

NORTH HIGH



December 9th, 2022

North High | 1595 Hopkins Road | Williamsville, NY 14221



Weekly Update

NORTH HIGH



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Weekly Update

NORTH HIGH



PRINCIPAL’S MESSAGE



Always seek out the seed of triumph in every adversity.

-Og Mandino

12/12	12/13	12/14	12/15	12/16
B-Day	C-Day	D-Day	E-Day	F-Day

Student Council's

Food Drive 12/5-12/16



The Speaker Series on Restorative Educational Practices has been rescheduled for Thursday, December 15th from 6:00 p.m. - 7:30 p.m. at Heim Middle School. Linda Ruest, who is the Director of Professional Learning in the District, will share information on the basic principles, implementation, and the building of relationships that is associated with this work in our schools. This event is being held in partnership with the PTSA Council.

We encourage all members of our school community to join and be part of this important discussion and ask questions. This is an incredible opportunity to learn more on why this initiative is so important within our schools.

We look forward to seeing you on December 15th.



Weekly Update

NORTH HIGH



SAVE THE DATE

Monday, December 12th

COME SUPPORT THE

Snack Shack

Grab your favorite snacks to help support a good cause!



North High School

PTSA

everychild.onevoice.

The PTSA will donate

22% of sales

to Student Council's Food Drive

Donations will support:

Little Portions Friary &

Williamsville Food Pantry

Thank you for participating!



North High School
PTSA
everychild.onevoice.



**STUDENT
COUNCIL**



**Snack
Shack**



VOLUNTEER OPPORTUNITIES

TIES (Together Including Every Student) gives students with developmental disabilities (ages 8-21) the opportunity to join extracurricular, community and recreational activities of their choice with support from trained student volunteers.

VOLUNTEERS are students in grades 9-12 in the Williamsville Central School District who receive training and an individual support plan that describes the participant's needs.

TIES helps participants and volunteers have opportunities to develop:

- Leisure skills
- Community and school connections
- Friendships

Student Volunteers can join participants in after-school activities, stage crew, musicals, school dances, sports, trips and classes through the Amherst Parks & Rec and YMCA etc.

For questions or further information
please contact:

Tracey Peterson, WCSD TIES Coordinator
tpeterson@starbridgeinc.org
(619) 994-5856



Volunteer Application

Weekly Update

NORTH HIGH



Looking for ways to be kind in December? Here is a calendar!

December Kindness 2022

MONDAY



5 Give a gift to someone who is homeless or feeling lonely

TUESDAY



6 Leave a positive message for someone else to find

WEDNESDAY



7 Give kind comments to as many people as possible today

THURSDAY

1 Spread kindness and share the December calendar with others

FRIDAY

2 Contact someone you can't be with to see how they are

SATURDAY

3 Offer to help someone who is facing difficulties at the moment

SUNDAY

4 Support a charity, cause or campaign you really care about

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Contact an elderly neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2023



ACTION FOR HAPPINESS

Happier · Kinder · Together



Weekly Update

NORTH HIGH



Please join us for an evening to explore all that Career and Technical Education at Erie 1 BOCES has to offer for a unique high school experience!

Meet the instructors, learn about the programs, and see the impressive classrooms and lab spaces!

DECEMBER 13TH

HARKNESS

99 AERO DRIVE
CHEEKTOWAGA

5 PM - 7 PM



DECEMBER 14TH

POTTER

705 POTTERS ROAD
WEST SENECA

5 PM - 7 PM



DECEMBER 15TH

KENTON

151 TWO MILE CREEK ROAD
TONAWANDA

5 PM - 7 PM

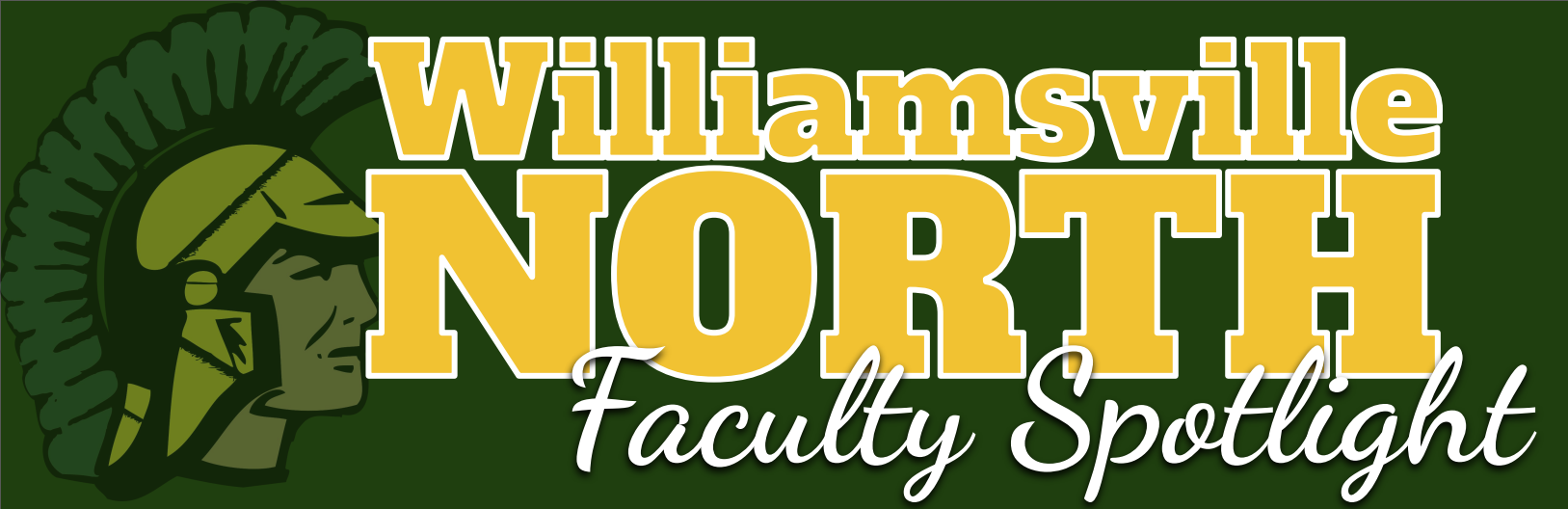


**** NOT ALL PROGRAMS ARE OFFERED AT ALL THREE CENTERS****



PLEASE CHECK THE PROGRAM LOCATION LIST IF YOU'RE INTERESTED IN SEEING A SPECIFIC PROGRAM!



The graphic features a green background. On the left is a stylized illustration of a Native American person's head in profile, wearing a feathered headdress. To the right of this is the text "Williamsville" in a yellow, bold, sans-serif font. Below it, the word "NORTH" is written in a much larger, yellow, bold, sans-serif font. Underneath "NORTH", the words "Faculty Spotlight" are written in a white, cursive script font.

Williamsville NORTH Faculty Spotlight

Mrs. Kim Kirisits

What college(s) did you attend?

Fashion Institute of Technology (FIT)
Buffalo State College

What are your hobbies or spare time activities?

Outside of school, my focus is on my family. I have two daughters Mia (16) and Zoe (12) who keep me very busy. I also practice yoga and enjoy making art and visiting art galleries and exhibits in the Buffalo area.

What is one piece of advice you would give students?

Stay true to yourself. Do what you love as much as you can!

What is your favorite food?

I LOVE FOOD! I don't know if I could choose a favorite food, but I can say I'm not much of a sweet eater. I mostly like savory ethnic foods.

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

I have worked in the district for over 20 years. I spent the majority of that time at Transit Middle, which is where I met my husband. He still works at Transit.

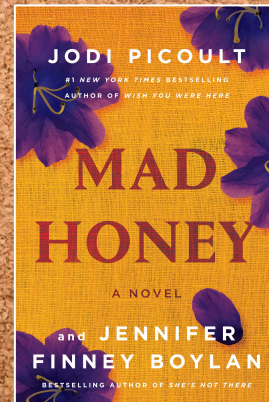


After School Library Sign-Up

The library is open
most days after school
from 2:45 - 4:00.
Come to study, check
out books, and relax.

WNHS Library Updates

Ms. Pasek's Reading Log



Just Finished

Currently Reading

MSDP

Do you do well in math and science
classes?

Are you interested in helping your
classmates by becoming a tutor?

The Math and Science Development
Program is starting again this year in the
library. Please WITS mail Ms. Pasek or
stop by the library if you are interested in
joining.

Can't Get to the Library?

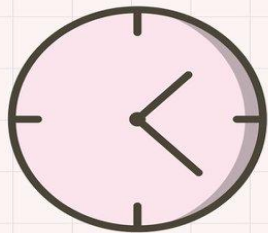


Check Out an eBook!





BAD STUDY HABITS



PROCRASTINATION

Some people work well under pressure, but when it comes to studying, procrastination is one of the worst habits that people have.

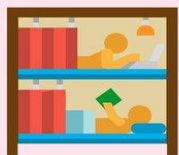
CRAMMING

It is much better to study for an hour or two several nights before test day or deadline of activities and projects instead of pulling an all-nighter.



STUDYING AT WRONG PLACE

Choose a spot at your home where you can focus on your study and away from distractions.



STUDYING TO REMEMBER INSTEAD OF STUDYING TO UNDERSTAND

Reading and highlighting words will not be enough to learn new and complex things.



BEING DISTRACTED BY SOCIAL MEDIA AND MOBILE PHONES

Try to work without distractions for a few hours. You'll be surprised how much you get done and how much time you have left for the things you really want to do.



GOOD STUDY HABITS

STUDY ONE SUBJECT AT A TIME INSTEAD OF MULTITASKING

Devote a chunk of time for studying one subject. Take a break, and then start studying on the next subject.



STAY ORGANIZED WITH A STUDY SCHEDULE

Keep a detailed planner listing all your upcoming test and assignments. It will be satisfying to be able to check off item as you can complete it.



TAKE NOTES AND ASK YOURSELF QUESTIONS AS YOU READ

Take notes by writing down the chapter headings and then make a few bullet points for each one with key information. Also, as you read the material, you can ask yourself about what you've read to check your comprehension.



TAKE AN ACTIVE BREAK AT LEAST EVERY HOUR

Your brain and body need a little activity and fun so that you can focus again on your studies.



REWARD YOURSELF

Be kind to yourself and reward yourself for your hardwork. Simple as eating your favorite food.



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 Arnold, 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



WILLIAMSVILLE NORTH SPARTAN ATHLETICS

11- SUNDAY	12- MONDAY	13- TUESDAY	14- WEDNESDAY	15- THURSDAY	16- FRIDAY	17- SATURDAY
NO GAMES	3:30 B/G BOWLING V. EAST	5:30 JV B BALL @ ST. FRANCIS 6:30 WRESTLING @ CLARENCE 7:00 B V BALL @ ST. FRANCIS	3:45 B/G BOWLING V. CLARENCE 4:30 G HOCKEY V. OP/FRON/LS/FRANK 5:30 G JV BALL V. NARDIN 7:00 G V BALL V. NARDIN	4:15 B/G BOWLING V. AMHERST 4:30 G HOCKEY V. ST. MARY'S	5:30 B/G INDOOR TRACK @ BUFF STATE 6:00 B HOCKEY @ OP 6:00 B SWIM @ SOUTH	3:00 B/G INDOOR TRACK @ HOUGHTON COLLEGE 8:00 WRESTLING @ NCCC

All winter sports
schedules can be accessed
using this link: [Schedules](#)

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>
Mrs. Boucher	Patrick Dormer Brayden Peters
Ms. Cardinale	Abbey Gavadin Pedro Silva
Mr. Dunlap	Noah Stierham Amelia Wands
Dr. Hitzges	Adam Ahmed
Mr. Lasky	Amelia Blake Elijah Ewing
Mrs. Kruszynski	Gianna Biscotto Cameron Daun-Barnett Ava Davis TJ McCarthy Laura Mungo Sam Welgoss
Mrs. Miller	Emmet Buckley
Ms. Nigam	Michael Fiegl Connor Henry
Ms. Nigam and Ms. Rice	Sarai Betha Kevin Lu
Ms. Oehler	Elena Bors Faith Kelly Nick Vogtsberger Allison Weissenburg
Mrs. Rautenstrauch	Emma Paglia Isadora Pellegrinetti Charles Persons
Mrs. Smith-Deluca	Harper Johnson Aarish Khan
Mrs. Weiss	Ayudh Dhupar





North High School

PTSA

everychild.onevoice.®

Join WNHS PTSA!

Support ALL North students,
events and activities

\$10 adults and \$7 students

Join online today at:

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



Join us at our next PTSA
meeting on
Tuesday, January 10th
at 7pm
in the North Library

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.

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 December 12, 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.

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





PTSA
everychild.one voice.™

NATIONAL PTA® REFLECTIONS®

CALL FOR ARTISTIC ENTRIES!

Students (preK-grade 12) are asked to *create a work of art*
that *REFLECTS* on the theme:

SHOW YOUR VOICE!

Your reflection must fit one of the following categories and its guidelines:



Literature

- Maximum of 2000 words (A word count must be included with submission)
- No illustrations (Illustrated works should be submitted in Visual Arts Category)

Music Composition

- Must be the composition of 1 student, but may feature others as musicians
- Must be less than 5 min in length and not exceed 1 GB in size
- Submit as an .mp3, .wma, .wav, .acc, or .flac file type. Do not submit videos.
- For students in grades 7-12, a score must accompany the submission

Photography

- Must be a single image (no collages)
- Photo size range: 3"x5" - 8"x10"
- Submit as .jpeg, .tiff, .gif, .png file type

Dance Choreography

- Must be the choreography work of 1 student, but can feature multiple dancers
- Must be less than 5 min in length, and not exceed 1 GB in size
- Submit as .avi, .mov, .mp4, .wmv, or .flv file type
- If music accompanies the dance, it must be cited

Film Production

- Must be the production work of 1 student, but may feature others
- Must be less than 5 min in length and not exceed 1 GB in size
- Must be submitted as an .avi, .mov, .mp4, .wmv, or .flv file type.
- If music is featured, it must be cited

Visual Arts

- Maximum size for 2-D is 24" x 30"
- Maximum size for 3-D is 20" x 20" x 24"
- Do NOT sign front
- Submit as .jpeg, .tiff, .gif, .png file type

Use the arts to share your personal Reflections on the 6 Categories
(listed above) on this year's theme: **"SHOW YOUR VOICE"**
Submissions along with the Student form are due at his link below by
December 12, 2022 at 11:59pm
<https://sites.google.com/view/western-region-pta/reflections?pli=1>





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
williamsvillesepts@gmail.com**

www.williamsvillesepts.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
williamsvilleseptsa@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 @WSeptsa



facebook.com/WSEPTSA
williamsvilleseptsa@gmail.com

www.williamsvilleseptsa.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 .

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 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.willamsvillesepts.org
willamsvillesepts@gmail.com

facebook.com/WSEPTSA
twitter.com/WSepts



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](#)

