



PTSA Newsletter

West Springfield HS

January 2021

In this edition:

Rice & Spice Fundraiser, Talk with a School Board Member **LIVE**, Connecting in the Virtual World student-counselor panel event summary, Resources to help students connect,

How to Volunteer and become a member, and More!

To receive the PTSA newsletter in the future, please go to News You Choose and select to receive WSHS PTSA communications! Additional details at the end of the newsletter.

UPCOMING EVENTS!

PTSA Membership Meeting

January 12th 7:30 pm

Guest Speaker: Laura Jane Cohen, School Board Member

Register to receive Zoom link at:

<https://us02web.zoom.us/meeting/register/tZEquioqzggGdVcGT3DVE1KO0TSuQ-z8YNN>

&

January 14th 6:00 pm

Rice and Spice Restaurant Night (details below)

Help us raise funds for a fun student social event!

Staying Connected in a Virtual World

Candid Feedback from Students: What's Really Going On???

Students are feeling disconnected from their peers. On Tuesday, December 15th, the PTSA kicked off our first meeting with an online community event. Students, faculty and parents participated in a live, interactive panel discussion. This panel included:

Freshman - Sarah Ewell **Sophomore** - Alex Pineda

Junior - Bez Zike **Senior** - Jillian Fortney

Spartan Counselors - Deonte Young and Elizabeth Wahl shared valuable resources for students and families.

Meredith Wolrich - licensed therapist and FCPS parent, offered strategies for coping with feelings of isolation.

The focus of the evening was to hear first-hand from students as they shared struggles and successes while navigating the current 'virtual life' we are all experiencing. Sophomore Alex Pineda said he was grateful for the afterschool club Dungeons and Dragons because that was his way to connect with friends. One constant struggle expressed by both students and parents (via the live chat) was the use of cameras during classes. The consensus was that leaving cameras turned off added to feeling disconnected from peers and teachers. This was especially true for Freshman and the many students new to WSHS. The students did an outstanding job candidly sharing their experiences. The virtual event was moderated by Sara Rodriguez Golden, the Community Education Chair for this year's PTSA.



What can parents do to help our students?

Encourage them to **TURN ON THEIR CAMERAS**

Did you know that counselors report that if only 3-4 students turn on their cameras, the majority of the class also turns theirs on?

Urge them to **JOIN A WSHS CLUB**

Info on the Student Life Activities Page: <https://westspringfieldhs.fcps.edu>

New to WSHS? Connect with Student Ambassadors -- Ms. Biever - jmbiever@fcps.edu

Student still struggling?

Reach out to your student's counselor

Follow WSHS Counselors on Instagram and Twitter @WSHS_Counselors

Connect with 'Sources of Strength' -- Ms. Abrigo - rpabrigo@fcps.edu



Bringing the food to you!

January 14, 6:00 – 6:15 pm, Door 1

Orders must be placed by 12 Noon for delivery to the school! Order [Online](#) or by Phone

Please mention WSHS when placing your order and if you wish for it to be dropped off at the school.

15% of all proceeds will go to support a fun social event for our students!

Procedure for Pick Up:

- **Pick up at WSHS from 6:00 – 6:15 pm by Door 1 (main entrance by Tuttle Road)**
- **Please enter and exit school grounds via the entrance by the baseball field/Tuttle Road. Look for signs in the parking lot.**
- **Drive-thru line will be used to pick up food**
- **Masks must be worn for food pick up**
- **Please print the name you used to order your food on a large piece of paper to show us when you drive up**
- **A PTSA volunteer will verify your information and hand you your order.**

Back in Action – We Need YOU!



WSHS has elected PTSA officers, and formed the committees below:

PTA Executive Board:

Richard Ewell, President
Tricia Martin, First Vice President
Maggie Ewell, Second Vice President
April Duncan, Secretary
Kristina Swatek, Treasurer

Committee Chairs

Tegest Tesfaye, Communications
Sara Rodriguez-Golden, Community Education,
Jenna Barron, Fundraising,
Joanna Ciccarello, Hospitality
Karen Nordai, Membership,
Kris-Andra Houchins, Recognition & Awards
Stephanie Luddington, Volunteers
Theresa Walker, Special Education
Open – Grounds
Open – Diversity

Volunteers Needed!

The WSHS PTSA is an all-volunteer organization. Whether you have the time and energy to chair a committee or just assist on a particular project, we need volunteers to make this year's activities a success!

Volunteers can: assist with fundraisers or student events, teacher hospitality, translating, the PTSA newsletter, or other administrative assistance.

Open Committee Chair Positions include: Diversity Chair and Grounds Chair (to help clean and beautiful school grounds and courtyards).

Click [here](#) to Register and Sign-up to Volunteer today!

Email volunteer@wshsptas.net for any questions.

Why join the PTSA?

The West Springfield High School (WSHS) Parent Teacher Student Association (PTSA) is an active organization with the primary purpose of advocating for our students and providing support to faculty and parents. Currently, twelve committees touch on all aspects of student life at WSHS and support the teachers and administration's goal of providing the best education possible.



We are facing never before seen challenges and we need your support more than ever. Last year the PTSA was dormant. We are back now, and we ask you to join our rebuilding effort and make WSHS stronger!

Be a Role Model: By becoming a PTA member, you'll be demonstrating to your child, other teachers, and other students the importance you place on the education and community at WSHS.

Help Improve our School: Your membership helps the WSHS PTSA serve as a voice for parents, students, and teachers, increase communication, and provide opportunities to enhance the school experience at WSHS.

A portion of your dues goes directly to our PTSA activities. As a member, you get a say in what the PTSA does, and the dues help the WSHS PTSA to bring back programs that have enriched our school in the past:

- Educational events for parents and students
- Social events to build community
- Mini Grants for WSHS Faculty

- "Above and Beyond" awards recognizing contributions by teachers, staff, and students
- Student Scholarships for Success
- Staff and Teacher Appreciation
- Teacher of the Year Awards
- Baccalaureate celebration seniors
- Improvement of school grounds

Membership Costs

Parent and One Student: \$10

Family (Entire Family): \$20

WSHS Teacher/Staff: \$6

Click [Here](#) to Join the PTSA:

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- Check the WSHS PTSA box!

www.wshsptsa.net

Email: Wshsptsa@gmail.com

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