

# PANTHER PRIDE

WESTON HIGH SCHOOL'S FAMILY NEWSLETTER

2016-17 SCHOOL YEAR

ISSUE NO. 5

## 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.

## WORD IT UP: SUPPORTING READING AT HOME BY MRS. HERMAN

You are amazed at how fast your teen's fingers can fly across the surface of their phone, rapidly sending, reading, and searching. Yet, you can't remember the last time that you saw them open the pages of a book, or use that Kindle that you got them for their birthday when the final Twilight book came out.

We've all had that experience where, whether writing or speaking, we use a word and just know what it means without remembering where we learned it. This knowledge is powerful.

The purpose of a good vocabulary is not to impress others with our skills with words; a good vocabulary helps us choose the right words for a variety of situations.

Let's look at some numbers:  
43,000. The number of words a student should know by the end of their school career.

2,273. The number of words a student will learn through explicit instruction in their courses.

11,000. The number of words that a student can learn from implicit interaction with books, inside and outside the classroom.

A stronger vocabulary sharpens our communication skills, opens up new ways of thinking and reasoning, and—get this—a stronger vocabulary is the best predictor of success in your student's future career.

Research indicates that a steady diet of reading is key to increasing student vocabulary.

So, how do we get our students reading? Here are a few things you might want to try at home to encourage them to crack the pages of a book:

Utilize the bathroom

1. put some awesome reading material there
2. Get a bookstore gift card
3. Find a book related to your student's interests and leave it by their bed
4. Ok...this won't make you very popular, but Declare a No-Tech Day!
5. What was your all time favorite book when you were a teenager? Go ahead and give that to your student

Resources: Doug Lemov et al, Reading Reconsidered

## 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

## HOLIDAY MEALTIME WITH THE FAMILY

BY MRS. POUNDS

As the Holidays approach, the fears of family mealtime begin to kick in. Do we risk the awkward conversations, or do we choose the easier route and never try? Family mealtime can be very intimidating, especially when the pressure is on you to cook the meal. How do I please everyone in one meal? What are we going to talk about? Are we going to get along?

For many of us, the reason we fear holiday mealtime is because we don't have family meals on a regular basis throughout the year. With hectic schedules it seems like family mealtime is another item to put on our checklist if we want to have our family eating a meal together. Instead, we choose one or two times a year to face the fears of eating with our family, in hopes that we can make it through those few hours alive.

What we tend to forget is that it doesn't matter what meal we share with our families, but the actual time we put in that counts. For some, this can be sharing a simple coffee or even a snack sometime throughout the day. Research has shown that students have a 40% higher chance of getting A's and B's if they spend five meals a week with their family. For every family, that looks different.

As we approach a new year, remember that time with family can be spent in so many unique ways. Every family is different and how we spend that time with family is up to us!

Fishel, Anne. "The Most Important Thing You Can Do With Your Kids? Eat Dinner With Them." (2015). The Washington Post.



## FOOD DRIVE

BY MR. PERRIGO

This year at Weston High School we are holding a food drive. This idea came from Leadership students trying to make a difference here at Weston High School and in our community. We know that some families with students going to Weston need assistance, so we are going to send some items that we think will help those families first. The remainder of the items will be given to the Arlington Community Food Bank.

It is awesome to see our students taking initiative to help out our community. As a reward, if our school gets 240 items we are having a school-wide function to celebrate. Also each Panther Period is in a friendly competition with each other to bring the most food in, with the winner getting donuts. If you would like to help with our efforts please drop non-perishable items off in Mr. Perrigo's room (144) or send them with your Weston High School student. Highly regarded items to include are Cup of Noodles, Ramen Noodles, chips, granola bars, pop tarts, cereal, juices, and canned fruit or vegetables.



## REVIEWING A CHRISTMAS CAROL BY MR. PEDACK

A Christmas Carol was written by Charles Dickens, a cranky, old, English, guy. If you have seen any sort of telling of this story, then you would know that the protagonist, Ebenezer Scrooge is an old, crotchety, English, guy. The connections are unparalleled!

After reviewing The Legend of Sleepy Hollow this fall, I thought that I would keep with the theme. A Christmas Carol was written in 1843 during the height of industrialization. People in general were poor and not well off. Many toiled in factories risking life and limb to make a penny. Dickens is the same guy who wrote the tale of Oliver Twist and the perilous life of a street urchin in London. The most famous line coming from that book is, 'Please sir, may I have some more?'. A Christmas Carol is a novella that clocks in around 80-100 pages depending on the edition and is set in the dimly dreary city of London. Because it is a 'carol', there are staves, or stanzas, instead of chapters, which in my opinion is kind of clever. I had no idea what a stave was until I looked it up.

Dickens was writing about his present time and place where life was pretty bad. He also uses language and syntax (how sentences are constructed) from his time period. People who read this when it was first published wouldn't find it hard to read at all. But people like me find it a bit less accessible. That being said, once you get a ways into the story it becomes easier to read. I did find myself having to reread portions because I wasn't always sure what exactly was being said, but this didn't make it any less enjoyable.

My final recommendation is if you have seen one of the movies, you don't need to read it. Honestly, for once the movies are better than the book. If you are interested though, you can find the book for free on the Internet.

**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.  
Arlington, WA 98223  
360.618.6212  
[mjohnson@asd.wednet.edu](mailto:mjohnson@asd.wednet.edu)

Revised & adopted October 2016

### **SECTION 504 COORDINATOR**

Ms. Kathy Ehman  
Assistant Superintendent  
315 N French Ave.  
Arlington, WA 98223  
360.618.6207  
[kehman@asd.wednet.edu](mailto:kehman@asd.wednet.edu)

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