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

Be not afraid of growing slowly, be afraid only of standing still.

- Chinese Proverb
North Updates

Sock Drive

One of their greatest needs is new clean socks to give to their clients. On average they give each person 3 pairs of socks...that's 1,800 socks a year!

Weekly Letter Day Schedule

<table>
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<tr>
<td>“D”</td>
<td>“E”</td>
<td>“W”</td>
<td>“F”</td>
<td>“A”</td>
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Student Spotlight

Congratulations to Kiera Kilinskas for winning a 2021 winner affiliate award for NCWIT and Ellen Huang for winning a 2021 honorable mention affiliate award for NCWIT. The National Center for Women & Information Technology (NCWIT) is a non-profit community of nearly 1,500 universities, companies, non-profits, and government organizations nationwide working to increase girls’ and women’s meaningful participation in computing.
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!

<table>
<thead>
<tr>
<th>Teacher</th>
<th>Student Nominee</th>
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<tbody>
<tr>
<td>Ms. Nigam</td>
<td>Hannah Perry</td>
</tr>
<tr>
<td>Mr. Buckle</td>
<td>Grady Andrews</td>
</tr>
<tr>
<td>Ms. Lorenz</td>
<td>Hannah Perry</td>
</tr>
<tr>
<td>Mrs. Carroll</td>
<td>Minchae Kim</td>
</tr>
<tr>
<td>Mrs. Preischel</td>
<td>David Bulan</td>
</tr>
<tr>
<td>Ms. Hitzges</td>
<td>Sophia Ketsuk</td>
</tr>
<tr>
<td>Mrs. Boebel</td>
<td>Josh Rioux</td>
</tr>
<tr>
<td>Mrs. Kruszynski</td>
<td>Peter Nguyen</td>
</tr>
<tr>
<td></td>
<td>Martha Montiero</td>
</tr>
<tr>
<td></td>
<td>Noor Rasool</td>
</tr>
<tr>
<td></td>
<td>Lina Brown</td>
</tr>
<tr>
<td>Mrs. Spaugh</td>
<td>Ella Guy</td>
</tr>
<tr>
<td>Mrs. Azzarelli-Brown</td>
<td>Christopher Parisi</td>
</tr>
<tr>
<td></td>
<td>Peyton Tamburello</td>
</tr>
<tr>
<td></td>
<td>Camdyn Levesque</td>
</tr>
<tr>
<td>Mrs. Dunlap</td>
<td>Alyssa Strozewski</td>
</tr>
<tr>
<td>Mrs. Boucher</td>
<td>Giana Pollina</td>
</tr>
<tr>
<td>Mrs. Kirk</td>
<td>Angela Seo</td>
</tr>
<tr>
<td></td>
<td>Katie Carnevale</td>
</tr>
<tr>
<td>Mrs. Doviak</td>
<td>Yauheni Pachka</td>
</tr>
<tr>
<td>Ms. Bajdas</td>
<td>Immanuel Paulk</td>
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</tbody>
</table>
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.
North PTSA

Join Us and Support our Students!

$7 for teachers/staff/parents and $5 for students

https://willnorth.memberhub.store/

Our North Students Need YOU!

This year has not allowed for many of our usual ways to fundraise for student events. Please consider making a contribution! Every penny you donate goes directly to supporting the students.

DONATE ONLINE: https://willnorth.memberhub.store/

Your donation is 100% tax deductible (receipts will be issued for donations of $50 or more).

Follow us on Social Media!

@ WillNorth PTSA
willnorthptsa
@ptsa_north

Do you have a Senior?

Keep up to date with senior activities and fundraisers to make the rest of the year spectacular!

Join our email list willnorth2021@gmail.com
or
The Will North 2021 Fan Club

Show Some North Spirit!

Order your spirit wear to show North pride at home & at school! Place your order now at

https://willnorth.memberhub.store/

Shop at Dash’s?

Collect your receipts and support our students! Send any receipts in to WNHS

Attn: Michelle McKinstry, PTSA Treasurer
Dash’s donates $2.50 for every $100 spent!

Shop Amazon Smile

Smile.amazon.com

Type in Williamsville North PTSA (listed as PTA New York Congress 19390 Williamsville North PTSA) as your charity. A portion of the price of eligible purchases is donated to help support our students!
Western Region PTA Proudly Recognizes Our Regional Artists who Received New York PTA State-Level Awards

Winning Awards of Excellence and Advancing to the National Reflections Competition to Represent New York State:

In Dance Choreography:
Charlotte McCormick (Heim Middle PTSA)

For Musical Composition:
Jason Kasnicki (Casey Middle PTSA)

Winning Awards of Merit and Representing Western Region in the New York State Reflections Gallery:

In Literature:
Daya Iyer (Williamsville North PTSA)
Nikita Suharu (Transit Middle PTSA)

In Photography:
Sylvie Risch (Maple East PTA)

In Visual Arts:
Fatima M. Khan (Mill Middle PTSA)
Caroline McPhillips (Country Parkway PTA)
Christopher McPhillips (Country Pkwy PTA)
PTSA SPIRIT WEAR

Williamsville North Spirit Wear Sale

CLEARANCE ITEMS

Black & White: 100% heavyweight cotton
Unisex: XS ONLY

BILLBOARD SHIRT $15

Green only - 50/38/12 poly/cotton/rayon
Ladies Sz Med & Men’s Sz Small

GREEN T-SHIRT $15

Sizes S, M, L, XL, 2XL

3/4 ZIP PULLOVER $17.50

LIMITED QUANTITIES
Get them before they are gone!

https://willnorth.memberhub.store/store

OMBRE T-SHIRT $18

Grey, Green & Black - all colors 50/50 cotton/poly
Men’s Sizes S, M, L

HOODIE $25

Grey: 90/10 cotton/poly Green & Black:
100% cotton
Men’s Sizes S, M, L, XL & 2XL

SHORT-SLEEVE T-SHIRT $10

Williamsville North
Spartans

CAR MAGNETS & LICENSE PLATE HOLDERS $4
PTSA SPIRIT WEAR

Black & Grey: 60/40 cotton/poly fleece
Men’s Sizes S, M, L & XL
Ladies Size S, M, L

JOGGERS $28

Grey, Black - all colors 50/50 cotton/poly blend
Elastic cuffed legs, side pockets
Men’s Sizes S, M, L & XL
Ladies Sizes S, M, L

SWEATPANTS $25

50/50 cotton/polyester blend
Green and Black
Ladies Sizes S, M, L & XL

LADIES SHORTS $12

100% acrylic
Embroidered Logo

POM POM HAT $20

Fleece Headband - One Size

FLEECE HEADBAND $10

With Pockets
Green & Black: 100% polyester
Men’s Sizes S, M, L & XL

MEN’S SHORTS $15

Drawstring Backpack
100% polyester

BACKPACK $12

Mid-Calf Athletic Socks
65% polypropylene / 15% Spandex /15% Nylon / 8% Sta-Cool
Women’s Size 9-11
Men’s Size 10-13

SOCKS $12

The Will North PTSA Store is your one stop spot to:

JOIN the PTSA
BUY North Spirit Wear
DONATE to the No Fuss Fundraiser

https://willnorth.memberhub.store/store
Model United Nations

MUN is a great place for students to meet new people and improve their public speaking skills while representing different nations and debating current events. The club meets on Wednesdays at 3:00 PM, and anyone is welcome to join!

In January, the officers organized a conference that invited multiple high schools from across Western New York. In the past, delegates have consistently won prestigious awards, including Best and Outstanding Delegate awards.

“Model UN is a great club! I just joined this year, and I’ve learned so much about diplomacy and public speaking in that time.” - Hayden R, Class of ‘23

“One minute, we’re solving world hunger, and the next, we’re discussing plans to build a giant space waterpark. It’s a great balance of chaotic fun and structured debate.” - Yolanda W, Class of ‘22

January 30th, 2021 - Officers and members of MUN at our recent virtual competition.

The UB conference will be held on March 30th!

Officers: Grady A (President), Ellia Y (Vice President), Sarah J (Secretary), Sumitra P (Treasurer), Yolanda W (Head Delegate)

## Fall 2.0 Sports Tryout Dates

<table>
<thead>
<tr>
<th>JV/V Sport</th>
<th>Dates/Times</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Football V</td>
<td>3/22/2021 3:15-6pm</td>
<td>Turf Field #1</td>
</tr>
<tr>
<td>JV</td>
<td>3/22/2021 3:15-5:30pm</td>
<td>Turf Field #1</td>
</tr>
<tr>
<td>Girls Volleyball JV/V</td>
<td>3/22/2021 6-7:45pm</td>
<td>North Gym</td>
</tr>
<tr>
<td>Boys Volleyball JV/V</td>
<td>3/22/2021 7:45-9:15pm</td>
<td>North Gym</td>
</tr>
<tr>
<td>Cheerleading V</td>
<td>3/22/2021 4-6pm</td>
<td>Dodge Elem door #13</td>
</tr>
<tr>
<td>JV</td>
<td>3/22/2021 6-8pm</td>
<td>Dodge Elem door #13</td>
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<table>
<thead>
<tr>
<th>MOD Sport</th>
<th>Dates/Times</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>MOD Football</td>
<td>3/24/2021 4-6pm</td>
<td>Turf Field #2</td>
</tr>
<tr>
<td>MOD Boys Volleyball</td>
<td>3/29/2021 4-5:30pm</td>
<td>Heim Middle</td>
</tr>
<tr>
<td>MOD Girls Volleyball</td>
<td>3/29/2021 5:30-7pm</td>
<td>Heim Middle</td>
</tr>
</tbody>
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Click Below for the Health Tip of the Week: **Advice from The Judge – Aaron Judge!**
Social Emotional Strategy of the Week:
Make Your Work Space, Work For You!

The environment we live, work and play in has the power to set us up for failure or success. I once read that our physical space is representative of our mind. If our space is organized, structured, and tidy our thoughts are likely calm and collected. If our space is disorganized and cluttered, our thoughts are probably similarly chaotic. Our world has changed immeasurably over the past year and our work, school and play spaces have collided with one another. In some ways this has made life more convenient, but in other ways it has made delineating between work and play challenging. Creating a designated workspace at home is essential for students to be successful. Here are some tips for your child:

- Make sure all supplies are available in your work space. If you have to get up to get something in the middle of class you could miss something important or get distracted. If you are a hyflux student keep a separate set of supplies (pencils, highlighters, calculator, etc.) in your home workspace and in your backpack so you don’t have to worry about remembering to switch it back and forth.

- Set up your work space outside of your bedroom to delineate between work time and sleep time. Your room should be your sanctuary. If you have to work in your room make sure there is a designated space in your room that is just for work. Avoid doing your school work in your bed at all costs. Our mind associates places with feelings and memories so your brain will get super confused and think it should be working when it should actually be sleeping.

- Sit in a sturdy chair. Lounging in a comfy chair might feel good, but sitting with good posture actually improves blood flow to the brain, allowing you to think, problem solve and retain information more effectively. Yes, sitting up straight will literally help you do better in school.

- Have the bell schedule handy and keep a tack board or white board in your work space so you can jot down reminders and due dates to keep yourself organized. Add inspirational quotes or posters to your space to keep you motivated.

- Add a houseplant to your space. It may sound weird, but plants add oxygen to the air which boosts brain power.

- And the hardest, but most important tip… put your phone in another room while you are in classes. Unless you have willpower of steel, you know you’re going to check your phone every three minutes. Don’t put yourself in a position where you know you’ll be distracted. Put it out of sight so you won’t be tempted.
Let’s face it: Our kiddos sometimes struggle more with turning in work than they do with actually doing the work. We feel like our child is in a constant audition for a starring role in *The Absent-minded Professor*. It’s a thing. Virtual learning has made the situation (much) worse. Join in while Lisa Van Gemert shares practical strategies and tips real families can use right away to support gifted students in today’s learning environment.
Williamsville is working with UB to train our staff in trauma-informed practices. The videos below are great resources for parents too. These videos are also available under the Wellness Tab in WITS.

**Safety Video**

**Creating Safety for Students/Families:**
- View trauma-related symptoms/behaviors as attempts to cope
- Watch for and reduce triggers and trauma reactions
- Establish what physical/emotional safety mean to the student/family
- Sit down with students to ask, “what’s going on?” before consequences given
- Consequences given using supportive, non-confrontational language

**Empowerment Video**

**Fostering Empowerment for Students/Families:**
- Recognize and build upon student/family strengths
- Focus on skill development and enhancement
- Acknowledge the strength it takes to get where the student/family is
- Instill a realistic sense of hope and change
Williamsville North Class of 2021, seniors and parents/guardians!

Over the next couple of months, we will be displaying the names and senior photos of all members of the Class of 2021 on our digital sign board which is located at the corner of Hopkins Rd. and Dodge Rd.

We have divided the class, at random, into groups in hopes that everyone who wants to will be able to see their name and picture. Each group will run 24 hours a day for one week starting on Monday morning & ending on Sunday night. We have excluded our remaining break, 4/5 – 4/9 in anticipation of potential travel, and we will continue until we have displayed every member of the Class of 2021. In addition, we will WITS mail students as well as parents/guardians the Friday before their group is scheduled to be displayed.

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