello Class of 2022 Parents/Guardians!

The Class of 2022 thanks all those who assisted with our Krispy Kreme fundraiser.

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

Thank You

Health Office News



Amy Schoeff, R.N.
School Nurse Wayland High School
Amy_Schoeff@wayland.k12.ma.us
508-358-3712 (in-house ext # 3120)

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FROM THE HEALTH ROOM

Happy Springtime! Open windows, warm breezes, green grass, flowers, environmental allergies, mosquitoes, ticks, rashes ... :/

I've already seen all the above, so please see below for some important info.

To protect your family from insect bites and the potential diseases from those bites, the Mass Department of Public Health recommends using bug repellents. Frequent tick checks are also very important, especially for those living with pets or spending time outdoors. For more information, please visit the links below or see me. I have illustrations if you have questions about what to look for, how to remove a tick, and/or what to do afterward.

<http://www.mass.gov/eohhs/docs/dph/cdc/factsheets/m-o/mosquito-repellents.pdf>

<http://www.mass.gov/eohhs/gov/departments/dph/programs/id/epidemiology/ticks/ticks-personal-protection.html>

<https://tickencounter.org/>

Another aspect of spending time outdoors is potential contact with poisonous plants. I've seen some pretty impressive rashes in my career, so wanted to make sure you had access to accurate information. Most importantly, to avoid continued/repeated exposure, it's critical to wash all clothing and equipment that might possibly have come in contact with the plant. For more info, see the links below.

<https://www.nlm.nih.gov/medlineplus/poisonivy oakandsumac.html>

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm049342.htm>

Information for parents of seniors:

Mass State regulations require that we destroy all health records no later than 7 years after graduation unless we have administered vaccines. Information regarding vaccine administration done by school nurses is held for 10 years. This means that we will hold this graduating class' health records until June 2026, and school vaccine administration info until 2029.

Please contact me if you would like a copy of your student's health record.

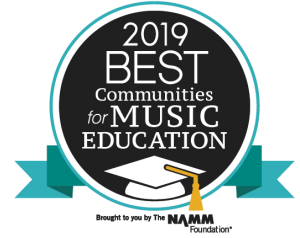
As always, I make my plea for **copies of physical exams as soon as they are done.** You can send hard copies via US mail, or fax to 508-358-8082. Please know that this is a nonsecure fax machine.

Questions or concerns?
Please contact me.

Thanks, Amy

Fine Arts Dept

Susan Memoli, Department Head



Did you know that Wayland has been designated as a Best Community for Music Education for the 10th year in a row? This designation is a reflection of the commitment to the arts in our schools by the parent, student, school and wider community. Congratulations to us all for this achievement.

We are well into the Spring Concert and show season! Congrats to the WHS Choruses and Orchestras for outstanding performances.

You can still catch:

- *WHSTE Spring Play, She Kills Monsters, May 9-11, 7:30pm, WHS Auditorium
- *WHS Band Spring Concert, May 16, 7:30pm, WHS Auditorium
- *Fine Arts Night (for all fine arts students and families) and WHS Spring Art Show, May 20, 7:00pm, WHS Auditorium
- *Memorial Day Parade, 5/27, marching through Wayland!

It has been a remarkable year. While they are still here, we would all like to thank the Class of 2019 and their families for their contributions to the arts. This is an extraordinary group of musicians, actors and artists and we wish them continued success as they move forward!

Department and Faculty News

Guidance Department



Marybeth Sacramone, Department Head
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WHSPO Guidance News

May 2019

Visit us at our [Guidance Website](#)

Follow us on Twitter [@WaylandGuidance](#)

HELLO AND HAPPY SPRING FROM THE GUIDANCE TEAM! PLEASE CONTACT YOUR SON/ DAUGHTER'S GUIDANCE COUNSELOR OR ANN FRATTO, OUR ADMINISTRATIVE ASSISTANT, WITH ANY QUESTIONS RELATED TO THE CONTENTS OF THIS NEWSLETTER. WE HOPE YOU HAVE A WONDERFUL MONTH OF SPRING AHEAD.

REMINDER TO ALL PARENTS/GUARDIANS/STUDENTS: GUIDANCE IS ON TWITTER

Sign up and follow us [@WaylandGuidance](#). We try to post interesting articles and reminders a few times a month -- so don't miss out!

SENIORS AND JUNIORS:

- 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 to determine how much you owe. Please see Mrs. Fratto or your Guidance Counselor with questions or to make 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: You must complete the Graduation Survey in Naviance. Mrs. Fratto will send an email via Naviance with instructions on how to complete the survey when the survey is complete. Please look for her email. This survey must be done before you can sign out and graduate.
- Seniors/Parents of Seniors: Please be sure to either add your acceptances and denials to Naviance on your own or ask your counselor to do so. This will make the senior sign out process go much faster and smoother!
- Interested in Gap Year programs? Although most local gap year fairs have already happened, here is a great site for gap year events and resources. [USA Gap Year Fair](#)
- 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.

Guidance Dept.

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- For both Juniors and Seniors: 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, Koplik invitation letters and application information will be sent before the end of the year. 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).
- 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](#).
- Check out these great programs from the Massachusetts State University system.
 - [Commonwealth Commitment](#) – make college affordable by starting out in the Community College system.
 - [Commonwealth Honors Program](#) – incredible honors programs at almost all of our state colleges and universities
 - [Commonwealth Dual Enrollment](#) – start taking college courses while still in high school
- Junior packets were due into Guidance at the end of March. If your junior has not handed theirs in yet, please encourage them to do so. These packets are a tremendous help to the counselors in writing recommendations, as well as helping students to begin to learn how to write about themselves, as many will be doing for college applications, internships and employment applications.
- Free online SAT and ACT tutoring is available to sophomores and juniors through their Naviance account. Its name is Method Test Prep.

ATTENTION ALL: WAYLAND HIGH WILL NO LONGER BE AN SAT TESTING SITE

- Due to difficulties with obtaining proctors, scheduling, building use issues and testing policies, Wayland will no longer be a test site for the SATs. Through our research we have become aware that there are a variety of schools around us that are SAT test sites, of which many of our students already utilize, so we are confident that our students will still have a number of options.
- We would recommend that students/parents be sure to register early for the month(s) in which students are interested in testing. Just as Wayland often did, SAT sites fill up quickly.
- Students who are eligible for school-based testing (due to accommodations other than extended time) will only have the option of testing at Wayland during the months of November, March and June. If a student has accommodations that require school-based testing, or you just are not sure, students/parents should contact their liaison or guidance

Guidance Dept.

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counselor. Because of the difficulty of obtaining proctors, building use and testing policies, it takes additional time to coordinate this school-based testing with the College Board.

- Wayland High is also not an ACT site and never has been, primarily for the same reasons: difficulty with obtaining proctors, building use and testing policies.

PSAT REGISTRATION: ATTENTION RISING SOPHOMORES AND JUNIORS (CLASSES OF 2021 AND 2022)

- Because the College Board is requiring that we order PSAT tests earlier each year, we will be registering students (online) for the PSAT starting this spring (now) and summer. As a result, we need you to be aware of a few very important pieces of information and most importantly our firm deadline:
- The PSAT is a test geared toward juniors and therefore, most do usually take it in the fall of their junior year. However, some sophomores choose to take it for practice as well.
- Wayland High will be offering the PSAT to 10th and 11th graders in October only.
- Sophomores are allowed to take the test, but our experience is that many do not. We recommend your child speak with their guidance counselor about this decision.
- The PSAT will be administered on Saturday, October 19, 2019.
- Registration is now open on line. The final deadline for signing up for the test is Friday, September 27, 2019. However, it is less expensive to sign up prior to September 13, 2019.
- The cost of the test is \$30 if you pay by 9/13; \$45 if you pay after 9/13.
- You can sign up and pay your fee on line at the [WHS Testing site](#).

ADVANCED PLACEMENT INFORMATION FROM OUR AP COORDINATOR, JOANNE SCHMIDT

- AP tests will be administered Monday, May 6 - Friday, May 10, and Monday, May 13 - Friday, May 17.
- Payments were due BEFORE vacation and must be received before 8AM on Monday if students want to take a test.
- No new registrations can be accepted at this time.
- Students taking the test should have picked up an informational booklet with test dates and times.
- The booklet has information they need about what they can and can't bring into a test room and what they can and cannot do during testing. For example, no electronic devices, and anything that can connect to the internet is not allowed. There is no eating or drinking in test rooms, except for water. Snacks may be consumed during breaks only, but only outside the test rooms.

RISING 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](#). The application deadline has been extended to Friday, May 10. Please drop off completed applications to the Guidance Office. The [Peer Mentor Application](#) is linked here, is available in Guidance, and on the Guidance website.

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NINTH AND TENTH GRADERS:

- ◎ Sophomore Seminars have ended, 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 Family Connection](#), [O*Net Online](#), the [Mass. Career Info System](#) (MassCIS) and [Sokanu](#).
- ◎ Free online SAT and ACT tutoring 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:
 - Listening to audio explanations of test questions
 - Accessing strategy guides for each test
 - Completing full-length practice tests
 - Receive 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:

◎ Course Selections and Overrides:

- The deadline for families to approve courses has passed. However, if there are changes your student would like to make, they should do that as soon as possible by contacting their Guidance Counselor.
- 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](#).
 - *The deadline to submit an override appeals statement was May 3.
 - *The deadline to have the override meetings is May 24. These are to be scheduled with the academic department chair.
 - *Students can see their teacher(s) and/or Guidance Counselor with questions. Parents are also welcome to call the Guidance Office with questions.

◎ 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.).
- 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](#).
- If you plan to take one or more subject tests, the deadline for the June 1 test was May 3 (late registration deadline is May 22 (you must register online or by phone).

Guidance Dept.

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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](#) to learn more.

Guidance Department Dates to Remember

May 6 – May 17: AP Testing

May 14 – NEACAC College Fair, Assumption College 6:00-8:00 PM [Link is here.](#)

May 24 – Final day to complete course override meetings

May 30 – Senior Awards Program

June 2 – Graduation

June 5 – Career Colloquium

June 5 – Underclass Awards Program

PIE MEETINGS:

Friday, June 7, 2019, 7:45 AM

Upcoming SAT/ACT Registration Deadlines**:

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.

Are You Ready to Help Keep Kids Safe During Prom Season and End of the Year Activities???

Please Read -- This Information Could Save Lives!

We all have been told to get a good night's sleep and eat a healthy breakfast before a big test. Marathon runners eat their traditional pasta feast before their big race day. Safe, healthy preparation strategies, right? Well, do you know what some students are doing these days to prepare for a teen social gathering? It is an activity that is highly dangerous and unhealthy. It is called "**pre-gaming**" (also known as binge drinking), the phenomenon where an individual drinks an alarming amount of alcohol in a very short period of time before arriving at a party or social event. This pre-gaming allows a young person to walk through the door of your home or public facility, perhaps, without showing any signs of intoxication and without carrying any bottles or other suspicious evidence. Within 20-30 minutes, that young person could be suffering serious effects of alcohol poisoning.

How it works

Students who pre-game start with a plan. Alcohol, usually taken from someone's home (or provided by an older sibling or friend of drinking age), is often stored up over time (short or long term), in water bottles or some other kind of non-descript container. This alcohol "stash" can be stored in the bushes down the road; in a student's closet, backpack or dresser drawer; or any other convenient hiding place. The liquor can be vodka, rum, whiskey, you name it - whatever was easily accessible from someone's home liquor storage area (of a parent, grandparent, friend, acquaintance...). When the time is right, typically directly before a party or teen social event when no adults are within eyesight, the alcohol is brought out and guzzled. This can be within two to fifteen minutes prior to arriving to the event - while walking up the driveway or through the parking lot, in the car on the way to the event, or in the bedroom while getting ready to go. The amount an individual guzzles is not measured or given much thought, and the goal is to drink as much as one can in the short time available before getting to the event destination. This means that an individual can swallow as much as ten to twelve shots or more in a few minutes' time. It is alarming and highly dangerous. And as a community preparing for the prom, end of the school year festivities, and summer break, there is a call for vigilance in monitoring teen activity and preventative measures to be taken before something very tragic happens.

What can parents do?

Know where your child is and what he or she is doing before going to a party or teen event. Unfortunately, much of this pre-gaming goes on in cars on the way from one house to another. Talk to your child and specifically tell them your expectations.

Call ahead to the home/place where the gathering is being held to be sure there is adult supervision. Be sure those adults have your contact information in case they need to connect with you.

Know how much liquor you have in your home by closely monitoring it and locking it up if necessary. Keep in mind that it may not be your child who is tempted to take "just a little" from the cabinet or fridge, but a friend of your child's who stops by for a peanut butter sandwich before the next scheduled after school activity. Remember, the old trick of watering down hard liquor is very prevalent today.

Have a plan if a child in your home is under the influence or becomes sick from toxic levels of alcohol. Have a plan if your own child shows signs of alcohol use, intoxication or becomes sick. Health and safety must be the first factors to consider.

Check those water bottles or liquid containers that you catch site of in your child's room, backpack, or lying around in a closet.

What can students do?

Know the risk. It takes one hour for the body to metabolize an ounce of alcohol. Drinking more than one ounce per hour can lead to alcohol poisoning.

Discourage your friends and others from engaging in this dangerous activity.

Have a plan if a friend becomes sick with apparent alcohol poisoning. Health and safety must be the highest priority. Don't ever think that somebody can "just sleep it off." That person may never wake up again.

Pre-gaming is not a game at all but a dangerous, life-threatening activity. It is time for a permanent time out for this perilous game.

Planning on Hosting a Party for your Teen? Here are some Guidelines on Hosting a Teen Social Event

Parent Guidelines for Teen Social Events:

- Prior to a teen party or event, parents will call the host parent to find out if the host parents will be home and what the supervision will be.
- Teens will be told that they are not permitted to be at a party without adult supervision.
- Parents who host a party will be present and adequately supervise the teens in their home. Host parents will arrange for additional supervisors/chaperones when there are more than 8 teens in their home.
- If alcohol is discovered to be present, the parent host will confiscate the alcohol and immediately call to inform parents and request they pick up their children.
- Teens will be told that parties are not permitted in your home when you are not there. Agree on how many friends your teen will be allowed to have over without you being there. Decide together what your son or daughter will do if more kids show up.
- Make an agreement with your teen to call you to pick them up if there is alcohol or drugs at a party. Let them know that you will have to call the host parent to inform them that alcohol or drugs are present in their home, but that the parents have agreed not to reveal the name of anyone who calls.

- Parents agree that if they become aware that there is a party with no adult supervision, they will call other parents to inform them. If they learn that there is alcohol or drugs at the party and they cannot contact the host's parent, they will call the police. Teens will be told that in order to protect the safety of all kids, this must be done.
- Parents agree to tell their children that they expect them to respect and support their peers. If a student is harassed or scapegoated by other students for "blowing the whistle", you expect them to stand up for that student and support that student. If the harassment continues, teens should be told to inform an adult.

Suggested ground rules for hosting a teen party

- ✓ Thoroughly discuss the detailed plan and ground rules for the party with your teenager.
- ✓ Agree on a guest list.
- ✓ Plan activities and have plenty of snacks and non-alcoholic drinks.
- ✓ Make a plan for dealing with any party crashers (will they be admitted? If not, how will you and your teen request that they leave?)
- ✓ Decide how teens will enter and exit your house. (One highly visible entry and exit is recommended).
- ✓ Consider whether to allow teens to bring bags or backpacks, water bottles, or other types of containers. If they are allowed how will they be monitored? (Recommendation: Don't allow them or leave all backpacks in a highly lit, well-supervised room. If students bring their own water bottles or drinks, smell/taste them before they are allowed in).
- ✓ Make a clear plan for dealing with a guest that brings alcohol into your home. (Recommendation: Confiscate the alcohol, call and inform the parent, and request that they come and pick up their child).
- ✓ If guests leave, will they be allowed back in? (Recommendation: Make it known to guests that if they choose to leave, they will not be allowed to return).
- ✓ If there are more than 8 teens invited, find another parent to assist with supervising the party. (Two parents for every 8 teens are recommended).
- ✓ Be present and visible during the party; continually refill snacks, walk through the room, check-in with partygoers intermittently. Agree about which rooms are off limits.

For more information on preventing substance use and abuse with your teen and keeping kids safe, please visit the [Wayland Cares website here](#).

Community News



News from the Creative Arts Parent Association (CAPA)

CAPA's May Meeting:

Tuesday, May 14 at 7:30 PM -- WHS Media Center

- Discussion of Fine Arts Night,
- Budget
- Officer appreciation

Please join us! If you have helped out during any CAPA activities this year, we want to thank you! This is your chance to find out more about CAPA and learn about volunteer activities for next year.

CAPA Fine Arts Night and Art Show:

Monday, May 20 at 7:30 PM -- WHS Theater and Commons

Date: Monday, May 20

Who: All students participating in *any* arts at WHS and their families are invited!

Where: Wayland High School Auditorium and Commons

When: 7 pm to 8:00pm, Awards (families welcome)
8:00-9:30pm, Sundae bar and photo booth and Arts Show!

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

Apply now to join Youth in Philanthropy

METROWEST

For high school students who live or learn in MetroWest

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

*-Ben,
YIP Hopkinton*

Now accepting applications for
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For locations and program schedules
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APPLY TODAY: yipmetrowest.org

Priority Deadline to Apply: June 7



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Community News

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WAYLAND BOOSTER'S

Follow this link to the WHS Boosters newsletter

<https://waylandboosters.org>

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.

