

NOVEMBER 2019



PRINCIPAL'S CORNER

Teachers at WHS are accustomed to having visitors in their classrooms: high school colleagues, building administrators, and district leaders frequently pop in and out of classrooms to observe our educators and students for the purpose of sharing ideas and fostering reflection. We have cultivated a school culture over the years that embraces an “open door” philosophy so that the classroom is a place of learning for students *and* for teachers.

One of the more formal structures we use for inviting observers into the classroom is through district-coordinated “learning walks.” In recent years, our district leadership team has worked with consultant Ruth Chapman to adopt this professional development practice in all school buildings. The process begins with a group of educators -- a grade-level team, a professional learning community (PLC), a department, etc. -- establishing a question of practice with which they are grappling in their work. This question is then posed to a team of colleagues from throughout the district who observe identified classrooms, gather objective data related to the question, and synthesize their observations into larger themes which are presented back to the group. This process is a scaled-back version of instructional rounds in which our district engaged in years past.

Learning walks provide participants on both sides of the classroom -- the educators curious about a vexing issue, and those enlisted to support them by providing feedback -- a rich experience. Visiting colleagues have the valuable opportunity to observe teachers and students often outside their own departments or buildings, thereby building understanding and appreciation of our collective work districtwide. At the same time, teachers of observed classrooms benefit from the perspectives of colleagues outside their usual realm. In this way, the classroom truly becomes a learning laboratory.

Later this month, members of our Social Studies department will work with learning walks teams to gather observations of some of our 9th grade Modern World classes. The focus of the collaboration will be on student behaviors that reflect their engagement with the content, and the effect of particular instructional practices on student engagement. Given that virtually every 9th grader enrolls in this heterogeneous course, our Modern World team knows that the take-aways from this round of learning walks have the potential to be particularly far-reaching. What does student engagement look like in a classroom of diverse learners encountering complex content? How might we continue to reflect on our practices to position each learner for success? Especially when it involves a group of educators as skillful as our 9th grade Modern World team, I look forward to a powerful learning walks experience for all participants.

Allyson Mizoguchi
Principal

Thank you to everyone who has participated in our Gift Your Child fundraising campaign! With your generous donations we continue to support a wide range of faculty/staff, student, and school programming at Wayland High School.

One of the ways we do so is through our annual mini grant program which is currently underway. In the spring we will offer our wishlist grant program. The wishlist grants allow for somewhat larger requests by faculty and staff, and requests for the benefit of student clubs via teacher advisors. WHS PTO accepts donations via Gift Your Child year round. If you haven't had the opportunity to donate yet and would like to, please visit <https://waylandpto.org/> at anytime to donate!

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.



VOLUNTEER NEEDED

WHS PTO is seeking a volunteer for a limited administrative role that can be conducted remotely, on any day and time of day. Please contact Stephanie on WaylandHighPTO@gmail.com if you might be willing to help out. Thank you in advance!

Don't miss this month's evening PIE meeting on Thursday, November 7th at 7pm. Principal Allyson Mizoguchi and Head of Guidance, Marybeth Sacramone will be joined by Nicole Haghdoust, chair of the World Language Department. Ms. Haghdoust will present the proposal that has been made to the School Committee, to make two of years of World Language study a graduation requirement starting next year. She will also discuss the new proficiency focus of the department, the Seal of Biliteracy, and the new pedagogy and curricula featured in a 21st-century World Language classroom.

Our monthly WHS PTO Board meeting will be held the following morning on Friday, November 8th at 10:00 am in the Main Office conference room. Please see on the next page, the dates of future PIE and WHS PTO Board meetings for the remainder of the school year.

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.

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

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, November 7, 2019	7:00 PM	<i>Friday, November 8, 2019</i>	8:45am
Friday, December 13, 2019	8:45am-9:45am	Immediately following PIE	10am
Friday, January 17, 2020	8:45am-9:45am	Immediately following PIE	10am
Thursday, March 5, 2020	7:00 PM	<i>Friday, March 13, 2020</i>	8:45am
Friday, April 17, 2020	8:45am-9:45am	Immediately following PIE	10am
Friday, May 8, 2020	8:45am-9:45am	Immediately following PIE	10am



WHS
PTO
MTG

WHS PTO Board & Advisory Team 2019-2020

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HERE ARE THE
2019-2020 AND 2020-2021 SCHOOL CALENDARS

[HTTPS://WWW.WAYLAND.K12.MA.US/
DISTRICT_INFO/SCHOOL_YEAR_CALEDARS](https://www.wayland.k12.ma.us/district_info/school_year_calendars)

WHS PTO Newsletter Submission Deadlines**(9pm) Dates for 2019/2020**

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

It has been a busy month for the Class of 2020. On Saturday, October 19, the Senior Class held its Progressive Dinner. The evening started off with Appetizers at the Lamperts', continued with the main course at the Snyders' and finished with dessert at the Davies'. The weather was great and over 150 students participated!

The evening was a real success, and we could not have done it without the help of so many people. The Class and I would like to sincerely thank the three hosts, the Lampert, the Snyder and the Davies families, for opening up their homes to our group. We would also like to give a special thanks to committee members Jen Goodfellow and Lynn Kennedy for all of their help in coordinating the food for the program. A heartfelt thanks to all of our parents who helped to chaperone and serve at the different houses. Thank you to the High School teachers and administrators who served as chaperones at the event. We are also grateful to Officer Shane Bowles and the Wayland Police department for their help with the event. Thank you to all parents who cooked and baked for our seniors! A final big thank you to all the students who attended and were at their best for the evening! I was proud to be their advisor!

We have already begun planning for our senior show under the leadership of directors Stone Harris, Emma Kiernan, Fatma Sayeh and Owen Smith. I know that they will do an outstanding job as they take us through this next adventure. Please urge your student to become involved in this special experience. Our performances will take place on March 20th and 21st.

Later this month, our senior girls will take on the Weston senior girls in the annual Powder Puff game! Our team has already been hard at work practicing. We wish them luck in their big game! Go Warriors!

Please continue to encourage your student to become involved in the many upcoming senior events and the many other activities available at the High School. As always, please don't hesitate to contact me with any questions and/or concerns.

Mr. Krasnoo

Important Dates for Seniors and their Families

*Senior Show performances	March 20 & 21
*Deadline for Applications for Wayland Scholarship Committee Scholarships	March 31
*Class Night	Tuesday, June 2
*Senior Awards Ceremony	Wednesday, June 3
*Senior Cruise	Thursday, June 4
*Graduation	Sunday, June 7

Class News

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WHS Reflector 2020

Hello all!

As fall zips by us at full speed, I wanted to remind you that the 2020 WHS Reflector is on sale now. We would hate for any of your children to miss out on this full-color memento of their years in high school. Our yearbook staff works exceptionally hard to create a lasting book that documents all of the events, sports, groups and fun at Wayland High School.

To purchase, click the link on our homepage: <https://sites.google.com/wayland.k12.ma.us/whs-reflector/home>

This will provide you the link to our publisher, where you can complete your purchase online. (The code is 17382 if you don't see our school name right away).

Also, if you have any great pictures that you'd like to see featured in this year's book, please do not hesitate to send them our way. We love the pictures our parents send in and the additional perspective they provide. The theme this year is "Take Another Look", and your unique spin on our students is a great way to embody that theme.

Thanks so much!

Kristin Cowell
Faculty Adviser, WHS Reflector



Class of
2021

Advisors:

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

Class of 2021

We had a very successful Krispy Kreme fundraiser on 9/28. Thank you to the Andreason family for picking up the donuts, the Eboard officers and representatives for selling, and the many community members who supported our class by purchasing donuts. We received many donations as well. We raised over \$1200 in this event!

Our next big fundraiser begins on November 11th. We will be selling cookie dough for three weeks. Please contribute to the class effort by selling cookie dough. For every 10 orders sold, individuals will get \$10 off his or her prom ticket. The junior who sells the most, will get a FREE prom ticket. Orders will be delivered by December 11th just in time for the holidays.

Lastly, we are planning another fundraising effort for January 11th. Our class will be helping Wayland community members get rid of Christmas trees. Details to follow, but we know we will need trucks and drivers to help with tree collections. If you have a truck and are willing to help, please reach out to your Eboard officers or advisors.

Class News ...CONTINUED

**Class of
2022**

Advisors: Scott Parseghian and Jennifer Reed

Class of 2022

The Class of 2022 had a wonderful time at the Sophomore Semi! Students were dressed to the 9's and danced the night away with music provided by DJ Berry. Students also enjoyed delicious appetizers and a yummy ice cream bar. This month E-board will begin talking about this years fundraisers.

Scott_Parseghian@Wayland.k12.ma.us
jennifer_reed@wayland.k12.ma.us



**Class of
2023**

Advisors: Aimee Lima and Kate Gamwell

Class of 2023

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

Department and Faculty News

Guidance Department



Marybeth Sacramone, Department Head

HELLO FROM THE GUIDANCE OFFICE AND WELCOME TO THE HOLIDAY SEASON! WE HOPE THAT ALL OF YOU ARE SURVIVING THIS EVER-CHANGING FALL WEATHER WE'VE BEEN EXPERIENCING AND NOW ARE GETTING EXCITED FOR THE THANKSGIVING AND DECEMBER HOLIDAYS. AS ALWAYS, PLEASE CALL OR EMAIL OUR DEPARTMENT MEMBERS IF YOU HAVE QUESTIONS ABOUT ANY OF THIS INFORMATION OR FEEDBACK FOR US. WE LOOK FORWARD TO HEARING FROM YOU AND SUPPORTING YOUR TEENS AND FAMILIES THROUGHOUT THE YEAR.

NOVEMBER EVENING PIE MEETING:

One of our evening PIE meetings is coming up – please mark your calendars for Thursday, November 7, at 7:00PM in the WHS Lecture Hall.

FOR PARENTS OF NINTH GRADERS:

- The Guidance Counselor portion of our 9th grade seminar program has just concluded (October 31).
- We have discussed transition, academic planning, expectations, and the school community. Other sessions focused on resources and the role of the counselor, time management and accessing support resources around school.
- Please encourage your child to set up an individual appointment with his/her counselor so that the counselors can continue to get to know your child.
- 9th grade seminars will work with Media Center Coordinator, Joanne Schmidt, next to go through the Information Literacy portion of 9th grade seminar.
- Following Information Literacy, students will begin the FLIP program – FLIP stands for Frosh Life & Identity Practicum. FLIP will be discussion-based seminars to talk about such questions as: Who am I? How do we communicate with each other? What is a community? What does it mean to belong?

3-W GAP YEAR PANEL DISCUSSION:

Please join us for the 3-W Gap Year Panel Program. Wellesley, Weston and Wayland are joining forces to offer a Gap Year Panel Program at Wellesley High School on January 8 at 6:45PM. The panel will include students (who have either done a gap year program or are currently doing one), gap year program professionals, and counselors who work with students considering gap years. Please join us.

EXTENDED TIME ON THE SAT (SSD ELIGIBILITY) AND ACT

- In order to receive extended time on the PSAT, SAT, or the SAT Subject Tests, students must be on either a 504 Accommodation Plan or an IEP.
- Any student who is currently on an IEP or 504 Accommodation Plan and receives extended time on tests in school, needs to apply for this SSD eligibility from the College Board. This process must be completed before taking any College Board test. If you have not already begun this process, please speak with your son's/daughter's Special Education Liaison (if the student is on an IEP) or to their Guidance Counselor (if the student is on a 504 Plan).

Guidance Dept.

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- Similarly, there is also an online process for getting approved for accommodations for the ACT. A student must first register for an ACT test date, and from there, the counselor and/or liaison is notified by ACT that a student is requesting accommodations. To cover all bases, it is recommended that the student/family let the counselor know that they would like to apply for accommodations for the ACT in case there is a delay in the notification process by the ACT.

NON-STANDARD SAT AND ACT ADMINISTRATION INFORMATION

- Just a reminder that students who are entitled to non-standard accommodations due to their disability (i.e., 100% extra time, need for a scribe, computer, etc.), will take their tests over two days on a weekend.
- We would ask that if your student is entitled to such non-standard accommodations, that they speak with either their Special Education liaison (IEP students) or their Guidance Counselor (504 students) prior to registering for their next test (SAT or ACT), so they can discuss their accommodations and testing dates.
- Please note that non-standard administrations at Wayland High will only occur during the months of November, March and June.

REMINDER FOR CURRENT SOPHOMORES AND JUNIORS: METHOD TEST PREP:

The Guidance Department wanted to remind students and parents about our *Method Test Prep* program. This program is an internet based, self-paced program that students can access and utilize through their own Naviance account to help them prepare for the SAT Reasoning Test and/or the ACT. Juniors received access to the Naviance program last year in their Sophomore Seminars, and sophomores this year will begin utilizing Naviance and *Method Test Prep* through their Sophomore Seminars in February and March.

Accessing SAT and ACT Method Test Prep on-line allows students to do test preparation activities at their convenience. These activities include:

- Listening to audio explanations of test questions
- Accessing strategy guides for each test
- Completing full-length practice tests
- Hundreds of practice questions
- Reading easy explanations for every question
- Tracking strengths on each test
- Valuable test-taking tips
- Taking practice quizzes to boost knowledge

Sophomores and juniors will hear more about this program through their seminars in January through March. Juniors can log onto their Naviance accounts at anytime and start or continue to use the tool. *Method Test Prep* has been in the test prep business for a long time, so we are confident that their partnership with Naviance will be a great benefit for our students.

SAT Prep is also available to all students through [Khan Academy](#) via the College Board website.

Guidance Dept.

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ATTENTION PARENTS OF SOPHOMORES AND JUNIORS:

PSAT scores will be available in early to mid December. Students will receive their scores directly from the College Board electronically. Once they hear from the College Board, they will be prompted to either create a College Board account, or log into the one they have already established to access their scores and feedback about each section of the test.

KOPLIK AND ADAMS SCHOLARSHIP INFORMATION:

- Just a reminder to all students who received a letter regarding the Koplik Scholarship, applications are due May 1st of 2020.
- Please remember if you need to take an SAT Subject Test in order to meet qualifications, sign up early.
- Any students taking an AP test in May will get an extended deadline for the application (mid-July), but still be sure to submit your partial application by May 1st. As soon as you receive your AP scores (usually in late June/early July), please send PDF documents of your official scores report to Mr. Buffa via email. All Koplik and Abigail Adams Scholarship requirements are listed on the [Guidance Website here](#) or you can email our Koplik Coordinator, Ben Buffa, at benjamin_buffa@wayland.k12.ma.us.
- If you have preliminarily qualified for the Adams Scholarship, the Guidance Office just sent out eligibility letters. Please follow the instructions enclosed.
- The Koplik and Adams scholarships pay tuition for any Massachusetts State College/University. Eligible students can receive one scholarship or the other, but not both. For either scholarship, the dollar amount is the same (it usually amounts to \$1,500-\$2,000 off the tuition bill each year depending on which State College/University your child attends).
- Lastly, students may take the Grade 10 MCAS tests a second time in Grade 11 in an attempt to meet the eligibility requirements for the Koplik Certificate. However, students are not allowed to take Grade 10 MCAS tests a second time to qualify for the Abigail Adams Scholarship. The Adams scholarship is based on first time Grade 10 MCAS test scores only.

REMINDERS FOR PARENTS OF SENIORS:

- Please remember that despite all the “college and future stuff” your senior may be dealing with now, it does not mean that all of your focus should be on this process. Many seniors are experiencing a great deal of stress about the pressures of this year and have expressed these feelings to us. We ask you to join with us to help them allay this stress. As we have suggested in meetings and communications with students and families, we recommend limiting the “college/future” talk with your child as much as you can so students don’t become overwhelmed or anxious about the process. Although this piece was written for students in college already, here’s a great [list of stress reduction tips](#) for all. Please share with your students. As always, please contact us with any questions or concerns.
- The last of the Senior Parent workshops will be on Nov. 7 and Nov. 14. These workshops have replaced one large parent’s night and will be lead by one or two counselors 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.

Guidance Dept.

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- Financial Aid Information: In order to receive financial aid from a college or from the Wayland High School Scholarship Committee, students must submit the Free Application for Federal Student Aid Form (FAFSA) any time after October 1, 2019. Log onto <http://www.fafsa.ed.gov>. If you missed the MEFA Financial Aid night last week, resources can be found at MEFA's site at <http://www.mefa.org/>
- Please be aware that most colleges require applicants to have their scores sent directly from the testing services to the admissions office. This can be done on line through collegeboard.org or actstudent.org, or by phone through the College Board or ACT toll-free numbers. Please also note that many colleges are saying that you do not have to send scores until a student is admitted, so please read each college's test policies closely.
- Seniors are immersed in an avalanche of future planning activities - - college applications, rough drafts of essays, gap year applications, and teacher recommendation forms. Dates and deadlines are important now. Senior parents are reminded that students have been told to request transcripts from Guidance and recommendations from teachers at least 1 month prior to the deadline (for January 1st deadline no later than November 26 due to the December vacation). The Guidance Office will be closed during the Thanksgiving and December breaks. An ESchool update will be happening over the December break as well, so we will not be able to send any records over the break.
- For those students who have applied or are in the process of applying to schools, please note that the Guidance Office will automatically send your first term grades to schools.
- Once grades are verified, report cards are posted to ESchool Home Access Center, and transcripts are uploaded, we will begin the process of sending those reports to schools. Our ultimate and realistic goal is to send all first term grades out prior to the Thanksgiving holiday break (November 27).
- Please know that when your students are requesting transcripts, they must provide an accurate deadline in order for us to process things on time. That is, if the student believes the deadline is December 1, or is rolling admission, and that is what the student enters into Naviance when making the request, then that information is what we use to prioritize when we send records. If the deadline is actually November 15, the student is responsible for letting us know that (or changing it in Naviance) in order for us to send those records by the deadline.
- Although colleges and universities often ask for these grades by November 15, it is not possible for us to do that given that our first term grades are not due until Nov. 12. So please do not be alarmed if your colleges are asking for first term grades – this is often an automated email or letter from the college just as a reminder.
- Please pay your transcript processing fees! Your student's first request is free, and then each request following that is \$5.00. Checks made payable to Wayland High School, please. See Mrs. Fratto with your payment.

Guidance Dept.

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FINANCIAL AID INFORMATION:

In order to receive financial aid from a college or from the Wayland High School Scholarship Committee, students must submit the Free Application for Federal Student Aid Form (FAFSA) any time after October 1, 2019. Log onto <http://www.fafsa.ed.gov>. If you missed the MEFA Financial Aid night, resources can be found at the link below full of easy to access resources including the PowerPoint presentation from that evening, and plenty more important information. <https://www.mefa.org/plan/high-school/>

PAYING FOR COLLEGE? CHECK OUT A FAFSA DAY:

Thinking about financing your child's education? Confused about the FAFSA? Attend a FAFSA Day in Massachusetts. FAFSA Day Massachusetts, a College Goal Sunday Program, is a non-profit, volunteer driven program providing free assistance to students and families seeking to complete the FAFSA, the Free Application for Federal Student Aid. If you have questions, you may email for help at fafsaday@gmail.com or call 877-424-7627. You can also view [FAFSA Day locations here](#). There are a number of local ones around the Boston area.

THE WHS SCHOLARSHIP COMMITTEE:

Applications will be available in Guidance and online in January ([last year's application](#) is already there). Please know that in order to be eligible for the Wayland Scholarships, you must fill out a FAFSA form and demonstrate financial need by providing to the committee your EFC (Estimated Family Contribution) letter, which is generated and sent to you via email after you have completed the FAFSA process. The deadline for the WHS Scholarship will be March 31, 2020.

ACADEMIC YEAR INTERNSHIPS THROUGH THE EDUCATION COOPERATIVE (TEC):

An internship is a valuable experience where a student can apply their academic knowledge, develop marketable skills and enhance their resume for college and beyond. TEC is currently accepting applications for the 2019-2020 academic year internships. We invite students in grades 11 and 12 to learn more about internships currently offered for after school or perhaps during the school day. Visit the TEC Internships website www.tec-coop.org to download the application and review frequently asked questions about the program and placement process.

Guidance Department Dates to Remember

November 5 – NACAC Boston Performing Arts College Fair at Emmanuel College, 6:30-8:30 PM. For more info, visit [this link](#).

November 26– Final day for requesting transcripts/guidance letters from guidance for schools/programs with January 1st deadlines.

January 8 – 3-W (Wayland, Wellesley, Weston) Gap Year Panel at Wellesley High School, 6:45 PM. See details above.

January 23 – Future Planning Night for Parents of Juniors – Part I, (Sophomore Parents Welcome), 6:30 PM in the Main Stage Theater

March 19 – Future Planning Night Part 2, 6:30 PM in the Lecture Hall

[Senior Parent Workshop dates are here](#)

[PIE Meeting Dates are here](#)

[SAT Dates can be found here](#)

[ACT Dates can be found here](#)

The Guidance Corner

A Few Tid-Bits for This Month!

Stop, Breathe and Think:

This is an application that students can access on their computers and/or phones. Some of our Guidance Counselors are using it with students, and some of our advisors have utilized it as well to help students de-stress. The app offers students a simple guide to brief breathing exercises and meditation techniques. Follow [this link](#) to learn more and encourage your students to utilize it.

More Advice on Teen Smartphone Use (Provided by the Marshall Memo and Kappan Magazine)

“Due to the constant temptation to check their smartphones, today’s students are spending less time on their schoolwork, taking longer to complete assignments, and feeling more stressed in the process,” says Larry Rosen (California State University/Dominguez Hills) in this [Kappan](#) article. Have we reached the saturation point? “Sadly, I don’t think we are there yet,” says Rosen. “The smartphone is still only 10 years old, and many of us are still falling deeper into our obsessive relationship with these devices.” Some data from recent studies:

- College students unlock their phones at least every 15 minutes, look at them about five minutes each time, and spend a total of 4½ hours a day glued to their devices.
- Online conversations are teens’ lifeblood, accounting for much, if not most, of their social lives.
- Teens are constantly multitasking, even though they know it’s not efficient.
- When teens have their phones taken away, they become highly anxious.
- Phone-related anxiety is closely linked to poor academic performance and sleep deprivation.

The Guidance Corner

- About 80 percent of teens say they rarely if ever sleep well, usually because they have a smartphone at their bedside and check it before going to sleep and during the night.
- The average adolescent finds it difficult to study for 15 minutes at a time.
- During a 15-minute stint of studying, teens spend at least five minutes in a state of distraction.
- 80 percent of high-school teachers and 63 percent of elementary teachers say technology is making students less able to sustain attention.
- Office workers are interrupted (or interrupt themselves) every 3-5 minutes, take as much as 20 minutes to get back to work, and feel stressed by having to work faster to make up for the lost time.

Rosen has these suggestions for messages that educators and parents should be giving kids:

***Your brain needs an occasional “reset.”** Elementary-age children should spend no more than a half hour at a time on a device, followed by a break at least that long. Preteens and adolescents should spend no more than 90 minutes at a time with technology, followed by at least 10-15 minutes on an activity that calms their brain – going outside, exercising, listening to music, meditating, taking a shower, having an in-person conversation with a friend, playing a musical instrument, practicing a foreign language.

***Build stamina for studying without technology.** Treat this like any kind of strength training, says Rosen: start off easy and gradually increase the amount of time without a tech break. He suggests 15 minutes at first, turning off all websites and apps that aren't relevant to the study topic, setting an alarm, and placing the phone within sight, face down. When the alarm goes off, the student can check for messages and notifications for a minute, then set another 15-minute alarm. When the student can tolerate 15 minutes, perhaps finishing a paragraph when the alarm goes off rather than immediately grabbing the phone, push the time to 20 minutes, then 25, and so on. During this strength-building sequence, it's helpful for the teen to notify friends that there might not be an instant response to messages, so they don't keep texting.

***Sleep is sacred.** Nine hours is the recommended amount for high school students, and kids should know that melatonin is naturally secreted in the hours before bedtime to produce sleepiness – unless they're peering at a blue-light device. Ways to keep the melatonin pumping: use a pink-light setting in the hour before bedtime, or listen to familiar music or TV shows, read a paper book, and ramp down mental effort.

***Cut down on the number of alerts and notifications.** It may not occur to teens that they can de-activate apps that aren't of strong interest, cutting down on distracting notifications. Rosen says he's amazed at the number of apps he uses each day, often without even thinking.

***Carve out tech-free zones.** These might include the dinner table, restaurant meals, the car, the family den, and the bedroom. During the day, teens might need occasional one-minute breaks to check their phones and keep FOMO (fear of missing out) under control.

“The Distracted Student Mind: Enhancing Its Focus and Attention” by Larry Rosen in Phi Delta Kappan, October 2017 (Vol. 99, #2, p. 8-14), www.kappanmagazine.org; Rosen can be reached at lrosen@csudh.edu.

The Guidance Corner

Signs of Suicide and Suicide Prevention Program: Each year our health educators utilize the SOS (Signs of Suicide) program in their classes, and counselors are on hand to speak with students who may be struggling or know someone else who may be. Given that the holiday season can be a stressful time for many, research shows that rates of suicide ideation and attempts can rise at this time of year. As a result, we wanted to share two very simple but important facts to help you to keep a close eye on your teen.

- Never be afraid to talk about feelings of depression or suicide with your teen. It is just a myth that by talking about it will make your teen more likely to think about depression and suicide. Rather, it can open a very important dialog with your teen.
- Listen to your teen. Hearing them means withholding judgment and being creative and patient.

Want more information? Click these links to learn more about the [Warning Signs of Suicide](#) and [How to Talk with Your Teen about Suicide](#).

*** * The Gap Year * ***

Wikipedia defines a Gap Year in this way: A gap year (also called year abroad, year out, year off, deferred year, bridging year, time off and time out) is a year during which students take time off and do something other than schooling, such as travel or work. The gap year is most commonly taken after secondary school and before starting college/university. Every year we hear from colleges that they LOVE when students take a gap year before attending college because students come to school ready to learn and often with a better focus on their future goals.

USA Gap Year Fairs coming soon:

Have a junior or senior that might be interested in taking a year off to do a GAP Year? If so, there are three Gap Year fairs coming up this winter that might be of interest to you, so we thought it would be helpful to you to mark your calendars early.

January 12: Noble & Greenough School (in Dedham), 1- 4PM

January 13: Philips Academy Andover (in Andover), time TBD

January 14: Brookline High School, 6 - 8:30 PM

For more information visit the [USA Gap Year Fair site](#).

Want to investigate more about Gap Year Programs? Check out a few of these resources.

Teen Life Boston at <https://www.teenlife.com/>

Dynamy: <http://www.dynamy.org>

Center for Interim Programs: <http://www.interimprograms.com>

Taking Off: <http://www.takingoff.net>

Gap Year: <http://www.gapyear.com>

Leap Now: www.leapnow.org

The Education Cooperative: <http://www.tec-coop.org/career.html>

Department and Faculty News

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Library Media Center (LMC)

Joanne Schmidt, Library Teacher

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All freshmen are currently enrolled in the Information Literacy portion of Freshperson Seminars. Ms. Magovern, a student from the Graduate School of Information and Library Science at Simmons University, and I will be teaching five rotations: introduction to the library, introduction to the webpage (a new version will be unveiled soon), databases, evaluating websites for credibility and citing sources.

Our October display of scary books included a challenge to students to write a six-word scary story. We are reading entries now and will announce a winner next month.

Many costumed seniors spent the seven-minute advisory on Halloween trick-or-treating around the LMC. WS.PN was on the scene and their pictures can be viewed [here](#).

Arden Knapp was the winner of this month's Frame Game and Trivia Contest. Thanks to WHSPTO for donating funds to supply prizes.

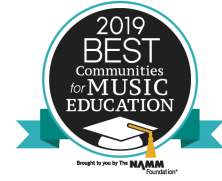
Department and Faculty News

Fine Arts Dept

...CONTINUED

Susan Memoli, Department Head

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TICKETS NOW ON SALE FOR FALL MUSICAL -- CHICAGO

The Wayland High School Theater Ensemble proudly presents Kander and Ebb's **CHICAGO: HIGH SCHOOL EDITION**.

Tickets are now on sale! Visit www.ShowTix4u.com.

Performances are Thursday, November 21; Friday, November 22; and, Saturday, November 23 -- all at 7:30pm. Tickets are \$15 for Adults, and \$10 for Students and Senior Citizens.

Make your plans now for this iconic production! Any questions, or inquiries about Group Sales, contact Aidan O'Hara at aidan_ohara@wayland.k12.ma.us

World Languages & Classical Studies Department



Nicole Haghdoust Department Head

WORLD LANGUAGE NEWS

Dear Students and Parents:

I would like to inform you that the Wayland School district will award the Massachusetts State Seal of Biliteracy to students who meet the academic criteria upon graduation in 2020. The Seal commemorates students who demonstrate a mastery level of dual language fluency in speaking, writing, listening, and reading. It is “a statement of accomplishment that points to the importance of multilingualism as integral to a student’s readiness for career and college, and for engagement as a global citizen.” To date, 37 [states](#) and Washington D.C. have established a state Seal of Biliteracy on high school diplomas, and legislation is currently under consideration in several others.

The standardized assessment tools for determining students’ proficiency are based on the American Council on the Teaching of Foreign Languages ([ACTFL Proficiency Guidelines](#)). The guidelines are descriptions of what individuals can do with language in real-world situations in a spontaneous and unrehearsed context. This nationally accepted model describes the continuum of proficiency from the beginning learner to that of the highly articulate language user. In November of 2018, the Commissioner of Elementary and Secondary Education announced his decision regarding criteria for the State Seal of Biliteracy, establishing a two tiered award, the Seal of Biliteracy and the Seal of Biliteracy with Distinction, starting at a minimum of Intermediate-High level of the ACTFL proficiency guidelines for world languages. Each student will also need to perform at the acceptable skill level in English on a standardized state assessment (MCAS Proficient score of 240 or above).

If your WHS Senior is enrolled in a level 4 or 5 modern language class in 2019-2020 they will automatically take a proficiency test (AAPPL standardized exam) as part of their course. This will take place in January when the students take their midyear exam. Students can expect to receive test scores within a few weeks.

If your WHS Senior is receiving ELL services and you or they believe their language skills (speaking, listening, reading, and writing) in their first language meet the criteria of [Intermediate High](#), please send an email to rachel_scott@wayland.k12.ma.us to organize testing.

If your student is NOT enrolled in a language class and you or they believe their language skills (speaking, listening, reading, and writing) in their home language meet the criteria of [Intermediate High](#), please send an email to nicole_haghdoust@wayland.k12.ma.us to organize testing.

Those who attain the necessary level of proficiency status will receive the official state insignia on their diploma. We thank students for participating and for helping us to attain valuable programmatic feedback, and we congratulate their achievements as we continue to promote the value of bilingualism and biliteracy.

Sincerely,

Nicole Haghdoust
Department Head of World Language
Wayland High School

Community News

HACKAWAY FOR GOOD

Learn.
Code.
Create.
Have fun.
Win a prize.

All for free at
a one-day
high school
hackathon



Saturday
11.16.19

8:30am - 7:00 pm

Wayland High School
264 Old Connecticut Path
Wayland, MA 01778

**access=ability
+ inclusion**

- Develop an app, game, web site or idea that improves experiences for people with disabilities
- Come with friends or join a team that day
- No experience necessary -- all high school students and beginners are welcome!
- Meet experts from Google, Microsoft, Olin College, Perkins School for the Blind, startups and more

**register
today
at**

hackawayforgood.org

**A FEW
SPOTS
LEFT!**

Brought to you by Wayland High School | CS Club

Many thanks to our sponsors, partners and mentors!

balsamiq



Google

htc

iCode
Empowering Future Innovators

Microsoft



STOP & SHOP

Wegmans

Community News

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The Friends of the Wayland Library Fall Book and Bake Sale

Large Hearing Room, Wayland Town Building
Saturday, November 16, from 10:00 a.m. – 4:00 p.m.
Sunday, November 17, from noon – 4:00 p.m.

The Friends of the Wayland Public Library will sponsor its Fall Book and Bake Sale on Saturday, November 16, from 10:00 a.m. – 4:00 p.m. and Sunday, November 17, from noon – 4:00 p.m. We also offer a Members Preview night on Friday November 15 from 5:00 p.m. – 8:00 p.m. Memberships will be available to purchase at the sale starting Friday night at 4:30 p.m. Scanning devices are prohibited during the membership preview on Friday.

Sale items include thousands of quality books for children and adults, DVDs, CDs, and delicious baked goods. Many items are “like new” so come and start your holiday shopping early! All proceeds support Library programs and services.

Contact Carole Schneider at (508) 358-1012 or css11@comcast.net if you are interested in contributing baked goods or would like more information about the sale.



On October 30th, Wayland High School's National Honor Society hit the streets of Wayland to trick-or-treat for cans to donate to the food pantry, A Place to Turn. They were extremely successful and collected over 175 pounds of non-perishable items. Thank you to all the residents of Wayland for their donations!

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!

Our next meeting this Year is:

Tuesday, November 5, at 7:30 PM -- WHS Media Center

- 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.

Upcoming Arts Events at WHS

WHSTE Fall Musical - November 21-23 at 7:30pm. Wayland High School Theater Ensemble proudly presents *Chicago: High School Edition*, a musical by Fred Ebb, Bob Fosse, John Kander and Maurine Dallas Watkins in the WHS Auditorium. Kander and Ebb's legendary and award-winning musical about fame, fortune, and acquittal has been adapted for high school performers and audiences and is appropriate for a target audience of pre-teen (11-13) to 90.

In roaring twenties Chicago, chorine Roxie Hart murders a faithless lover and convinces her hapless husband, Amos, to take the rap...until he finds out he's been duped and turns on Roxie. Convicted and sent to death row, Roxie and another "Merry Murderess," Velma Kelly, vie for the spotlight and the headlines, ultimately joining forces in search of the "American Dream."

Performances tickets are \$15 for Adults, and \$10 for Students and Seniors available online at www.showtix4u.com. All tickets will be \$18 at the door.

WHS/WMS Jazz Concert - Monday, November 25 at 7:30 PM. Come see and hear jazz ensembles from both high school and middle school!

Thanks

A BIG Thank you to Susan Yu for running the Fall CAPA Bottle and Can Drive on Sat October 19. And thanks to our student helpers, too, and to the fine arts teachers for helping get the word out! Thanks as well to everyone who came out to support the Wayland City Limits Fundraiser on November 2!

The 2019-20 CAPA Board:

Brenda Ross, Deborah Baron,
Vicky Sin, Liz Brouillard, Marci Alvarado, Kathryn Welter, and Fiona Stephenson

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