

DECEMBER 2019



## PRINCIPAL'S CORNER

We have entered the season when I am reminded of the power, and changeability, of tradition at nearly every turn. For me, some traditions are inviolable: as the holidays barrel towards us, I will once again make a feeble attempt at decorating the house with the same family trinkets I've had since I was a child, and I will race to mail out holiday cards on time. Other traditions seem in transition, such as Thanksgiving dinner, which for nearly 30 years I spent with my parents in California; now this is a Massachusetts-bound event with a different combination of friends and family every year (the new tradition is that there is no tradition). And, at school, customs new and old--the fall musical (which used to be in the spring), Spirit Day, the Powder Puff game--remind us that second quarter has begun and winter is upon us.

Like any school of its vintage, Wayland High School enjoys a long and rich history of tradition, both in terms of our philosophy and in the experiences of our students. A focal point of this town has always been its school system, and we strive to build upon the academic ingenuity and excellence that is our foundation. We are a modern high school with classical roots, offering a range of challenging and comprehensive courses taught by the most skilled educators found anywhere. Our students may attend the Prom, perform in the Senior Show, and participate in droves in our expansive clubs offerings and Fine Arts and Athletics departments. We benefit from and treasure strong community support. These are our traditions.

But at a school, which is a living, breathing institution, there is plenty of room for new traditions. Not only is the institutional memory of a school fairly short--four years, in the perspective of its students--but to respond to the cultural and societal shifts around us, we have to be open to change. Indeed, many of the traditions we hold most dear at WHS were at one point someone's new idea, someone's response to a pressing need. Years from now, will studies in Mandarin, Innovation, and Healthy Cooking be part of the academic tradition at WHS? Will the staff-student basketball game, held last week for only the second time, be a wildly anticipated event with decades' worth of memorable moments? We introduce these new experiences for our students, many times with their input, knowing that those with closest ties to our mission are worth trying.

Not only do new ideas need to flourish in a successful school, but old ideas sometimes need to find a final resting place. Several years ago, looking for ways to celebrate school spirit in a more inclusive way, Student Council refashioned the Pep Rally on the day before Thanksgiving to feature more class-based competitions and shout-outs to students excelling in areas beyond athletics. Last Wednesday, led by our student leaders, the Field House buzzed with energy as students cheered on their classmates playing tug-of-war, Coke and Pepsi, and a variety of hilarious relay races. This was the day after another new event with tradition potential, the Color Blast, where each class came together to decorate a particular hallway in the South Building. (The Class of 2023 won!)

**PRINCIPAL'S  
CORNER**

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New traditions emerge, and old traditions die, when we want to convey a different message about who we are as a community. We may be rooted in deep tradition at WHS, but we are ever-aware of the need for strengthening and improving our work. Ideas such as the senior Progressive Dinner, playing music in the commons during lunch on Fridays, and moving the fall Career Colloquium to the spring are signs of a dynamic community that doesn't explain the way we do things by simply saying, "Just because."

Leading a school is a balancing act in many ways, but I feel it most acutely in the way that the history of a place interfaces with its present and future. There is a healthy tension in the face-off between new and old traditions, in that it leads to growth. What we value is still there, but what it looks like may change: like my Thanksgiving dinner, still rich and fulfilling, but a little bit different every year.

*Allyson Mizoguchi*  
Principal

*Happy Holidays and thank you for your ongoing support of the WHS PTO! We appreciate all of our volunteers, donors, and members, especially during this busy time of year.*

Sarah Orlov has been working hard chairing the Mini-Grant committee, providing teachers with funds to enhance their classroom instruction, support different learning styles, and promote innovation. Our students, across all disciplines, will be enjoying new materials with this year's grant awards. Elisa Scola will chairing our second annual Wish List grant program in the new year, which will accommodate larger requests and allow for requests from WHS clubs through teacher advisors.

Thank you to Amy Frankel-Nau, Cathy Davies, and Nan Li for providing monthly teacher appreciation events, WHS PTO's way of saying thank you to our dedicated and hard-working teachers and staff.

Many thanks to everyone who participated in WHS PTO's "Gift Your Child" program. If haven't had a chance to contribute yet, please keep WHS PTO in mind for your planned end of the year giving. The Wayland PTO is a qualified non-profit organization and your contribution is tax deductible to the extent allowed by law. Donations can be easily made online at [www.waylandpto.org](http://www.waylandpto.org).

Please join us on December 13th at 8:45 am for the next Parent Information Exchange (PIE) Meeting with Allyson Mizoguchi and Marybeth Sacramone.

Best wishes to you all for a very happy holiday season and a restful winter break!

Stephanie A. Leong, WHS PTO President

[WaylandHighPTO@gmail.com](mailto:WaylandHighPTO@gmail.com)

## 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.



Here's a photo from this month's teacher appreciation treat, compliments of YOU! (the PTO). THANKS to those who helped!

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

President  
Stephanie A. Leong  
[waylandhighpto@gmail.com](mailto:waylandhighpto@gmail.com)

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Jennifer Dennis  
[dennisjenn8@gmail.com](mailto:dennisjenn8@gmail.com)

### WHS PTO Newsletter Submission Deadlines (9pm) Dates for 2020

**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](mailto: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](mailto:waylandptodirectory@gmail.com).

# Class News

**Class of  
2020**

Advisor: Mr. Krasnoo

## Class of 2020 News

Last Week our class executive board and a large number of Seniors turned out to decorate the English wing for this year's Color Blast competition. They filled the hallway with a lot of Senior Spirit and a fair amount of Black and Orange! It was a great way for the Class to work together!

On the Wednesday afternoon before Thanksgiving, our senior girls took on archrival Weston in the annual Powder Puff game. Despite a courageous performance and a lot of practice in the weeks prior to the game, our team was defeated by the Wildcats.. A very big congratulations to our team and their coaches on a great effort!

Our senior show directors have met several times, and plans are well under way for our big event in March! I know that these directors will do an outstanding job as they take us through this new adventure. Please urge your student to become involved in this special experience. Please also see the show dates listed below!

All seniors may want to start thinking about the doing a senior project during the fourth quarter. This is a great way for students to come up with a creative learning opportunity for their final weeks at WHS. 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 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

Books are selling quickly, and we will have a limited supply. Order now to be sure you reserve your students' copy of the 2020 WHS Reflector before our final deadline of January 31.

Also, if you'd like a printable certificate for gift giving this season, simply contact Kristin Cowell at [kristin\\_cowell@wayland.k12.ma.us](mailto:kristin_cowell@wayland.k12.ma.us), and we will send along the perfect holiday gift certificate for their ordered book. Use the website below for ordering information.

<https://sites.google.com/wayland.k12.ma.us/whs-reflector/home>

Senior Parents:

Looking for the perfect way to send a special message of congratulations for your graduating senior? Purchase a Parent Ad in our 2020 WHS Reflector. You can send photos for us to assemble an ad or you can design your own ad, start-to-finish, and send for publication. We have already sold over half the available space for ads, so be sure to place your order soon to assure your ads' inclusion in the yearbook. Use the link below for ordering information. Don't miss out! Order before January 31. Any questions? Contact Kristin Cowell, faculty adviser at [kristin\\_cowell@wayland.k12.ma.us](mailto:kristin_cowell@wayland.k12.ma.us)

Thanks!

Kristin

Class of  
2021

Advisors:

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

Class of 2021

Thank you to all those who participated in the cookie dough fundraiser. All profits will help defer costs for class events like our prom. We expect cookie dough to be delivered for distribution by December 11th.

Our next fundraiser: The Class of 2021 will be helping Wayland residents in need of Christmas tree disposal. On **January 11th**, members of the junior class will travel around Wayland picking up trees for \$20 (\$10 for senior citizens).

[Here is the link to the form to schedule a Christmas Tree pick up.](#) Spread the word to all your neighbors. We plan to post the link on the front page of the Wayland High School website this week. We need a lot of volunteers for this upcoming fundraising effort. We need trucks to haul these trees away. If you have a truck and are willing to help in our effort, contact our class President, Sam Goldstone. If you own a landscaping company and want to volunteer to help, please let us know.

# Class News

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**Class of  
2022**

Advisors: Scott Parseghian and Jennifer Reed

## Class of 2022

This month E-board will continue working on this years fundraisers.

[Scott.Parseghian@Wayland.k12.ma.us](mailto:Scott.Parseghian@Wayland.k12.ma.us)

[jennifer\\_reed@wayland.k12.ma.us](mailto:jennifer_reed@wayland.k12.ma.us)

**Class of  
2023**

Advisors: Aimee Lima and Kate Gamwell

## Class of 2023

Last month, the Class of 2023 had a successful apparel sale of Class of 2023 sweatshirts! The class may sell sweatpants or other apparel later this year.

In January, the Class of 2023 is planning to have a raffle fundraiser. EBoard and any other interested students will have the opportunity to sell raffle tickets to friends, family, and neighbors in late December and January. More details will follow in the January newsletter!

**Kate Gamwell**, School Psychologist, Room B214 (in the LRT suite) across from the Library Media Center, [kate\\_gamwell@wayland.k12.ma.us](mailto: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](mailto:aimee_lima@wayland.k12.ma.us)

# Department and Faculty News

## Guidance Department



Marybeth Sacramone, Department Head

HELLO AND HAPPY HOLIDAYS TO YOU FROM THE GUIDANCE DEPARTMENT! WE WOULD LIKE TO WISH ALL OF YOU A VERY HEALTHY, RELAXING AND JOYFUL HOLIDAY SEASON, AND A VERY HAPPY NEW YEAR!

### A FEW REMINDERS TO ALL MEMBERS OF THE COMMUNITY FROM THE GUIDANCE DEPARTMENT:

Every day, month and year we are thankful for the fantastic students, families, teachers, administrators and support staff that make Wayland High School such a wonderful place. Each year we hear our administration remind us that we are one of the top schools in the country in a number of ways, and for this we are thankful too. However, being such a great place also has its drawbacks. The pressure is incredibly intense and expectations extremely high on all of our students. As our Principals have requested in past WHSPO news posts, and as our Guidance Department preaches every year, please help us support our students by not contributing to this pressure, especially for our juniors and seniors that are in the midst of the future planning process (at the beginning, middle or end of it).

*"In an effort to downplay the competition, we have a longstanding tradition of not asking students to which school(s) they are applying or from which school(s) they have received acceptances. Inquiring only contributes to the anxiety. I respectfully request that you join us in this approach. Wayland High School is a high-performing college preparatory school and we are very proud of our students' accomplishments. Nonetheless, a student's mental and emotional health is our foremost priority."*

– Allyson Mizoguchi

Please know that all students are in a different "place" when it comes to their future. Some seniors are just beginning to think about options, some are not planning to go to school next year and instead have wonderful plans to go into a career they love, or plan to take a year off from school to do community service, or to seek employment to make some money to pay for school or a gap year program. And some seniors are "neck high" in the process waiting to hear from their ED/EA schools and worrying about what next. So, knowing the pressure our students are under and the fact that everyone is finding their own path, we ask that you respect their privacy and not ask those obvious questions that they have been hearing for many months and for some, several years now. We ask that you join us in helping our students to remember some of the "Principles of a Healthy Future Planning Process" that we have talked about with our students and their parents/guardians:

- Beware of comparing your process to others
- Honor your privacy and the privacy of others
- Think for yourself
- Keep your perspective and a healthy sense of humor
- Don't obsess over GPAs, SATs and ACTs – who you are and how hard you have worked means a lot more to everyone than your "raw numbers!"
- Don't judge yourself by your future plans or your college list
- Don't assume that your decision on what to do next year is the biggest decision of your life
- Celebrate your accomplishments and acceptances but with an acute awareness that others may be struggling around you

Thank you all for thinking about our students in this way and helping them keep a healthy perspective throughout their WHS careers.

## Guidance Dept.

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### 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](mailto: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.

### ACADEMIC YEAR INTERNSHIPS THROUGH THE EDUCATION COOPERATIVE (TEC):

An internship is a valuable experience where a student can apply their academic knowledge, develop marketable skills and enhance their resume for college and beyond. TEC is currently accepting applications for the 2019-20 academic year internships. We invite students 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](http://www.tec-coop.org) to download the application and review frequently asked questions about the program and placement process.

### PSAT SCORES – IMPORTANT!

We have been informed by the College Board that PSAT scores will be sent to students electronically sometime between December 9 and December 11. Students and Parents/Guardians will gain access to their scores by way of an email from the College Board and will connect students to a number of resources on their website. The Guidance office no longer receives paper copies of scores, so students and families will need to access their scores by logging on to their College Board account. If they do not have an account yet, instructions will be in the emails sent to students on how to create an account, access their scores and see [a sample score report](#) to help with interpretation of their scores. Soon we will be sending this [letter for parents and guardians](#) to all parents and students. Please read this important message and feel free to call the Guidance Office with questions. For more information, please visit this [College Board site](#)

### MID YEAR EXAM INFO ESPECIALLY FOR 9TH GRADERS AND THEIR PARENTS/GUARDIANS:

Ninth graders have never taken an exam that covers a semester's worth of material. Through advisory, classes and individual conversations, students will be reminded of the following information. We would also ask for your partnership in discussing this with your ninth graders. As always, please call your student's Guidance Counselor if you have questions.

- Midyear exams are designed to be 1-1/2 hours long, but every student gets two hours to complete their exam
- Midyear exams are tentatively scheduled this year for January 21, 22, 23, 24
- Students come to school during exam week to just take exams; there are no classes that week.
- Most students have one exam per day on three of the days and one day with two exams. If your student takes six classes, there's also a chance they may have two exams on two exam days instead of just one.
- Most teachers handle their own review sessions in the classroom 2-5 days in advance of exam week, but some departments hold their review sessions after school, or have additional review sessions after school, or in between exam days. The classroom teacher will share this information with students shortly after the holiday break.
- Even though there is some review in the classroom prior to exams, students should be organizing and reviewing well before this time on their own.

## Guidance Dept.

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- Teachers are available for extra help a lot prior to exams, but students must schedule times with them to be sure they are available.
- There are two bus runs on each exam day; one following the first exam and the second run after the second exam.
- There is no lunch served on exam days. There are snacks available before exams and in between exam periods

### GUIDANCE WEBSITE:

We've updated our site to for easier navigation. Please [check it out](#) and please suggest pertinent articles for us to post on the [WHS Google Site](#) addendum.

### MCAS DATES FOR NINTH GRADERS, PLEASE MARK YOUR CALENDARS:

- June 2: Science and Technology, session 1
- June 3: Science and Technology, session 2

### SOPHOMORES AND PARENTS OF SOPHOMORES, MCAS AND SBIRT COMING SOON:

- Sophomore Seminars will begin second semester on March 11 and run for three cycles through April 14
- MCAS Testing Dates, mark your calendars:  
March 24: ELA Composition  
March 25: ELA Reading  
May 19: Math  
May 20: Math
- As our Future planning discussions seem to be coming earlier and earlier, please know you are welcome at any of our parents' nights for juniors where we do discuss the future planning process for our students.
- SBIRT Screenings coming soon for all sophomores. Please see the Guidance Corner section for more information.

### JUNIORS AND PARENTS OF JUNIORS –

#### PARENTS OF SOPHOMORES ALSO TAKE NOTE:

- PSAT scores will be emailed to students from the College Board between December 9 and 11
- Junior Seminars will begin January 7 and run for four cycles through March 4.
- Junior Parents Night is on **Thursday, January 23, 2020 from 6:30-8:30PM** in the Main Stage Theater. Junior seminars and this evening program officially kick off the future planning process for our juniors and their families. The evening program will include a panel of College Admissions Representatives who will be available for two full hours of Q&A. WHS Counselors will also discuss approaching the future planning process in a healthy way. Feedback on this program is always positive, as there are years of expertise and experience represented by our panel.
- Parents of sophomores are welcome to attend any of our future planning nights

## Guidance Dept.

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### EVENING PROGRAM FOR PARENTS OF JUNIORS AND SOPHOMORE PARENTS WELCOME TOO:

Mark your calendars for the evening of **March 19, 2020, 6:30 PM**. We will be offering an additional evening program again this year to support our students and families through the future planning process instead of waiting until the early fall of senior year. This is also in direct response to the increase in the number of our students who are applying through early plans to schools, (early decision, early action, rolling, etc.), and we want them and you to be well prepared with the information you both need. We are calling this program **Future Planning Night Part 2**. Part 1 is in January when we bring in a panel of admission representatives to speak about the college admissions process as a whole (see above date and description). For our "Part 2" program, we hope to get much more specific with helping our families understand how we work with our juniors and what we cover with them through our Junior Seminars and individual meetings. This evening will include mini demonstrations of programs that our students utilize throughout the future planning process such as Naviance, Big Future, and Common App. Additional topics will include admissions testing (SAT and ACT), as well as discussions around building a college list, early applications, deadlines and keeping the process healthy. We hope you will join us for this very informative night.

### CONTINUING OUR NEW FORMAT FOR SENIOR PARENT PROGRAM IN THE FALL OF 2020:

Although this is nearly a year away, our department wants to let you know that we will be continuing our new format for our senior parents' program next fall. As noted above, more and more of our students begin their future planning process earlier now, so we are adapting our future planning programming. We will have two evening programs (January and March), which will cover the bulk of information you and your students need to know to begin the future planning process. So then in the fall, instead of one large evening meeting for parents of seniors, we will be offering morning Q&A sessions for parents who want/need more information and support on the process. These sessions will be co-led by at least two counselors, and our hope is to offer one per week between the months of September and November. More information will be coming to you later in the spring and over the summer. As always, if you have questions about any of this process, please call your son/daughter's guidance counselor.

### 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 6:45 PM. 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.

### USA GAP YEAR EVENTS 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 8: 3-W Gap Year Panel, Wellesley High School, 6:45PM (see details above)

January 11: Noble & Greenough School (Dedham) Gap Year Fair, 1 – 4 PM

January 12: Reading High School Gap Year Fair, 1 – 4 PM

January 13: Brookline High School Gap Year Fair, 6 – 8:30 PM

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

## Guidance Dept.

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#### ATTENTION SENIORS AND PARENTS OF SENIORS - REMINDERS:

- The official request for the name seniors want on their diploma will be given out on December 5 at the class meeting. Please discuss with your family what name(s) your senior wants on their diploma and complete the form in the class meeting.
- The Guidance Office will be closed over the December Break. If you have January deadlines, we need your requests in Naviance as soon as possible in order to meet the deadline.
- Please come to Guidance and pay your transcript fees.
- First term grades were sent out to colleges between November 23 and 27. Please do not worry if a school reports that they have not yet received them. We can always fax or email an additional copy if necessary.
- Some seniors are just beginning this process. Please know this is completely fine! Counselors are ready and willing to meet with any senior or parent to help them get started on thinking about the future.
- Seniors - Please do not forget to write a heartfelt thank you note to the teacher(s) for the hard work they do for you inside and outside the classroom and throughout the future planning process.
- Many colleges require applicants to have their scores sent directly from the testing services to the admissions office. This can be done online through [www.collegeboard.com](http://www.collegeboard.com) or [www.act.org](http://www.act.org)
- 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/>

#### WAYLAND SCHOLARSHIP COMMITTEE REMINDERS:

The Wayland Scholarship applications will be available in Guidance and on the high school and guidance website after the first of the year.

- To be eligible for the Wayland Scholarships, you must submit a FAFSA.
- Once the FAFSA is filed, you will receive a "Student Aid Report" (SAR) via email that will include your "Estimated Family Contribution" (the EFC). This information is required to complete your Wayland Scholarship application.
- The deadline to apply for the Wayland Scholarship will be Tuesday, March 31, and applications cannot be accepted or processed without the EFC or if you miss the March 31 deadline.
- For more detailed information on the Wayland Scholarship Committee process and applications, please visit the [Wayland High Scholarship link](#).

#### STATE COLLEGE AND UNIVERSITY SCHOLARSHIPS FOR ALL STUDENTS TO BE AWARE OF:

- Please visit the guidance website and click on the link named [Koplik and Adams Award Programs](#) in order to review the eligibility guidelines for each scholarship.
- If you are a senior and have questions about your eligibility and/or application process for these awards, please call or email our Koplik/Adams coordinator, [Ben Buffa](#) at 508-358-3706.
- Mr. Buffa will be sending applications on April 15, so please provide him with the appropriate information before that time.

## Guidance Dept.

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### Guidance Department Dates to Remember

*Please be advised that from the close of school on December 20 through January 5 the Guidance Office will be closed for the Holiday Break. This means that no one will be available to submit transcripts to colleges, so please request transcripts as soon as possible for any January 1 deadline.*

**January 8:** 3-W Gap Year Panel, Wellesley High School, 6:45PM (see details above)

**January 11:** Noble & Greenough School (Dedham) Gap Year Fair, 1 – 4 PM

**January 12:** Reading High School Gap Year Fair, 1 – 4 PM

**January 13:** Brookline High School Gap Year Fair, 6 – 8:30 PM

**January 21:** 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, 6:30PM in the Lecture Hall

[PIE Meeting Dates are here](#)

[SAT Dates can be found here](#)

[ACT Dates can be found here](#)

### The Guidance Corner

**For the third year in a row now, our counselors and health team will be administering the SBIRT screening to all of our sophomores. You and our sophomores will hear more about this in the weeks to come. Until then, here is some brief information about it.**

#### What is SBIRT?

- Screening, Brief Intervention, Referral to Treatment
- It is a universal screening, evidence-based, screening tool
- Its primary intent is prevention and helping students to make healthy decisions
- It is not a drug testing or treatment program, and it is not a targeted screening of specific students either because ALL students are screened just like a hearing or vision screening
- It is not a way to “catch kids” who are using -- it’s a preventative measure, and we will offer support and referrals as needed, not consequences

#### How will we get the word out?

- Principal ENews
- Opt out E-letter to parents through email
- Student informed through Sophomore Seminars
- ENews follow-up reminders to parents and students
- TV postings for students
- Faculty communication about students missing class time

### **Why do we have to do it?**

- There has been an increase in substance abuse especially, including the increase of opioids around the state of Massachusetts.
- At the end of September 2015, an opioid abuse prevention bill was passed.
- This bill now requires districts to perform mandatory addiction screening interviews with all students in two grades.
- The idea is to treat addiction as a medical issue, so just like we screen for vision, hearing, BMI, we're going to screen for substance abuse.

### **Ways SBIRT Can Help**

- Helps teens/adults to understand the impact/risk of alcohol and drugs
- Opens a dialogue that can improve overall health and safety
- Reinforces and supports continuation of safe choices
- Helps identify at risk students for substance related problems and provides resources for these students

### **Logistics of our plan**

- All Counselors, Nurse Amy Schoeff and administrators were sent to trainings to prepare, thanks to a grant for early adopters, of which Wayland was one.
- Our SBIRT planning team includes members of our Health Department (Amy Schoeff and Ruth Mori), the whole WHS Counseling Department, Administrators and the Wayland Cares staff
- We are screening sophomores because we see from data collected by the Metro West Health Adolescent Survey that there is an increase in substance use between grades 10 and 11.
- We will do all of the screenings during the week prior to April break -- we hope to screen all 200+ sophomores in a 3-5-day period, mostly before April break (at the start of the new term, and then "stragglers" after the break).
- Students will be scheduled for a specific appointment time and will be taken out of class for 5-15 minutes to be screened.
- There will be an opt out form sent to parents in case for any reason you do not want your son or daughter screened

### **What's involved in an SBIRT screening will include:**

- Brief "what do you know" survey about substance issues (pre-test)
- Brief CRAFFT Tool assessment (brief written survey): asks questions about their own usage over the past 12 months. Ex: Have you had any alcohol (more than a few sips) over the past 12 months? Have you ever ridden in a car with someone who is high or under the influence of alcohol?
- An individual interview with each sophomore by a member of the SBIRT team relating to the CRAFFT survey
- If screening with CRAFFT necessitates further information, there is a longer discussion utilizing BNI counseling principles (Brief Negotiating Interviewing: open-ended questions, affirming and reflecting their responses, and summarizing their responses for clarification and confirmation)
- Resources and referrals for treatment will be discussed and parents will be informed
- We are required by the state to document the number of positive and negative screens, but they are all anonymous -- no names or information is shared with the state.
- Negative screens have no follow up at all
- Brief exit survey about what they learned (post test)

# Community News



## **TAB Meeting: Cookie Decorating**

Teens! Come to our Teen Advisory Board Meeting and Cookie Decorating Party! Snack and let us know what programs and resources YOU would like at the Wayland Public Library. For teens in grades 6 and up. Friday, December 13, 3:30-4:30 p.m.

## **Holiday Wrapping Workshop for Teens**

Bring in your holiday gifts and wrap them in time for the holidays. Librarian Laura will lead this gift wrapping workshop and WHS student Jaelin will teach calligraphy for those who want to make the gift tags extra special. Gift wrap and ribbon will be supplied. For teens in grades 6 and up. Thursday, Dec. 19, 7:00-8:00 p.m.

Pamela McCuen

Head of Youth Services

Wayland Free Public Library

5 Concord Road, Wayland, MA 01778

tel. 508-358-2308

[www.waylandlibrary.org](http://www.waylandlibrary.org) | [www.facebook.com/WaylandLibrary](https://www.facebook.com/WaylandLibrary)

# Community News



WAYLAND BOOSTER'S

## *\*Holiday Open House\** Friday, December 6

The Wayland Booster Store Holiday Open House is Friday, December 6th from 3:30-8pm, in the Wayland High School Commons. The holidays are right around the corner, so please join us for our annual sale. We have introduced several new items this fall, and will continue to offer many Booster favorites. Now is the time - come shop for gifts and replenish your supply of Wayland clothing and gear. Everything from "W" socks to a plush blanket, stadium blankets, duffles, comfortable hoodies, cozy sherpas, pom-pom hats and tee's will be available at this time.

Please note that Booster apparel is in adult sizes and select youth xl.

[www.waylandboosters.org](http://www.waylandboosters.org)