



January/February 2020

PRINCIPAL'S CORNER

This year's 9th graders are about to embark on a new experience designed to build their communication skills and self-awareness, and ultimately strengthen our community as a whole. Called "FLIP" (Freshman Life and Identity Practicum), this program is the brainchild of a group of staff members including Aidan O'Hara (Theater Arts), Barbara Coughlin and Jeff Brewington (Math), and administrators who have seen a growing need to make time during the 9th grade year for our students to develop confidence in their unique identities and in communicating well with others. As relationships and situations become more complex the older they become, what better time to explicitly address these skills than their first year of high school?

Starting the week of February 3, the guidance seminar in every 9th grader's schedule (which occurs one block during the eight-day cycle) will transition to the FLIP curriculum. With one semester of their high school careers under their belts, our hope is that our 9th graders now have enough of a sense of the norms and routines of WHS that they can critically examine themselves within this context. Specifically, we want our 9th graders to sharpen their skill set when it comes to having productive interactions with others, especially when conflicts or differences arise. While this boils down to good communication, it also requires a sense of self. When we know ourselves, we can be more skilled and deliberate in our connections with others; furthermore, these authentic connections can build a better community for all of us.

Our students have a strong foundation of these skills from their past experiences in the Wayland Public Schools. Under the Social Emotional Learning umbrella, students in their earliest elementary years learn about empathy and self as they navigate the social and educational landscape with their peers. At the middle school, our students see the mission of BERT (belonging, empathy, respect, and trust) embedded in curriculum, relationships, structures, and traditions. Along their educational journey, at every level, the values of respect, healthy relationships, and mutual understanding are taught and emphasized to our children.

The challenge of successfully engaging in conversations and developing connections with others can intensify in high school. We want our students to voice their opinions and beliefs and to be their true selves; at the same time, we need to be a community where everyone feels safe and heard. Discussions about complex topics like identity, ability, race, culture, and privilege percolate through our students' experiences in and out of school; we have a shared responsibility to support and teach them so these experiences are formative and productive. While these educational moments happen regularly in classrooms of all disciplines, FLIP is one of our more explicit efforts to help our students engage productively during these moments.

**PRINCIPAL'S
CORNER**

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Throughout the second half of this school year, our 9th graders will ask themselves the following guiding questions over the course of approximately 10 FLIP classes:

- Who am I? What shapes my identity?
- How do we communicate?
- What is a community?
- How does frequent and open communication strengthen a community?
- What does it mean to belong?
- What is my legacy?

Using interactive, hands-on activities, our instructional team will help students develop concrete strategies for encountering difficult conversations. Students will keep a reflective journal so they can record their progress and capture their ongoing thoughts. By the end of the course, we hope our 9th graders will have bolstered their communication skills and will be ready to model and use them in the larger community.

While we have no illusions that FLIP will transform our school overnight, we are confident that it will take us one significant step closer to being an even more inclusive and respectful community. I look forward to keeping you apprised of our efforts.

Thank you to the Wayland Public Schools Foundation for supporting the development of this program!

Allyson Mizoguchi
Principal

Happy New Year! I hope you all had a fun and relaxing holiday break.

- Thank you to Amy Frankel Nau, Cathy Davies, and Nan Li for providing our WHS teachers and staff with an exciting drawing of complimentary gym and sports club memberships as January's Teacher Appreciation event! If you are a member of one of the following clubs, please be sure to thank them for their support of WHS's teachers and staff: Boston Sports Club Wayland, Longfellow Health Club, Life Time Athletic MetroWest, Orangetheory Fitness Sudbury, Fitness Together Wayland, Pure Barre Sudbury and One2One BodyScapes Wayland.
- Looking to get more involved? WHS PTO will begin filling 2020-21 Board and Committee roles shortly. Please consider joining us the Board - we would love for you to join us! Please contact Stephanie at WaylandHighPTO@gmail.com if you are interested in getting involved
- In case you missed it, here is Dr. Unobskey's [FY21 budget presentation](#), which is currently under consideration by the school committee.
- On January 27th at 6:30pm please join WHS Assistant Principals Sean Gass and Laura Cole for dessert and discussion in the WHS Media Center/Library. They will be facilitating a discussion focused on sharing educational experiences and hopes, as well as building bridges between school and home. If you haven't met our new Assistant Principals yet, this is a great opportunity to come by and say hi!
- On Thursday, March 19th the WHS PTO will be hosting the annual district wide Bus Driver and Crossing Guard Appreciation Breakfast. Please keep an eye out for opportunities to volunteer and donate to this event. Questions? Contact Alexia Obar at obars@verizon.net.
- The next Parent Information Exchange (PIE) Meeting with Allyson Mizoguchi and Marybeth Sacramone will be held in the evening on Thursday, March 5th at 7pm.

Stephanie A. Leong, WHS PTO President
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 last month's teacher appreciation treat, compliments of YOU! (the PTO).
THANKS to those who helped!



Did you know that you can donate to the PTO with your regular shopping on Amazon?

AmazonSmile is a website operated by Amazon with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice. Register Here for [AmazonSmile](#) and choose "Wayland Public Schools Parent Teacher Organization, Inc." as your designated charity.

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

(bold used for evening meeting)



Principal's

PIE

[Parent
Information

Exchange]

meeting
schedule

PIE	TIME	WHS PTO BOARD MTG	TIME
Thursday, March 5, 2020	7:00 PM	<i>Friday, March 13, 2020</i>	<i>8:45am</i>
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 2020

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Stephanie A. Leong
waylandhighpto@gmail.com

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Dessert and Discussion with Sean Gass and Laura Cole

Monday, January 27, 6:30 pm

WHS Media Center/Library



Please join WHS Assistant Principals Sean Gass and Laura Cole for dessert and a discussion focused on sharing educational experiences and hopes, as well as building bridges between school and home.

Come meet or get to know them better! We sent them a list of questions. Both of their favorite food is pizza (of course!) and if they could hire help, both chose a driver. However, when asked, "Were you ever sent to the Principal's office?" One answered YES for submitting a fake candidate for student body President who was praised by the Asst. Principal for his positions! Answer in next post...

Questions? Contact Amy Nau at waylandhighpto@gmail.com.

January's teacher appreciation

theme is health and wellness in 2020! All WHS teachers and staff were invited to enjoy a free 5-day pass to Boston Sports Club at the Wayland Town Center. They can also enter a raffle to win the following items:

- ★ One three (3) month membership and one (1) complimentary personal training session to Boston Sports Club, Wayland
- ★ 25 Gifts of Health passes to Longfellow Health Club (passes give choice of 4 gifts by April 30, 2020, including ½ hour tennis or swim lesson, personal training session, private pilates session or physical therapy session and nutrition or fitness consultation)
- ★ One Two (2) Week Family Club Access pass to Life Time Athletic MetroWest, Framingham (*pool at extra charge)
- ★ Three, one (1) week passes to Orangetheory Fitness, Sudbury
- ★ One pass for three (3) personal fitness training sessions at Fitness Together, Wayland
- ★ One two (2) week unlimited membership to Pure Barre, Sudbury
- ★ Three passes for one hour individual training session at One2One BodyScapes, Wayland
- ★ Health related goodies, such as yoga mats, stretching bands, kettlebells, etc.

The WHS PTO would like to thank our generous local donors: Boston Sports Club Wayland, Longfellow Health Club, Life Time Athletic MetroWest, Orangetheory Fitness Sudbury, Fitness Together Wayland, Pure Barre Sudbury and One2One BodyScapes Wayland.

WHS PTO Newsletter Submission Deadlines

(9pm) Dates for 2020

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

Class News

**Class of
2020**

Advisor: Mr. Krasnoo

Class of 2020 News

It is hard to believe how fast the time has gone! The Calendar says it is now 2020, and that means we are coming into our final semester with the Class. A representative from Josten's has already come to campus to collect information from our students about caps and gowns! Please check with your students and make sure that they have supplied this information. They should have also completed a form for the Guidance office detailing the way in which they would like their name on their diploma. If your student has not yet provided this information, please contact me as soon as possible.

We are well under way with the plans for our senior show. Our directors have met on several occasions to plan for our big production. Please encourage your student to be involved in this creative process and submit ideas and scripts to our directors for review. All suggestions will be considered and we are looking to make this a great show. Please urge your student to become involved in this special experience in March!

Another one of the really nice opportunities available to our seniors is the chance to participate in a senior project. This program takes place during the final months of senior year and allows the students to really delve into a self-designed hands-on learning experience. Students will have a reduction in their course load and work with both advisors on campus and specialists off site. There will be information sessions about this program in the Academic Center in February or March. These sessions are highly recommended for students who are interested in this experience. Please encourage your student to investigate this tremendous opportunity and bring any questions to Ms. Schmidt or me.

Many of our students have already received notifications about College for next year, and others will be hearing in the months ahead. I want to ask families to remind their students to apply for financial assistance through the Wayland Scholarship Committee. Each year, this committee gives away thousands of dollars in need-based scholarships. The application can be found on the WHS website under the drop down menus of "For Students" and "For Families." The Deadline to apply for these scholarships is March 31, 2020.

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. The dates for these events are listed below. I want this to be a great and memorable year for the members of the Class of 2020. 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

THE SALE PORTAL FOR THE 2020 YEARBOOK will remain open until January 31. After that time, yearbooks will no longer be available for purchase. Books are only available through pre-order. We do not sell books in the spring. Our large scale, full-color books are still offered to all students (not just seniors!!!) for \$85 a book. Go to <https://sites.google.com/wayland.k12.ma.us/whs-reflector/home> to order or send in a check (to the High School attention: Kristin Cowell) for \$85 made out to Wayland High School Reflector. Financial assistance is available—just contact Kristin at kristin_cowell@wayland.k12.ma.us

PARENT ADVERTISEMENTS: Looking for a great way to honor your 2020 graduate? A recognition ad in the yearbook is a simple way to show how much you love them and how proud you are of them. This timeless way of honoring them and showing them how much you care will bring a smile to their face every time they reflect back on high school years. To get additional information about ads and how to place an order just go here: <https://sites.google.com/wayland.k12.ma.us/whs-reflector/home> . If there are any questions parents can contact kristin_cowell@wayland.k12.ma.us

Thanks,
Kristin Cowell
Faculty Adviser, WHS Reflector

Class of
2021

Advisors:

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

Class of 2021

The class would like to thank all of the Wayland residents who supported the Class of 2021 with your participation in our Christmas Tree pickup fundraiser. This event does not happen without your support and the support of parents, Eboard, class members, and local businesses who give their time, service, trucks, and staff. All of the money raised will go towards our prom this upcoming May 16th. If you have a chance to support any of these local businesses throughout the year, I know it would be appreciated!

Here are the companies that made this event possible:

1. Millennial Landscaping
2. Lynch Tree Landscaping
3. Mel's Commonwealth Cafe
4. Stop and Shop, Wayland
5. Starbucks, Wayland

Also, keep your eyes open for our Krispy Kreme fundraiser. We'll be selling the delicious donuts next week during Winter Week. Thank you in advance for your support!



Class News

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LateNight 2020 planning has started!

We are preparing for a fun and entertaining event for Juniors and their guests following Prom on May 16th. We've got an energetic and dedicated group of parents planning for Pre-Prom, fund-raising, food, entertainment, and decorations. If you would like to join in the planning process please email Amy Sullivan at latenightwhs@gmail.com

What is Late Night? **Click** → <https://waylandpto.org/high-school-pto/late-night/>

**Class of
2022**

Advisors: Scott Parseghian and Jennifer Reed

Class of 2022

The Class of 2022 will be holding a Valentine's Day fundraiser during the week of February 10th. Also, the mattress fundraiser is back and will be held on March 29, 2020 at WHS. Students will be bringing home more information as the date nears.

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

**Class of
2023**

Advisors: Aimee Lima and Kate Gamwell

Class of 2023

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.

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

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Library Media Center (LMC)

Joanne Schmidt, Library Teacher

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Mid-term exams:

Mid-term exams are scheduled Tuesday, January 21 – Friday, January 24. The Library Media Center will be open during our regular hours, 8AM – 3:50PM.

Great news from the **Wayland Public Library:**


They will be staying open until 11PM the Tuesday, Wednesday, and Thursday of exam week. They will be open only for high school students. They will serve pizza at 5:30PM and there will be cookies and other snacks available throughout the night. THANK YOU WAYLAND PUBLIC LIBRARY! During Winter Week, the library will provide a variety of quiet, stress free activities. Per student request, we are bringing back gimp and friendship bracelet crafts!

TEEN PIZZA NIGHTS

Teens! Feed your brain while studying with your friends at the
Wayland Public Library
Pizza will be served at 5:30 p.m.
Cookies, chips, and other snacks will also be available

JANUARY 21, 22, 23 5:30 PM - 11:00 PM

The library will stay open
until 11 p.m. just for you



News from the AP Test Coordinator

By Joanne Schmidt

AP tests will be given Monday, May 4 – Friday, May 15. All students taking exams should have registered with their teachers or Ms. Schmidt. Parents/guardians of test takers will receive an email next week with details. Most tests will be given in the lecture hall or field house. The schedule, determined by College Board, is:

Monday, May 4

8AM US Government and Politics
Noon Physics C: Mechanics
2PM: Physics C: Electricity and Magnetism

Tuesday, May 5

8AM Calculus, both AB and BC

Wednesday, May 6

8AM English Literature and Composition
noon: European History

Thursday, May 7

8AM Chemistry

Friday, May 8

8AM U.S. History
noon Computer Science A
May 8 is also the deadline for all AP Art student to submit digital portfolios.

Monday, May 11

8AM Biology

Tuesday, May 12

8AM Spanish
noon Latin

Wednesday, May 13

Noon Music Theory

Thursday, May 14 – no exams scheduled

Friday, May 15

8AM French and Computer Science Principles
noon Statistics

The cost for each exam is \$94. Payments can be made through Unipay.

Hardcopies of The Bulletin for AP Students and Parents will be distributed to students after midterms, but is always available online. [Bulletin is linked here](#). The Bulletin contains information on test administration policies and procedures, exam day, and scores. Please pay close attention to page 7. It has sections on what to bring and what not to bring to the exam room. A calendar and checklist are on page 11.

Please have your student see Ms. Schmidt in the Library Media Center with any AP-related questions.

World Languages & Classical Studies Department



Ms. Nicole Haghdoust, Department Head

WORLD LANGUAGE NEWS

- *The World Language Department will hold our annual WL institute for teachers on Monday, January 27. We host this event to extend our knowledge about proficiency-based teaching and invite educators from other schools to join us.
- *The modern languages are excited to participate in immersion days in the spring. Immersion day is an opportunity for our students to practice their language skills with others throughout the whole day. There will be guided activities in the target language. The Spanish department will host Acton-Boxborough in April and the French department will go to Acton-Boxborough in March. About 25 WHS students will participate in each event.
- *Field Trips off-campus:
 - Sara Langelier will take a group of French 3 students to the MFA on February 6. Ed Dehoratius and Jessica Skehan will be taking Classical Literature students to the Harvard Art Museum on February 6.
 - Sara Langelier is organizing a trip to Montpellier, France in April. Eighteen WHS French students will participate in a homestay.
 - Lee Krasnoo will take a group of students to Italy (Rome, Matera, Sorrentine Peninsula).
 - Wayland-Jingshan Yuanyang School exchange will take place in April. Eight WHS will attend the China trip with Mary Barber.
- *Field trips on-campus:
 - All Spanish students will attend a presentation by Ligiah Villalobos on Friday, March 6. Please see a short bio below:

Ligiah Villalobos is a Writer, Producer, Consultant, Educator and Lecturer. She is best known for the independent feature film Under the Same Moon, (La Misma Luna), which she wrote and executive produced. The film was released by Fox Searchlight and The Weinstein Company in 2008 after it was acquired at the Sundance Film Festival, where it became the highest sale for a Spanish-language film in the history of Sundance. More recently, Villalobos was a Cultural Consultant on the Academy Award winning Pixar movie, COCO, which has become the highest grossing movie of all time in Mexico (and highest grossing Pixar movie in China). She is also the recipient of the Humanitas Prize, for writing the Hallmark Hall of Fame movie, Firelight, produced by Alicia Keys and Mary Martin, which aired on ABC in 2013.

Department and Faculty News

Guidance Department



Marybeth Sacramone, Department Head

WHSPO Guidance News

January and February 2020

Visit us at our [Guidance Website](#)

Follow us on Twitter [@WaylandGuidance](#)

THE GUIDANCE DEPARTMENT HOPES THAT YOU HAD A HEALTHY AND HAPPY NEW YEAR. AS ALWAYS, WE LOOK FORWARD TO WORKING WITH YOU THROUGHOUT THE YEAR. PLEASE CALL YOUR SON/DAUGHTER'S GUIDANCE COUNSELOR IF YOU HAVE QUESTIONS ABOUT ANY OF THIS INFORMATION OR WOULD LIKE TO TALK WITH US ABOUT YOUR SON/DAUGHTER. WE HOPE YOU HAVE A WONDERFUL WINTER!

THE EDUCATION COOPERATIVE -- A GREAT RESOURCE

- **The Education Cooperative (TEC)** offers lots of great resources and programs for our students. TEC offers online courses, college fairs, summer programs and internship programs. For more information, please attend one of their open houses or visit their website at tec-coop.org. There are open houses scheduled for February 11 at the Wayland Public Library, March 5 at the Westwood Library, April 7 at the Medfield Library, and May 5 at the Morse's Public Library in Natick from 7PM to 8PM. Please attend and learn more.
- **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 2020-2021 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 to download the application and review frequently asked questions about the program and placement process.
- **TEC Online Academy and TEC Connections Academy:** Registration for the spring online courses is open now. See your Guidance Counselor to register.

FUTURE PLANNING NIGHT IS ON THURSDAY, JANUARY 23, 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 the panel. **Parents of juniors and sophomores are welcome to attend any of our future planning nights**

VISITING NEW ENGLAND PUBLIC COLLEGES THIS SPRING/SUMMER?

If so, take note of this cost savings program. The New England Regional Tuition Break Program allows students from Massachusetts to attend other New England colleges for state tuition rates for certain majors that are not offered at any of our public colleges or universities in Massachusetts. So, if your senior is interested in a unique major, check out the resources at the following links:

Guidance Dept.

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- The [Tuition Break Information for MA Residents](#) - lists the bachelor's degree programs offered by public colleges and universities in the five other New England states.
- The [Tuition Break Listing for MA Residents](#) - lists approved associate and bachelor's programs by area of study and by institution, as well as campus contact information.

EVENING PROGRAM FOR PARENTS JUNIORS – FUTURE PLANNING PART 2 (SOPHOMORE PARENTS WELCOME TOO):

Mark your calendars for the evening of **March 19, 2020, 6:30 PM**. Our department is consistently looking to stay on top of trends and improve our programming and, as a result, we will be offering an additional evening program this year to support our students and families throughout 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 to schools through early plans, (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 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.

CONTINUED NEW FORMAT FOR SENIOR PARENT PROGRAM FOR THE FALL OF 2020

Following our two future planning programs this winter/spring semester, we will continue to offer support to parents/guardians through 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 mid-September and early 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.

SENIORS:

- Some seniors are just beginning the future planning 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 who have already applied - 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, including things like writing your teacher letters of recommendation and editing your essays.
- Seniors who have already applied - Please be sure to update your counselor with your decisions and update your decisions in Naviance too. Counselors want to know what you are hearing and how we can continue to help.

Guidance Dept.

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- Please be sure to pay your transcript fees. Your first request was free, and each request after that is \$5.00. You can check in Naviance to determine how much you owe. Please see Mrs. Fratto or your Guidance Counselor with questions or to make payments.
- Guidance will be sending midyear transcripts after midyear exam/quarter grades are complete. It is our hope to get those out just before the February break. So, when colleges call or email your students asking for these grades, please let them know to expect them in mid to late February.
- Financial Aid Information:
In order to receive financial aid from a college or from the Wayland High School Scholarship Committee, students and parents must submit the Free Application for Federal Student Aid Form (FAFSA). If you have not already, you can begin your FAFSA by going online to www.fafsa.ed.gov/.
- FAFSA Days Massachusetts 2020: Free assistance to students and families seeking to complete the FAFSA. Financial aid administrators and high school counselors will be on hand to help college-bound high school seniors complete the Free Application for Federal Student Aid (FAFSA) free of charge. To read more about FAFSA Days Massachusetts click here: <http://www.fafsaday.org/> To find a location near you, click this link: <https://www.masfaa.org/fafsa-day/> Further contact information is here too. Email: fafsaday@gmail.com, Phone: 877-424-7627.
- Wayland Scholarship Reminders:
 - ▶ The Wayland Scholarship applications will be available in Guidance and on the high school and guidance website soon.
 - ▶ To be eligible for the Wayland Scholarships, you must submit a FAFSA.
 - ▶ Once the FAFSA is filed, you will receive via email a "Student Aid Report" (SAR) 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 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 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 eligible for the scholarship, you would have received a letter from the high school in June 2019.
 - ▶ If you are a senior and have questions about your eligibility and/or application process for these awards, please email or call our Koplik/Adams coordinator, [Ben Buffa](#) at 508-358-3706.
 - ▶ Mr. Buffa will be sending applications on May 1, so please provide him with the appropriate information before that time.
 - ▶ For current juniors, if you qualify (based on your grade 10 MCAS scores), you will be notified sometime during the month of March.
- Upcoming Gap Year Programs:
Have a junior or senior that might be interested in taking a year off to do a Gap Year? Visit the [USA Gap Year Fair site](#) for more information.

Guidance Dept.

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JUNIORS:

- Junior Parents Night is on Thursday, January 23, at 6:30-8:30 PM in the Main Stage Theater. A panel of college admissions representatives will be available for two hours of Q&A.
- Junior Seminars began on January 7 and will run for four cycles through March 4.
- Free online SAT and ACT tutoring on line is available to juniors through their Naviance account. Its name is Method Test Prep. Sophomores will receive access in March when sophomore seminars begin.
- The 11th annual Career Colloquium is coming on June 3. Juniors will be discussing their career interests in seminars, and will make their selections there as well, for their top choices of career workshops to attend.

NINTH AND TENTH GRADERS:

- 9th graders are just completing their counselor and information literacy sessions, and will soon move to the FLIP (Freshmen Life & Identity Program). We are asking that students now schedule appointments with their individual Guidance Counselor to get to know each other better if they haven't already. Please encourage your 9th graders to schedule those appointments.
- Sophomore Seminars will begin second semester on March 12 and run for three cycles through April 12.
- 9th and 10th graders are encouraged to check in with their Guidance Counselor to begin to discuss their course selection plans for next year.
- As per last month's WHS PTO News, all sophomores will be undergoing the SBIRT screening in the middle of April. Please see SBIRT information below under the Guidance Corner.

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 12 and run for three cycles through April 12
- 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.

Guidance Dept.

...CONTINUED

COURSE SELECTION INFORMATION FOR ALL PARENTS

- The course recommendation/selection process at the high school will kick off during second semester.
- In preparation, students and parents can review the course descriptions in our Program of Studies online. A revised Program of Studies will be available on the high school's website in the near future.
- Please confer with your son/daughter to discuss course selections.
- Students are also strongly encouraged to schedule time with their guidance counselor to review course selections for next year.
- If you, as a parent/guardian have any questions or concerns about your son/daughter's program for next year, or the course selection process, please contact your child's guidance counselor. It is very important that students, teachers, parents and counselors coordinate their efforts to ensure the most suitable and balanced program for every student.
- If there is disagreement with the teacher recommendation and what the student/family would like to pursue, please visit the link below that explains the override procedure and eligibility guidelines:
**[Override Guidelines](#).
- **Dates of the course selection process and overrides are subject to change this year due to our new student information system. Stay tuned for further updates.

Guidance Department Dates to Remember

January 23: Future Planning Night – PART I (Admissions Panel), 6:30 PM in the Main Stage Theater,
Sophomore Parents Welcome

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

March 21: SERF College and Gap Year Fair at Lincoln-Sudbury RHS, 12:15 - 3 PM

March 26: TEC Fair at Westwood High, 6:30-8:30 PM

March 26: 3-W Fine Arts College Night @ Weston High

March 31: WHS Scholarship Deadline

April 13-April 17: SBIRT Days

June 3: Career Colloquium

[PIE Meeting Dates are here](#)

[SAT Dates can be found here](#)

[ACT Dates can be found here](#)

The Guidance Corner

The Guidance Corner: Two for One: Social Media and SBIRT Information

Social Media and Creating a Positive Digital Image

After several years of research and developing curriculum, the NYC Department of Education has written and posted their Student Social Media Guidelines. Although the audience is adolescents, we hope that you, as parents, will read and discuss these guidelines and tips with your students.

Here are just a few great “tid-bits” to give you a flavor of what’s in this resource:

- * **Align your online image with your goals**
- * **Families can be helpful partners.**
- * **Pause before you post.**
- * **Post responsibly: be mindful of your audience.**
- * **There is no right to privacy when using school-related social media.**

Click here to review the full publication. [#SoMeGuidelinesNYC](#)

Reminder from last month’s ENews about an important screening for your sons/daughters- SBIRT (Screening, Brief Intervention, Referral to Treatment):

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 as needed, not consequences

How will we get the word out?

- Principal ENews
- Opt out letter to parents through email
- Inform students through Sophomore Seminars
- ENews reminders to parents
- 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 last year, an opioid abuse prevention bill was passed.
- This bill now requires districts to perform mandatory addiction screening interviews with all students in two different grade levels.
- 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

- 1.Helps teens/adults to understand the impact/risk of alcohol and drugs
- 2.Opens a dialogue that can improve overall health and safety
- 3.Reinforces and supports continuation of safe choices
- 4.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 recently 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 Counseling Department, Administrators and Wayland Cares staff.
- We are screening sophomores because we see from data collected by the Metrowest Health Adolescent Survey that there is an increase in use between grades 10 and 11.
- Next step of the plan will involve the middle school to screen all of our 8th graders.
- We are in the planning stages and are aiming to do all of the screenings during the week prior to April break -- we hope to screen all 200 sophomores in a 5-7-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 10-15 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 relating to the CRAFFT survey
- If screening with CRAFFT necessitates further information, there is a longer discussion utilizing BNI counseling principles (Brief Negotiating Interviewing (BNI) includes: 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 identifying 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



Author Talk: *Choosing College* with Michael Horn

The rankings, metrics, analytics, college visits, and advice that we use don't give students and families the information and context they need to make such a high-stakes decision about whether and where to get an education. *Choosing College* strips away the noise to help you understand why you're going to school, and thus make better choices. Michael Horn speaks and writes about education and serves as a senior partner for Entangled Solutions, a strategy consultancy for the education ecosystem. Tuesday, January 21 at 7:30 p.m.

DIY Stress Balls

Teens! Make stress balls to de-stress just before your exams. Tuesday, January 21, 4:00-5:30 p.m. We will meet in the Teen Loft.

Late Night Pizza Study Nights for Teens

Wayland High School Students! Feed your brain during Exam Week, while studying with your friends at the library. The library will stay open until 11 p.m. just for you. We'll serve pizza at 5:30 and snacks throughout the evening. We hope you ace your exams. January 21, 22, and 23.

TAB Meeting: Books & Brownies

Teens! Eat treats and talk books at this Teen Advisory Board Meeting. Thursday, January 30, 3:30-4:30 p.m.

Girls Who Code Club

The Wayland Public Library is offering a Winter/Spring session of Girls Who Code for girls in grades 6 and up, which will meet every Tuesday, February 25 through May 26 (except school holidays.) Affiliated with the national Girls Who Code organization (girlswhocode.com) and its mission of closing the gender gap in technology, the Wayland club brings together middle and high school girls for hands-on learning about code and technology. The club is led by parent and teacher volunteers. Questions? Email pmccuen@minlib.net. Register for the club online [here](#).

Pamela McCuen

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