

WHS Newsletter

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“Mistakes should be examined, learned from, and discarded; not dwelled upon and stored.”– Tim Fargo, Author

Dear WHS families and students:

The physical and emotional safety of all members of our school community is a top priority. Every single day, administrators, teachers, staff, and students play a critical role in ensuring that our high school remains a safe learning environment.

To help keep our building and the individuals in it safe and secure, please be mindful of the following physical and emotional safety reminders:

Physical Safety:

In ongoing attempts to keep our school safe throughout the year we have conducted or will conduct safety/security checks involving personnel from Westborough Police, Westborough Fire, Massachusetts State Police, K-9 officers, and Emergency Medical Technicians

The School Committee works to maintain a safe and secure environment for its students, staff, visitors, and facilities. Security means more than having locks and making certain that doors are locked at the proper times. Security also means minimizing fire hazards, reducing the possibility of faulty equipment, keeping records and valuables in a safe place, protection against vandalism and burglary, the prosecution of vandals, and developing crisis plans. School facilities and their contents, constitute one of the greatest investments of the community

Emotional Safety:

It is our intent to promote a safe and supportive school, family, and community learning environments in which children feel valued, respected, and connected to and engaged in learning; these goals can be utilized within families and the community as well

Here are some emotional safety tips we employ within WHS that you may find helpful (adapted from the National Center for Safe Supportive Learning Environment)

Self-awareness: students can recognize their emotions, describe their interests and values, and accurately assess their strengths; they have a well-grounded sense of self-confidence and hope for the future.

Regulate emotions: to persevere in overcoming obstacles, better manage stressful situations, or control impulses students learn to set and monitor progress toward the achievement of personal and academic goals; and, are able to express their emotions appropriately.

Socially aware: When students are able to take the perspective of and empathize with others and recognize and appreciate individual and group similarities and differences they are better able to focus on the task(s) at hand. They actually

begin to contribute to their community in positive ways-- this can strengthen character.

Good relationship skills: students can establish and maintain healthy and rewarding relationships based on cooperation. They resist inappropriate social pressure; constructively prevent, manage, and resolve interpersonal conflict; and seek and provide help when needed.

Responsible decision-making: Students can practice this at school, at home, and in the community. In making decisions, they consider ethical standards, safety concerns, appropriate social norms, respect for others, and the likely consequences of various courses of action. They apply these decision-making skills in academic and social situations and are motivated to contribute to the well-being of their schools and communities.

Please continue to encourage your child to take their emotional and personal safety and school security very seriously.

Sincerely,

Brian M. Callaghan
Principal

“Our primary goal is to promote the learning, growth, and development for all students.”

Parent/Guardian Guidelines for Viewing Progress Online

As a district, we are committed to student learning and believe that effective communication is an essential part of the process. We believe that this system involves three invested parties--teacher, student, and parent/guardian--with the student at the center. Therefore we have adopted an online gradebook with a desire to share details of academic progress and increase student responsibility. We hope access to information helps both students and parents/guardians track and understand student progress in individual classes.

At WHS we also recognize that grades are but one of several tools that can be used to monitor student achievement. Our high school believes that although reporting grades is necessary, it is more important to emphasize the learning, growth, and development of all students.

When viewing your student’s academic progress online, please be mindful of the following:

- Use the online grade information as a means for a productive and positive conversation about the learning process with your student. For example, you can discuss the experience of completing the work and what was learned.
- Encourage your student to monitor his/her own progress online. High school students should take ownership of, and have responsibility for, the grades they have earned. Students should address questions or concerns about their progress directly with the teacher.
- Talk to your student. Often, students have additional information about assignments, class work, and grades. Bear in mind, ongoing assessments may raise or lower a grade prior to the conclusion of the marking period.
- Different courses and instructors have varying systems for evaluating work, calculating and reporting grades. This information will be communicated to students by their teachers.

- Online updates will vary from class to class. However, all online grades will be up to date at mid-quarter and at the end of each marking period. Please refer to the following dates:
(range: mid- quarter date plus 7 days; end of quarter reporting date is 1 week after end of quarter)
 - Quarter 1: **Oct. 10- Oct. 17** (Progress Report); **November 13** (Q1 Grades Published)
 - Quarter 2: **December 9-16** (Progress Report); **February 1** (End of Term Grade)
 - Quarter 3: **March 3-10** (Progress Report); **April 6*** (End of Term Grade)
 - Quarter 4*: **May 11-18** (Progress Report); **last day of school** (End of Term Grade)
(3rd & 4th quarter dates are subject to change)

Procedure for addressing issues/conflict:

- Parents should encourage students to address issues with their teacher directly.
- If the student is not satisfied, the student should seek out the respective department head
- If further clarification is needed, a parent/guardian should contact the teacher
- If the parent is still not satisfied with the outcome, the parent should contact the appropriate Assistant Principal.

School Counseling

The School Counseling Department has been off and running this year, meeting with seniors individually and in small groups with their counselors for Senior Seminars, partnering with the WHS administrators and New Student Ambassadors to lead another successful Freshman Orientation, and welcoming over thirty new students to the Westborough Public Schools. We are excited to bring in to WHS a record-breaking 140+ colleges and other post-secondary programs to meet with seniors over the next 8 weeks. Looking ahead, individual transition meetings with freshmen, career exploration seminars for sophomores, and stress management workshops for juniors are all in the queue to help students with their social-emotional development and post-secondary planning.



Come to a volunteer information session!!

Dear Westborough Community,

As you may be aware, The Bridging Over to Right Opportunities Program (BORO) is a Westborough Public School program for our students 18-22 with varying abilities. The focus of this program is to provide education to our young adults with focus on increasing their skills toward independence and accessibility within their home community. We do this via both our school day programming and our soon to open learning lab, The Sugar Shack.

During our first year in our new community-based location, the BORO Program offered afternoon and evening social programming for our young adults. The focus of this programming is to provide a wide range of experiences through companionship with other young adults. Some of the recent events included a Paint Night, Irish step dancing exhibition and lesson, game night, movie night, and closed out the year with a Family and Friends BBQ-all of which were well attended and extremely successful! Our goal is to continue to provide these opportunities that support forming meaningful relationships and connections within their home community.

This year, we are looking to significantly expand our programming in order to provide richer social experiences and expand our students' social connections. In order to be able to provide expanded opportunity and continue to enrich the lives of our young adults, we are seeking your help!

“Alone we can do so little; together we can do so much”

- Helen Keller

We invite you to come learn more about how you can be a part of supporting these amazing young adults and be a part of something that we guarantee will put a smile on your face!

We welcome any contribution of time, talent, or treasure in support of our social programming.

Please join us at our volunteer information session on **Tuesday, October 16th, Session # 1 3:30-4:30 or Session # 2 5:30-6:30** at The BORO Program (15 East Main Street). Parking is available both in front of the building as well as out around back. If you are unable to attend but are still interested in hearing more about being a volunteer at our events, feel free to email Emily Stark, Community-Based Coordinator, at starke@westboroughk12.org.

Westborough Youth & Family Services and Pastoral Counseling Centers of MA

Mental Health Screening Event Thursday, October 11th from 10am to 6pm

National Depression Screening Day falls on Thursday, October 11th this year. As we do each year, WYFS provides a free, confidential mental health screening to the community.

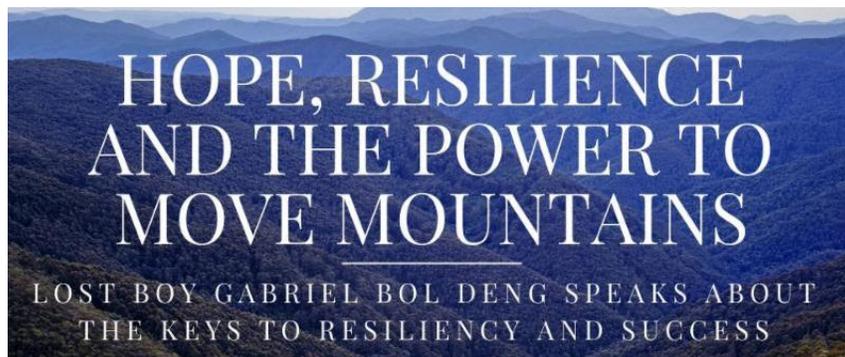
A Massachusetts based organization, Screening for Mental Health, first initiated this screening effort in 1990. It grows yearly and is now world-wide. The founder, Douglas Jacobs, MD understood the importance of providing education about mental health, and offering accessible mental health screening to the community. Early identification of symptoms allows treatment to be most effective. Through a Massachusetts Department of Public Health grant, we have been able to receive screening materials at no cost. In 2018, Screening for Mental Health merged with Riverside Community Care, a behavioral health care organization.

WYFS and Pastoral Counseling Centers of MA welcome community members to take part in this free, confidential screening event. The screening tool, a brief questionnaire, allows participants to learn whether their symptoms are consistent with one of four treatable mental health disorders, Depression, Anxiety, Bipolar Disorder and Post-Traumatic Stress Disorder. Mental health counselors will be available to review participants' responses and offer suggestions about ways to follow-up. A resource list of local providers will be distributed to help participants identify their next steps. Please allow about 30 minutes per screening.

As education is an important part of National Depression Screening Day, the WYFS office will offer extensive materials related to mental health. All are welcome to browse and take home materials that interest them, regardless of whether they plan to participate in a screening. Counselors will be available through-out the day to answer questions.

So that we may provide you with adequate time for your screening, kindly phone or email us to reserve a time slot: 508-366-3090 or yfs@town.westborough.ma.us. Walk-ins are welcomed as well. Screenings for children and adolescents require a parent or legal guardian to be present. Anyone who desires a screening or has other questions related to mental health may also contact us about scheduling an appointment on another day, if October 11th is inconvenient. Screenings will be held at the WYFS office at the Central One Federal Credit Union, 40 South Street, 2nd Floor, Westborough.

[Depression Screening Day Flier](#)



<http://campaign.r20.constantcontact.com/render?m=1129273968150&ca=43437406-9dfd-4c35-8e39-bf7417289b9b>

Important Dates:

October 12 - [Lifetouch Picture Day](#)

October 13 - PSAT

October 15-16 – Fall Town Meeting

October 26 – Half Day Students

October 29 – WEF Trivia Bee

November 6 – End of Quarter 1

November 6 – Elections

November 7 – No School Students - Full Staff Prof. Dev. Day

November 9 – MetroWest Youth Risk Survey

November 12 – Veterans' Day – No School

[Westborough High School Website](#)