

PANTHER PRIDE

WESTON HIGH SCHOOL'S FAMILY NEWSLETTER

2016-17 SCHOOL YEAR

ISSUE NO. 4

Vision Statement

All Weston High School students think creatively and critically to problem-solve through project-based, hands-on, applied and relevant learning.



Mission Statement

Weston High School is a diverse school of choice providing innovative learning opportunities that prepares students for college, career and life.

HOLIDAY STRESS BY MRS. SHAUGHNESSY

The holidays can be a really happy time of year for many: gathering with family and friends, delicious food to eat, and gifts to open are a few of the fun activities that occur. But for many, the holidays also are a time of stress and depression. With the frenzied activities, planning, and financial burdens... not to mention bad memories from times past... the holidays can present a problem for many.

Here are 7 ways to help your child(ren) and you as suggested by the Mayo Clinic:

Acknowledge your feelings. If you are missing someone whether through death or distance, it is ok to feel sad and express your feelings. Give yourself time to heal.

Reach out. If you feel lonely or isolated, seek out community, religious

or other social events. They can offer support and companionship.

Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold onto, and be open to creating new ones.

Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

Have a fun, safe and RELAXING holiday season!

YOUR SCHOOL OF CHOICE

"BELIEVE AND ACHIEVE!"



WINTER WEATHER SCHOOL CLOSURE

BY MR. NELSON

The season of inclement weather is upon us. Please check FlashAlert.net for the most accurate and up-to-date information regarding school closures and delays. You can set up an account on FlashAlert.net and request email or text messages when the District posts a notice.

Additionally, the District will send a School Messenger phone and email message to families and staff when there is a school closure or delay.



IMPORTANT DATES

December 16, 2016
End of CAP 3

December 19- January 2
Winter Break – No School

January 3, 2017
Return to school. School starts at
7:55am

January 11, 2017
Early Release – at 11:20am

WATER QUALITY PROJECT

BY MR. HEYWOOD

On Monday, November 21, all students at Weston HS began a school-wide project similar to last year's Catch the Fever project on communicable diseases. The theme for this project-based learning was Water Quality, and the guiding question was "How Does Water Quality Impact the People and Environment of the Pacific Northwest?" Students picked a water quality issue and worked in a group of three to answer the guiding question.

For the first three days of the project, students participated in lessons and activities with teachers and guest speakers to learn concepts related to water quality. Then on Tuesday morning, November 29, students went on one of three field trips to learn more about ways water quality is improved:

Brightwater Wastewater Treatment Plant in Woodinville

Streamside Habitat Restoration Project with Sound Salmon Solutions

Haller Park Stormwater Wetland Project with the City of Arlington

From Tuesday afternoon through Thursday, student groups researched their chosen topic and prepared a presentation that shows how their water quality issue affects people and the environment of our area.

On Friday, December 2, from 8:30-10:00 am, students presented their work in our Demonstration of Learning, which included Exhibits, Demonstrations, and Knowledge Sharing. At the same time, Weston hosted a Career Fair of organizations and companies with careers directly related to water.

The students did a great job presenting their projects!



COUNSELING CORNER

BY MRS. BROWN

It is hard to believe that the holidays are quickly approaching! We have had a pretty rainy start to our fall season and the colder weather seems to be making an appearance now as well. With the soggy weather and colder temperatures, we want to make sure that students have everything they need to stay warm and dry. If your student is in need of clothing, please let us know and we can connect them with the Everett Assistance League's Operation School Bell, an organization run by volunteers who provide new clothing, hygiene kits, and when needed, vouchers to purchase new shoes. They are a wonderful group of people and their dedication to the work that they do is inspiring.

If your family is in need of assistance during the upcoming holiday season, please let us know and we can work with you to connect you with resources within the community.



LEADERSHIP AT WESTON HIGH SCHOOL

BY BROOKE BLUE, LEADERSHIP STUDENT

On November 14th, Weston's leadership class welcomed people from our community to show them the ins and outs of our school. We hope that they left knowing that we are not only about diversity, but also helping each other to be successful. There are plenty of classes at Weston to help students get ready for a variety of careers and also to highlight what each individual does well. Some people might not know it, but EVCC actually has a program here at Weston where students can work in a machine shop and learn a little more about that career. The leadership class took them inside several classes to show them exactly how they function here at WHS. In the Weston Common's we showed them the bulletin boards made by some of the students here. The community members really got an inside look at the creativity and inspiration that leadership students have.

Almost everything here at Weston is about diverse individuals coming together to make one strong community. This is the first year that this is an option at Weston giving students more options to prepare for a successful future. Our community here at Weston is slowly getting bigger every year so keeping this a tight family we showed our guests how we reward students. We have a system called PBIS which gives a guideline of expectations that the students themselves helped create. Teachers reward students regularly for positive behavior. It's a simple system, but gives a good basis for all students to follow such as being honest, be on time and come prepared, and use appropriate language. Along with that, instead of having quarters we have a CAP system which is almost the same, but they are usually around a month long. It keeps track of how students are doing in each of their classes. A CAP is work .125 credit so passing each CAP is a huge deal because students get a little closer to their goal of graduating. So here at Weston our staff and leadership class have made a system for rewarding students for working so hard each CAP and earning their credit. We have put together a wall for this reward system called "Evolving the Sound of Success", which combined a fun musical way to reward students. At the end of each CAP we get a list of all the students who passed and put their name on the wall going from cassette tapes to CD's. On behalf of the leadership class we are very grateful for this school and it was a pleasure to show some of our community members how we do it.

District Non-Discrimination Notice Arlington Public Schools provides equal educational opportunity and treatment for all students in all aspects of the academic and activities program without discrimination based on race, religion, creed, color, national origin, age, honorably discharged veteran or military status, sex, sexual orientation, gender expression or identity, marital status, the presence of any sensory, mental, or physical disability, or the use of a trained dog guide or service animal by a person with a disability. The District will provide equal access to school facilities to the Boy Scouts of America and all other designated youth groups listed in Title 36 of the United States Code as a patriotic society. District programs will be free from sexual harassment. Auxiliary aids and services will be provided upon request to individuals with hearing, vision, or speech disabilities.

The following employees have been designated to handle questions and complaints of alleged discrimination:

TITLE IX OFFICER AND COMPLIANCE COORDINATOR

Mr. Mike Johnson
Executive Director, Human Resources
315 N French Ave.
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Revised & adopted October 2016

SECTION 504 COORDINATOR

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