Weekly Update 5/7
NORTH HIGH

May 7th, 2021

North High | 1595 Hopkins Road | Williamsville, NY 14221
To have that sense of one’s intrinsic worth...is potentially to have everything.

- **Joan Didion**

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About
The Medical Outreach Program is a club focused on providing students with opportunities to be engaged in the medical field.

Join us! Upcoming speaker meetings on Zoom!
MAY 15, 2021 1-2PM  Dr. John Crane - epidemiologist and infectious disease expert
MAY 29, 2021 4-5PM  Dr. Nadav Weinstock - UB med school graduate going into residency for pediatrics and medical genetics.

Google Classroom code: urab5rd
Remind: @medoutr
Website: sites.google.com/view/medoutreach/

Inwoo Shin (Lead Co-Founder/Admin), Caroline Brown (Communications), Adam Hakansson (Speaker Recruiter), Karen Huang (Speaker Recruiter)

Members: around 80 students from all grades, choose to attend meetings which are held once or twice a month
As the District vote approaches, the Williamsville PTSA Council will be hosting the 2021 Meet the Candidates Night on Wednesday, May 12, 2021 from 6:30 p.m. - 8:00 p.m. This event will be moderated by The League of Women Voters of Buffalo Niagara.

Below are the details on how to watch and how to submit your questions to candidates.

**Who:** Board of Education Candidates, Williamsville PTSA Council, and The League of Women Voters of Buffalo Niagara

**What:** 2021 Meet the Candidates Night

**When:** Wednesday, May 12, 2021 from 6:30 p.m. - 8:00 p.m.

**Where:** This event can be viewed on the District's YouTube Channel: [https://www.youtube.com/watch?v=2a2-FNlgGWg](https://www.youtube.com/watch?v=2a2-FNlgGWg)

**Submit Questions for Candidates:** [https://docs.google.com/forms/d/e/1FAIpQLSe8ArJcc4Qrznz0IN_Z8WFiLvrYimxE9KrWbe5NDQC8lH4R0kQ/viewform?vc=0&c=0&w=1&flr=0](https://docs.google.com/forms/d/e/1FAIpQLSe8ArJcc4Qrznz0IN_Z8WFiLvrYimxE9KrWbe5NDQC8lH4R0kQ/viewform?vc=0&c=0&w=1&flr=0)

As always, we invite you to view the [2021 District Vote](#) page on the District's website. It features the most up-to-date and accurate information regarding the 2021-2022 budget, how to request an absentee ballot, and Board of Education candidate information.

The annual budget vote will take place on Tuesday, May 18, 2021.
School nurses champion the whole student every day of the year. But, on National School Nurse Day, we take special time to celebrate and recognize the contributions that school nurses are making to the health and learning of our nation’s 50 million children.

Thanks to our amazing Nurse Mrs. Campanella & our amazing Health Aide Mrs. Utnik for all they do for us!
National Honor Society Officers and advisors at our ceremony held on April 29th
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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<tr>
<td>Mrs. Bushey</td>
<td>Amelia Nelson</td>
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<td>Mrs. Boucher</td>
<td>Brier Amerlinck</td>
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<tr>
<td>Ms. Cardinale</td>
<td>Maya Burgio</td>
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<td>Maryam Gilani</td>
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<td>Ms. Darrah</td>
<td>Fadhil Khaleel</td>
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<tr>
<td>Mrs. Dunlap</td>
<td>Hayden Radel</td>
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<td>Mrs. Goergen</td>
<td>Savannah Nayor</td>
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<td></td>
<td>Sarafina Turner</td>
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<td>Mrs. Kirk</td>
<td>Colin Maddigan</td>
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<td>Eunice Park</td>
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<td>Mrs. Kruszynski</td>
<td>Emily An</td>
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<td>Alyssa Baker</td>
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<td>Lily Baumann</td>
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<td>Kylee Colavecchia</td>
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<td>Colin Dawley</td>
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<td>Jade McLanahan</td>
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<td>Alex McMahon</td>
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<td>Tessa Miller</td>
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<td>Jason Pennella</td>
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<td>Jonah Weber</td>
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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.
**North PTSA**

**We need YOU!**

The following committee positions are open for the 2020-21 school year:
Dash’s Receipts Collection, 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.

**Join the PTSA Council BOE Candidate’s night on Wednesday, May 12 from 6:30 pm-8:00 pm**

Submit questions using the form found on the following link:
https://forms.gle/PoN4futwtsvFnAtz7

The event will be live streamed via the District YouTube channel. Information will be sent out by the District prior to May 12.

**Important web sites:**


Clearance Spirit Wear, PTSA memberships, and No-Fuss Fundraiser: [https://willnorth.memberhub.store/](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

@ptsanorth
SPARTAN SPIRIT WEAR SALE!
FIRST CHANCE FOR 2021-2022 SCHOOL YEAR!
Sale closes at midnight on May 9th!

ORDER ONLINE VIA THIS LINK
HTTPS://WNHS2021.ITEMORDER.COM

- You may have your order mailed to you or you can pick it up at Laux. All orders will be processed when the sale closes.
- We do not plan to have spirit wear items available to purchase at Freshman Orientation, so THIS is a great opportunity to purchase for the new school year!
- For specific questions about products, please contact Laux.

Questions about the sale? Please contact Michelle McKinstry at MLMcKinistry2015@gmail.com or 688-2561
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<th>DATE</th>
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<tbody>
<tr>
<td>Monday 5/10/2021</td>
<td>Varsity Boys Volleyball</td>
<td>@Clarence</td>
<td>6:00pm</td>
<td>5:00pm</td>
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<td>Monday 5/10/2021</td>
<td>Varsity Softball</td>
<td>v. Will South turf #1</td>
<td>4:30pm</td>
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<tr>
<td>Monday 5/10/2021</td>
<td>JV Softball</td>
<td>v. Will South dirt diam.</td>
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<tr>
<td>Monday 5/10/2021</td>
<td>Varsity Girls LAX</td>
<td>@Will South</td>
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<td>Monday 5/10/2021</td>
<td>JV Girls LAX</td>
<td>v. Will South</td>
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<td>Tuesday 5/11/2021</td>
<td>Varsity Boys Tennis</td>
<td>Sweet Home</td>
<td>3:30pm</td>
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<tr>
<td>Wednesday 5/12/2021</td>
<td>Varsity Softball</td>
<td>@Lancaster</td>
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<td>Wednesday 5/12/2021</td>
<td>JV Softball</td>
<td>@Lancaster</td>
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<td>Wednesday 5/12/2021</td>
<td>Varsity Boys Tennis</td>
<td>v. Frontier</td>
<td>3:30pm</td>
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<tr>
<td>Wednesday 5/12/2021</td>
<td>Varsity Girls LAX</td>
<td>@Niagara – Wheatfield</td>
<td>5:15pm</td>
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<td>Wednesday 5/12/2021</td>
<td>JV Girls LAX</td>
<td>@Niagara – Wheatfield</td>
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<td>JV Boys LAX</td>
<td>@Grand Island</td>
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<td>Thursday 5/13/2021</td>
<td>Varsity Baseball</td>
<td>@St. Francis</td>
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<td>Varsity Boys LAX</td>
<td>v. Iroquois</td>
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<td>Thursday 5/13/2021</td>
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<td>@Niagara-Wheatfield</td>
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<td>Friday 5/14/2021</td>
<td>Varsity Baseball</td>
<td>@Maryvale</td>
<td>5:15pm</td>
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<td>Friday 5/14/2021</td>
<td>Varsity Girls LAX</td>
<td>v. WSW turf #1</td>
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<td>Friday 5/14/2021</td>
<td>JV Girls LAX</td>
<td>v. WSW Turf #2</td>
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<td>Friday 5/14/2021</td>
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<td>Friday 5/14/2021</td>
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<td>Friday 5/14/2021</td>
<td>MOD Boys LAX</td>
<td>v. Will South Heim Middle</td>
<td>5:00pm</td>
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<tr>
<td>Saturday 5/15/2021</td>
<td>Varsity Baseball</td>
<td>v. Hamburg Baseball Field</td>
<td>11:00am</td>
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Social Emotional Strategy of the Week: Mental Health Awareness Month

May is Mental Health Awareness Month and is the perfect time to review ways to stay mentally and emotionally strong. Each Friday throughout the month of May, North students will be sending messages of hope and encouragement to their peers through weekly videos. These videos will convey the importance of caring for your own mental health and looking out for those people who are important to you. Students will be challenged to adopt new wellness practices and to reach out for help when they are facing mental health struggles. Here’s a sneak peek at the introduction to Mental Health Awareness Month that students will be viewing on Friday. We encourage you to have conversations with your teen about mental health and to prompt them to participate in the weekly challenges.

You know your teen better than anyone. Be on the lookout for signs that they might be struggling with mental health challenges and reach out to the school or a community based mental health provider if you are concerned. The article below provides an overview of warning signs to watch for and gives guidance on what to do if you’re worried.

https://www.mhanational.org/recognizing-warning-signs-and-how-cope
Williamsville SEPTSA is looking for current members to chair or participate in the board nominating committee for the 2021-2022 school year. Positions are available on the board for those interested in supporting Exceptional Education in the Williamsville School District.

Please respond to this email if you are interested in participating in either the nominating committee or joining the board next year.

Support and Networking

**FREE ONLINE EVENT:** Sunday May 16, 2021 6:30-7:30pm

Join us for an evening of virtual socialization and have the ability to ask questions of the Williamsville SEPTSA Executive Board Members

**Membership Meeting**

Thursday May 27, 2021 6:30-7pm

Join us as we discuss recent SEPTSA events and plan for the 2021-2022 school year.

Click [here](#) for the link to register to attend this virtual meeting.

Supporting Siblings of Children with Special Needs

**FREE ONLINE EVENT:** Thursday May 27, 2021, 7 pm - 8:45 pm

Join Kathy Doody, Ph.D. of Exceptional Education at Buffalo State College for an interactive session on the needs of siblings of children with special needs.

Click [here](#) for the link to register.

Become a Williamsville SEPTSA Member
Weekly Update
NORTH HIGH

UB Institute on Trauma and Trauma Institute of Care

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