Weekly Update

NORTH HIGH

PRINCIPAL’S MESSAGE

January 22nd, 2021

Important Update

Please remember to continue to answer the daily COVID questions each morning prior to the school day starting. Thank you!

“Facing it, always facing it, that's the way to get through. Face it.”-Joseph Conrad
Weekly Update

NORTH HIGH

North Updates

- With January Regents Exams being cancelled, we will have classes the week of Jan. 26-29th. Any midterm or final exams for courses will be given in class during the regularly scheduled class period. January 29th will be the last of the first semester, with Monday, February 1st marking the start of the second semester.

- We are in the process of assigning lockers to students that would like to use them to store winter coats/gear. Be on the look-out for a WITS Mail.

- We are also in the process of reaching out to families that requested to return to the hybrid model starting February 1st. Be on the lookout for a WITS Mail.

Weekly Letter Day schedule

<table>
<thead>
<tr>
<th>1/25</th>
<th>1/26</th>
<th>1/27</th>
<th>1/28</th>
<th>1/29</th>
</tr>
</thead>
<tbody>
<tr>
<td>F-Day</td>
<td>A-Day</td>
<td>W-Day</td>
<td>B-Day</td>
<td>C-Day</td>
</tr>
</tbody>
</table>
SNOWMAN BUILDING CONTEST

The class of 2021 is hosting a snowman building contest from January 21st to February 21st! Top voted snowmen will receive a 5$ gift card for each team member! Be creative and scan the QR to submit entries!

- Teams can be a max of 3 students
- Please practice social distancing when building
  - no more than 10 minutes less than 6-feet apart
  - wear masks at all times
- All entries must be family friendly, no obscenities or inappropriate articles of clothing, accessories etc.
- All entries should consist of a photograph of the snowman and must have at least one builder in the photo
2021-22 Course & Scheduling Information

December 16, 2020

IMPORTANT INFORMATION FOR PARENTS REGARDING THE COURSE SELECTION PROCESS FOR THE 2021/22 SCHOOL YEAR

We are starting to plan for the 2021-2022 school year! Our counselors will begin meeting with students in January to begin scheduling. The 2021-22 course catalog is currently available on WITS and on the school's website. The course catalog is designed to assist students in the planning process as they prepare to make course selections for the upcoming school year. It contains course descriptions for both required and elective courses available at North High School.

I encourage parents to be active participants in the course selection process. Courses that are selected should be at an appropriate academic level for the individual student. Students should challenge themselves to the best of their ability without compromising their ability to obtain a solid foundation in the course content. English, math, science and social studies teachers will make recommendations regarding the next level of study in their specific content areas. If you wish to override a teacher recommendation, I strongly encourage you to contact the teacher who made the recommendation to have a conversation and discuss the rationale for the recommendation.

Often times we hear that students want to have an easy senior year because they have completed most of their graduation requirements. However, colleges want to see four years of math and science as well as rigorous course work on a student's transcript. With the focus on college and career readiness, it is essential that students take four years of math and science. Our English and social studies departments also offer a number of half-year electives in addition to the multitude of courses offered by the art, business, music, second language and technology departments. With the abundance of course offerings available at North, please encourage your child to take advantage of these offerings to explore potential college majors and career possibilities.

I also ask not only for your support in helping your child select the most appropriate courses, but also in discouraging them from dropping courses once school resumes in September. Please know that there is no guarantee that your child will be able to select another course should they decide to drop an original course they choose this spring.

You will receive an email once your child’s course selections are ready to be viewed on WITS. You will then be able to approve your child’s selections on WITS. Please note that the deadline to approve your child’s course selections is Friday, February 12th.

If approval is received after the February 12th deadline, requests for changes to what was planned when your child met with his/her counselor may not be honored. Should you have questions about the course selection process, please do not hesitate to contact me or your child’s counselor.

Sincerely,

Robert Corigliano
Principal

2021-2022 Course Catalog

2021-2022 Master Course List

8th Grade Orientation/Class Description Site
Digital Learning Expectations

Lessons being delivered remotely should not be recorded by students and/or shared publicly. The online learning classroom is intended for Williamsville North students to participate in. Any parent questions should be directed to teachers outside of the online classroom time. We encourage parents to continue to support their children by allowing them to independently attend synchronous class periods and assisting with homework and assignments outside of class time.

We are all adjusting to new learning experiences and new types of interactions. We all benefit when everyone shares the same expectations. Everyone is expected to adhere to all District Acceptable Use policies, whether they are using a District-provided device or a personal device.

Students are expected to continue to give their best effort on assignments. They will submit their own work and use online tools appropriately. They will also keep their login information and passwords private, with the exception of sharing them with their parents, guardians, or teachers when necessary.

We will all respect the intellectual property of others. Work created by a student is his or her own intellectual property. Work created by an educator is his or her own intellectual property and/or the intellectual property of the Williamsville Central School District. No work, whether printed, audio, or video, should be shared, published, or duplicated without the author’s permission.

There are expectations when interacting in a digital environment that apply to everyone participating in the conference as well as those who may be in the vicinity during the conference. Participation in video conferencing experiences is contingent upon adhering to these expectations. Participants in video conferences and everyone in the vicinity of the video conference will:

- wear clothing that is appropriate for school.
- use language that would be appropriate in a school setting.
- be on time and ready to participate.
- be in an environment conducive for learning, such as at a desk or table or sitting on a couch or chair.
- keep themselves and their devices stationary during the conference.
- respect the direction of the organizer of the conference regarding whether video is on or off and whether mics are on or muted.
- use their own name when signing in to the conference.
- check that the background appearing on screen is free of any items that would not be appropriate in a school setting.
- ensure that a parent or guardian is aware they will be participating in a video conference.
- notify any household members in the vicinity that a video conference is occurring and that their image may be seen and their voices may be heard.
- be mindful that the chat feature may be visible by other participants.
- respect the privacy of others by not recording or taking pictures of any portion of the conference.
- be aware of background noise and use a headset when necessary to prevent disrupting the conference.
- make their teachers aware of any concerns they have about online interactions.
- be mindful of the attire of any small children who may be in the vicinity of a video conference.
## Spartan Athletics Update

### Sports Schedules the Week of 1/25-1/29

<table>
<thead>
<tr>
<th>DATE</th>
<th>SPORT</th>
<th>OPPONENT</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 1/25/2021</td>
<td>Varsity B/G Bowling</td>
<td>v. Clarence Transit Lanes</td>
<td>3:45pm</td>
</tr>
<tr>
<td>Tuesday 1/26/2021</td>
<td>Varsity Boys Swimming</td>
<td>v. Williamsville East</td>
<td>4:30pm</td>
</tr>
<tr>
<td>Wednesday 1/27/2021</td>
<td>Varsity B/G Bowling</td>
<td>@Amherst Classic Lanes</td>
<td>4:00pm</td>
</tr>
<tr>
<td>Thursday 1/28/2021</td>
<td>Varsity B/G Bowling</td>
<td>@Will East Transit Lanes</td>
<td>3:30pm</td>
</tr>
<tr>
<td>Friday 1/29/2021</td>
<td>Varsity Boys Swimming</td>
<td>v. Sweet Home (virtual meet)</td>
<td>4:00pm</td>
</tr>
</tbody>
</table>

---

Click Below for the Health Tip of the Week:

[10 Benefits of Walking](#)
SOCIAL EMOTIONAL STRATEGY OF THE WEEK: The Power of Vitamin "N"

It’s time to tap into the restorative power of Vitamin N. You’ve probably never heard of Vitamin N even though it is one of the most essential vitamins for your body and soul. The ‘N’ stands for Nature and we all need more of it. The term “Nature Deficit Disorder” was coined by Richard Louv and refers to the lack of time young people spend in nature. This is particularly concerning because of the wealth of research available showing the powerful impact spending time in green space has on people’s physical, cognitive and emotional wellbeing.

**Physical Wellness:** Exposure to natural sunlight boosts melatonin production which helps regulate healthy sleep cycles. Vitamin D relaxes blood vessels, reducing blood pressure and risk of heart disease and stroke. Mycobacterium vaccae, a safe bacteria commonly found in soil, improves immunity and bolsters health.

**Emotional Wellness:** Breathing in the oxygen of clean air increases the level of serotonin in your bloodstream, which helps regulate mood. Research has also shown that spending time in nature improves focus and concentration and mediates the impact of ADHD symptoms.

**Cognitive Wellness:** Time in nature has been shown to have restorative impacts for both teens and adults and improves memory, creativity, problem solving and productivity.

**Tips For Boosting Vitamin N:**

- Add houseplants to your home environment. Many houseplants also have additional wellness related benefits.
- Place birdhouses or bird feeders near your windows. Even watching nature from inside has positive results. Bonus Tip: Join Project Feeder Watch and contribute to Cornell University’s annual bird count. [https://feederwatch.org/](https://feederwatch.org/)
- Add nature inspired prints to art in your home or switch the home screen of your computer to a nature photo.
- Get outside this winter! Join the WNY Winter Hiking Challenge. [https://outsidechronicles.com/winter](https://outsidechronicles.com/winter)
Weekly Update
NORTH HIGH

Important Reminders/Updates:

- COVID TESTING INFORMATION:

  Here is the link to the district’s COVID Testing Procedures:
  

  Below are videos outlining both district testing sites; (Williamsville North & Williamsville South).

  North: [https://www.youtube.com/watch?v=QUPlIw8TZQ4&feature=youtu.be](https://www.youtube.com/watch?v=QUPlIw8TZQ4&feature=youtu.be)

  South: [https://www.youtube.com/watch?v=p7V0tluasLc&feature=youtu.be](https://www.youtube.com/watch?v=p7V0tluasLc&feature=youtu.be)

Important Links:

- Free & Reduced Lunch Application
- Health/Wellness Tips & Information
- Williamsville SEPTSA Information
- Williamsville North Webpage
- Williamsville North PTSA
- Williamsville North Guidance Office
- Williamsville North Hyflex Informational Packet
- Williamsville North Library Webpage