Life is an escalator: You can move forward or backward; you cannot remain still.

-Patricia Russell-McCloud

<table>
<thead>
<tr>
<th></th>
<th>5/31</th>
<th>6/1</th>
<th>6/2</th>
<th>6/3</th>
<th>6/4</th>
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<tbody>
<tr>
<td>Days</td>
<td>No School</td>
<td>E - Day</td>
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<td>B - Day</td>
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May 28, 2021
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>Mrs. Bushey</td>
<td>Amelia Nelson</td>
</tr>
<tr>
<td>Mrs. Boucher</td>
<td>Brier Amerlinck</td>
</tr>
<tr>
<td>Ms. Cardinale</td>
<td>Maya Burgio, Maryam Gilani</td>
</tr>
<tr>
<td>Ms. Darrah</td>
<td>Fadhil Khaleel</td>
</tr>
<tr>
<td>Mrs. Dunlap</td>
<td>Hayden Radel</td>
</tr>
<tr>
<td>Mrs. Goergen</td>
<td>Savannah Nayor, Sarafina Turner</td>
</tr>
<tr>
<td>Mrs. Kirk</td>
<td>Colin Maddigan, Eunice Park</td>
</tr>
<tr>
<td>Mrs. Kruszynski</td>
<td>Emily An, Alyssa Baker, Lily Baumann, Kylee Colavecchia, Colin Dawley, Jade McLanahan, Alex McMahon, Tessa Miller, Jason Pennella, Jonah Weber</td>
</tr>
</tbody>
</table>
CONGRATULATIONS TO OUR SENIORS WHO WERE RECOGNIZED AT THIS YEAR’S SCHOLASTIC ACHIEVEMENT DINNER ON THURSDAY, MAY 20

SARAH JIANG
Scholastic Achievement Recognition
National Honor Society, Fusion, MSDP, Science Olympiad, Model UN, Student Council, SIHAC, Concert Choir, and Spartones
Plans to study biomedical engineering and pre-medicine at Duke University

CHLOE WEN
Scholastic Achievement Recognition
National Honor Society, Science Olympiad, Student Council
Dance, piano, cello
Plans to study anthropology and pre-medicine at Stony Brook University

ELLIA YANG
Scholastic Achievement Recognition
National Honor Society, Science Honor Society, Biology Honor Society
National Merit Scholarship and Coca Cola Scholarship. Semi-Finalist, AP Scholar with Distinction
Varsity Swim, Science Olympiad, Student Council. Model UN, DECA, Link Crew
NYSSMA All-State Musician, Wind Ensemble, Symphony Orchestra
University at Buffalo Gifted Math Program
Plans to study Computer Science at Carnegie Mellon University
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.
We need YOU!
The following committee positions are open for the 2021-22 school year:
Post Prom Committee, Spirit Wear, Reflections, Senior Spartan Day,
Staff Appreciation, Service to Youth Award, SEPTSA
Joining a committee is a fun & easy way to get involved and impact student life at North!
Please email williamsvillenorthptsa@gmail.com if you would like more information.

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!

Important web sites
Spirit Wear Apparel Store: https://wnhs2021.itemorder.com/
*Note on Spirit Wear: current orders are being processed and should be ready in approx. 3 weeks
Clearance Spirit Wear, PTSA memberships, and No-Fuss Fundraiser: https://willnorth.memberhub.store/

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

Follow us on Social Media!
@ WillNorth PTSA
willnorthptsa
@ptsa_north
Here is the link to information on updates for parents regarding senior activities.

Class of 2021 Senior Parent Update
Spring Sports Update

- Follow @north_spartans on Twitter for athletic updates!

- Williamsville North proctors will be ensuring that all athletic events stay within the spectator capacity

- For updated spring sport schedules, please visit: ArbiterLive

Spartan Athletes of the Week

Molly Martin- Lacrosse
Team stat leader (12 goals, 2 assists)

Parker Murray- Baseball
.500 batting average
5.0 IP W, 2H, 10K vs. Jamestown
Social Emotional Strategy of the Week: Just Tell One

Just Tell One is a local mental health campaign that encourages young people to find a trusted person to speak to when they are experiencing mental health or addiction struggles. The idea behind the initiative is that opening up to just one person can start an important dialogue and can help young people find the support they need. It teaches both young people and adults how to respond in supportive ways if they are someone’s “Just One” and how to link them with help.

While stigma around mental health and addiction is starting to wane, these conversations are still difficult to have and many young people are worried about how people will react, if they’ll be judged or if people won’t respect their privacy. Many teens choose to deal with their pain on their own. The average person waits more than ten years after the start of their mental health or substance use struggles to seek treatment. Just Tell One aims to quicken the start of help-seeking behaviors by sharing strategies for help seeking and support giving.

During this week’s Mental Health Awareness Month video, student representatives challenge their peers to think about and share who their “Just One” is. This is a great opportunity for a family discussion as well. Share who you trusted as a teenager when you were struggling and remind your teen how to show compassion when someone they care about is struggling. For more information, including an inspirational message from Buffalo Sabre, Kyle Okposo, check out: https://justtellone.org/
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
Weekly Update

NORTH HIGH

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
Celebrates

Jenny Flick

Attending

BUFFALO STATE
The State University of New York

Majoring in

Early Childhood/Childhood Education
Celebrates

Megan Chamberlin

Attending

DAEMEN COLLEGE

Majoring in

Nursing

Class Of 2021
Celebrates

Minchae Kim

Majoring in

Neuroscience

Williamsville North High School
Celebrates

Ethan Macon

Attending

Colby-Sawyer College
inside · outside · planetwide

Majoring in

Exercise Science
Williamsville North High School

GO SPARTANS!

Celebrates

Joshua Baker

Attending

DAEMEN COLLEGE

Majoring in

Physical Therapy

Class Of 2021
Celebrates

Jenna Mulderig

Attending

Majoring in

Nursing
Celebrates

Meghan Bonetto

Attending

DUQUESNE UNIVERSITY

Majoring in

Pre-Physical Therapy
Celebrates

Benjamin Reynolds

Attending

Majoring in

Physical & Health Education
Teacher Education
Celebrates

Lily Mattson

Attending

Undecided
Celebrates

Jacob Wisnock

Attending

Binghamton University
State University of New York

Majoring in

Political science
Celebrates

Mary Snyder

Attending

Rensselaer

Majoring in

Biomedical Engineering
Celebrates

Michael Xenos

Attending

UB
University at Buffalo

Majoring in

Political Science/Pre-Law