

# WHS PTSO PRESS

February 11, 2019

[Click here to visit the WHS PTSO web page.](#)



## SCHOOL NEWS

### **NEW** "A DAY WITHOUT" FUNDRAISER Thursday, February 14



This Valentine's Day, spread the love and be a part of "A Day Without," sponsored by the WHS Community Service Club. Students and staff are asked to take a dollar or two that they might have spent on snacks or Starbucks and donate it to the Helping Hands Fund instead. The Fund supports WHS families in times of crisis and extraordinary need. Donations will be collected outside the cafeterias

and during homeroom. Thom Hornish, a former WHS social studies teacher, started "A Day Without" 12 years ago. Thom's goal was to see everyone in the school contribute at least \$1.

Contact: Zorana Culjak ([zculjak@westfieldnj12.org](mailto:zculjak@westfieldnj12.org)), Greg Bowers ([gbowers@westfieldnj12.org](mailto:gbowers@westfieldnj12.org))

### **NEW** CARING CONTACT TRAINING WORKSHOP Friday, February 22, 6:45-9 p.m. WHS Library

Caring Contact, a volunteer-staffed caring and crisis hotline, will provide suicide awareness and intervention skills training for WHS students. The two-hour [Be the One to Ask](#) training is free and for WHS students only.

Contact (to register): Susan Kolesar, ([skolesar@westfieldnj12.org](mailto:skolesar@westfieldnj12.org))



### SAT BOOTCAMP

SATURDAY, FEBRUARY 23 & SUNDAY, FEBRUARY 24, 9 A.M.-1 P.M.



The PTSO has partnered with Catalyst Prep to offer an SAT prep course at WHS. The cost for the two-day class is \$195. [Click here](#) to learn more and register.

Contact: [www.CatalystPrep.com](http://www.CatalystPrep.com), [info@CatalystPrep.com](mailto:info@CatalystPrep.com), 800-235-0056

### SUPPORT THE GIRLS ICE HOCKEY TEAM

The WHS girls ice hockey team is selling pompom hats for \$25, baseball hats for \$20, scarves for \$25 and credit card holders for \$5.

Contact (to purchase): [carriesumas@verizon.net](mailto:carriesumas@verizon.net)



## UPCOMING EVENTS

FEBRUARY 12

► Report Cards Issued

FEBRUARY 14

► ["A Day Without" Fundraiser](#)

FEBRUARY 15-18

► **SCHOOL CLOSED** – Presidents' Weekend

FEBRUARY 22

► [Caring Contact Workshop](#) – 6:45-9 p.m. WHS Library

FEBRUARY 23 & 24

► [SAT Bootcamp](#) – 9 a.m. -12 p.m.

## PTSO NOTES

**Mental Wellness Resources** – The WHS PTSO supports mental-health awareness and has created an easy-access [page of resources and free hotlines](#) for teens and parents coping with loss or struggling with anxiety, stress or depression.

## WHS SPORTS SCHEDULE

The PTSO is highlighting a few sporting events in each newsletter. Please support our WHS athletes.

**Wednesday, February 13**

► Basketball: Girls Varsity UCIAC First Round vs. Arthur Johnson, Hillside – 5:30 p.m., WHS

[Click here](#) for the complete and most up-to-date schedule of games, matches, scrimmages and other sporting events. You can also sign up to receive text alerts, and there is a mobile app available for download.

## SENIOR NEWS



For the latest senior class information, you can always check out the [Senior Tab](#) on the WHS PTO web page.

**Senior BASH: Friday, June 21**– Plans are underway for an exciting, all-night post-graduation BASH for the WHS senior class. A [BASH form](#) was recently sent to senior parents who have not already made payment and completed the BASH form. The BASH provides a fun, safe, alcohol and substance-free environment for the members of the Class of 2019 to celebrate their high school graduation with friends and classmates one last time.

## AROUND THE DISTRICT

- **NEW** The **Westfield Debate Team** in partnership with the Westfield Public Schools, the Westfield Area YMCA and the PTC, will be holding a debate tournament on February 22, 3:30-7:30 p.m., at Edison Intermediate. The debate topic is "Resolved: Humans are Primarily Driven by Free Will," and is open to all middle and high school students. Service hours will be given for participation and survey completion at the end. [Registration](#) closes on February 19.  
Contact: [westfielddebateteam@gmail.com](mailto:westfielddebateteam@gmail.com)
- Lisa Bleich and Beth Cassie from **College Bound Mentor** present *The College Tour...Where to Go and What to do When You Get There* on February 28 at 7 p.m., WHS Cafeteria B. Sponsored by the PTC-Gifted Ed Committee, the discussion will help parents and students identify key areas to focus on when deciding which colleges to visit and provide tips on planning trips effectively. Click [here](#) for more information.
- **NEW** The **Westfield Public School District** has created a series of short TED-style talks to explain Social and Emotional Learning (SEL) and each of its five core competencies, with examples of how they are being used in our district and the research that tells us why they work. The first video is an [introductory overview](#) by Superintendent Dr. Margaret Dolan, which will be followed for the next five weeks by a new TED-style talk focusing on each of the five competencies.
- **NEW** The **Westfield Parent Teacher Council** (PTC) thanks those families who have generously supported the 2019 PTC Scholarship Fund and invites those who have not yet contributed to do so by making a donation payable to "Westfield PTC Scholarship" and mailing it by March 1 to the [Westfield PTC](#).

## IN THE COMMUNITY

- **NEW** The **Here 2 Help Mental Health Coalition** will hold its second library forum on February 20, 6:30-7:45 p.m. at the Scotch Plains Public Library. Entitled "Talking to your Teen about Stress: How Parents can Restore Calm," this presentation will help parents learn how to spot the signs of stress and anxiety, how to help their adolescents and when to seek professional help. The library presentation is free. [Pre-registration](#) is preferred.
- **NEW** The **Historic Preservation Commission** kicks off its [2019 Speaker Series](#) with a presentation by local architect Greg Blasi about valuable design and construction tips for homeowners on February 21, at 7 p.m. in the Westfield Municipal Building's Community Room. Residents who are considering an addition or renovation project or are interested in the architectural process are encouraged to attend.  
Contact: [HPC@westfieldnj.gov](mailto:HPC@westfieldnj.gov)
- **NEW** **Caring Contact**, an award-winning, volunteer-staffed caring and crisis hotline and listening community is looking for *Caring and Crisis Hotline Listeners*. Volunteers will receive 52 hours of comprehensive training in active listening, mental health first aid and Applied Suicide Intervention Skills Training. The next volunteer training will be Tuesdays 9:30 a.m.-12:30 p.m., March 12-June 18, Temple Beth Or, Clark. [Click here](#) to register to be a volunteer listener.

- **NEW WAYVE (Westfield Area Youth Volunteer Experience)** is looking for 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> grade students to be on its [Teen Foundation Board](#). Students will learn about and participate in the grant request and award process. Meetings will be March 11, April 29, May 6, 13, and 20. There will be a fundraising event the week of March 25.
- **NEW** The **Westfield Recreation Department** invites candidates over the age of 16 to apply [for summer 2019 counselor positions in its Playground Program](#). The Recreation Department also offers a Counselor-in-Training (CIT) Program for high school students under the age of 16. The department is currently hiring lifeguards for the 2019 season at Memorial Pool as well.  
*Contact (for counselor programs): Lauren Harmer (908-789-4080, ext 4088, [lharmer@westfieldnj.gov](mailto:lharmer@westfieldnj.gov))*  
*Contact (for lifeguards): (908-789-4080, [hre@westfieldnj.gov](mailto:hre@westfieldnj.gov))*
- **Angela Panikiewsky**, a Westfield High School sophomore, is a team member of the Westfield Warriors for the 2019 Students of the Year program, a seven-week initiative in which select high school students from around the country participate in a fundraising competition to benefit The Leukemia & Lymphoma Society. Angela and her team are raising critical dollars in honor of a young patient hero who is currently battling or is in remission from a blood cancer and to bring attention to blood cancers like leukemia, which is the most common form of cancer in children and teens. The candidate team that raises the most money at the end of the seven weeks is named Student of the Year. To read more about Angela's story or to make a donation, [click here](#).

## ABOUT WHS PTSO PRESS

**Editor:** Val Catanzaro

**Next editor:** Sherin Gobran

**E-mail deadline for the Tuesday, February 19 issue of WHS PTSO Press:** Friday, February 15, at 12 noon.

[Click here to view the Article Submission Guidelines](#). Please ensure that your submissions adhere to the guidelines.