

March 2020



## PRINCIPAL'S CORNER

Although March is a long month (the common complaint about March is that it has no three-day weekends), it is also a month of change and momentum: the weather improves, we turn the clocks ahead, spring sports begin, and planning ramps up for Prom and senior events. Additionally, six months before the start of the next school year, we are in the beginning stages of an intricate cycle that culminates in the creation of next year's master schedule.

This month, students in grades 9-11, along with their families and teachers, will engage in the course recommendation and request process for the 2020-2021 school year. In fact, for the last couple of weeks, our teachers and counselors have been connecting with their current students about course options and recommendations for next year. As students contemplate their strengths, areas of growth, and the other interests in their lives, we encourage them to have these vital conversations with their teachers, counselors, and parents about next year's program of study.

This week teachers are entering course recommendations into eSchool, which will be viewable by students and families starting on March 13. The ultimate aim for each student is a balanced and enriching academic schedule that provides appropriate rigor, that cultivates new passions, and that still allows enough time and energy for family, friends, and outside interests. Next week I will be emailing parents a more detailed informational letter about this process, but I'd like to underscore the following points here as well:

- As you and your child make decisions about next year's courses, please consider the overall time commitment that your child's courses will require, especially as they relate to other activities (clubs, job, music, athletics, etc.) that he or she is involved in. While there is no predictable formula for the amount of time required in each course, we will use a "Time Management Activity" template in Advisory (and will email you a copy) to help students evaluate their time commitments. We encourage you to use this template as a guide for conversations with your child.
- Please trust in the recommendations of your child's teachers. Through their experiences with your child in the classroom throughout the year, they know his or her skills, strengths, and areas of growth, and are well versed in the sequence of courses in their discipline. If you have any questions or would like to discuss your child's placement in any course, please feel free to contact the teacher directly.



**PRINCIPAL'S  
CORNER**

**...CONTINUED**

- Although our schedule features eight possible periods in a six-block daily rotation, please remember that we consider students' schedules full when they are taking five academic majors (English, math, science, social studies, and world language) and Wellness. Many students are able to take one additional elective per semester, for a total of six courses plus Wellness. This load allows for enough unscheduled blocks that a student can still meet with teachers, study in the Library Media Center, visit with friends, and unwind in between classes. Taking more than six courses can be difficult from a scheduling perspective, and in some cases, can compromise a student's healthy balance.
- Please remember that a large part of the high school experience for our students is coming to understand who they are as learners. To this end, we encourage you and your child to select courses that will of course highlight and build on strengths, but also that will address particular areas of growth. In short, we advise that your child enrolls in the courses that are most suited to her or his needs, and that best propel your child forward once those needs are met.

This month we will build in many check-points for you and your child in this process, during which you will review recommendations, make elective requests, and then review those courses once again before we begin building next year's schedule from scratch. Although we are very much immersed in the events and energy of the current school year, it is fun and exciting for us and our students to begin envisioning next year. We will keep you apprised of this process!

*Allyson Mizoguchi*  
Principal

*I hope you all had a fun and relaxing winter break.*

- Thank you to Amy Frankel Nau for coordinating Dessert and Discussion with our Assistant Principals, Sean and Laura, in January.
- Many thanks to Jinglei Whitehouse for her computer wizardry in assisting the WHS PTO with important behind the scenes administrative work!
- 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](mailto:WaylandHighPTO@gmail.com) if you are interested in getting involved
- 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](mailto: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. Don't miss this opportunity to meet Caroline Han, Wayland's new Equity and Diversity Coordinator.

Stephanie A. Leong, WHS PTO President

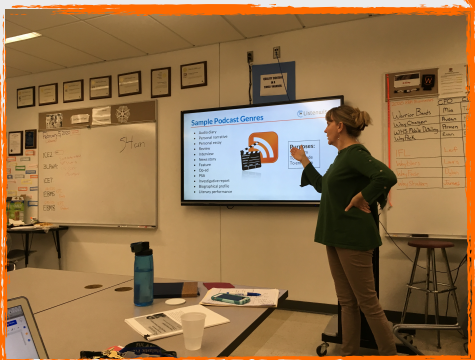
[WaylandHighPTO@gmail.com](mailto:WaylandHighPTO@gmail.com)

## 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.

"We started our online podcasting PD a couple of weeks ago and today we had our face-to-face session with Monica Brady\_Myerov. She was fantastic and the session was so engaging! We cannot wait to get going with our students. Thank you again for helping to make this happen. We couldn't have done it without your support."

Where do the WHS PTO Grant funds go?



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
<b>Thursday, March 5, 2020</b>	<b>7:00 PM</b>	Friday, March 13, 2020	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 Newsletter Submission Deadlines  
(9pm) Dates for 2020**

**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)

**WHS PTO Board & Advisory Team 2020**

**President**

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

**Vice President &  
Student Activities**

Nancy Funkhouser  
[nancyfunkhouser@verizon.net](mailto:nancyfunkhouser@verizon.net)

**Secretary & Mini Grants**

Sarah Orlov  
[sorlov@orlovcompany.com](mailto:sorlov@orlovcompany.com)

**Asst. Secretary & Wishlist**

Elisa Scola  
[cpandes@yahoo.com](mailto:cpandes@yahoo.com)

**Treasurer**

Pam Cerne  
[treasurerwhspto@gmail.com](mailto:treasurerwhspto@gmail.com)

**Newsletter**

Tracy Scheidemantel  
[tscheide@comcast.net](mailto:tscheide@comcast.net)

**Faculty Appreciation**

Amy Frankel Nau, Nan Li &  
Cathy Davies  
[amyfnau@gmail.com](mailto:amyfnau@gmail.com)  
[annie060303@hotmail.com](mailto:annie060303@hotmail.com)  
[cdavies@rtgroup.com](mailto:cdavies@rtgroup.com)

**Beautification**

Missy Davis  
[missydavis118@gmail.com](mailto:missydavis118@gmail.com)

**On-Line Directory Administrator**

Catherine Scholz  
[cscholz89@gmail.com](mailto:cscholz89@gmail.com)

**Facebook**

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



# Class News

**Class of  
2020**

Advisor: Mr. Krasnoo

## Class of 2020 News

As you walk through the school in the next few weeks you will probably hear and see numbers of seniors singing, dancing and laughing. It is Senior Show time! With under three weeks until opening night, our students will be working hard to learn their lines and all of the steps to those dances! Under the leadership of our talented directors, we are on our way to a great show! Performances for the show are scheduled for the following times in the WHS Theatre:

**Friday, March 20 @ 7:00 PM**

**Saturday, March 21 @7:00 PM**

Tickets may be purchased in the High School Commons during lunches or at the door. Tickets are \$15 for adults and \$10 for students (possibly more at the door), children and senior citizens. We look forward to seeing you at the show!

A number of students in the Class have already informed us of their plans to participate in the annual Senior Project Program. This opportunity takes place during the final months of senior year and allows the students to really delve into a self-designed hands-on learning experience. Please encourage your student to consider this great experience! Interested students should contact Ms. Schmidt or me. Applications will be due during the last week of this month.

I want to once again 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 executive board is hoping to plan other events to make this a memorable final semester for 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

...CONTINUED

Class of  
2021

Advisors:

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

## Class of 2021

Prom is right around the corner! Be sure to mark your calendars for Saturday, May 16th. The event will be held at the Boston Hyatt Regency from 7:00-10:30. Keep your eyes and ears open for information about ticket pricing and sales. Details are being finalized, and it is sure to be an amazing and memorable night.

## LateNight 2020



We are preparing for a fun and entertaining event for Juniors and their guests following Prom on May 16<sup>th</sup>. 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](mailto:latenightwhs@gmail.com)

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



# Class News ...CONTINUED

**Class of  
2022**

**Advisors: Scott Parseghian and Jennifer Reed**

## **Class of 2022**

The Wayland HS Class of 2022 will be hosting their 2nd annual mattress fundraiser sale. Simmons Beautyrest, Beautysleep, Platinum, Simmons Beautyrest Black, Symbol, Wellsville, Intellibed, and Instant Comfort Mattresses will be up to 50% off retail with the proceeds going to the Wayland HS Class of 2022. Floor models will be displayed at the Wayland HS Field House, on Sunday, March 29, from 10am-4pm. Come out and take a look, and get a great bed, at a great price while helping the Wayland HS Class of 2022! Sophomores will receive flyers and handouts during their class meeting.

E-board is in the beginning stages of planning for Junior Prom. It will be here before we know it!  
- Jenn and Scott

[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**

The freshman class had a great drawing fundraiser last month. They are now getting ready for new fundraisers this spring. The E-Board is still finalizing their plans, but they are hoping to run some sports tournaments after school, a Family Fun Night for elementary school students and families, and a Class of 2023 sweatpants sale. It's going to be a busy spring!

**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

## Library Media Center (LMC)

Joanne Schmidt, Library Teacher

...



### **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 Haghdoost, Department Head*

## WORLD LANGUAGE NEWS

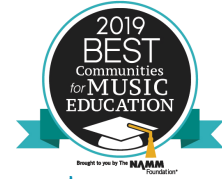
- The WL department will host Ligiah Villalobos this Friday, March 6.
- French students will participate in immersion day this Thursday, March 5.
- On Thursday 3/12 the National Spanish Honor Society is going to the Pupusa Loca after classes.
- All students have finished their Seal of Biliteracy testing and we will be releasing results soon

# Department and Faculty News

## Fine Arts Dept

Susan Memoli, Department Head

...



February has been busy in the Fine Arts Department! First, we would like to extend our congratulations to Mr. Oneschuk and his family who welcomed their newest daughter, Skylar June into their family on January 31. Welcome to the world!

### WHSTE's WINTER ONE-ACT - **SQUIRREL GIRL GOES TO COLLEGE**

The Wayland High School Theater Ensemble hosted a preliminary round of the METG Mass. HS Drama Festival this past Saturday. In addition to welcoming six other high schools and their performances, Wayland's production of SQUIRREL GIRL GOES TO COLLEGE was named one of the preliminary round winners!

WHSTE will present SQUIRREL GIRL... at the Semi Final Round of Drama Fest on Saturday, March 14 at North Reading High School at 3:30pm. It is open to the public! Tickets are \$15 for an all-day pass, including admission into Wayland's play. Come support WHSTE at North Reading HS!

This month is **Youth Art Month**. A number of Wayland students were selected to have their work displayed at the Transportation Building in Boston. The exhibit will run through March. (on the next page is the press release and some images of student work)

The Art 4 and AP Art students have their **Sustained Investigations** work on display in the Wayland Library Raytheon Room during the month of March. Stop by and have a look!

This year 23 students and staff members created 24 stunning portraits of children in Nigeria that will be delivered to them next month by the **Memory Project**, a non-profit organization that facilitates this program that pairs artists with children living in difficult situations around the world. This year we chose to create portraits of school children in Nigeria. Pictures attached! This is our fourth year participating in the Memory Project and some of our artists have done a portrait all four years at WHS! (students holding portraits on next page)

The Annual **Wayland String Jamboree** will be held on Tuesday, March 10 at 7:00pm in the Wayland High School Field House. This yearly event features all 475+ string players, grades 3-12. This event is free and open to the public.

The Annual **Wayland Band Fest** will be on Wednesday, March 11, also at 7:00pm in the Wayland High School Field House. This concert will showcase all band members grades 4-12 and end with everyone joining together in a combined grand finale.

As we embark on 2020-2021 **Course Selection**, we encourage students currently participating in Fine Arts coursework to continue, go deeper, really develop their skill set and hone their craft. If your child is not currently taking a music, visual art or drama course, encourage them to try something and get involved! Feel free to reach out for more information.

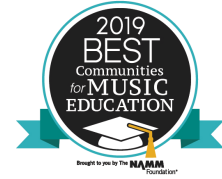


# Department and Faculty News

## Fine Arts Dept

...CONTINUED

Susan Memoli, Department Head



FOR IMMEDIATE RELEASE

Contact: Eleena Rioux

Email: [youthartmonth@massarted.com](mailto:youthartmonth@massarted.com)

Phone: 857-368-9765



Massachusetts Art  
Education  
Association  
PO Box 2531  
Acton, MA 01720  
[massarted.com](http://massarted.com)

**Boston, MA January 23, 2020** Students, grades K through - 12, from across Massachusetts have been selected to have their artwork displayed at the State Transportation Building in Boston. This exhibit, sponsored by the Massachusetts Art Education Association (MAEA), is part of Youth Art Month (YAM), a national celebration held each year during March, that emphasizes the value of art education for all children and encourages support for quality art programs in schools.

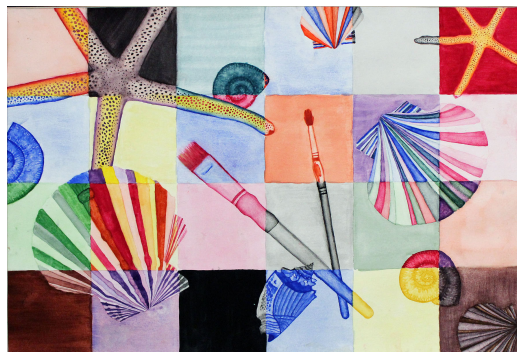
Across Massachusetts there are numerous celebrations and exhibits happening in schools, in districts, and regionally. The Boston exhibit, *Take a Journey Through Art* is the only statewide YAM Exhibit in Massachusetts and features student work from over 50 communities.

The Exhibit will be on display and open to the public weekdays 9:00 a.m. - 5:00 p.m. February 10 - March 26, 2020. It is closed weekends and Presidents' Day. Admission is free. Parking is available in the building for a fee.

Students from Wayland High School under the direction of art teacher, Veronique Latimer are representing the high school in this year's Youth Art Month Exhibit at the State Transportation Building.

The young artists with work on display are Julianna Apse, Gr. 11, Rebecca Lieb, Grade 11, Nadia Calder, Grade 10, Sophia Fantoni, Grade 10, Meghan Flathers, Grade 11, and Isabelle Andrus, Grade 12.

You can find more information at [massarted.com/youth-art-month](http://massarted.com/youth-art-month).



# Health Office News



Amy Schoeff, R.N.  
School Nurse Wayland High School  
Amy\_Schoeff@wayland.k12.ma.us  
508-358-3712 (in-house ext # 3120)

...

## FROM THE HEALTH ROOM

I want to apologize for my absence from the last few issues of this newsletter. For some reason I just kept missing deadlines..

In case you missed the e- blast sent out before vacation, I'd like to remind everyone that for many weeks now we have been seeing a lot of kids with **flu-like illness**.

We are clearly in the midst of **flu and cold season**. Although many students are staying home, I have been seeing quite a few kids with high fevers at school. Please make sure that if your student has been ill, they remain home until they are feeling better and are fever free (without fever reducing medication) for 24 hours. If your child appears to be unwell, know that it may just be the beginning of what could turn into a full blown illness. In that case, I ask you to err on the side of caution and keep them home that day.

I've also been seeing kids who have recovered from a recent illness but still not feeling 100%. Some are so exhausted that they can barely make it though a full day of school. Please encourage your student to **stay home** until they feel truly strong and are fully recovered.

Following are some **guidelines** to follow if you are unsure whether to send your student to school.

- If your child has vomited due to an illness; they should remain out of school for a minimum of 24 hours after vomiting has ceased.
- If your child has a fever of 100.4 degrees F or higher; they should remain out of school for 24 hours after the fever is gone without fever reducing medication.
- If your child has been treated with an antibiotic for a contagious infection; they need to be on an antibiotic for at least 24 hours before returning to school.

As I'm sure you've heard by now, the best ways to help **stop the spread of germs** and prevent respiratory illness like the cold and flu includes;

- 1) handwashing with soap and water if possible, and hand sanitizer in the absence of soap and water.
- 2) Avoid close contact with someone who is ill.
- 3) Cover your mouth and nose with a tissue when coughing or sneezing, throw the tissue away, and then wash your hands.
- 4) Avoid touching your eyes, nose and mouth
- 5) Clean and disinfect frequently touched surfaces especially when someone is ill.
- 6) Stay home when sick.

If you are interested, I still have **flu vaccine** at school for our kids. Forms are available on the HS web site For Families/Health Services.



# Health Office News

...CONTINUED



Amy Schoeff, R.N.  
School Nurse Wayland High School  
Amy\_Schoeff@wayland.k12.ma.us  
508-358-3712 (in-house ext # 3120)

...

Although there is no **COVID-19 disease** in our area and we are therefore at very low risk for contracting the virus I wanted to reassure you all that the school administration is in regular close contact with the Wayland Health Department and we are all closely watching the Center for Disease Control (CDC) and Mass Dept of Public Health (MDPH) for updates and recommendations. If you have any questions, check the Wayland town web site for up to date information, and feel free to contact me or our public health nurse, Ruth Mori, at (508) 358-3617.

In other news...

- Once **warm weather** arrives, I plan to begin the postural screening for all 9th graders. If your student is checked by their primary care provider and you would like to opt out of this state mandated screening please send a note requesting such.
- **Spring sports season** begins on 3/16 and I want to remind you to send in an updated physical exam before that date to avoid your student missing out of tryouts. An up to date physical is one done within the last 13 months.

I think that's it for now. Feel free to contact me with any questions, concerns, updates.

Thanks,  
*Amy*

# Department and Faculty News

## Guidance Department



Marybeth Sacramone, Department Head

WHSPD Guidance News

January and February 2020

Visit us at our [Guidance Website](#)

Follow us on Twitter [@WaylandGuidance](#)

GREETINGS FROM THE GUIDANCE DEPARTMENT! ONCE AGAIN, THINGS ARE HOPPING IN THE GUIDANCE OFFICE! COUNSELORS JUST COMPLETED SENDING OVER OF 2,000 TRANSCRIPTS/ MID-YEAR REPORTS TO COLLEGES FOR OUR SENIORS. JUNIORS ARE GETTING STARTED WITH THEIR OWN FUTURE PLANNING PROCESS, SOPHOMORES WILL BE STARTING THEIR SOPHOMORE SEMINARS ON MARCH 11, AND JUNIORS, SOPHOMORES AND NINTH GRADERS WILL SOON BE STREAMING THROUGH OUR OFFICES TALKING ABOUT COURSE SELECTION FOR NEXT YEAR AND PLANS FOR THE SUMMER. WE HOPE THAT THE FOLLOWING INFORMATION AND REMINDERS ARE HELPFUL TO YOU. AS ALWAYS, PLEASE DO NOT HESITATE TO CALL YOUR SON/DAUGHTER'S GUIDANCE COUNSELOR IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING ANY OF THE INFORMATION INCLUDED IN THIS NEWSLETTER. HAVE A WONDERFUL MONTH—THINK SUNSHINE, WARMTH AND SPRING!

### SEVENTH ANNUAL 3-W FINE ARTS NIGHT AT WESTON HIGH SCHOOL

On March 26 at 7:00PM Wayland, Weston and Wellesley High Schools will be joining efforts again to offer a unique program for students interested in majoring in a field with fine arts. There will be a panel of speakers to talk about the college application process as it relates to such majors as music and dance performance, visual arts, and music and art education. Topics to be discussed will be visual arts portfolios, auditioning for music majors, schools in the area and around the country that are known for certain majors and programs, and there will be a panel discussion and Q&A to hear advice from education experts in the field of fine arts. Please join us!

### EVENING PROGRAM FOR PARENTS OF JUNIORS (SOPHOMORE PARENTS WELCOME TOO):

Mark your calendars for the evening of **March 19, 2020, 6:30 PM in the lecture hall**. 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 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 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 was in January when we brought in a panel of admission representatives to speak about the college admissions process as a whole. 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 Student, 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.

## Guidance Dept.

...CONTINUED

### FORMAT FOR SENIOR PARENT PROGRAM IN THE FALL OF 2020

As noted above, more and more of our students begin their future planning process earlier now, so we have adapted our future planning programming. Our two evening programs (in January and March) will cover the bulk of information you and your students need to know to begin the future planning process. Then in the fall, instead of one large evening meeting for parents of seniors, we will be offering morning (and a few evenings) Q&A sessions for parents who want/need more information and support on the process. These sessions will be co-led by two counselors, and our hope is to offer one per week between September and November. As always, if you have questions about any of this process, please call your son/daughter's guidance counselor.

### SENIORS AND JUNIORS:

- Seniors: 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 Student to determine how much you owe by clicking on the Colleges tab, then click on the Colleges I am Applying to, click on Manage Transcripts, scroll to the bottom to see how much you owe. Please see Mrs. Fratto or your Guidance Counselor with questions or to make your payment.
- 2020 AP testing will take place at WHS for two weeks in May.
  - ◆ Testing begins Monday, May 4 and finishes Friday, May 15.
  - ◆ Registration was already completed online. **Final payments are due Friday, February 28.**
  - ◆ The cost for each exam is \$94. Those who qualify for free and reduced lunch pay a reduced fee of \$62.
  - ◆ Payments can be made at this site:
  - ◆ <https://unipaygold.unibank.com/transactionInfo.aspx?CustomerID=1044&TransID=14250>
  - ◆ The 2020 Booklets for Students and Parents are available in the high school's library media center or online [here](#).
  - ◆ More information can be found on the [WHS Testing Site](#).
  - ◆ If you have any questions, please email Joanne Schmidt at [joanne\\_schmidt@wayland.k12.ma.us](mailto:joanne_schmidt@wayland.k12.ma.us)
- Senior Boys: The United States Selective Service System wants us to remind parents and seniors that young men ages 18–24 can register online at [www.sss.gov](http://www.sss.gov).
- 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:
  - ◆ The [2020 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 [2020 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.

## Guidance Dept.

### ...CONTINUED

- Wayland Scholarship Reminders:
  - ◆ The Wayland Scholarship applications are available in Guidance and on the high school and guidance website.
  - ◆ 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 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 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 or about April 15, so please provide him with the appropriate information before that time.
- Private scholarship notices are also posted to Naviance and on file in the Guidance office.
- Two other great resources for scholarships include [Fastweb.com](#) and [mefacounselors.org](#) for a wealth of information on the financial aid process.
- Seniors and families of seniors: Please remember to pay your transcript fees. Your first request was free. Beyond that, you are charged \$5 per transcript request.
- Juniors are finishing up in their Junior Seminars and Junior Packets were discussed at those meetings. Students are to hand in their junior packets to their counselor by the end of March at the latest. These packets help us to write our students' recommendations, as well as recognize students for awards. The junior packet also benefits students by helping them to begin thinking about essay ideas. Please remind your junior to complete their junior packet as soon as they can.
- College Fair Announcement: March 21: Sudbury Educational Resource Fund (SERF) College and Gap Year Fair, Lincoln-Sudbury Regional High School from 12:15-3:00 PM, visit [this link](#) for upcoming information
- College Fair Announcement: March 26: TEC College Fair, Westwood High School, 6:30-8:30 PM. For more detailed information visit this [link](#).
- College Fair Announcement: April 30 & May 1: National Association of College Admissions Counselors (NACAC) College Fair, Boston Convention and Exhibition Center. For details on times and schools attending, [click here](#).



## **Guidance Dept.**

### **...CONTINUED**

- Free SAT and ACT tutoring online is available to juniors through their Naviance Student account. Its name is Method Test Prep. Sophomores will receive access in mid-March when sophomore seminars begin.
- The 10th annual Career Colloquium is coming on June 3, 2020. Juniors will be discussing their career interests in seminars this month and will make their selections there.

### **NINTH AND TENTH GRADERS:**

- Ninth graders completed their seminar sessions in January. We are asking that students now schedule appointments with their individual Guidance Counselor to get to know each other better.
- Sophomore Seminars will begin second semester on March 11 (G day) and run for three cycles through April 14 (F-day).
- Ninth and tenth graders are encouraged to check in with their Guidance Counselor to begin to discuss their course selection plans for next year.
- Free SAT and ACT tutoring online is available to sophomores through their Naviance Student account. Its name is Method Test Prep. Sophomores will receive access when sophomore seminars begin. Accessing SAT and ACT Method Test Prep online 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
  - ◆ Receiving hundreds of practice questions
  - ◆ Reading easy explanations for every question
  - ◆ Tracking strengths on each test
  - ◆ Receiving valuable test-taking tips
  - ◆ Taking practice quizzes to boost knowledge
- **SBIRT Screens**

As per last month's WHSPO News, all sophomores will be undergoing the SBIRT screening in the middle of April. For more information, please visit [this link](#) that briefly explains the screening, and/or call your son/daughter's Guidance Counselor.
- **MCAS Dates for 9th and 10th graders:**
  - ◆ March 24-25, ELA for 10th graders
  - ◆ May 19-20, Math for 10th graders
  - ◆ June 2-3, Biology for 9th graders
  - ◆ Some students new to Wayland will also need to complete MCAS during these times

## Guidance Dept.

### ...CONTINUED

- **The Education Cooperative – A Wonderful 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](http://tec-coop.org). All open houses will be at the Morse's Public Library in Natick from 7PM to 8PM. Please attend one 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 2020-21 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](http://www.tec-coop.org) 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.

◆TEC Online Academy and TEC Connections Academy: Registration for the spring online courses is now closed, but if you are interested in taking a class for the fall, please ask your son/daughter to see their Guidance Counselor to register. Visit the [TEC online learning link](http://www.tec-coop.org) to learn more.

## COURSE SELECTION INFORMATION FOR ALL PARENTS

- The course recommendation/selection process at the high school is underway.
- In preparation for reviewing your student's course selection recommendations, students and parents can review the course descriptions in our Program of Studies online. A revised Program of Studies will be available soon on the high school's website.
- Please confer with your son/daughter to discuss course selections. You will be able to review your child's teacher recommendations (and to add electives) in the Home Access Center portal on March 13 through March 20.
- Please consider the overall time commitment that your child's courses will require, especially as they relate to other activities (clubs, job, music, athletics, etc.) that your child is involved in.
- Please trust in the recommendations of your child's teachers. Through their experiences with your child in the classroom throughout the year, they know his or her skills, strengths, and areas of growth, and are well versed in the sequence of courses in their discipline. If you have any questions or would like to discuss your child's placement in any course, please feel free to contact the teacher directly.
- 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 insure the most suitable program for every student.
- If there is disagreement with the teacher recommendation and what the student/family would like to pursue, please visit this [Override Guidelines](#) link that explains the override procedure and eligibility guidelines.

## **Guidance Dept.**

**...CONTINUED**

### **Guidance Department Dates to Remember**

**March 11: Sophomore Seminars begin**

**March 21: SERF College and Gap Year Fair at Lincoln-Sudbury RHS, 12:15-3:00 PM**

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

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

**March 24: 3-W Fine Arts College Night @ Weston High, 7PM**

**March 31: WHS Scholarship Deadline**

**April 30 and May 1: Boston National College Fair, Boston Exhibition Center**

<https://www.nacacfairs.org/attend/national-college-fairs/boston/>

**April 13 – April 16: SBIRT Days**

**May 1: Deadline for students to write their appeal letter to override a teacher's course recommendation**

**May 4 – May 15: AP Testing**

**May 22: Final day to complete course override meetings**

**June 3: Career Colloquium**

#### **PIE Meetings:**

**\*\*Thursday, March 5, 2020, 7:00 PM – Special Guest Jason Verhooskey to discuss the issue of Vaping**

**Friday, April 17, 2020, 8:45 AM**

**Friday, May 8, 2020, 8:45 AM**

**\*\*denotes an evening meeting time**

#### **Upcoming SAT/ACT Registration Deadlines\*\*:**

**February 28 is the deadline for the April 4 ACT**

**April 3 is the deadline for the May 2 SAT**

**May 8 is the deadline for the June 6 SAT**

**May 8 is the deadline for the June 13 ACT**

**\*\*Please visit [collegeboard.org](https://collegeboard.org) or [actstudent.org](https://actstudent.org) for more details and to register for upcoming tests.**

## The Guidance Corner

### Thinking About Course Selection with a Balance in Mind and Summer Programs

#### Course Selection:

##### •The Balance of Course Selection and a Healthy Life:

The Guidance Department is continuously looking for ways to deliver the important message of students finding that important balance between challenging themselves academically and also making sure they have a healthy lifestyle too. For example, if you are someone who wants to take all honors courses because you really want to challenge yourself, will that decision cause you so much stress and anxiety that you are not able to balance the other important things in your life, like extracurricular activities, friends, family and quite simply, some down time for yourself? As you move through high school, academic demands increase, so it is important to take stock each year and plan carefully. Because Wayland is such a demanding academic environment, students at WHS report high levels of stress due to many different factors. As a means to help you (both students and parents) to think carefully about the course selection process, we have developed some discussion questions to assist you in thinking about your choices and balancing your overall schedule and life.

- ➡ On a scale of 1-10 (one being least and 10 being the most), how would you rate your level of stress on an average day?
- ➡ What are some of the things that cause you stress?
- ➡ What are some of the ways you relieve stress?
- ➡ Are there courses at school that cause you stress?
- ➡ Are there courses at school that help relieve your stress?
- ➡ What are your responsibilities outside of school (sports, arts, community service, employment, clubs, helping in the household, etc.)?
- ➡ How much time do you spend each day on these activities?
- ➡ How much time do you spend on homework each night?
- ➡ How much time do you spend each day doing something you find enjoyable?
- ➡ Are the classes you are taking helping you meet your goals and learn about your interests for the future?
- ➡ What time do you want to be going to sleep? What time are you going to sleep?

The purpose of this discussion exercise is to promote thoughtfulness when considering creating a balanced schedule for next year, both inside the classroom and outside of school. We hope you will have these important discussions at home. And, as always, we ask all of our students to stop by or schedule a time with us to discuss their classes, and parents are welcome to call their student's Guidance Counselor with questions and concerns as well.



### Summer Programs:

Summer is special. It can't come soon enough, and it always ends too quickly. Summer is everything that school is not. Where school days often seem to drag on, during the summer whole months skip by before we know it. Some students need a total break and do not want to commit to anything, and that is perfectly fine! Other students want to do a summer program or something very different from school. The learning that takes place in summer is always of a different sort than the kind you find in school. Summers fill your head with dreams. Summer is about filling your time the way you choose. It is about discovering your own interests, at your own pace, and in your own way. Interested in doing something new, different and meaningful with your summer? Sophomores, Juniors and Seniors can access a list of summer enrichment programs through their Naviance Family Connection accounts by clicking on the Colleges tab, then scrolling down to the Enrichment Program link. In addition, here are some resources and programs to check out that we have had good feedback about in the past. Some programs fill quickly, so it's always good to think about such programs now.

**Teen Life Boston** – a great resource to search for summer programs, internships and jobs  
<http://www.teenlife.com/?page=SummerPrograms>

**Summer Discovery** – pre-college enrichment programs and business institutes  
<http://www.summerdiscovery.com/>

**Global Works** – Community service, cultural exchanges, adventure travel and language immersion programs  
<http://www.globalworkstravel.com/>

**Education Unlimited** – interactive learning adventures (artistic and academic summer camps)  
<http://www.educationunlimited.com/>

**National Outdoor Leadership School** – wilderness education programs  
<http://www.nols.edu>

**Outward Bound** – outdoor education programs  
<http://www.outwardbound.org>

**The Experiment in International Living** – theme based summer abroad programs (arts and social change, sustainability and the environment, peace, politics and human rights, language and cultural discovery or leadership) <http://www.experiment.org/>

# Community News

# W



## WAYLAND HIGH SCHOOL LACROSSE Chore Day

**Fundraiser. Yup. You read it right. Chores!**

Our Wayland Boys Lacrosse Team needs some helmets and gear and they are ready to work for it. Our team is at your service for some good ole fashioned chores. Contact us for availability.

Chores include but are not limited to: wood stacking, garage or attic cleaning, furniture moving, yard work, pet walking or anything that requires a strong back. *No Dump trips or garbage removal.* **\$20 per hour per player**

Our Seniors are also available for one-on-one lax lessons. **45minute lessons for \$25**

Email [gardensbyrenee@gmail.com](mailto:gardensbyrenee@gmail.com) to sign-up

# Community News

...CONTINUED

## Wayland Student Press Network

Has two Fundraising Opportunities to help cover costs for students who are hoping to go to the Spring Journalism Convention! Please support them!!

### 1. SAT® & ACT® PRACTICE EXAM (see flyer)

ACT: March 21: 9 - 1

SAT: April 4: 9 - 1

Both at Wayland High School

Please see flyer below for registration details.

### 2. Anthony's coal fired pizza, Natick:

Thursday March 19th:

Order out or eat in, mention WSPN and WSPN receives 20% of your dining bill.

Here is [link](#) to menu

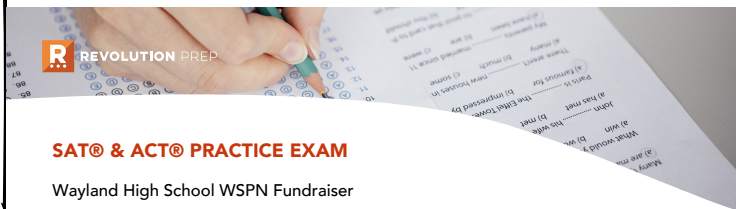
Hours of operation: 11:30 am - 10 pm

219 North Main Street, located at the 9/27 Shopping Exchange near Stop and Shop and Panera

Located on rt 27 side.

Delivery available through DoorDash, Uber Eats

Please see flyer below.



#### SAT® & ACT® PRACTICE EXAM

Wayland High School WSPN Fundraiser

#### Save the date & your spot now!

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

ACT Practice Exam		SAT Practice Exam	
	Saturday, March 21st, 2020		Saturday, April 4th, 2020
	9:00am - 1:00pm		9:00am - 1:00pm
	Wayland High School 264 Old Connecticut Path Wayland, MA 01778		Wayland High School 264 Old Connecticut Path Wayland, MA 01778
Register by:	Cost:	Register by:	Cost:
Mar 13th, 2020	\$20	Mar 27, 2020	\$20

#### How to register

<https://www.revolutionprep.com/partners/497/>

#### Schedule a score review

Every practice exam comes with a personalized score report and one-on-one score review with a Revolution Prep Academic Advisor. Go to [www.revolutionprep.com/david-zimbalist](https://www.revolutionprep.com/david-zimbalist)

#### Make sure to bring

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



#### All proceeds of the fundraiser go to:

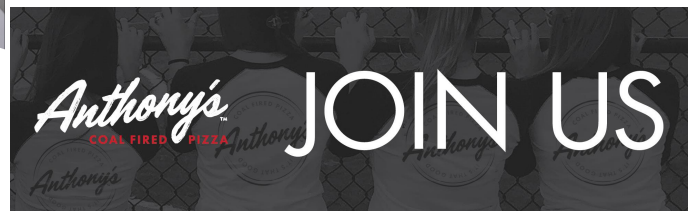
WSPN!

#### Questions? Contact your Academic Advisor

David Zimbalist

617.640.0744

[David.Zimbalist@revolutionprep.com](mailto:David.Zimbalist@revolutionprep.com)



March 19<sup>th</sup>

To help raise money for the  
Wayland Student Press Network.

# WSPN

Mention

Wayland Student Press Network

And 20% of tracked dine in or take out sales will be  
donated.



Natick

219 North Main Street  
774-290-5106

[www.acfp.com](http://www.acfp.com)

# Community News

...CONTINUED



Wayland High School  
SAILING TEAM

The Spring Wayland High School Varsity Sailing season begins in mid March. If you are interested in joining, please contact the captains, Walker ([walker\\_whitehouse@student.wayland.k12.ma.us](mailto:walker_whitehouse@student.wayland.k12.ma.us)), Connor ([connor\\_rader@student.wayland.k12.ma.us](mailto:connor_rader@student.wayland.k12.ma.us)), and Keenan ([keenan\\_schilp@student.wayland.k12.ma.us](mailto:keenan_schilp@student.wayland.k12.ma.us)) or email [whssailing420@gmail.com](mailto:whssailing420@gmail.com). The team is looking for new members. The captains will hold an informational meeting for prospective sailors on 3/6/2020 in Room B120. Parents and students are invited to the meeting on March 6th at 7PM in Room B120 to plan for the season. We look forward to welcoming new sailors!





# Community News

...CONTINUED



## Secure your summer plans!

Join us for one of our

# SUMMER INTERNSHIP INFO SESSIONS

~~THURS, JAN 9~~  
NATICK LIBRARY

~~TUES, FEB 11~~  
WAYLAND LIBRARY

**THURS, MARCH 5**  
WESTWOOD LIBRARY

**TUES, APRIL 7**  
WALPOLE LIBRARY

**THURS, MAY 7**  
NATICK LIBRARY

Info Sessions are held at TEC-Member town libraries. Check our website for the most up-to-date information or call **781.352.5721**.



**7-8PM**  
**FREE! ALL  
STUDENTS &  
FAMILIES  
WELCOME**

## RIISING JUNIORS & SENIORS

Internships are 60 hours in a career field of your choice, typically over 4 weeks. For more info, **visit [tec-coop.org](http://tec-coop.org)** > student activities > internships.



FOR MORE INFORMATION, CONTACT [EMANZ@TEC-COOP.ORG](mailto:EMANZ@TEC-COOP.ORG)

### Emily Manz

Internships & Career Exploration Program Coordinator

[emanz@tec-coop-org](mailto:emanz@tec-coop-org) | [781.326.2473 x721](tel:781.326.2473) | [tec.coop.org](http://tec.coop.org)

141 Mansion Drive, Suite 200, East Walpole, MA 02032

Follow Us! | [@TECInternships](#) | [Facebook](#) | [Linkedin](#) | [NEWS Boston Globe](#)

# Community News

...CONTINUED



## 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, March 17, 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 grants, April fundraiser, and Fine Arts Night.

## Upcoming CAPA Events

**Save the Date - Wayland City Limits Fundraiser for CAPA! -  
April 4 at 7:30pm, Sandy Burr Country Club**

Wayland City Limits will present an evening of music, highlighting local Wayland students. Save the date and come support CAPA and have fun at the same time!

### **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](mailto:Contact@WHSArts.org).

# Community News

...CONTINUED



## WAYLAND BOOSTER APPAREL AND GEAR

All your favorite Booster items, hoodies, joggers, sherpas and pride pants as well as duffles and umbrellas are available for spring!

Come view our gear at The Wayland Depot, spring hours are Tuesday - Saturday, 10-4 or by appointment ([lhani@comcast.net](mailto:lhani@comcast.net))