Attempt easy tasks as if they were difficult, and difficult as if they were easy; in the one case that confidence may not fall asleep, in the other that it may not be dismayed. - Baltasar Gracian

The last day of regular classes for the year is June 10th. Starting Monday, June 13th we will have an exam schedule until June 23rd. Students only need to attend the dates & times they have a final exam those weeks. The exam schedule will be out quite soon along with transportation information.
CONGRATULATIONS TO OUR SENIORS WHO ARE BEING RECOGNIZED AT THIS YEAR’S SCHOLASTIC ACHIEVEMENT DINNER ON MAY 19, 2022

INWOO SHIN
- Scholastic Achievement Recognition
- Medical Outreach Program, Science Olympiad, NYSSMA Conference All-State Musician, National Chemistry Olympiad National Honor Society, Fusion, SIHAC, Mock Trial
- National Merit Scholarship Finalist, PEO STAR Scholarship Recipient, Harvard Prize Book Award
- Plans to study biological engineering and pre-medicine at Princeton University

ALEX FAULHABER
- Scholastic Achievement Recognition
- National Honor Society, MSDP, French Club
- Varsity Volleyball, All-WNY Scholar Athlete, ECIC Division 1 Second Team
- Plans to study business administration with concentration in marketing at University at Buffalo

YOLANDA WANG
- Scholastic Achievement Recognition
- National Honor Society, Science Honor Society, Chemistry Honor Society, Biology Honor Society, WNHS Model UN Co-President, Mock Trial attorney, Superintendent’s Inter-High Advisory Council Class Representative, Student Council Executive Board, French Club Secretary
- AP Scholar with Distinction, Coca-Cola Scholarship Semi-Finalist, President’s Volunteer Service Silver Award, Erie County Legislature Proclamation of Recognition for Volunteer Service, Amherst YES, Amherst Youth Consortium
- All-American Model UN International Travel Team, Chinese Youth Club of WNY President, University at Buffalo Gifted Math Program Ambassador, Science Olympiad Physical Science and Chemistry Chairperson, WNY Youth Climate Summit Advisory Council
- Plans to study Political Science and Computer Science at Yale University
We would like to congratulate the following seniors from Williamsville North High School, who attend the Harkness Program, for being inducted into the National Technical Honor Society. In order to qualify, these students had to maintain an 85 average at their home school and a 90 average in their Erie 1 BOCES career and technical education program. In addition, they were also required to submit letters of recommendation, undergo a format interview, and present a career portfolio before a NTHS screening committee. The induction ceremony is scheduled to take place at Amherst Central High School on May 19.

1. Ryan Clark
2. Thomas Cunningham
3. Hope Blankenburg
4. Colby Fiegl
5. Andrew Henry
6. Connor Henry
7. Thomas Hnat
8. Ella Hulse
9. Joseph Illos
10. Riley Johnson
11. Ethan Mouyeos
12. Jenna Princess
13. Lillian Richards
14. Susan Shams
15. Madison Solomon
NORTH DECA

Williamsville North DECA would like to congratulate the following five students who competed at this year’s International Career Development Conference. These students took part in events that included over 17,000 other DECA members, advisors, chaperones and judges. The conference was held in Atlanta, GA from April 23rd - 27th. The students did an outstanding job representing their school, and North DECA. Williamsville North DECA is very proud of their accomplishments. Those five students are:

Angela Seo - Integrated Marketing Campaign - Service

Christian Michalowski/Max Palmer/Cole Viscome - Independent Business Plan

Vallabh Baldwa - Business Growth

North DECA will now move to the planning phase for next year. Soon, next year’s officer candidates will be filling out applications and going through interviews for various positions. Once those officers have been selected, they will put together a program of work which will include next year’s DECA calendar. We will be setting dates for the installation dinner, study sessions for the Regional (TBD) and State (March 8-10, 2023) level of competitions, as well as our fundraiser. Our members will be working as hard as they can to make it to next year’s International Career Development Conference, which will be held in Orlando, FL from April 22nd - 26th. We can’t wait to see what they will accomplish next!
“Congratulations to North’s Symphony Orchestra and North’s Concert Orchestra for their performances in the New York State School Music Association’s Major Organization Festival, held at North last week. Both orchestras performed at an exceptional level, with Symphony Orchestra receiving a Gold with Distinction rating and Concert Orchestra receiving a Gold rating. Great job for representing North so professionally.”
The YMCA is launching a **free college planning informational series**. In partnership with Advantage College Planning, on the first Tuesday of each month we are offering an online monthly virtual meeting to answer questions about college planning. Each informational session begins at 7:00 pm and runs for approximately 45 minutes, and is free and open to the public.

- June 7: College Planning Simplified
- July 5: Finding the Right Fit
- August 2: Navigating College Admissions
- September 6: Affordability

More information can be found on the website ([https://www.ymcabn.org/planning-college](https://www.ymcabn.org/planning-college)).
### AP EXAM SCHEDULE 2022

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>EXAM</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, May 2</td>
<td>8:00 AM</td>
<td>US Government &amp; Politics</td>
<td>Gym</td>
</tr>
<tr>
<td></td>
<td>12:00 PM</td>
<td>Chemistry</td>
<td>Library</td>
</tr>
<tr>
<td>Tuesday, May 3</td>
<td>8:00 AM</td>
<td>Environmental Science</td>
<td>Gym</td>
</tr>
<tr>
<td></td>
<td>12:00 PM</td>
<td>Psychology</td>
<td>GYM</td>
</tr>
<tr>
<td>Wednesday, May 4</td>
<td>8:00 AM</td>
<td>English Literature</td>
<td>Library</td>
</tr>
<tr>
<td></td>
<td>12:00 PM</td>
<td>Computer Science A</td>
<td>Gym</td>
</tr>
<tr>
<td>Thursday, May 5</td>
<td>12:00 PM</td>
<td>Statistics</td>
<td>Gym</td>
</tr>
<tr>
<td>Friday, May 6</td>
<td>8:00 AM</td>
<td>US History</td>
<td>Gym</td>
</tr>
<tr>
<td>Monday, May 9</td>
<td>8:00 AM</td>
<td>Calculus AB</td>
<td>Gym</td>
</tr>
<tr>
<td></td>
<td>8:00 AM</td>
<td>Calculus BC</td>
<td>Gym</td>
</tr>
<tr>
<td></td>
<td>12:00 PM</td>
<td>Computer Science Principles</td>
<td>Library</td>
</tr>
<tr>
<td>Tuesday, May 10</td>
<td>8:00 AM</td>
<td>English Language</td>
<td>Gym</td>
</tr>
<tr>
<td>Wednesday, May 11</td>
<td>8:00 AM</td>
<td>Spanish Language</td>
<td>Guidance</td>
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<tr>
<td></td>
<td>12:00 PM</td>
<td>Biology</td>
<td>Gym</td>
</tr>
<tr>
<td>Thursday, May 12</td>
<td>8:00 AM</td>
<td>World History</td>
<td>Gym</td>
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<tr>
<td>Friday, May 13</td>
<td>8:00 AM</td>
<td>Music Theory</td>
<td>Library</td>
</tr>
<tr>
<td></td>
<td>12:00 PM</td>
<td>Physics</td>
<td>Gym</td>
</tr>
</tbody>
</table>
MEET THE CANDIDATES Night

Wednesday, May 11, 2022
7:00 p.m. – 9:00 p.m.

1A - Stuart Bulan      2A - Teresa Anne Leatherbarrow      3A - Matthew Riggi
4A - Christina Bleckinger      5A - Jessica Foscolo

Available on the District’s YouTube Channel:
https://www.youtube.com/watch?v=X70LisH62UM

To submit a question to candidates, please complete this Google form:
https://docs.google.com/forms/d/e/1FAIpQLSfSjZ5zmSJ6K1XC_EijUUMG4WGEcpx3LMHn0cLGuov2ipR7xg/viewform

Presented By: Williamsville PTSA Council
Moderated By: League of Women Voters of Buffalo Niagara
Spring has sprung, and with it, many new obligations and activities are emerging. A new sports season has begun, AP exams have started and final exams are just around the corner, not to mention the many end of year celebrations and activities that are filling up the calendar. When life feels hectic and chaotic (even if it’s filled with good things) we can feel overwhelmed, anxious and exhausted. Managing everything on our calendar can be difficult, but creating routines can help us make it through both work and play. Here are some ideas for integrating healthy routines into your schedule.

- **Determine your priorities**
  - What’s most important to you? What are you willing to give up if there’s simply not enough time?
  - Create a list of must-do’s for each day or week. Assign them a spot on your calendar and then use extra time for “should-do” or “could-do activities. Planning ahead this way ensures you won’t run out of time for the things that are most important to you and will help you determine how much time you’ll have left over.

- **Create a routine for recurring events**
  - Whenever possible, choose specific homework, exercise, or socializing times. Adding in a daily 15-30 minute study session can help you prepare for finals without the stress of having to cram at the last minute.
  - Write recurring tasks in your agenda, on a calendar or on a white board so you will remember to follow through. We often assume we’ll remember those tasks but when life gets crazy it’s easy to forget. When at least part of your day is scheduled, you’ll feel more in control of your life.

- **Maintain healthy eating and sleeping habits**
  - When we’re on the go, it can be easy to skip a meal or rely on snacks or fast foods that lack nutritional value. Stash healthy snacks (fruit, nuts, protein bars or shakes, etc.) in your locker, backpack or sports bag so you’re always prepared.
  - Stick to a set bedtime as much as possible even on the weekend - your body doesn’t care if it’s a Saturday or not! Turn off electronics 30 minutes before bed to give your mind a chance to wind down.

- **Don’t overschedule**
  - As tempting as it might be to say YES to everything, your body and brain need breaks. Set aside a time each day that is schedule free. Use that time to relax and unwind or to practice self care.
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!

<table>
<thead>
<tr>
<th>STAFF MEMBER:</th>
<th>STUDENT NOMINEE:</th>
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<tbody>
<tr>
<td>Mrs. Bajdas</td>
<td>Venera Kalinina</td>
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<tr>
<td>Mr. Buckle</td>
<td>Emma Danielson</td>
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<tr>
<td>Ms. Cardinale</td>
<td>Adam Hakansson</td>
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<td>Sherry Zhou</td>
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<td>Mrs. Dunlap</td>
<td>Masha Nelyubova</td>
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<tr>
<td>Mrs. Fitzpatrick</td>
<td>Joseph McLean</td>
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<td>Mrs. Gibbs and Mr. Thielke</td>
<td>Hadley Katzman</td>
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<td></td>
<td>Cataleena Mailloux</td>
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<td>Josh Stover</td>
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<td>Ms. Hitzges</td>
<td>Yugeun Park</td>
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<td>Mrs. Johnson</td>
<td>Gabriella Brown</td>
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<td>Corrinne Myers</td>
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<td></td>
<td>Reese Myers</td>
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<tr>
<td>Mr. Mistretta</td>
<td>Brandon Steffan</td>
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<tr>
<td>Ms. Nigam</td>
<td>Andrew Damiani</td>
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<td></td>
<td>Joshua Krais</td>
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<td></td>
<td>Keira McQuillan</td>
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<td></td>
<td>Darya O'Sullivan</td>
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<td></td>
<td>William Stevens</td>
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<tr>
<td>Mr. Rajczak</td>
<td>Davion Ferby</td>
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<tr>
<td>Mrs. Rautenstrauch</td>
<td>Katie Lamb</td>
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<tr>
<td></td>
<td>Aubrey Shocknesse</td>
</tr>
<tr>
<td>Ms. Rosa</td>
<td>Shawn Leonard</td>
</tr>
<tr>
<td>Mrs. Tringali</td>
<td>Mikhael Farah</td>
</tr>
<tr>
<td>Mrs. Tuttle</td>
<td>Lauren LaSalle</td>
</tr>
<tr>
<td>Ms. Walter</td>
<td>Addison Mayers</td>
</tr>
</tbody>
</table>
Congratulations to the following students for their induction into Williamsville North’s chapter of Delta Epsilon Phi National German Honor Society

- Kinleigh Alnutt
- Alonzo Ferrer
- Lucas Foster
- Jacob Place
- Samantha Ramos
- Katherine Ryan
- Patrick Schule
Below is a link to the support structures we have for students in Williamsville in addition to a video on the Learning Labs that have been developed at each high school this year.

Support Structures
The Spartan of the Year Award is an SDM initiative and will be given to a graduating senior who, as viewed by the staff of Williamsville North, exemplifies all of the following characteristics.

The Spartan of the Year:
- is respectful to peers, faculty, and staff.
- demonstrates a strong sense of responsibility with academics as well as sports, extracurricular activities, the arts, community service, etc.
- is intrinsically motivated and values academic achievement with integrity while supporting peers to also achieve their best academically.
- is resilient and has persevered through life’s challenges (academic, personal, etc.)
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.
ATTENTION SENIOR PARENTS

Join our Facebook page - 2022 Will North Senior Fan Club

We're officially in 2022 and getting closer to the end of year Senior activities. There are still senior class committees that have no chairs or could still use extra help. We are looking for a chair to organize collecting local business donations. This would entail sending letters and/or visiting local businesses and working to get $25 dollar gift cards donated. Great ideas are local pizza places, coffee shops, smoothie bars, gas, restaurants, convenience stores, etc. If you would be able to help with this committee or have a couple of friends that would like to do it together we could really use your help. The other committees we have, that could always use more help are:

"Super prize" donations

Senior and Guest registration

Decorations

Food and Beverage

Prize distribution

Fundraising

Also, if anyone is able to donate gift cards or items that the students would be excited about winning we would love your donations.

Other ways to help the senior class is to save your Dash's receipts and bring them to the main office and sign up on Amazon smile for Williamsville North HS and a % of all your purchases on Amazon will go to our PTSA.

Thank you and if you have any questions please contact Taunya Abaya (taunyaabaya@yahoo.com) or Andrea Weissenburg (ap1yz@aol.com)
SPECIAL DASH'S RECEIPT COLLECTION

to benefit
Spartan Class of 2022
celebration activities!

It's Easy!
Shop at any Dash's location. Collect your receipts.
Once you have a bunch, turn them in at North or to a North senior parent volunteer.
Label the envelope "Spartan Class of 2022"

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

Andrea Weissenburg
26 Shady Oaks Ct
East Amherst
716-553-6114

Taunya Abaya
480 Rambling Rd
East Amherst
716-535-9603
REMINDER

MASKS are OPTIONAL

However, if you test positive and return from isolation early, **MASKS ARE REQUIRED** to be worn on return to school days 6-10.

For more information visit: COVID-19 Education page www.williamsvillek12.org
Signs and Symptoms of COVID-19

- Fever (100°F or greater) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

REMEMBER: Any student, faculty, or staff member that exhibits signs and/or symptoms of COVID-19 must stay home regardless of vaccination status. At the onset of signs/symptoms do not report to the school building, immediately report signs/symptoms to your school of attendance so proper steps can be followed to return to school, and notify your direct supervisor. This also applies to any student, faculty, or staff member that receives a positive COVID-19 test result.
GOALS FOR 2021-2022

Mission Statement
We are a representative group of the Williamsville community who agree to convene in order to plan, problem-solve & set direction for the improvement of student achievement & character development at Williamsville North High School. We are committed to fostering a safe, respectful & nurturing learning climate that encourages students to achieve their fullest potential academically, emotionally, physically & creatively. Our purpose is to positively impact education & allow for the personal growth of all students at Williamsville North, so that they can become the leaders of tomorrow & shape the future.

Shared Decision Making (SDM Goals)
We continue to confront issues that are relevant and that could make a positive impact on our school community. We have some academic and social emotional learning goals, along with last year's goal dealing with school unity.

*Social Emotional Learning Goal: This is a continued goal from last year. We will be working toward encouraging teachers to do community circles in their classrooms to help with social / emotional issues. The pandemic is still a part of our community, and we need to help students who are struggling emotionally. Our plan is to speak at a faculty meeting, post community circle prompts, and follow up with teachers in the spring.

Academic and School Community Building/ Unity Goal #1: Spartan of the Year Endeavor. Since there is no class rank anymore, we would like to build a sense of community through nominating a Spartan who represents everything about North-leadership, teamwork, etc. This is a goal from last year as well, and it was pretty successful. We would like to continue this endeavor and focus on communication (with students, parents, teachers, etc.). This is an honored tradition, and our goal is to publicize and clarify this honor. This student will speak at graduation this year just like our recipient, Sarah Jiang, did last year.

Academic and School Community Building/ Unity Goal #2: Freshmen Connection: We are concerned that freshmen aren’t making enough connections with the school community. Working with the guidance department, support staff (cafeteria monitors), administration, and teachers, we will survey staff and students regarding: freshmen behavior, freshmen academic needs/ wants, freshmen supports, etc. Our goal is to compile resources for freshmen and also create a means of keeping them connected to school (i.e., via clubs, through Link Crew, etc.).

School Community Building/ Unity Goal: Spartan Event of the Week. This was a goal we started two years ago, and we are tackling this again. This year, we will publicize an event each week and encourage students and community members to participate in the event. Club advisors will sign up for a designed slot in the weekly newsletter and using a slide template, will publicize their club. We’ve been working closely with administration to highlight all school events.

Communication Goal: We will communicate with community members via the weekly newsletter (who we are, parent/ student feedback and input). Our goal is to better educate the public about SDM’s work/ goals. *Mrs. Doviak will be speaking at PTSA on 11/1 re: our goals, past goals/ successes, etc.
Congratulations to our student-athletes, coaches, parents & our athletic department on this great recognition!
Spartan Athletics Update

Game schedules are weather-dependent. Please refer to the link below for schedules that are updated daily.
[T9Dgrb4qqb3VUullZ_6xhwZqp2tJo/edit](T9Dgrb4qqb3VUullZ_6xhwZqp2tJo/edit)

Winter 2022 Section 6 Scholar-Athlete Winners!

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<thead>
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<tbody>
<tr>
<td>Zachary</td>
<td>Dellinger</td>
<td>Boys Wrestling</td>
<td>Williamsville North</td>
</tr>
<tr>
<td>Megan</td>
<td>Kelsch</td>
<td>Skiing</td>
<td>Williamsville North</td>
</tr>
<tr>
<td>Collin</td>
<td>Peer</td>
<td>Boys Ice Hockey</td>
<td>Williamsville North</td>
</tr>
<tr>
<td>Noah</td>
<td>Pohrte</td>
<td>Boys Basketball</td>
<td>Williamsville North</td>
</tr>
</tbody>
</table>
Please use the links below to get information on the district’s capital project.

VIDEO: https://www.youtube.com/watch?v=yjHe4_GyD10

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
Special Education PTSA
everychild.onevoice.

for exceptional students with special education or gifted programming needs

RSVP for our 2021-22 SEPTSA events here: bit.ly/SEPTSA21-22

**Williamsville Special Education PTSA Programs**

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

**Addressing Social-Emotional Needs in Students**
Thu Oct 28, 7pm - 8:45pm, Virtual event

**Technology for All & Assistive Technology for Students w/ Special Needs**
Thu Nov 18, 7pm - 8:45pm

**Regional SEPTSA Gathering,**
Thu Dec 9, Time & Location TBD

**Special Education: What’s it all about?**
Thu Jan 27, 7pm - 8:45pm

**Is my Child Gifted?**
Thu Feb 17, 7pm - 8:45pm

**What are the acronyms OT & PT?**
Thu Mar 24, 7pm - 8:45pm

Learn more about occupational & physical therapy.

**Inclusive Programming for Children w/ Autism Spectrum Disorders (ASD),**
Thu Apr 28, 7pm - 8:45pm
This seminar provides school personnel with practical & evidence-based intervention techniques to maximize the success of students with ASD within public education settings.
Presenter: The Summit Center.

**TBD, Thu May 26, 7pm - 8:45pm**

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**Support & Networking for WCSD Special Education & Gifted Services**
Meet others supporting exceptional education & bring your questions, ideas, or concerns.
Please RSVP to receive confirmed location and/or virtual link the day before.
With so much changing we are trying to be flexible.

- Sun Oct 10, 6:30 pm - 8 pm
- Sun Nov 7, 6:30 pm - 8 pm
- Sun Jan 9, 6:30 pm - 8 pm
- Sun Feb 13, 6:30 pm - 8 pm
- Sun Mar 13, 6:30 pm - 8 pm
- Sun Apr 10, 6:30 pm - 8 pm
- Sun May 8, 6:30 pm - 8 pm
- Sun Jun 12, 6:30 pm - 8 pm

**Membership Meetings**
Become a member:
wseptsa.memberhub.com/store
Support exceptional education (prior to our programs) at 6:15pm on
Nov 18, Jan 27, Mar 24 & May 26

**Connect With Us:**
www.williamsvilleseptsa.org
williamsvilleseptsa@gmail.com
facebook.com/WSEPTSA
twitter.com/WSeptsa
The Snack Shack Needs YOU!

Please volunteer for a shift during the month of May
The Snack Shack proceeds go toward supporting Senior events and all student programming.
Please sign up at
https://www.signupgenius.com/go/20f084eada722a6fc1-maysnack

Support the Spartan Class of 2022!

Collect your Dash’s receipts and support our students!
Send all Dash’s receipts in to WNHS and label “Spartan Class of 2022”.

Dash’s donates $2.50 for every $100 spent!

Shop Amazon Smile and support our North students!
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!

Follow us on Social Media
@ WillNorth PTSA
willnorthptsa
@ptsa_north

Join WNHS PTSA
~Support North students, events and be eligible for sponsored scholarship~
$10 adults and $7 students
Join online today at
https://willnorth.memberhub.com/store