

SEPTEMBER 2019



PRINCIPAL'S CORNER

Seeking a new and meaningful way to welcome our 9th graders during Orientation, Mr. Gass (Assistant Principal for grades 9 and 10), Ms. Cole (Assistant Principal for grades 11 and 12), and I brainstormed ideas this summer to freshen up our message and enliven the event. Especially because Mr. Gass and Ms. Cole are starting their first year at WHS as well, we knew we wanted to plan a welcome assembly that communicated genuine enthusiasm while acknowledging the apprehension that a new journey brings. We also wanted to make sure that, from our first formal remarks to them as high schoolers, our newest students felt the unbridled care and support of the WHS staff around them.

During our discussions, we turned back the clock and began thinking about ourselves as 9th graders: What do we wish we had known then? What could have improved our first year of high school, and high school in general? Eventually Ms. Cole arrived upon the fun idea of asking our staff to email her a picture of themselves as 9th graders, accompanied by words of advice to the Class of 2023, to be compiled into a slideshow for our Orientation welcome. Following her request, the pictures and words of wisdom started to roll in.

Eagerly wanting to reassure and inspire our 9th graders, staff members looked high and low for pictures of their younger selves. For many of us, pictures of our youth never existed in a digital form, and I know some colleagues had to ask relatives back home to flip through the albums in the attic. (We extended the invitation to Ms. Gavron, who was able to send us a wonderful picture from her high school years after enlisting the help of her own parents.) Images of the teenage versions of our colleagues -- school and team pictures, moments with friends, vacation memories -- were evocative, sometimes humorous, and poignant. The levity of bad haircuts and orthodontia was balanced by the earnest faces in these pictures who looked towards the future with joy.

The words of advice were equally rich with meaning, ranging from inspirational messages urging students to try new things, take risks, and never quit, to more pragmatic counsel encouraging them to take a range of classes and get enough sleep. The most resonant advice reminding me of my own 9th grade self was this: "Take more risks. Try new things. I was so shy, and wish I had just opened up more." (Please read through a sampling of other staff recommendations to the Class of 2023, below.) Indeed, words like these are not only fitting for 9th graders, but for all of us starting a new school year, or a new life journey, full of hope and resolve.

Welcome back!

More words of advice to the Class of 2023 from WHS staff:

- ◆Don't take yourself too seriously and enjoy the ride of high school. Be sure to try new things and get involved!
- ◆Try your absolute best in everything you do; put in 110% effort & take advantage of every opportunity that comes your way.
- ◆Practice skills that are hard! If you only do what comes easily, you won't get any better.
- ◆Try not to stress about school too much -- just work hard and try your best and the rest will fall into place.
- ◆Don't be afraid to try new things and come out of your comfort zone. You'll be surprised at what you can achieve.
- ◆Be yourself.
- ◆The world is larger than high school so don't let negative or intimidating people railroad you into a singular view of self-worth.
- ◆Ask for help.
- ◆Adapting to the unexpected is what helps you learn, and you have to trust that things will work out.
- ◆Work harder, but not at the expense of the fun stuff.

Allyson Mizoguchi
Principal

We're excited to announce that WHSPO has changed its name to WHS PTO. We are still the same organization. Including the 'T' reemphasizes our purpose to promote communication and cooperation between parents, teachers, staff and the administration of Wayland High School (WHS). It also streamlines our name with the other PTOs in town.

With your annual financial support and volunteerism, the WHS PTO will continue to provide many resources, services, and awards programs for the benefit of WHS students, faculty and staff. Here are just a few examples of how the WHS PTO makes a difference at WHS:

Teacher & School Programs

- Faculty Mini Grants & Wishlist
- Monthly Newsletter
- School Beautification
- Faculty and Staff Appreciation
- Alumni & Teacher Awards
- Green Activities

Student Programs

- Academic and Service Awards
- Media Center Trivia Contest
- Special Event METCO Late Buses
- Support for Senior Week
- Support for Winter Week
- Online Directory

Please consider making a tax-deductible donation to our ONLY fundraising program **Gift Your Child** at <https://waylandpto.org/>.



Your gift makes a positive impact on every single WHS student, as well as the teachers and staff. All WHS PTO programs are solely supported by the funds we raise from WHS families through Gift Your Child.

Our monthly Parent Information Exchange (PIE) meetings are an excellent way to meet with Principal, Allyson Mizoguchi, Head of Guidance, Marybeth Sacramone, and other WHS PTO members to discuss what's new at WHS. Our first PIE meeting will be held on Friday, October 11, 2019, at 8:45 am. Also, be sure to sign up for the [WHS ListServ](#) to receive our monthly newsletters which contain important updates from the principal's office, academic and guidance departments, and parent and community organizations.

New this year – follow us on Facebook, the [Wayland High School PTO group](#). We will post relevant news about upcoming meetings and events.

BROUGHT TO YOU BY...

This newsletter is brought to you by the Wayland High School Parent Teacher Organization. WHS PTO 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.

Principal's PIE Meetings and WHS PTO Board Meetings for 2019-2020

(bold used for evening meeting)

(Italics for WHS PTO only mtg)



Principal's
PIE
(Parent
Information
Exchange)
meeting
schedule

PIE	TIME	WHS PTO BOARD MTG	TIME
Thursday, September 12, 2019 (9th Grade Parent Night)	7:00 PM	<i>Friday, September 13, 2019</i>	<i>10 am</i>
Friday, October 11, 2019	8:45am-9:45am	Immediately following PIE	10am
Thursday, November 7, 2019	7:00 PM	<i>Friday, November 8, 2019</i>	<i>10am</i>
Friday, December 13, 2019	8:45am-9:45am	Immediately following PIE	10am
Friday, January 10, 2020	8:45am-9:45am	Immediately following PIE	10am
Thursday, March 5, 2020	7:00 PM	<i>Friday, March 13, 2020</i>	<i>10am</i>
Friday, April 3, 2020	8:45am-9:45am	Immediately following PIE	10am
Friday, May 8, 2020	8:45am-9:45am	Immediately following PIE	10am
Friday, June 12, 2020	8:45am-9:45am	Immediately following PIE	10am



WHS
PTO
MTG

WHS PTO Board & Advisory Team 2019-2020

President
Stephanie A. Leong

waylandhighpto@gmail.com

Vice President &
Student Activities
Nancy Funkhouser

nancyfunkhouser@verizon.net

Secretary & Mini Grants
Sarah Orlov

sorlov@orlovcompany.com

Asst. Secretary & Wishlist
Elisa Scola

cpandes@yahoo.com

Treasurer
Pam Cerne

whspotreasurer@gmail.com

Newsletter

Tracy Scheidemantel
tscheide@comcast.net

Faculty Appreciation
Amy Frankel Nau, Nan Li &
Cathy Davies

amyfnau@gmail.com
annie060303@hotmail.com
cdavies@rtgroup.com

Beautification
Missy Davis

missydavis118@gmail.com

On-Line Directory Administrator
Catherine Scholz

cscholz89@gmail.com

Facebook
Jennifer Dennis

dennisjenn8@gmail.com

WHS PTO is a volunteer run organization, please join me in thanking:

***Amy Frankel-Nau, Cathy Davies**, and **Nan Li** for organizing an amazing teacher & staff appreciation dinner before Back to School Night, and **Jennifer Dennis, Amy Simmons, Miriam Morrison, Gina Dallin, Jane Barrow, Jennifer Chilson, Jinglei Whitehouse, Sara Orlov, Xinrong Liu and The Neighborhood Farm**, who volunteered desserts and time to make the event a success!

* **Jeanne Downs** and **Sarah Hubbell** for working the WHS PTO table at Back to School Night

***Nancy Funkhouser** and **Sarah Orlov** for preparing and mailing the WHS PTO appeal letter

***Tracy Scheidemantel** for compiling this and every month's newsletter

If you have any questions about the WHS PTO or are interested in volunteering, please contact me or any WHS PTO board or advisory team member.

Thank you to everyone who donated

Stephanie A. Leong, WHS PTO President
WaylandHighPTO@gmail.com

**WHS PTO Newsletter Submission Deadlines
(9pm) Dates for 2019/2020****September** Newsletter deadline- 9/5 (for post on **9/9**)**October** Newsletter deadline- 10/5 (for post on **10/7**)**November** Newsletter deadline- 11/02 (for post on **11/4**)**December** Newsletter deadline- 11/30 (for post on **12/2**)**Jan/Feb** Newsletter deadline- 1/18 (for post on **1/20**)**March** Newsletter deadline- 2/29 (for post on **3/2**)**April** Newsletter deadline- 4/4 (for post on **4/6**)**May** Newsletter deadline- 5/2 (for post on **5/4**)**June** Newsletter deadline- 5/30 (for post on **6/1**)Submissions to tscheide@comcast.net**WAYLAND PTO DIRECTORY**

Membership Toolkit is Wayland PTO's new provider for our online, all-school family directory, replacing My School Anywhere.

The PTO provides this directory for personal use only. No solicitation, political campaigning (for policies or candidates), or business use is allowed. The PTO reserves the right to block any members who abuse the purpose of this directory.

The directory includes all families, K-12, though you choose what information (if any) you want to share and you can opt out at any time. Membership Toolkit is accessible online and through an app, <https://apps.apple.com/us/app/membership-toolkit/id912169276>.

Register today to find contact information for other families in the school district by following these easy steps:

- 1 Create a new account by clicking <https://waylandpto.membershiptoolkit.com/login> and following the prompts.
- 2 Review and update your family information. For elementary and middle school students, this includes updating teacher assignment and/or cluster.
- 3 Select what information you would like shared in the directory.
- 4 Once you have confirmed and saved your information, your registration is complete and you can access the directory. Membership Toolkit will direct you to the Gift Your Child page where you are able to make a donation to the PTO's annual fundraiser. For more information on Gift Your Child, click [here](#).

Please note that you can edit your information or change what information you would like published in the directory at any time by logging into your account. The PTO does not update information on your behalf.

For any questions, please contact waylandptodirectory@gmail.com.

Class News

Class of
2020

Advisor: Mr. Krasnoo

Class of 2020 News

Welcome to Senior Year! It is hard to believe that the Class of 2020 is beginning its final chapter. On the first day of school, the class arrived into the field house showing a lot of spirit and wearing their Class of 2020 T-shirts. It was a great kick-off to their last year at WHS. We hope to keep this high level of energy in the months ahead. We have a number of events planned for the year and we are hoping to have as many students involved as possible.

Our Executive Board will have its first meeting on Wednesday, September 11. We are very excited to be back and ready to prepare for the many traditional Senior Year activities for the Class, including our Progressive Dinner on Saturday, October 19. We are also exploring the possibility of some new events as well.

In order to defray the cost of our Senior Class events, we will be conducting several fundraisers during the year. Please support us in our efforts and encourage your student to assist in our fundraising ventures.

Students do not need to be on the executive board to help out! This is a great way for students to get involved, be part of a team and help their class.

One of the many other opportunities available to our seniors is the chance to complete a Senior Independent Project (SIP) during the fourth quarter. Seniors participating in this hands-on, non-traditional learning experience will work with a faculty advisor on a product of their own design. Information about this exciting program is [linked here](#).

Please encourage your student to become involved in both class events and the many activities offered at the high school. Senior year only comes once, and we want this to be an exciting, memorable and safe experience for our students. As always, please don't hesitate to contact me with any questions and concerns.

Mr. Krasnoo lee_krasnoo@wayland.k12.ma.us

WHS Reflector 2020

Hello parents!! It is time to start thinking about your student's yearbook! Here are some important pieces of information, particularly for seniors.

- The yearbook purchasing portal is open now - just click the WHS Yearbook link on the High School homepage. We are especially excited about this year's book, and we encourage you to order your child's book early. We have some special surprises in store, and the earlier we can begin, the better!
- Senior submissions must be **emailed** to the assigned editors (see below) no later than October 18th. In an effort to stay organized, we ask that you write "Yearbook" and the full student name in the subject line. We ask that you submit a senior portrait, baby picture, and your senior can submit their senior blurb (details forthcoming).

Al Bendawi - Dennis: erin_greenberg@student.wayland.k12.ma.us

DiCarlo - Kiernan: sarina_patel@student.wayland.k12.ma.us

Knapp - Qadir: lily_jenzeh@student.wayland.k12.ma.us

Rajeev - Schofield: ellie_tyska@student.wayland.k12.ma.us

Sheehan-Stahl: meredith_prince@student.wayland.k12.ma.us

Starr - Zhang: michelle_li@student.wayland.k12.ma.us

- Tribute ads in the yearbook are available and can include photos alongside a personal message to your child. There are a limited number of pages available in the 2020 Reflector, so it's time to start choosing photos and working on your message of congratulations, pride, and love. We have a special discount for ads submitted in their entirety by October 31, 2019. Don't miss out! Please use the information on the Yearbook webpage to find details: <https://sites.google.com/wayland.k12.ma.us/whs-reflector/home>

As always, if you have any questions, please contact us:

Kristin Cowell, teacher adviser: kristin_cowell@wayland.k12.ma.us

Sarina Patel, co-editor-in-chief: sarina_patel@student.wayland.k12.ma.us

Erin Greenberg, co-editor-in-chief: erin_greenberg@student.wayland.k12.ma.us

Thank you in advance, The 2020 Wayland High School Yearbook Staff

Class News

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**Class of
2021**

Advisors:

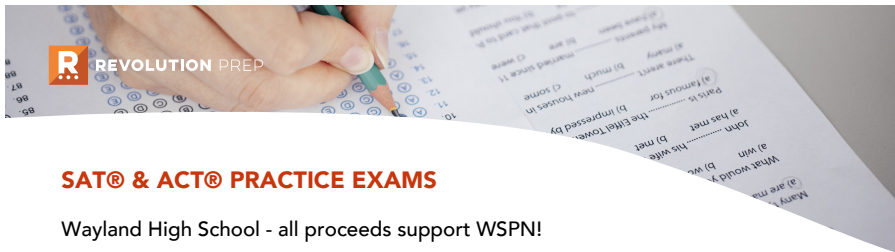
Mrs. Mary Barber, Mrs. Jessica Imbornone & Dr. Heidi Friedlander

Welcome to Junior Year!

We are excited to start another school year!

Class advisors: Mrs. Barber, Dr. Friedlander, and Mrs. Imbornone

We will be working closely with your class officers and Eboard members so if you have any ideas or thoughts about this year, please let us know!



SAT® & ACT® PRACTICE EXAMS

Wayland High School - all proceeds support WSPN!

Save the date & your spot now!

Get the experience of taking a practice exam in a test-day setting, which is proven to help increase scores! Revolution Prep is the only company with same-day grading via Mobile App!

SAT Practice Exam	ACT Practice Exam
 Saturday, September 21st, 2019	 Saturday, October 5th, 2019
 9:00am - 1:00pm	 9:00am - 1:00pm
 Wayland High School 264 Old Connecticut Path Wayland, MA 01778	 Wayland High School 264 Old Connecticut Path Wayland, MA 01778
Register by: Friday, September 13th, 2019	Register by: Friday, September 27th, 2019
Cost: \$20	Cost: \$20

How to register

www.revolutionprep.com/partners/497

Schedule a score review

Every practice exam comes with a personalized score report and one-on-one score review with a Revolution Prep Academic Advisor.

Go to www.revolutionprep.com/david-zimbalist

Make sure to bring

Smart phone, approved calculator, pencil, water, and snack



All proceeds of the fundraiser go to:

Support WSPN!

Questions? Contact your Academic Advisor

David Zimbalist

617.640.0744

David.Zimbalist@revolutionprep.com

Take a full-length practice test under timed conditions. A proctored practice exam will help your child build testing endurance and give you a real-time snapshot of their testing performance.

Upon registration your Revolution Prep liaison, David Zimbalist will schedule a score report review at a time convenient for you. During the session, we will breakdown your child's score to understand areas of strength and weakness and develop a custom preparation plan.

SAT Practice Exam: Saturday, September 21, 9am - 1pm
ACT Practice Exam: Saturday, October 5th, 9am - 1pm

Students are welcome to register for more than one exam! Cost: \$20/ exam -- All Proceeds support WSPN!

To register visit www.revolutionprep.com/partners/497 or contact David Zimbalist at 617.640.0744 or David.Zimbalist@revolutionprep.com. Registration is required and closes one week prior to the exam.

Class News

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**Class of
2022**

Advisors: Scott Parseghian and Jennifer Reed

Class of 2022

The Sophomore Semi will be on October 19th at the Weston Country Club from 7-10:30!
More information will be provided to students over the next few weeks.

Scott_Parseghian@Wayland.k12.ma.us

jennifer_reed@wayland.k12.ma.us

**Class of
2023**

Advisors: Aimee Lima and Kate Gamwell

Welcome Class of 2023!

We wanted to introduce ourselves as class advisors and share that there will be elections for class officers in the near future. We will share more information when it becomes available. Please reach out to either of us any time with questions about the Class of 2023.

Kate Gamwell, School Psychologist, Room B214 (in the LRT suite) across from the Library Media Center, kate_gamwell@wayland.k12.ma.us

Aimee Lima, Academic Center Coordinator, Room B101H (the Academic Center, in the Library Media Center), aimee_lima@wayland.k12.ma.us

We are excited to work with you for the next four years!

Department and Faculty News

Guidance Department



Marybeth Sacramone, Department Head

WELCOME BACK TO ALL OF OUR STUDENTS AND FAMILIES FROM THE WAYLAND HIGH SCHOOL GUIDANCE DEPARTMENT! IT'S BEEN GREAT TO BE BACK TO ENJOY THE ADOLESCENT ENERGY THAT WILL NOW SURROUND US UNTIL THE END OF JUNE! WE HOPE YOU HAD A RESTFUL AND ENJOYABLE SUMMER. WE LOOK FORWARD TO MEETING OUR NEW NINTH GRADERS AND TRANSFER STUDENTS, AND RECONNECTING WITH SOPHOMORES, JUNIORS AND SENIORS SOON. AND WE ARE EXCITED FOR THE NEW SCHOOL YEAR. AS ALWAYS, PLEASE CONTACT YOUR SON OR DAUGHTER'S GUIDANCE COUNSELOR IF YOU HAVE QUESTIONS OR CONCERNS.






SUMMER MAILING AND RESOURCES

In case you have yet to review the summer e-mailing from Guidance that is chock full of resources for you, or possibly "glossed over it" with all of the other emails you received this summer, here are a few quick highlights for you! Please also know that the summer mailing resources are also still available on the [Guidance Important Dates and Information](#) link located on the home page of the [Guidance Department website](#)..

CANNOT REMEMBER WHO YOUR SON/DAUGHTER'S GUIDANCE COUNSELOR IS? HERE IS THE ALPHABETICAL BREAKDOWN FOR YOU.

Who is My Child's Guidance Counselor?

Alphabetical Breakdown of counselor assignments for students.

Counselor	2023	2022	2021	2020
 Mr. Girard	A-E	A-C	A-Da	A-D
 Mr. Buffa	F-K	D-J	Db-K	E-Le
 Ms. Sacramone	L-Mc		L-Ma	
 Mr. Doherty	Md-Ro	K-Q	Mb-Sa	Lf-Ri
 Ms. Bodi	Rp-Z	R-Z	Sb-Z	Rj-Z

Mrs. Sullivan's (School Adjustment

Counselor) caseload is not alphabetical. In

addition, there are

some exceptions to the alphabetical breakdown due to caseload balancing and 10th-12th transfer students going to Ms. Sacramone.



GUIDANCE IS ON TWITTER – PLEASE FOLLOW US!

Our department can be reached on Twitter at [@WaylandGuidance](#). We plan to post interesting and timely articles and reminders from time to time.

Guidance Dept.

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GUIDANCE HOURS AND COUNSELOR DROP-IN HOURS:

- The Guidance Office doors will open at 7:30. Our phones will be on line between 8:00-3:25. Guidance Office doors will close at 3:30.
- Counselor Drop-in hours are available to students in person and to parents by phone during every lunch block. A guidance counselor is available for general questions and scheduling appointments. Please note that these times are reserved for non-personal questions/issues such as basic questions about the schedule, school day, PSAT/SAT/ACT questions, college application questions, transcript request questions, and/or to schedule appointments.

THE GUIDANCE WEBSITE

The WHS PTO newsletter is a vital communications line between our department and parents. In addition to the WHS PTO Guidance News and the E-news mailings Ms. Mizoguchi will do, there is a wealth of information for both students and parents on our Guidance website.

PSAT REGISTRATION – DEADLINE APPROACHING

As a result of meeting the College Board's deadlines for ordering PSATs earlier and earlier each year, 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, but 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](#)

NINTH GRADE AND SENIOR PARENTS: DON'T FORGET YOUR HOMEWORK!

In an effort to know your student best, we ask you to write us a "brag sheet" about your ninth grader or senior. Although counselors will be meeting and getting to know your ninth graders in Freshmen Seminar and individual meetings throughout the fall, we would love to hear from you about your child: their strengths, weaknesses, interests, hobbies, passions and anything you feel would be important for us to know.

REMINDER TO SENIORS: SENIOR SEMINARS ARE IN YOUR SCHEDULE!

Our Senior Seminars will begin on September 12 (starting with an A-day) and will run for three or four cycles.

ATTENTION PARENTS OF 9TH GRADERS -- JOIN US FOR AN INFORMATIVE EVENING PROGRAM

On September 12 at 7PM, please join Ms. Mizoguchi and some members of the Guidance Department to the 9th Grade Parents PIE program. Please also mark your calendar for future PIE meetings throughout the year. Dates and times are at this link. [PIE Meeting Schedule](#)

Guidance Dept.

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COURSE CHANGE DEADLINES

All parents are also reminded that students may not enter a year-long course in a different subject after approximately four weeks into the course. This year the deadline is Friday, September 27. In addition, students may not drop any course during the last two weeks of any quarter. And students who choose to drop a course after 50 percent of the course has elapsed, a grade of "W" (for withdrawn) will show on the transcript.

COLLEGE VISITS AND SCHOLARSHIP ANNOUNCEMENTS

Juniors and seniors are again able to sign up through Naviance for meetings with college representatives that visit WHS Guidance. Students are reminded that they must get written permission to attend from their teacher (at least 24 hours in advance) if they must miss class time. Students can access the form on the guidance website or in the guidance office. Scholarship notices will also be available through Naviance.

FREE ONLINE SAT PREP through [KHAN ACADEMY AT THE COLLEGE BOARD SITE IS HERE](#)

FREE ONLINE SAT AND ACT PREP THROUGH NAVIANCE:

Juniors and Seniors have access to Method Test Prep for free ACT and SAT prep as well. Students log on to their [Naviance Student](#) account to access their accounts, or open a new one.

NCAA UPDATED GUIDELINES:

For any student or family that may be considering playing a Division I or Division II sport in college, please visit the NCAA Eligibility Clearinghouse website for new information on eligibility. Some colleges begin recruiting students as early as sophomore year, so it is important for students and families to be aware of how to register with the NCAA and what the eligibility requirements are (specific classes, GPA and testing requirements, recruiting rules, etc.). [NCAA Eligibility Center](#). Mr. Jim Girard is our department's contact person for NCAA questions and issues, so feel free to reach out to him, or to your son/daughter's Guidance Counselor with questions and concerns.



Academic Center

The Academic Center is a place where students can get academic support in any subject or with student skills such as time-management, organization, and test preparation. It is also a quiet place where students can do their work or access various resources. Parents and students are encouraged to email Aimee Lima (aimee_lima@wayland.k12.ma.us) for more information. Students can also drop by any time! The Academic Center is open from 8:00AM to 3:30PM Monday-Friday.

Guidance Dept.

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Guidance Department Dates to Remember

- September 12, 7:00-8:00 PM: Principal/Guidance PIE (Parent/Principal Information Exchange) for parents of 9th graders
- October 11, 7:45 AM: Our first PIE for parents of all grades of students. All other PIE dates throughout the year are listed [at this link](#).
- September 27: Deadline to register for the PSAT (see information above). You can register at the [WHS Testing site](#). \$30 if you register prior to Sept. 13, \$45 if you register after September 13.
- Senior Parents Workshops: These have replaced one large parents' night and will be led by a counselor to answer any and all questions related to the future planning process. You may come to as many as you'd like, as questions and answers may be different each time! Please note that the workshops marked with an *asterisk are in the evening.

○ September 19	8:45 AM
○ *September 26	6:30 PM
○ October 3	8:45 AM
○ October 10	8:45 AM
○ October 17	8:45 AM
○ *October 24	6:30 PM
○ October 31	8:45 AM
○ November 7	8:45 AM
○ November 14	8:45 AM

- October 2, 6:30-8:30 PM: TEC College Fair at Waltham High
- October 3, 6:30 PM: MEFA Financial Aid Night, WHS Main Stage Theater
- November 5, 6:30-8:30 PM: NACAC's Boston Performing and Visual Arts College Fair, Emmanuel College. For more information [visit this link](#). Students are encouraged to register for the fair prior to attending.

For Testing Dates and Deadlines for the College Board and ACT, please go directly to their websites below:

collegeboard.org

actstudent.org

The Guidance Corner

Our Guidance Department likes to be sure that we are not only getting you the vital educational information you need, but also other important information through what we call the Guidance Corner. Topics might include issues pertaining to mental health, substance abuse prevention, community service and internship programs. We would love to hear your suggestions for topics that you would like to know about, so please e-mail Marybeth Sacramone, the Guidance Department Coordinator.

We're including two topics this month for our Guidance Corner.

First: A brief reminder to you that there is a lot of information out there for you. Please always read your emails from us and subscribe to the resources below to stay in the know! Here is a list of important resources where you can find and receive information:

1. [Guidance on Twitter](#) - Please follow us (twitter.com@WaylandGuidance). We post interesting articles and reminder dates for you as much as we can.
2. [WHS Guidance Website](#) - Plenty of resources here. Please visit to find things like important dates, programs and resources for all. We have also added a Google site to post interesting articles and upcoming events, so check it out.
3. [Principal/Parent Information Exchange Dates and Times](#): PIE Meetings are co-led by our Principal, Allyson Mizoguchi and our Guidance Department Coordinator, Marybeth Sacramone. Topics vary, but there is always time set aside for Q&A.
4. [WHS PTO News](#) and [Weekly ENews](#) - Sign up on line (under For Families on the WHS website) to receive these important resources chock full of information

Second: We are all hearing that vaping among adolescents has sky-rocketed over the past few years. Here are a few articles to keep you up to date.

1. [Many teens have dangerous misperceptions that lead them to believe that vaping is harmless](#)
2. [Tips for talking with your kids about Vaping](#)
3. [FDA investigates reports of seizures after vaping](#)

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

Welcome back everyone. And to first time Wayland High School parents, welcome to WHS!
I hope everyone had a restful and rejuvenating summer break.

I'd like to begin by encouraging you to contact me at any time, and for any reason at all. Any and all information regarding current and past medical issues helps to ensure that I can provide the best care possible for your kids.

Following is an overview of various testing and paperwork needed to comply with state and local requirements, and general information to ensure timely and appropriate care for your student in the event of an accident or illness.

- For all
 - Please make sure that all information we have regarding health issues and emergency contact names and numbers is updated and accurate in both eSchool and on the paper emergency forms you've been asked to fill out. If there are changes that need to be made you can get in touch with the main office or me for help.
 - We require written permission from parents for all medications given at school. You have the opportunity to give permission for the administration of Acetaminophen (ie: Tylenol), Ibuprofen (ie: Advil, Motrin), antacid, and antibiotic ointment, on the emergency contact information form. For all other medications we require both a parent signature and a physician's order. You can access those forms through the HS web page/ For Families/ Health Services. Links to the forms can be found at the bottom of that page.
 - For those students who have been prescribed an **EPI-PEN** , PLEASE send in required paper work which includes: 1) a current doctor's order 2) signed permission from a parent. We are using new forms this year, so if you haven't received one in the mail, let me know and I'll send one out to you.
 - I do not collect students' personal Epi-pens in my office. I ask that **your student carry their Epi-pen on them at all times** , including during field trips and for any after school activities.
 - Re: sports physicals; MIAA rules require that an athlete show proof of a physical exam done within 13 months of the entire current season. It is possible that your child is eligible to begin a specific season but not complete it if the 13 months falls before the season is over. If you are unsure of the date for the last physical on file, please contact me and I will check. It's heartbreaking to have to deny any student the opportunity to participate! To avoid any interruption or delay in your student's sport season, feel free to send in a copy of the physical exam as soon as it is done.

Health Office News

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- As in the past, flu clinics will be offered through the Wayland Health Department in October. After the town clinics are over, I will have some vaccine at the school to administer to our students. Stay tuned for more info as we get closer to that time.
- I imagine you've heard/read about Eastern Equine Encephalitis. Following is an excerpt from a press release issued by the Wayland Director of Public Health:

"Residents should be aware that there are many communities in Massachusetts at high and critical risk for EEE. These risk levels are changing almost daily, so if you travel outside of Wayland to an adjacent community, you should check the Health Department website for information on these towns and be aware of the risk of EEE. If a community is at high or critical risk you should consider staying indoors during the dusk to dawn hours to reduce exposure to mosquitoes. The state will be conducting helicopter spraying in certain identified towns to control mosquito-borne illness for EEE and reduce mosquito populations, however this does not eliminate the risk of EEE transmission. Wayland has not been identified for mosquito spraying at this time. We strongly advise the public to protect yourself from mosquito bites and prevent your yard from becoming a breeding ground. Information on risk levels in communities and updates from MDPH can be found on the Health Department website:

<https://www.wayland.ma.us/home/urgent-alerts/urgent-update-health-department-eee-risk-wayland-0>

- For parents of 9th graders

- We are required by the state to perform a postural exam to screen for scoliosis. This is the last time that exam will be performed in the school setting. With the help of the teachers in the Wellness Dept, I usually do this screening in the spring. If your student is checked by their own health care provider, and you would prefer that we not screen them, please send in a note stating that your student is screened by their personal health care provider, and requesting that we not perform the exam. Feel free to send in that note at any time.

- For parents of 10th graders

- State law requires that we have proof of a physical exam done within the last year. If you haven't done so already, please send a copy of a physical exam done after Sept 2018. If you have an appointment scheduled in the near future, just let me know the date, and forward a copy after the visit.
- Hearing, vision, height, and weight measurements are also required at this grade level. According to the Massachusetts Body Mass Index (BMI) Screening Regulation passed in April 2009, schools must collect the height and weight of students in grades 1, 4, 7 and 10, and use that information to calculate their BMI. BMI is a measure that is used to show a person's "weight for height for age." Just like a blood pressure reading or an eye-screening test, a BMI can be a useful tool in identifying possible health risks. You have the right to exclude your child from the BMI screening. Please notify me in writing if you choose to do so. Results of the hearing and vision testing will be mailed home only if they fall outside of the normal range. This screening will likely be done during late winter/early spring.

Please don't hesitate to contact me with any questions you have, or information you feel it important to share. If there has been any change in your student's health status, please let me know.

Best of luck for the upcoming school year! Amy

Department and Faculty News

Social Studies & Business



Kevin Delaney, Department Head

1619
2019

THIS YEAR MARKS TWO SIGNIFICANT ANNIVERSARIES, 1619 AND 1919, THAT ARGUABLY REPRESENT THE MOST FUNDAMENTAL THEMES OF THE AMERICAN EXPERIENCE. OUR COMPLICATED AND EVER-CHANGING NATIONAL HISTORY HAS AT ITS CORE THE BROADENING LIBERTIES AS PROMISED IN OUR FOUNDING DOCUMENTS, ALL THE WHILE SLAVERY AND OTHER FORMS OF UN-FREEDOM SIMULTANEOUSLY EVOLVED.

In 1619, the first enslaved Africans were forced to British America, initiating four centuries of race relations that, of course, we're still struggling to effectively address. Three hundred years later, the Anthony Amendment passed, expanding the franchise to a sizable percentage of the adult population, women (some states had preceded national suffrage by extending the right to vote prior to the 19th Amendment).

This year, history teachers will mark both of these critical milestones with renewed focus, placing a special emphasis on women's suffrage. For instance, in our CP US history classes, Erin Lehmann, Sarah Pesaturo, and Eva Urban will jointly see through the construction of a 3-D "Timeline Tunnel" featuring prominent women's history developments and players over the decades. Kevin Delaney's Attic Archaeology students will work with them as well, focusing on the local/regional history that will likely reveal in microcosm the bigger picture themes. Ultimately, the history wing hallways will be festooned with images, quotes, documents, and more that together will be a stroll through time.



Inspired by an early 20th century picture taken at Cochituate's Dean Factory (below; a Historical Society scan), the Attic Archaeologists will also research and reveal the lives of the local mill women. Who were they and what are their stories? Meanwhile, Delaney's US history students will do a deep dive into the "Wayland Woman's Club" as they progressed through the 20th century (they used the singular). Delaney scanned over a hundred pages of the WWC minute books through the decades, which reveal the thoughts, concerns, and discussions these women had as the years passed. In the end, their findings will be volume XII of the [Wayland High School History Project](#) site in the spring.



Women about 1900-05. Workers at the Charles W. Dean Shoe Factory. 1915. From the 1915-16 Yearbook, Dean of the Dean Shoe Factory.

Elsewhere, Modern World teachers (9th grade) will focus on 20th century Iranian women, reading the wonderful graphic novel *Persepolis* and ultimately creating e-books that include a range of Iranian women's stories during the various phases of recent history. Not to be outdone, Fred Lehmann's Business classes will feature women entrepreneurs and explore the realities of the 21st century workplace. Jay Moody's Innovation classes, always ready for more female enrollees, will continue to highlight women engineers and innovators.

Lastly, we're also in the process of lining up speakers, both for our classes and the school as a whole, to help us understand the past and present of our current MeToo era---tips/suggestions are most welcome!

~Kevin Delaney

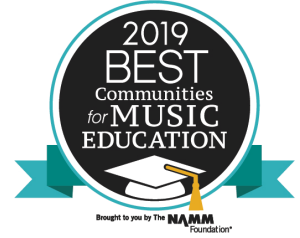
Department and Faculty News

Fine Arts Dept

...CONTINUED

Susan Memoli, Department Head

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Welcome back to our returning students and a warm welcome to our new students. The year is off to a great start!

If you are interested in participating in the fall musical, Chicago, in any capacity, please see Mr. O'Hara. There are opportunities on and off stage. This is a wonderful way to get involved, to meet people and to be part of an amazing team. The show will run November 21-23 and we hope to see everyone in the community there!

The WHS Orchestras are preparing for the Annual Masquerade Concert on October 24, 2019 in the WHS Auditorium at 7:30pm. This event is free and open to the public. Join us as we celebrate the sounds of the season!

We are excited to announce that two of our WHS Orchestra members applied for and were accepted into this year's NAFME All National Honor Orchestra! Congratulations to Gabriel de los Reyes (string bass) and Connor Rader (string bass) for this tremendous accomplishment! Gabriel and Connor will travel to Orlando for the November 7-10 event. They will rehearse with the finest high school musicians from around the country and perform a culminating concert at the end of the weekend. We are honored to have 2 musicians participating in such a prestigious event and representing WHS.

Our department would like to congratulate Mrs. O'Connell and her husband as they welcome their son, Samuel Joseph into their family! While Mrs. O'Connell is out on maternity leave, we are fortunate to have Mrs. Ruether join our team. Welcome Mrs. Ruether!

For those students planning on auditioning for the MMEA Eastern District Senior Festival, a reminder that auditions are scheduled for Saturday, November 16. Preparations should be well under way. The audition information is available at: https://mmeaeasterndistrict.org/senior_audition_requirements.htm

Welcome again! The WHS Fine Arts Faculty is excited to get to share in the student growth this year.

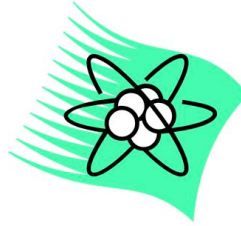
Department and Faculty News

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Science Department

Ken Rideout, Department Head

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NEWS FROM THE SCIENCE DEPARTMENT:

The Science Department is excited to welcome our new and returning students to our classrooms and labs. Our own Dr. Friedlander returns to the Biology teaching team this year after a one-year leave of absence as Mrs. Imbornone prepares to take her own maternity leave. In both cases, we are/were very fortunate to have Dr. VanRooyen join the Biology team during their leaves, providing a seamless experience for our freshmen.

Last year, the department ran a survey for alumni who are or who have recently majored in STEM (Science Technology Engineering and Math) in college to bolster our constant efforts to remain up to date and relevant for today's college STEM students. We were very fortunate to get uniformly positive responses with 92 % of STEM majors saying they were "Better prepared" than their fellow STEM majors (the remaining 8% felt they were on-level with their peers). We gathered data on testing practices and current lab practices in the collegiate world that help to inform our daily practices here at Wayland High School. As I often say, teaching is a great profession because the learning (both for students and for teachers) never ends!

-Ken Rideout,
WHS Science Department Head

Department and Faculty News

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Library Media Center (LMC)

Joanne Schmidt, Library Teacher

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Welcome to school year 2019-20. The LMC staff is pleased to welcome all students and their families to what promises to be a great year! Our new hours are 8AM – 3:50PM Mondays, Tuesdays, Thursdays and Fridays. On Wednesdays, our closing time will depend on our Professional Development requirements. We will try to stay open for 30 minutes after the last class ends.

Our first town-wide teen library event will celebrate the opening of the new Teen Space at the Wayland Public Library! All students are invited to join the festivities at the Public Library on Thursday, September 19 from 4-5PM. (Students with bus passes can ride the bus to the new stop at the Public Library.) Pizza, snacks, trivia contests and prizes will be available!

Sheila McGovern is joining our team this semester. Sheila is a graduate student in the School of Library and Information Science at Simmons College. She has school library experience and has almost completed the requirements to be a certified school librarian. Ms. McGovern will work in the WHS LMC on Tuesdays and Thursdays. One of her first projects will be creating an interactive display celebrating our right to read. Banned Books Week is September 22 – 28, 2019. The theme of this year's event proclaims, "Censorship Leaves Us in the Dark." We will be urging everyone to "Keep the Light On."

Over the summer, Ms. Sacramone and I re-structured the organization of Freshmen Seminar and Information Technology. All freshmen will take a year-long course that meets once every eight days. Most Freshmen are scheduled to have the first three sessions with their Guidance Counselor. Aimee Lima, the Academic Center Coordinator, will spend one session on study skills and all freshmen will get a chance to spend an hour with at least one administrator. At the end of semester one, Ms. McGovern and I will spend 5 sessions teaching about research and citing sources. Semester two will be an exploration of cultural identity.

Please urge your students to come study in the LMC when they have free blocks. The library media center is a place for quiet study and reading. We have lots of new books, magazines and daily newspapers!

Department and Faculty News

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Math Department

Barbara Coughlin, Department Head

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Welcome back from the math department! We've had an energizing start to the year and it is great to have everyone back.

There are some exciting plans in place for the upcoming school year, including a new senior level math course, Applied Topics in Mathematics (ATM). In addition, after much discussion over the past few years, the math department has developed a practice around assessments for the upcoming year as described below.

The WHS Math Department remains committed to providing a strong, rigorous curriculum for each of our students. As a public school, we are responsible for making the best choices for all of our students. To that end, some teachers will be recollecting summative assessments where deemed appropriate.

The philosophical ideas behind our decision:

As you know, the middle school has shifted its practice in recent years to standards based grading. While we do not feel that it is practical at this point to implement this practice at the high school level, we do want to encourage a student mindset of focusing on standards and skills rather than grades and individual problems. Our hope is to foster an environment where students reflect on their strengths and weaknesses rather than specific problems; being able to solve one problem correctly does not necessarily translate into proficiency, and one test grade does not reflect one's full capacity as a learner.

In addition, as teachers, we use assessment as a tool in improving our craft and improving student performance. Being able to use common assessments across classes and years allows us to gain a deeper understanding of how our teaching impacts student learning. We are only truly able to use that data when we can maintain test security over time to provide an equitable and authentic experience for all of our students.

The practices we will adopt around our decision:

- All formative assessments (quizzes, check-ins, exit tickets, etc.) will be returned in all courses to students.
- In some courses, teachers will be recollecting some summative assessments. In these instances, students will complete a "learning log," with their teacher's guidance, to take home that synthesizes areas for continued practice and captures reflections on their learning. Summative assessments that are not returned will be available to students and parents in the department office for review.

As a department, we have carefully developed this assessment practice and have worked to create a practice that will best serve the needs of all of our students. We believe that it will deepen our students' learning and strengthen our practice for all learners. As with all of our practices, we will continue to evaluate the impacts on student learning. Should you have any questions or concerns, please feel free to contact our Department Head, Barbara Coughlin.

Community News



SUPPORT THE WAYLAND BOYS AND WAYLAND-WESTON GIRLS HOCKEY TEAMS AND REGISTER FOR THE WAYLAND HOCKEY ASSOCIATION'S ANNUAL GOLF TOURNAMENT ON FRIDAY, SEPTEMBER 27TH AT WAYLAND COUNTRY CLUB.

Wayland Hockey Association Annual Golf Tournament 2019

Please join us on **Friday, September 27th** for a fun day of golf at **Wayland Country Club**, Route 27, Wayland. As always, we have a fun-filled day planned.

Schedule of Events:

Check-in & Lunch: 12:30pm

Golfer Orientation: 1:15pm

Shotgun Start: 1:30pm

Dinner & Awards: 6pm

There will be golf contest prizes, raffles and a silent auction. Don't miss a fun afternoon to support Wayland Hockey!

Registration: \$150 per player or \$600 per foursome

To register for the tournament, please print out the linked form below and mail in or you may register and pay using PayPal. If you are paying via PayPal, please list any other players in your foursome in the notes section. Please note if you are paying using a mobile device, you have the option of using Venmo once you click on the PayPal button.

[WHA Golf Tourney Registration 2019](#)

Can't join us to play that day or want to boost your support? Please consider sponsoring a tee sign or donating a raffle or auction item using the form below.

[WHA Golf Tourney Sponsor 2019](#)

WHA Board of Directors:

Jennifer Bonner – President



Rich Peck – Treasurer

Morgan Ley

Phil Fantoni

Sharon Desmond

Jeff Capello



Wayland Hockey Association
2019 Golf Tournament Registration

Friday, September 27th at 12:30pm
Wayland Country Club
Rte. 27, Wayland

Enjoy a challenging round of golf at one of New England's finest courses to support the Wayland Hockey Association.


We have a fun-filled day including entertaining golf contests such as closest to the pin, longest drive and more.

We also have dinner, raffles and a silent auction with exciting items to bid on.

Please join us to support Wayland hockey!

The day includes:

- Lunch during registration
- 18 holes on a scenic 5,836 yard course
- Delicious buffet dinner
- Golf contest prizes
- Raffle & silent auction


Wayland Country Club
Friday, September 27, 2019

Check-in: 12:30pm
Golfer Orientation: 1:00pm
Shotgun Start: 1:15pm
Dinner & Awards: 6:00pm

Golfer Registration Form

Player 1
Email: _____
Phone: _____

Player 2
Email: _____
Phone: _____

Player 3
Email: _____
Phone: _____

Player 4
Email: _____
Phone: _____

Please choose option:
☐ Golf for One: \$150
☐ Golf for Foursome: \$600
☐ I cannot attend, but am enclosing a donation to the WHA in the amount of \$ _____

Send form and check made out to **WHA** to:
WHA
PO 354
Wayland, MA 01778

Community News

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WAYLANDCARES
helping youth make healthy decisions

HIDDEN IN PLAIN SIGHT Special Exhibit

An initiative to help parents spot signs of risky behavior
Natick Mall Sept 10-26th.

Hours vary, please check the [FLYER](#) for daily schedule

WaylandCares Coalition Meeting

All are welcome!

9-10:15AM September 17th

WHS, Staff Lounge

WaylandCares is a community coalition encouraging families to make healthy decisions in Wayland, MA. We believe it is the collective responsibility of the community to create a safe environment for our young people, and to support healthy youth decision-making.

Jane Purser

Program Coordinator

WaylandCares Drug-Free Communities Support Program

41 Cochituate Road

Wayland, MA 01778

508-358-6825



Community News

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News from the Creative Arts Parent Association (CAPA)

Please join us this year to help support all the arts at Wayland High School!

It doesn't matter whether you only have a little or a lot of time to give – any and all help is appreciated! And it's fun!!

Join us for monthly meetings (see school calendar for dates):

7:00 PM -- WHS Media Center

- Meet and Greet current board members--we are seeking a new president!
- Plan for fall fundraiser and Bottle & Can Drive.
- Learn about up-coming arts concerts, shows, events and other happenings at WHS.
- Discuss plans for the year, including future grants, varsity jackets, and Fine Arts Night.

Save the Date! CAPA Fall Fundraiser “Concert With a Cause” featuring Wayland City Limits

Sandy Burr Country Club

Saturday, November, 7:30-11:00pm

Tickets \$22 per person, available through [Eventbrite.com](https://www.eventbrite.com)

You are invited to an evening of live music from local band, Wayland City Limits in this Concert for a Cause to support CAPA programs at Wayland High School.

Wayland City Limits will entertain with dance music of all types--Rock, Blues, Roots, Funk, and more--and will be joined by Wayland High School student guests as well as WHS musical groups. Make plans to attend this fun evening and support fine arts at Wayland High School.

Thanks from your 2019-2020 CAPA Board: Brenda Ross, Deborah Baron, Vicky Sin, Liz Brouillard, Marci Alvarado.