

NORTH HIGH



October 21st, 2022

North High | 1595 Hopkins Road | Williamsville, NY 14221



October 21st, 2022



Weekly Update

NORTH HIGH

NAVIGATION PAGE

[Mr. Coniglio's Video Message](#)

[New Student Guide to North](#)

[Faculty Spotlight](#)

[Administrative Team](#)

[Contact Administration & Mental Health Staff](#)

[Tips for 9th Grade Parents](#)

[Tech Tips for the Home](#)

[Library Updates](#)

[Spartans of The Month!](#)

[Athletics Updates](#)

[Airdrop Tips](#)

[Inktober Video](#)

[PTSA & SEPTSA Weekly Updates](#)

[Important Links](#)

[Previous Weekly Updates](#)

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Weekly Update

NORTH HIGH

PRINCIPAL'S MESSAGE



One should count each day a separate life. - Seneca

10/24	10/25	10/26	10/27	10/28
C-Day	D-Day	E-Day	F-Day	A-Day

We are excited to share with our school community that Williamsville North is collaborating with Spectrum Health and Human Services to provide onsite mental health counseling by a licensed practitioner. As a school community, we felt strongly that we wanted to provide our students an opportunity to access services they may need with less disruption to their regular school day. If you are interested in learning more, please contact the counseling office by calling 626-8507 or Spectrum Health and Human Services at 716-662-2040.



Williamsville NORTH Faculty Spotlight



What college(s) did you attend?

University at Buffalo
History Major-Education Minor '18
Social Studies Adolescence w/ 5-6 Ext. '21

What are your hobbies or spare time activities?

I spend a lot of time with my family, particularly my nieces and nephew.
I really enjoy watching theatre performances- my top 3 musicals would have to be:

1. Miss Saigon
2. Hadestown
3. Dear Evan Hansen

What is one piece of advice you would give students?

Listen to the opportunities that could be presented to you; like Harkness, electives, or volunteer opportunities that challenge what you may think you'd like to be.

What is your favorite food?

It depends on the day, but I am a huge Trader Joe's fan, so you'll probably catch me making some type of recipe from their catalog.

What is something people would be surprised to know about you?

I really love to cook! I grew up cooking alongside my grandmothers, in their respective kitchens, and have always found great pride that when I make their recipes, their legacy continues.



Ms. Noelle Abdallah

Social Studies

US History

How to have healthy **MEALS** of media and tech at home

Model

Set a good example!
Everything you do, your kids will do.



Engage

Have conversations about the content
they love and watch. Use media
to make connections to real life.



Adjust

Not all screen time is the same.
Choose appropriate, high-quality content.

Limits

Set healthy rules and
expectations for your home.



Support

Support your family, as well as other
parents in your network, in healthy habits!



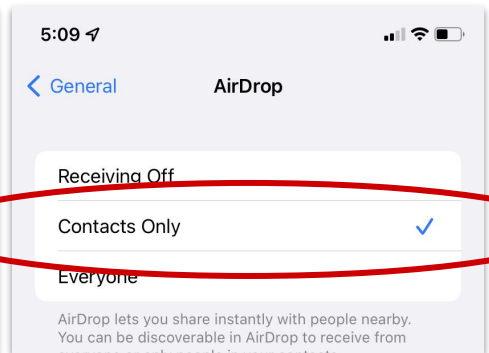
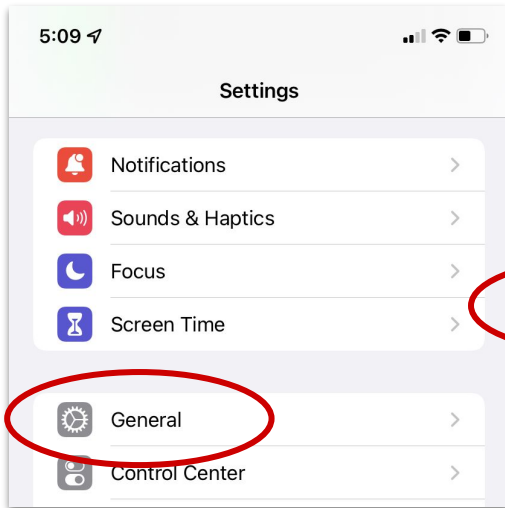


AIRDROP TECH TIPS

AirDrop (Using iPhones or Apple devices) can be a great tool for sharing resources. Apple users should be aware of iPhone settings to limit unwanted sharing.



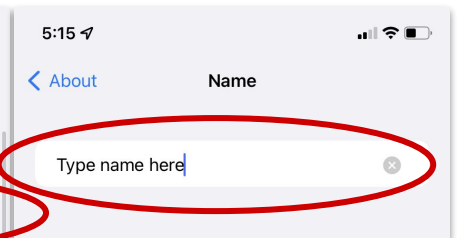
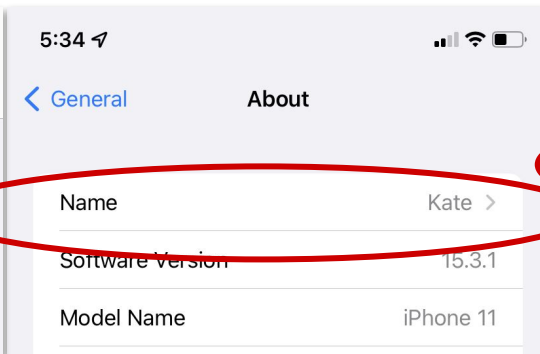
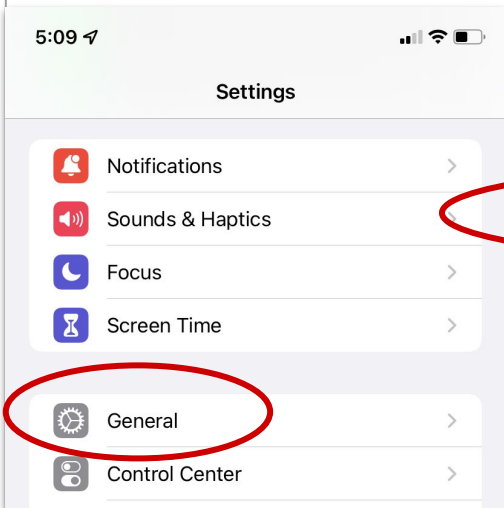
HOW TO EDIT AIRDROP SETTINGS



You can turn receiving off, or limit to contacts only. You will still get pop-ups asking you if you accept the AirDrop.



NAME YOUR DEVICE PROPERLY



It is recommended that you only accept AirDrop requests from known devices. "iPhone" may be too generic.





9th Grade Success Tips for Parents

Help your student have a great freshman year. These ten tips are sure to put your teen on the path to success this year—and for years to come!



1. Know that everything "counts." All of your child's ninth grade courses, grades, and credits will be on his/her high school transcript. Make sure your child understands the importance of working hard this year.



2. Be informed and involved. Attend school programs and activities. You'll learn valuable information and your child will see that his/her education is important to you.



3. Encourage involvement. Studies show that students who are involved in extracurricular activities enjoy school more and get better grades. Encourage your teen to be involved in one or more activities.



4. Require daily attendance. Attendance is the #1 school success factor. Insist that your teen be in school, on time, every day.



5. Monitor progress. See all midterm reports and report cards. Do not just assume that someone will contact you if there's a problem.



6. Unplug during family times. Insist that all devices be turned off and put in a basket during dinner and other family times.



7. Be in the know. When your child leaves the house, know who he/she is going to be with, where they are going, and what they'll be doing. Require your child to check in often.



8. Talk about peer pressure. Make sure your teen knows that he/she doesn't need to change to be liked. Devise a plan and have a phrase your child can use to navigate out of a difficult situation.



9. Communicate with your child. Be available to listen when your child wants to talk. Find times when your teen is most likely to be open to conversation (e.g., after getting home from school, before going to bed).



10. Discuss education options. Encourage your child to plan on continuing his/her education after high school—and talk about how doing well in school will give your teen more career and college options.

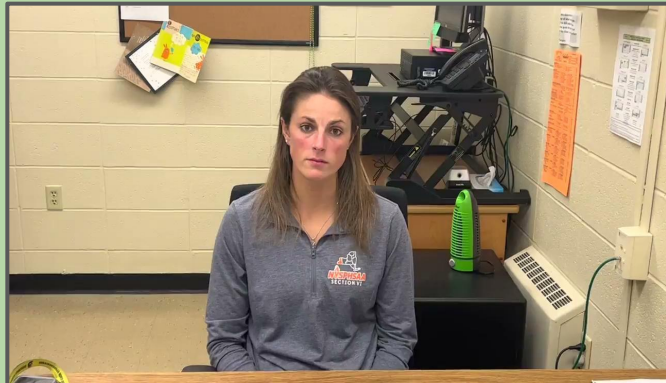
Helping your child have a successful year doesn't require doing extraordinary things. It's the little things you do each day that provide the guidance and support your child needs.

October 21st, 2022



Weekly Update

NORTH HIGH



**Mrs. Sanders- Athletic Director-
Assistant Principal**

Mr. Lasky - Assistant Principal

Mrs. Rizzo - Assistant Principal

Mrs. Wendling - Assistant Principal

October 21st, 2022



Weekly Update

NORTH HIGH

INKTOBER!!!!



October 21st, 2022



Weekly Update

NORTH HIGH

North's Shared Decision-Making's Student Guide




WILLIAMSVILLE NORTH New Student Guide



Scan the QR Code

Let's add it to your phone!

- Scan Code
- Click on the link
- Click the upload button on the bottom of your phone. It looks like this 
- Click add to home screen
- Name it North Guide

WILLIAMSVILLE NORTH HIGH SCHOOL

MENTAL HEALTH STAFF

626-8507

Phil Miller, School Counselor/Team Leader
Jennifer, Bushey, School Counselor
Mary Cwiklinski, Social Worker
Christina Davidson, School Counselor
Danielle Borrelli, School Psychologist
Jillian Kaputa, School Counselor
Lori Lorenz, Social Worker
Angela Szwed, School Counselor
Gabriella Tringali, School Counselor
Heather Youngblood, School Psychologist

ADMINISTRATIVE TEAM

Robert Coniglio, Principal	626-8505
Julie Sanders, Asst. Principal/Athletic Director	626-8542
Katherine Wendling, Asst. Principal	626-8516
Kevin Lasky, Asst. Principal	626-8513
Kristen Rizzo, Asst. Principal	626-8504



SPARTAN ATHLETICS



GIRLS

VARSIY SWIMMING/DIVING



SPARTAN

SPORTS

SPOTLIGHT

Finished with dual meet record of 3-4. 10 swimmers competing at ECIC Div 1 Finals, followed by the Class A meet.

GIRLS VARSITY TENNIS



A successful season for the tennis team! Three athletes advanced to the Sectional Championships.



WILLIAMSVILLE NORTH HIGH SCHOOL

SPARTAN ATHLETICS

@NORTH-SPARTANS

23

Sunday

NO GAMES

24

Monday

4:15 UNIFIED VOLLEYBALL @ IROQUOIS

25

Tuesday

4:30 V FH V. AKRON

26

Wednesday

5:00 UNIFIED VOLLEYBALL @ IROQUOIS

27

Thursday

5:00 G SWIM @ SWEET HOME

7:00 V FH V. TBD (PLAYOFFS)

28

Friday

5:00 B V VOLLEYBALL V. EAST

29

Saturday

9:00 GYMNASTICS @ LANCASTER

10:00 G SWIM @ SWEET HOME (CLASS MEET)

10:00 B/G XC @ EAST AURORA (ECICS)

SPARTAN ATHLETICS



HUDDLE FOR HUNGER



FOOD DRIVE

Friday, October 21st, 7:00PM

WHEN: Bring **TWO** non-perishable food items as your admission to the game!

WHERE: Niagara-Wheatfield @ Williamsville North Varsity Football Game



Spartan of The Month

The Spartan of the Month program is meant to promote success in and out of the classroom. For a student to be a well-respected citizen, they must be able to balance many different areas of life. They must exemplify outstanding characteristics both as a student and as a citizen of the community. The student must be able to handle many different aspects of student life while maintaining excellence in the classroom. This award is designed to nominate and select students who promote and take pride in Williamsville North High School and in themselves. Congratulations to this month's selections!

<u>STAFF MEMBER:</u>	<u>STUDENT NOMINEE:</u>
Ms. Bajdas	Harper Johnson
Ms. Cardinale	Adam Ahmed Amelia Nelson
Mr. Dunlap	Kyle Kinkade Thomas Mathews
Dr. Hitzges	Sunya Afrasiabi
Mrs. Kruszynski	Avery Blaszak Faiz Cheema Farah Gouda Alex Lazzaro Jordyn Lewis Mykyta Velichkevych Nicholas Vogtsberger
Ms. Mora	Molly Mackes
Ms. Nigam	Paul Gianturco
Ms. Oehler	Gianna Tirone Eli Torres Sarah Watson
Ms. Pfeffer	Jawad Abbasi
Ms. Rautenstrauch	Yasmin Malik
Ms. Spough and Ms. Nellis	Justin Bridge Corey Lee Tek Szuba Birwa Zangana





North High School

PTSA

everychild.onevoice.®

Join us at our next PTSA meeting on
Monday, November 7th at 7pm in the North Library

Join WNHS PTSA!

Support ALL North students, events and activities

\$10 adults and \$7 students

Join online today at <https://willnorth.memberhub.com/store>



Many thanks to our volunteers for helping us to keep the Snack Shack up and running!
We are always looking for volunteers. Feel free to reach out to snackerrs@yahoo.com with any questions.

PTSA Council Craft Fair is BACK!!

This craft fair will be held at 175 Heim Road on December 3rd and 4th from 10am-4pm.

Interested in North Spirit Wear?

Check out our store at:

<https://willnorth.memberhub.com/store>

This year's PTSA's reflections theme is "SHOW YOUR VOICE". Use the arts to share your personal Reflections on the 6 Categories. Submissions along with the student form are due to Purnima Mohan at purnimamohan2021@gmail.com by November 28, 2022

Shop Amazon Smile and support
our North students!

Go to: smile.amazon.com

Type in Williamsville North PTSA (listed as
PTA New York Congress 19 390 Williamsville
North PTSA) as your charity.

Please keep saving your Dash's receipts.

Turn them into the main office.

Dash's donates \$2.50 to us for every \$100 spent.

Check out the PTSA
page on WITS



Attn North Students:

Are you looking for volunteer hours? Are you looking
to hear more about what is happening at North?

The North PTSA is looking for students to
participate and to hear your voice.



Follow us on Social Media

@WillNorthPTSA

willnorthptsa

@ptsanorth

You can also follow the Junior and Senior Class on Facebook:
Will North Class of 2023 Fan Club and Will North Class of 2024 Fan Club



**Sponsored by
Williamsville PTSA Council**



**170+
LOCAL
CRAFTERS**

Williamsville PTSA

**46TH HOLIDAY
CRAFT SHOW**

**DECEMBER 3 & 4
10 AM - 4 PM**

175 HEIM ROAD, WILLIAMSVILLE, NY

ADMISSION
\$3.00 18+
\$1.00 11-17
10 AND UNDER FREE

FREE PARKING

**The Williamsville PTSA
Council represents all 13
district school PTA's and
SEPTSA,**

*(the Special Exceptional Parent
Teacher Student Association).*

**Proceeds benefit the
Williamsville PTSA
Council Student
Scholarship Fund
amongst 3
high schools**



FOLLOW US AT:
WEBSITE: holidaycraftshowptsa.com
TWITTER: @craft_ptsa (Holiday Craft Show Williamsville)
INSTAGRAM: [williamsville_holidaycraftshow](https://www.instagram.com/williamsville_holidaycraftshow)
FACEBOOK: <https://www.facebook.com/HolidayCraftShowPTSA/>

**Contact us at
HolidayCraftShowPTSA@gmail.com**





DASH'S
MARKET

DASH'S RECEIPT COLLECTION

to benefit
Williamsville North PTSA
sponsored activities!

It's Easy!

*Shop at any Dash's location. Collect your receipts.
Once you have a bunch, turn them in to the main office
at Williamsville North High School*

*Label the envelope "**Dash's Receipts--North PTSA**"
or mail to the below address*



Dash's donates \$2.50 per \$100 spent.
For example \$50,000 collected in receipts = \$1,250!

**Williamsville North High School
c/o North PTSA
1595 Hopkins Road
Williamsville, NY 14221**





WILLIAMSVILLE NORTH PTSA NO-FUSS FUNDRAISER

As we work to get back to our normal fundraising efforts primarily through the Snack Shack, we want to offer an additional option for those who may like to donate.

Donations go directly to all students of Williamsville North through events like Junior Prom, Senior Events/Post Prom, Spectrum Post-Concert Reception, Reflections Art Contest, Field Trips, etc.

Donations can be made online at:
willnorth.memberhub.store
or via check made to
Williamsville North PTSA
and dropped in the front office.





Attention North High School Students

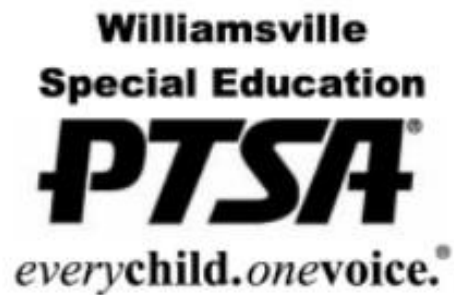
Are you looking for
volunteer hours?
Are you looking to
hear more about
what is happening
at North? The North
PTSA is looking for
students to
participate and to
hear your voice.

*Scan the QR
code to fill out
the google form
and to get more
information.*



[PTSA Student Application Form](#)





TIES (Together Including Every Student) Open House and Resource Fair

When: Thursday October 6, 2022 5-7pm

Where: Independent Health YMCA

150 Tech Drive

Williamsville, NY 14221



Light Refreshments will be served!

Connect with us!

facebook.com/WSEPTSA
williamsvilleseptsa@gmail.com

www.williamsvilleseptsa.org

Become a member today!



**Williamsville
Special Education
PTSA®**
everychild.onevoice.®



for exceptional students with disabilities or gifted programming needs

Why WSEPTSA?

Help make every child's potential a reality and support exceptional students with disabilities or gifted programming needs.

Find out about:

- services for exceptional children
- successfully advocating for students rights under NYS Education Law
- preparing and participating in Committee on Special Education (CSE) meetings
- best places for support services outside of schools
- what experts say regarding topics of interest

WSEPTSA Programs

7:00 - 8:45 pm unless otherwise noted
WCSD Office Conference Rooms,
105 Casey Rd, East Amherst, NY

**Thursday, October 6 - TIES Open House/
Resource Fair**

Join Williamsville SEPTSA for our second annual open house/ resource fair. Learn more about available resources for exceptional learners.

**Thursday, November 17- Supporting Students
with Special Needs in College**

Join us to learn more about available resources and services available to exceptional learners at the college level.

**Thursday, December 8 - Regional SEPTSA
Gathering** - Information sent via email as to location.

**Thursday, January 26- Mental Health
Awareness**

**Thursday, March 30 - Diversity, Equity and
Inclusion**

Learn how DEI applies to exceptional learners.

**Thursday, April 27 - Understanding Autism and
Inclusion**

Join us to learn more about the true definition of inclusion and how to effectively include students in the classroom and beyond.

Thursday, May 25 - Playground Social
Free and open to the public.

More information regarding SEPTSA programs will be posted in monthly emails and weekly building newsletters

**MEMBERSHIP MEETINGS at
6:15pm**

Join us in supporting exceptional education prior to our programs on:

Thursday, November 17
Thursday, January 26
Thursday, March 30

WCSD Office Conference Rooms,
105 Casey Rd, East Amherst, NY

Support & Networking

Meet others supporting exceptional education

- Bring questions, ideas, or concerns

NEW THIS YEAR! Family Social Events
**Must be a SEPTSA member to attend*

- Sunday January 8, 2023 3-5pm @ Independent Health YMCA
- Sunday March 12, 2023 3p-5p @ Independent Health YMCA
- Adult Only Support + Networking
 - Sunday November 20, 2022 6pm @ Dash's Market



Emergency Response

Make first responders aware of your child with a disability or special medical need.

Complete the online form at:

www.amherst.ny.us/govt/ess/needs.asp

**Together Including Every
Student (TIES)**

Promotes participation of students with developmental disabilities in extracurricular activities by providing effective support, utilizing trained student volunteers.

**For information, contact TIES
Coordinator, Tracey Peterson**
TPeterson@starbridgeinc.org
or (619) 994-5856



CSE Parent Members

Parent volunteers are needed for the Committee on Special Education to create effective Individualized Education Programs.

If interested in becoming or obtaining a Parent Member, please contact Patricia Crowley at (716) 626-8065.

WSEPTSA Executive Board 22-23

President:
Jennifer Drexinger
williamsvillesepts@gmail.com

Membership:
Maria Winston

Treasurer:
Tracey Peterson

Corresponding Secretary:
Jennifer Katz-Rosen

Recording Secretary:
Kerry Spicer

PTSA Council Delegates:
Ona Strang

**Special Education Teacher
Liaison:**
Amy Glover

WSEPTSA Membership Support exceptional students in WCSD. Membership is open to everyone.

Membership	Cash Check	Credit
One adult	\$ 7.00	\$ 7.75
Two people, same household	\$11.00	\$11.89
Each addt. person same household	\$ 4.00	\$ 4.14

Please enroll with credit card at: wseptsamemberhub.store or complete this form & make your tax deductible check payable to: **Williamsville SEPTSA**

Name(s)

Mailing Address

Phone Number

School(s)

Email – PLEASE PRINT CLEARLY!

Please check your affiliation(s):

- Parent Student Teacher
 Administrator Service Provider
 Other

Ideas for future programs:

Please mail completed form with cash or check to:

WSEPTSA Membership
Maria Winston
1500 North Forest Road
Williamsville, NY, 14221
or bring to any WSEPTSA event!

Connect With Us

 Follow @WSepts



facebook.com/WSEPTSA
williamsvillesepts@gmail.com

www.williamsvillesepts.org

Become a member today!





Register
here



RSVP for our 2022 - 2023 SEPTSA events here: bit.ly/SEPTSA22-23

Williamsville Special Education PTSA Programs

are open to the public & all are welcome!
WCSD Office Conference Rooms, 105 Casey Rd,
East Amherst, NY 14051
unless otherwise noted.

[Register HERE for any and all programs](#)

Thursday, November 17
**Supporting Students with
Special Needs in College**

Join us to learn more about available resources
and services available to exceptional learners at the
college level .

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Regional SEPTSA Gathering

Information sent via email as to location.

Thursday, January 26
Mental Health Awareness

Thursday, March 30

Diversity, Equity and Inclusion

Learn how DEI applies to exceptional learners.

Thursday, April 27

Understanding Autism and Inclusion

Join us to learn more about the true definition of
inclusion and how to effectively include individuals
in the classroom and beyond.

Thursday May 25

School Year End Gathering
Time and place TBD

SEPTSA for all students, those
exceptional students with special
education or gifted programming needs

[Support & Networking for WCSD
Special Education & Gifted Services](#)

*Meet others supporting exceptional education
Bring questions, ideas, or concerns.
Family Social Events (whole family is welcome!
Must be a SEPTSA member to attend.*

At the YMCA, 150 Tech Drive
Williamsville, NY 14221

Sunday, January 8, 2023 3-5 pm

Sunday, March 12, 2023 3-5 pm

Adult Only Support + Networking

Sunday, November 20, 2022 6pm
@ Dash's Market, Klein Road

Membership Meetings

Become a member:

wseptsamemberhub.com/store

Support exceptional education
(prior to our programs)

JOIN HERE



at 6:15 pm

Thursday, November 17

Thursday, January 26

Thursday, March 30

WCSD Office Conference Rooms
105 Casey Rd, East Amherst, NY



Connect With Us:

www.williamsvilleseptsa.org
williamsvilleseptsa@gmail.com

facebook.com/WSEPTSA
twitter.com/WSeptsa



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 Library Webpage](#)

