

PRINCIPAL'S CORNER

ALLYSON MIZOGUCHI

Good afternoon, families, community members, colleagues, and guests: thank you for joining us on this Graduation Day. And to the graduates, the great class of 2019: congratulations! On behalf of your teachers, counselors, administrators, and every adult in the Wayland Public Schools who has supported and admired you during your years of schooling in our district, I give you my best wishes for your very promising futures. I am extremely proud of you, and I am privileged to have been your principal during your four years of high school.

This afternoon, my role is to present you, the Class of 2019, to our Superintendent, Dr. Unobskey, and to promise and to certify that all of you have done what it takes to rightfully earn your Wayland High School diploma. I am pleased to say that not only has each of you completed the requirements for a diploma, but you have enriched Wayland High School with your presence. We have counted on you to lead by example, to contribute to our school house, and to elevate us as a community. And the Class of 2019 has delivered.

In addition to presenting you to our Superintendent, generally during this time I would offer you some words of wisdom, some lesson from my own life that I feel worthy of sharing with you on this important day. The truth is, very little that I could say could match the power and meaning of what your peers have shared with you today.

Rosie, Matt, Clarissa, Daniel, Nathan, and Nia have offered such a beautiful constellation of memories and insights that I know and hope that their words are the ones you will remember years from now.

Hence, there are only two very brief comments I would add to today's celebration.

First, thank you, graduates. A class like yours is rare. Not only are you high achievers in every possible domain -- fine arts, athletics, community service, debate, mock trial, journalism, math team, robotics, the list goes on and on and on -- but you are fine citizens and caring souls. I appreciate that you have represented Wayland High School so proudly in your many pursuits. For us, your teachers, your achievements represent the greatest hopes of our work, so it is a particularly gratifying moment to see you graduate on this exciting day. Thank you for all that you have contributed to Wayland High School.

The second brief comment I would like to offer today is this: very few notable achievements in our lives happen without the support or inspiration of someone else. As you revel in the beauty and joy of this day, please remember the people in your life who helped to get you here: the people who gave you encouragement and strength, who offered you opportunity, who had to shake you awake with a hard lesson, who saw possibility in you. My guess is that

PRINCIPAL'S CORNER

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many of those people are here today, and I would urge you to share your gratitude with them, and then to turn their love and encouragement into a fire that lights your way forward.*

Thank you, Class of 2019, and congratulations!

Allyson Mizoguchi

Principal

(*Above is an excerpted version of our Principal's Graduation speech)

Our last PIE meeting of the year on Friday, June 7, will feature a conversation with department chairs Barbara Coughlin (math) and Ken Rideout (science) on the topic of assessments. This PIE meeting will include a brief presentation by Ms. Coughlin and Mr. Rideout related to questions such as, "How do we assess students, and why?" and "How do assessments benefit students and teachers?" followed by conversation with parents. Reflecting on our messaging earlier this year related to the holding of math assessments, we wanted to describe our thinking around assessment practices more fully, engage with your questions, and share our professional knowledge in this discussion-based setting. Please join us at 7:45 a.m. in the lecture hall for this conversation!

WHSP0 News

As we enter the homestretch, please joins us for one last Parent Information Exchange (PIE) Meeting with Allyson Mizoguchi and Marybeth Sacramone on Friday, June 7, 2019 at 7:45 A.M. in the teachers' lounge. In addition to meeting with the heads of the Science and Math Departments, you will have a chance to vote on our incoming WHSP0 Board and budget for 2019-2020. If you have any questions regarding our slated Board or proposed budget, please email Stephanie Leong at 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.

APPRECIATION LUNCHEON

The Annual Teacher and Staff Appreciation Luncheon will be held on Wednesday June 5th at 1:15 pm. It's not too late to sign up to show your appreciation! Please visit this link: <https://signup.com/go/xQdRyaR> to find a way to help out! This is the time to celebrate all that our dedicated teachers and staff do to support our students throughout the year. We will also be honoring those retiring, Mr. Nocito and Ms. Bryant.

Congratulations to Ben Buffa of the Guidance Department, who won the 2019 Wayland High School Alumni Award for inspiring Wayland High School alumni to make important life, school or career choices after high school.

With the end of the year fast approaching I want to take the opportunity to thank you all for your support of WHSP0 this year, through your donations to Gift Your Child, time volunteering, and donations to faculty appreciation events! Last but not least, I want to share my heartfelt thanks to our dedicated 2018-2019 WHSP0 Board and Advisory team.

Thank you to...

Nancy Funkhouser, Vice President, for managing the appeal letter mailing in the fall, the Wayland High School Alumni Award this spring, and who is someone I can always count on to step up and help.

Pam Cerne, Treasurer, for not only keeping track of our dollars and cents, but also for turning around reimbursement and grant money requests in record speed.

Sarah Orlov, Secretary, for recording meticulous minutes, managing the mini-grant program, and answering all of my questions.

Elisa Scola, Assistant Secretary, for managing the wish list program and bringing all around good cheer to our meetings.

Tracy Scheidemantel, Newsletter Editor, for keeping us all informed and up to date.

Pauline Ahearn and **Nan Li**, Faculty Appreciation, for their amazing dedication to managing and supplying teacher and staff appreciation events, from dinner before Back to School night to the end of year Luncheon, and all of the breakfasts and monthly appreciation events in between.

Missy Davis, Beautification, for tending the lovely garden around the WHS sign and literally keeping the light on.

Cathy Scholz, Online Directory Administrator, for managing MySchoolAnywhere for the WHS community so we can all keep in touch.

Happy Summer! Stephanie Leong, WHSP0 President, WHSP001778@gmail.com

Are you on **Facebook**?

WHSP0 is seeking a volunteer to create to a Facebook group for WHSP0 and post announcements as administrator. Email WHSP001778@gmail.com if you are interested!



WHSP0 News...CONTINUED

Wayland High School Pre-Prom & Late Night 2019

PRE-PROM PHOTOS & LATE NIGHT 2020!

Pre-Prom and Late Night 2019 were huge successes. At Late Night, over two hundred and thirty students celebrated from 11:30 PM - 2:30 AM safely and substance free.

MANY THANKS to all the parent volunteers for running the "Orange Carpet", photographing the prom-goers at Pre-Prom, and transforming the field house into a celebratory space with colored lights, balloons, and decorations with a wonderful selection of food and entertainment - photo booth mirror, tattoo artists, giant inflatables, and a video gaming truck!

Check out the fabulous Pre-Prom photos captured by talented volunteer parent photographers at

LateNightWHS.com and click the 'Pre-Prom Photos' button.

If you are going to be a junior parent next year, PLEASE consider leading Pre-Prom/Late Night 2020. Ask a friend to co-chair with you! Contact Lana Murphy & Sandy O'Driscoll at LateNightWHS@gmail.com if you are interested or have any questions.

Late Night was completely funded by donations from Wayland families, local businesses, and a stipend from the Middlesex DA's office. Wayland Cares supported Late Night by donating the party favors - a keychain flashlight with "WHS 2020" and an orange luggage tag with the Wayland Cares logo. In addition, the Wayland Recreation Department generously funded the Northern Lights DJ as a thank you to all the high schoolers that have worked for the Recreation Dept over the summers.

Late Night attendees couldn't wait to dive into the variety of delicious food offerings! Local restaurants generously fed our hungry prom-goers with their signature dishes including everything from mac and cheese to sushi!

THANK YOU to these community restaurants and grocery stores for their yummy food donations --

- Chick-Fil-A - sandwiches
- China Rose - scallion pancakes
- Coach Grill - hummus & crudite platter
- Einsteins - bagels
- Giacomos - pizza
- Mel's - home-baked muffins
- Panera - mac & cheese, pastries
- Sharies Berries - chocolate dipped strawberries
- Spice and Pepper - pineapple fried rice
- Stop and Shop - fruit, cupcakes, bottled water, balloons
- Takara - sushi rolls
- The Local - chicken wings
- The Villa - mac & cheese, ziti
- Wayland Pizza - pizza
- Wayland Variety & Deli - subs
- Wegmans - juice boxes, sports drinks, flavored seltzer waters

Late Night cannot happen without our generous community business donors, many of whom continue to support Wayland youth and Late Night year after year:

- Baldwin Insurance Agency
- Camp Caribou for Boys
- Chisholm Insurance Agency
- Domenic D'Amico DMD PC
- Dudley Chateau LLC
- Glad Specialized Family Dentistry

WHSP0 News...CONTINUED

- Good Shepherd Parish
- John C. Bryant Funeral Home
- Joseph A. Bank Clothiers, Inc.
- Labelle Roofing
- Leonard Carapezza DMD PC
- Lynch Landscape & Tree Service
- Main Cleaners
- METCO
- Middlesex Savings Bank
- Moodz Salon & Spa
- Oak Hill Architects
- Petal Pushers Florist
- Prime Bar Grill
- Regan Septic Pumping
- Russell's Garden Center
- Shepard's Service
- Sudbury Farms / Brother's Marketplace
- The Local
- The Village Bank
- Wayland Animal Clinic
- Wayland Dental LLC
- Wayland Firefighters Association
- Wayland Pediatrics
- Wayland Police Association
- Wayland Power Equipment
- Wayland Recreation Department
- Wayland Travel, Inc.
- Wayland Variety and Deli



Friends and families gather at Pre-Prom to see their Prom-goers walk the "orange carpet" and depart for The InterContinental.



Parent volunteers Sandy O'Driscoll and Reed Newton are blown away by the generous drink donations by Wegmans and Stop & Shop.

Again, THANK YOU to all our donors for keeping 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
- Pre-Prom - Mary Beth Crowley, Lisa Clayton
- Treasurer - Eli Shine
- Fundraising - Ying Chen
- Food - Lee Moser, Dana Davies, Maureen Lampert
- Entertainment - Kate MacDonald, Carla Stafford, Reed Newton
- Website - Cathy Scholz
- Registration - Jen Medeiros
- Legal Advisor - Tom Fay
- Decorations- Louise Reck
- Favors - Deb Newton, Wayland Cares
- Event Check-In - Brenda Hsu
- Event Check-Out - Kevin Britton
- Logo - Jen Dowling
- Social Media - Christina Veal
- Chaperones - Nancy Peter
- WHSP0 - Stephanie Leong
- PTO Web Support - Kim Reichelt



Late Night decorations brought outdoor 'campfires' into the WHS field house.



Late Night attendees relaxed, ate, and played.

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	W H S P O M T G
	Friday, June 7, 2019	7:45 AM	Immediately following PIE		

WHSP0 Board & Advisory Team 2018-2019

President
Stephanie A. Leong
whspo01778@gmail.com

**Vice President &
Student Activities**
Nancy Funkhouser
nancyfunkhouser@verizon.net

Secretary
Sarah Orlov
sorlov@orlovcompany.com

Asst. Secretary
Elisa Scola
cpandes@yahoo.com

Treasurer
Pam Cerne
whspotreasurer@gmail.com

Newsletter
Tracy Scheidemantel
tscheide@comcast.net

Faculty Appreciation
Pauline Ahearne & Nan Li
mda1997@comcast.net
annie060303@hotmail.com

Mini Grants
Sarah Orlov & Elisa Scola
sorlov@orlovcompany.com
cpandes@yahoo.com

Beautification
Missy Davis
missydavis118@gmail.com

**On-Line Directory
Administrator**
Catherine Scholz
cscholz89@gmail.com

**People are
Looking for you!!**

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

MySchoolAnywhere

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

WHS

Car Magnets Available
Interested in showing your WHS pride with an orange
WHS car magnet???

\$5.00 per magnet

Magnets are available for sale at:

Wayland Depot
AND

Wayland Booster Store Pop-up Events

or contact: whspo01778@gmail.com

Class News

**Class of
2019**

Advisors: Ms. Schmidt & Mr. Schmirer

News from the Class of 2019

Congratulations to the Class of 2019. Welcome to the WHS Alumni!

Also, thank you to

Rachel_Chou@student.wayland.k12.ma.us, and Class Advisors, David_Schmirer@wayland.k12.ma.us and Joanne_Schmidt@wayland.k12.ma.us.

**Class of
2020**

Advisor: Mr. Lee Krasnoo

Class of 2020

On Saturday night, May 18, our class held its Junior Prom at the Intercontinental Hotel in Boston. After a rainy week, the Class was left with clear skies and wonderful weather for our big night! Students had a chance to take pictures outside by the waterfront before heading upstairs to the Ballroom! The students had a great time and enjoyed the results of their many months of planning. Over 90% of the class was in attendance, and we were very pleased to have Mr. and Mrs. Lehman, Mr. Chase, Ms. Bassen, Mr. Rideout, Ms. Stetson and Mr. O'Rourke join us as our chaperones. Thank you to all of the students who served on the Prom Committee and those parents who helped us out. We are also extremely grateful to the administration, the office staff and our chaperones for their support.

On behalf of the Class, I would like to extend a big thanks to all of the parent volunteers who helped to make our Late Night a real success. Students were presented with a great deal of activities and a wide array of refreshments at this post-prom event. I would also like to thank all of the volunteers who helped with the Pre-Prom celebration and the many photographers who generously volunteered their time and talents. Students and their parents can view the pictures from the Pre-Prom at www.latenightwhs.com

As this school year comes to a close, the members of the Class of 2020 have already taken over the senior tables in the Commons and have been wearing both the traditional and new "Psyche gear" on campus. The executive board is already planning for all of the fun and exciting opportunities of senior year. Please encourage your student to become involved in the many activities that will be offered in the months ahead. We look forward to a great final year for the Class of 2020

As always, please do not hesitate to contact me with any questions or concerns

(lee_krasnoo@wayland.k12.ma.us).

Lee Krasnoo, Class Advisor

Class News ...CONTINUED

WHS Reflector

June 2019

To parents of Wayland Juniors - IMPORTANT YEARBOOK INFORMATION:

Believe it or not it is time to start planning for your child's senior year. Seniors have a dedicated section in the yearbook with space allotted for their senior portrait, for a personal message or "blurb", and usually a baby picture as well.

Senior portraits are not taken at school. Each senior is responsible for submitting their own senior portrait. Yearbook senior portraits are **only accepted via electronic submission and are due into the yearbook by FRIDAY, OCTOBER 18, 2019**. They should be in portrait orientation, and at least 300 dpi. In order to ensure that your son/daughter has a spot in the senior section, it is recommended that they take their senior portrait photos over the summer. This will give them plenty of time to look over their proofs and choose a photo for the yearbook.

The yearbook does not endorse one specific portrait photographer. We have three wonderful local photographers in town (including the school photographer) who provide the yearbook with complimentary and much appreciated photography services.

	Anna's Photography by Anna Meliones	Hayward Photography	Conrad Gees - What Now Photography
Phone	508-358-6163	617-698-1940	774-270-0274
Email/ Web	melioneskc@comcast.net	www.haywardphotography.com	geesr@verizon.net www.conradgeeswhatnowphotography.com

An important tradition at WHS is for seniors to have a baby picture and senior "blurb" included along with the senior portrait. The baby picture can be any size and can be submitted to the yearbook staff in the fall. We will do our best to get any physical copies back to you, but if they are one of a kind, it would be best to scan them in and provide us with an electronic version. The senior "blurb" is a quotation or combination of student reflections and inspirational quotes. The allowed length of the text varies from year to year. We will provide specifications early in the fall of 2019.

Some yearbook deadlines are provided below for your convenience. You will also find attached information about creating and ordering parent congratulatory ads for your seniors.

Please email me at any time if you have any questions about yearbook.

Kristin Cowell

kristin_cowell@wayland.k12.ma.us

Class News ...CONTINUED

KEEP THIS LIST OF IMPORTANT WHS YEARBOOK DEADLINES! CLICK THE "YEARBOOK" LINK ON WHS HOME PAGE FOR WEBSITE AND MORE INFORMATION!

Item	Specifications	Important Deadlines
Baby Pictures	Any size, name on back; submit to staff (physical) or via email (electronic)	10/18/19
Senior Portraits	Vertical orientation Electronic submission to yearbook staff only	10/18/19
Senior Blurbs	Emailed to assigned staff; specific length details available in the fall.	10/18/19
Parent Ads	¼, ½, or full page color ad can be purchased. See "Yearbook" link on WHS homepage for formatting, creation, and ordering information.	Best Price: 10/31/19 Final: 1/31/20
Book Orders	Online via website - click on WHS Yearbook from WHS homepage	Opens July 1

**Class of
2021**

Advisors:

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

Class of 2021

Eboard elections were just held and we would like to congratulate our newly elected officers and Eboard members. We are looking forward to another great year.

President: Sam Goldstone

Vice-President: Tali Wong

Secretary: Philip Natsis

Treasurer: Aiden Zhang

Representatives: Abby Gavron, Allen Zou, Anna Lin, Atharva Weling, Aydan McGah, Casey Zhang, Charlotte Salitsky, Elizabeth Micolisin, Elizabeth Zhong, Ellie Tyska, Grace Crowley, Jay Provost, Jenna Brandeleone, Mac Larsen, Meredith Prince, Michael Long, Porter Moody, Remmi Shaw, Valentina Micolisin, Victoria Andreassen, and Zachary Marto

We would also like to thank the outgoing Eboard (and their families) for their amazing efforts this year. We ran a beautiful Sophomore Semi-Formal dance and raised a lot of money through our fundraisers. A special thank you for providing decorations and refreshments at the Senior Awards Night on May 30th. The desserts were enjoyed by all! It was a very successful year!

We have one more fundraiser that is currently underway. Thanks to the generous donation from the Yaffe family, we are holding another drawing for Red Sox tickets this year. The game is on September 17th. Tickets are being sold for \$5 until June 14th. Contact a member of Eboard if you are interested in purchasing a chance to win these tickets. Support the Class of 2021 and try your luck at winning these great tickets!

Class News ...CONTINUED

**Class of
2022**

Advisors: Scott Parseghian and Jennifer Reed

Hello Class of 2022 Parents/Guardians!

The Class of 2022 thanks you for a wonderful first year at WHS!

Feel free to email us at Jennifer_Reed@wayland.k12.ma.us and
Scott_Parseghian@wayland.k12.ma.us.

Thank You

WHS Technology

Mary Barber, Technology Specialist



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Attention All Parents & Guardians



9 – 11 Grade Laptop Turn In & Pick Up Schedule

Laptop Turn In Schedule

All laptops, **MUST** be turned in on the day of your student's last exam. For most students, this will be their **Science exam on Tuesday June 18st**. Students leave laptop in exam room. **ALL CHARGERS STAY HOME**

If your student does not take a Science exam, they will return their device when they take their **Math exam, on Monday June 17th**. Students will leave laptop in exam room.

If your student does not take either a Math or a Science exam, it is their responsibility to return the laptop after their **last class on Friday June 14th to the library media center computer lab, the technology office or to Mrs. Barber.**

Laptop Pick Up Schedule

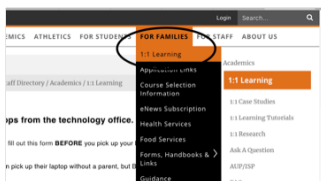
Only students who are enrolled in a summer class or summer educational program that requires the use of a computer, can request to pick up their computer early. A link to the request form is here: <https://forms.gle/2QoGXTHRWDGmc4HE8>
You can also find it on the Wayland High School Website, under "[For Families](#)", "[1:1 Learning](#)".

Please complete the form and upload a copy of the registration for the course before June 12th.

There will be **ONE Early Pick-up** on June 21 from 10 AM to 2:00 PM

At this time, we expect to distribute laptops to returning students on August 21st, & 22nd between 11am and 2pm and Monday August 26 between 2pm – 3pm. Parents do not need to be present but do need to sign all forms and pay the maintenance fee.

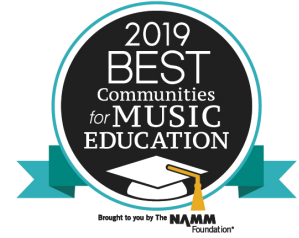
All Freshmen and new students will receive laptops at Orientation on Tuesday August 27th IF ALL PAPER WORK IS COMPLETE AND FEES ARE PAID. We will post the forms the first week of July on the Wayland High School Website, under "[For Families](#)", "[1:1 Learning](#)"



Enjoy your summer and encourage your children to have some disconnect time.

Fine Arts Dept

Susan Memoli, Department Head



As the year draws to a close (or races to the finish!), congratulations go out to the Honors Art 4 / AP Art students whose work was on display at the Fine Arts Awards Night. Congratulations also to all of the award recipients and thank you to CAPA for sponsoring the evening.

Thank you also to the WHS Band members for the contributions to the annual Wayland Memorial Day Parade and Memorial Wreath Laying Ceremonies. In these reflections, both somber and celebratory, you helped our town be mindful of those who have sacrificed for our freedom.

As we complete events such as our Underclass Awards ceremony, the Fine Arts Department would like to congratulate all students on their individual and collective achievements this year. It has been a pleasure to watch the personal growth that has been achieved through hard work and dedication. In that spirit, there are many summer programs and camp opportunities to continue skill development during the summer. For those interested in the 2019-2020 Eastern District Senior Festival and MMEA All State Festival requirements, they are posted online at <https://mmeaeasterndistrict.org/>.

Tri-M Music Honor Society will host the annual HS-elementary Orchestra Practice Partner and Band Tutor recital on Monday, June 10 in the WHS Chorus and Band Rooms respectively. Participants in this program will perform starting at 4:15pm.

The WHSTE Senior-Directed One Act Plays will be performed on Tuesday, June 11 at 7:00pm in the WHS Auditorium. Come and enjoy the work of our students under the direction of their senior peers!

Thanks again for an outstanding year. Congrats 2019! We wish you all the best!!

Department and Faculty News

Guidance Department



Marybeth Sacramone, Department Head

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WHSP0 Guidance News

June 2019

Visit us at our [Guidance Website](#)

Follow us on Twitter [@WaylandGuidance](#)

HAPPY JUNE TO ALL!

THE GUIDANCE DEPARTMENT WOULD LIKE TO CONGRATULATE ALL OF OUR SENIORS AND WISH YOU THE BEST OF LUCK IN YOUR FUTURE ENDEAVORS. WE HAVE LOVED WORKING WITH ALL OF YOU (AND YOUR FAMILIES), AND WE HOPE YOU WILL RETURN TO VISIT US NEXT YEAR. WE LEAVE YOU WITH THIS SIMPLE MESSAGE:

"I (WE) HOPE YOUR DREAMS TAKE YOU TO THE CORNERS OF YOUR SMILES, TO THE HIGHEST OF YOUR HOPES, TO THE WINDOWS OF YOUR OPPORTUNITIES AND TO THE MOST SPECIAL PLACES YOUR HEART HAS EVER KNOWN." - AUTHOR UNKNOWN

THE GUIDANCE DEPARTMENT WOULD ALSO LIKE TO WISH ALL OF OUR STUDENTS AND FAMILIES A HEALTHY, SAFE AND WONDERFUL SUMMER!

GUIDANCE IS ON TWITTER!

Reminder to all parents/guardians/students: Sign up and follow us [@WaylandGuidance](#). We try to post interesting articles and reminders a few times a month – Please sign up; we want more followers!

NEED SUPPORT OVER THE SUMMER? CHECK OUT THESE RESOURCES:

As you know, Guidance Counselors are not available throughout the summer. As a result, we wanted to share some resources with you in the event of an emergency, or if you are in need of some resources. First and foremost, please see the information on Wayland Youth and Family Services organization in the Guidance Corner section. Also, please visit these websites for resources. [Social & Emotional Support Resources](#) and [Wellness and Safety Resources](#)

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.

Guidance Dept.

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- 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](#).

PLANNING ON PLAYING SPORTS IN COLLEGE? READ BELOW:

If you are considering playing Division I or Division II athletics in college, you must register with the NCAA. You begin this process on line at the [NCAA Eligibility Center](#) site. We then will send your transcript to NCAA for review. Please also note that you should not request a transcript through Naviance, as we cannot send your transcript to the NCAA electronically. Please see our NCAA Coordinator, Jim Girard, with questions. .

REMINDER – SAT OFFERINGS AT WHS

●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 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.

REMINDER FOR RISING JUNIORS AND SENIORS

Free online SAT an ACT prep is available to you with Method Test Prep which you can access through your Naviance account. The feedback from students and families has been positive. We hope you will take a look and utilize this wonderful resource. At times webinars are also offered, and this is one that just occurred last week. Here is a [link to the webinar](#) about taking the upcoming SATs for your viewing, as well as some great tips on how to best utilize your Method Test Prep account.

Guidance Dept.

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SCHOLARSHIP INFORMATION FOR STATE COLLEGES/UNIVERSITIES

(RISING JUNIORS AND SENIORS PLEASE TAKE NOTE)

- Please visit the guidance website and click on the link named [Massachusetts State Program Link](#). Then click on the Koplik and Adams link to review the eligibility guidelines for each scholarship.
- The link to the Scholarship [application is here](#).
- If you 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 rising seniors, Mr. Buffa will be sending invitations and application information in late early June. Final applications will be due May 1 of your senior year. This allows you to think about whether or not to take one or more of the SAT Subject tests in the future (which is a requirement for the Koplik).

- The [2019-20 Tuition Break Information Overview for MA Residents](#) – an overview of the program including the bachelor's degree programs offered by public colleges and universities in the five other New England states (click on "Find a Program").
- The [2019-20 Tuition Break Listing for MA Residents](#) (available online only) lists approved associate and bachelor's programs by area of study and by institution, as well as campus contact information.

Check out these great programs from the Massachusetts State University system as well.

- [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 school

ATTENTION JUNIORS AND PARENTS OF JUNIORS:

- 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 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. Although we have enjoyed getting to know all of our students through our seminars and individual meetings, we like to have this information to help us write letters of recommendation early in the fall (and some of the counselors begin them in the summer). If you need another copy of the packet, feel free to download one from Naviance or [click here](#).
- Parents of juniors/rising seniors: Please remember that you have an assignment for the spring and summer too. We ask that you write a letter about your child and send it to their guidance counselor. Each year we ask parents of juniors (or seniors if they do not do their junior "summer homework") to do this for the future planning process so that we get the most information we can to help us with our letters of recommendation. To help you write this letter, our department has developed a "[brag sheet](#)" for you to use as a guideline as you write. You may also write in any format you would like – bulleted statements, stream of consciousness, paragraph form, etc. Thank you in advance for this support.

Guidance Dept.

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ATTENTION ALL PARENTS: GREAT SOCIAL NETWORKING INFORMATION FOR PARENTS

Although the Guidance Corner serves as a place for our department to share non-academic type information, we felt it important to share this resource with everyone in a prominent location this month. We know you have heard of Facebook and Twitter, but do you know about Flickr? Xanga? Formspring? Tumbler? Instagram? Ask.FM? SnapChat? Although social networking certainly has its benefits to keep in touch with people these days, some students choose to use this venue as a way to harass and bully others. Want to learn more about the sites and how to educate and protect your teen? Check out this resource available on line from MARC (Massachusetts Aggression Reduction Center): [HTTP://WEBHOST.BRIDGEW.EDU/MARC/MARC%20SOCIALNETWORKING.PDF](http://webhost.bridgew.edu/marc/marc%20socialnetworking.pdf)

Please take this opportunity to educate yourselves and help us educate your children. Other valuable resources include:

[HTTP://MARCCENTER.WEBS.COM/PARENTS](http://marccenter.webs.com/parents)

[WWW.CYBERBULLYING.CA](http://www.cyberbullying.ca)

[HTTP://APLATFORMFORGOOD.ORG/](http://aplatformforgood.org/)

ONLINE LEARNING OPPORTUNITIES AT TEC ONLINE ACADEMY AND CONNECTIONS LEARNING

The TEC Online and TEC Connections Learning was created for high school students to provide quality, enriching, challenging online learning experiences taught by highly qualified instructors. Please visit the website below for more information and a list of courses available. Summer course sign ups are happening now. Check out this [TEC Online Learning](#) link for course offerings.

SUMMER SCHOOL INFORMATION

For those students that need to make up credits due to failing a class or loss of credit, the below summer school programs have been approved for Wayland High School students. Registration options are listed below:

- **Brookline High School:** <http://bhs.brookline.k12.ma.us/summer-school.html> Registration by mail closes June 28. For questions, email Brendan Kobus at brendan_kobus@psbma.org
- **Framingham Secondary Summer School:** The brochure for the Framingham High Summer School is now on line. For information, click the link to [Framingham Summer Institute](#) For more information, contact Mike Tarlin, Program Coordinator at mtarlin@framingham.k12.ma.us
- **Boston Public Schools Summer Programs:** Click on the link and scroll down for the various schools that offer summer programs: Here is the link:
https://www.bostonpublicschools.org/cms/lib/MA01906464/Centricity/Domain/244/SS%2019_FINAL_online.pdf
- **Minuteman Career and Technical High School Summer Program:** online registration at <https://www.minutemance.org/summer-school>. Click on the Summer 2019 logo.
- **Waltham Public Schools Summer:** Information at [Waltham Public Schools Summer Programs](#), click on make-up, review and enrichment classes. For further information, reach out to Katherine Willard at: katherinewillardat@walthampublicschools.org or call her at 781-314-5739
- **TEC Online Academy:** The Education Cooperative now has credit recovery courses on line as well. For information, please visit this link. [TEC Online Learning](#)

Guidance Dept.

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Guidance Department Dates to Remember

June 5 – Career Colloquium

June 5 – Underclass Awards Program

June 7 – PIE Meeting, 7:45 AM

June 13-18 – Final exhibition and exam days

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

The Guidance Corner

The Guidance Corner is reserved for different kinds of posting – other than academic “stuff”. This month we wanted to provide you with a bunch of information/resources, since we will not be in touch with you again until the late summer/early fall! Have a wonderful summer.

A Terrific Resource Available Throughout the Summer:

Wayland Youth and Family Services

Does your teen need someone to talk with over the summer? Have some time to have your child learn some stress reduction strategies before the next school year? Need some parenting advice? Then Wayland Youth and Family Services (WYFS) is the best place to start! WYFS is a department of the Town of Wayland. This program is overseen by the Youth Advisory Committee, which is made up of community representatives. Staff members are licensed mental health professionals with extensive experience in working with children, adolescents, and their families. The Friends of WYFS is a volunteer group that helps fund, plan, organize, and support parent education and prevention programs. Staff members are available Monday through Friday year-round. Our office is next to the Senior Center in the Wayland Town Building.

SERVICES PROVIDED:

Parent Consultations

We will meet informally with one or both parents to discuss their concerns. Sometimes one meeting is enough. If not, we may recommend counseling.

Family Therapy

Meeting with family members is often the most effective way to resolve problems because of the powerful resources for healing that exist within the family.

Individual Therapy

We meet individually with children and teenagers when this is needed. These meetings are coordinated with parent meetings, which are focused on supporting parents' efforts and ensuring that we are working together. We carefully balance the teenager's right to privacy with the importance of helping parents understand their teenager's needs.

Group Counseling

We provide some groups for students in collaboration with the Wayland schools. Please request a group if you know of a need. We may be able to start one.

Referral

When expertise in a particular area is needed or we are unable to provide the needed service, we can provide referrals to other providers.

Consultation

We are available on an informal basis to provide consultation on issues related to the emotional and psychological well being of children, teenagers, and families. Anyone working with children and families is invited to call.

Parent Education

We organize monthly discussion groups for parents led by professional counselors and parent educators. Groups are organized by grade or by topic and a fee is charged. New groups are often initiated by parents who let us know of their interests. We also collaborate with the Friends of WYFS and with the Wayland parent organizations (at all levels) to sponsor speakers on a range of topics.

Diversion Program

In collaboration with the Wayland Police Department, we provide an alternative for youth who commit a misdemeanor. This includes an assessment, short-term counseling and community service.

For more information or to schedule an appointment, call Wayland Youth and Family services at 508-358-4293.

SUBSTANCE USE IN ADOLESCENTS, WHAT CAN PARENTS DO?

Thank you to the [Caron Treatment Centers](#) for the following article.

The countdown to summer break is officially on! Trips to the beach, lazy mornings sleeping in, and a break from tests and quizzes provide much needed stress-relief for our kids. The downside- while more free time and less adult supervision can make the summer an exciting time for many young people, it can also increase the likelihood of exposure to the dangers of substance abuse. According to a 2012 study from the Substance Abuse and Mental Health Services Agency (SAMHSA), more youth try their first drink, cigarette, or joint during the summer months than at any other point during the year.

On a typical day in June and July:

- More than 11,000 adolescents aged 12-17 will have their first alcoholic drink, as opposed to 5000-8000 youths during the rest of the year;
- An average of 5,000 youths smoke cigarettes for the first time, as opposed to the daily average of about 3,000 to 4,000 adolescents during the rest of the year. The same pattern holds true for first time use of cigars and smokeless tobacco among youth;
- More than 4,500 youth start using marijuana, as opposed to about 3,000 to 4,000 youths during the other months.

Source: Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality (July 2, 2012). The NSDUH Report: Monthly Variation in Substance Use Initiation among Adolescents. Rockville, MD.

The Guidance Corner

The following “**Quick Tips for Parents**” can help reduce the risk of your teen becoming one of these summer statistics:

- Keep alcohol, tobacco, prescription drugs, and toxic chemicals locked up and out of reach. Throw away unused prescriptions.
- Know where your teens are at all times.
- Be aware of your child’s spending habits and limit their disposable income.
- Educate yourself and be aware of the signs and symptoms of substance abuse.
- Create a contract with your teen with a promise to not use drugs and alcohol with clear consequences outlined.
- Discuss the dangers of substance use with your teen.
- Set a clear curfew and enforce it.
- Provide your child with specific refusal statements.
- Create a code word or phrase that your child can use when in an uncomfortable situation involving drugs and/or alcohol.
- Be in touch with other parents and ask about adult supervision at social gatherings.
- Pay attention to frequent sleepovers and social gatherings at the same home.

Being a parent isn’t easy – but then again, neither is being a kid in this day and age.

A Great Resource to Be Aware Of:

(PFLAG) Parents, Friends, Families and Allies of Lesbians and Gays

Although society has come a long way in the acceptance of GLBTQ people, oftentimes adolescents are afraid to come out to their friends and families for fear of bullying, harassment, and overall rejection from those who care about them. So, there is still work to be done and PFLAG is a wonderful organization and source of information.

PFLAG reports the following about LGBT Youth:

- Between 4% and 10% of the population is gay
- LGBT students are twice as likely to say that they were not planning on completing high school or going on to college.
- Gay teens are 8.4 times more likely to report having attempted suicide and 5.9 times more likely to report high levels of depression compared with peers from families that reported no or low levels of family rejection.
- LGBT youth who reported higher levels of family rejection during adolescence are 3 times more likely to use illegal drugs.
- Nearly a fifth of students are physically assaulted because of their sexual orientation and over a tenth because of their gender expression.
- About two-thirds of LGBT students reported having been sexually harassed (e.g., sexual remarks made, being touched inappropriately) in school in the past year.

Click here for some wonderful (and free) resources from PFLAG: <http://community.pflag.org/Page.aspx?pid=594> and check out the overall site which has lots of information as well: <http://community.pflag.org/Page.aspx?pid=194&srcid=-2>

Community News



News from the Creative Arts Parent Association (CAPA)

A poster with a light blue background. At the top, it says 'CALLING FOR VOLUNTEERS!' in large, red, hand-drawn letters. Below that, in smaller red text, it asks 'WANT TO FIND OUT HOW CAPA HELPS OUR FINE ARTS STUDENTS?'. The main text is in black, hand-drawn letters: 'MEET & GREET MONDAY, JUNE 10TH 7:00 PM @ HOME OF BRENDA ROSS'. There is a photo of hands holding a green speech bubble that says 'JOIN US'. At the bottom left is a framed sign that says 'RSVP for address to contact@whsarts.org'. At the bottom right is the CAPA arts logo.

CAPA's June Meeting:

Monday, June 10 at 7:00 PM -- home of Brenda Ross

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. For address to Brenda Ross's home and RSVP, contact us at Contact@WHSArts.org.

The 2018-19 CAPA Board:

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

Community News

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WaylandCares to Offer Youth Leadership Program

Two Sessions: June 24-28 and August 5 - 9
Monday - Friday, 10:00 am - 3:00 pm, WHS
For Students Entering Grades 8 - 12 Fee: \$50

EMPOWER | Youth Leadership, Communication, Collaboration & Substance Prevention

Work with a group of Wayland peers on a mix of games, presentations, activities, brainstorming, and talk about substance prevention and making healthy decisions. The program is \$50 and staffed by Jason Verhoosky, Director of Wayland Youth and Family Services, and Kelly SanClemente, Clinician, Wayland Youth & Family Services. The program is limited to 15 participants each session. To register, please apply through [Wayland Town Recreation](#) (scroll to bottom of page). Contact [Jane Purser](#) with any questions or call Wayland Cares at 508.358.6825.

Jane Purser
Program Coordinator
WaylandCares Drug-Free Communities Support Program
41 Cochituate Road
Wayland, MA 01778
508-358-6825

Tuesday, June 4th will be our last Coalition meeting of the school year. Please join us from 7:45-9:00AM in the WHS Staff Lounge.

We will review the past 4 years work completed under the DFC grant, followed by a discussion about the direction the Coalition will take starting in the fall, as WaylandCares will become town funded. We need and welcome your input. We hope to see you on Tuesday!

Kind regards,
-Jane