



Westbrook High School

Family Update Letter

March 6, 2023

Important Upcoming Dates

MARCH

- 15 Quarter 3 Progress Reports, grades close
- 16 Last day to sign up for Spring Sports
Staff/student Basketball game, 6pm
- 17 District Professional Development Day, no school for students
- 20 Pitchers/Catchers report (baseball/softball)
- 27 First day of practice, all Spring Sports

APRIL

- 14 Last day of Quarter 3
- 17-21 April Vacation, no school

JUNE

- 10 Graduation

Dear WHS families,

Jeepers creepers, third quarter is already flying by! Last week we put out a reminder about graduation, which means the seniors are getting close to that proverbial finish line. Spring Sports are on the horizon, Family/School Conferences are coming up (mid-April), and the days are starting to get longer and warmer. We are gearing up for a stellar spring at the home of the Blazes!

Congrats to Winter Guard!

In big music department news, the WHS Winter Guard won a **Gold Medal!** in this past weekend's NESBA Invitational. This happened mere weeks after their promotion to Class AA, the most competitive level in New England (see below for the press release). If you see any Winter Guardians out in the community, give them a well deserved high five. They are the best in all the land!

****WHS Winter Ensemble Press Release:**

It is with great pleasure and pride that we announce the promotion of our WINTER PERCUSSION ENSEMBLE at Westbrook High School from Percussion Scholastic A to Percussion Scholastic AA - kind of like from chorus to chamber singers. It is very exciting that they have been recognized for the growth of the program and for NESBA to reward them with this opportunity.

They will now compete with some of the top schools in MA. Shepherd Hill, Oakmont, Dover, and Blackstone Millville are all perennial power houses in the percussion world. It will be a tough road but they are ready for the challenge, and competing against the best can only make them even better. :)

Spring Sports & Activities

Any students interested in signing up for a Spring Sport should do so by Thursday, March 16. Spring sports at WHS include:

- ~Baseball
- ~Softball
- ~Girls/Boys Outdoor Track
- ~Girls Tennis
- ~Boys Tennis
- ~Girls Lacrosse
- ~Boys Lacrosse

Physicals: Sports physicals are required to participate. Physicals for athletic purposes are good for two years. Students who participated in a fall or winter sport might already have a current physical on file. Please check with WHS Athletics if you are unsure.

*Sports physicals can be done at the Greater Portland Health Clinic during school. To have your child enrolled, please have them stop by the nurse's office for paperwork or contact Nurse Emily for more details.

Emily E. Mazurak RN, BSN, CCRN, MPH
School Nurse
Westbrook High School
125 Stroudwater St.
Westbrook Maine 04092
Phone: 854-0810, option #5
Fax: 854-0812

Preseason: Spring Preseason begins March 27, 2023 for all teams. Preseason schedules remain TBD.

Impact Testing: Any 9th graders doing a sport for the first time this year will be required to see Athletic Trainer Antonio Romano for baseline concussion screening.

The Paperwork: Please visit the [WHS Athletics website](#) and review the following:

- ~Form B Code of Expectations
- ~Form C Player/Parent Communication
- ~Form D Concussion Information
- ~Form E Vaping and e-cigarettes

Sign-up Link: All interested athletes must sign up electronically using this link: [Form A](#). Students who signed up for a fall/winter sport do NOT need to sign up again. By completing the online sign-up, the student-athlete and parent/guardian agree to the athletic/academic policies and attest that they have reviewed forms B, C, D and E.

Please reach out to Ms. Shackley in the Athletics with any questions (shackleyj@westbrookschoools.org).

Eligibility for Athletics & Activities

Students need to be passing 5 classes to be eligible for participation. If ineligible, they have 2 weeks to bring their grades up to passing. While ineligible, students can still practice, but they may not participate in competitions or performances until grades are back up to passing. If, after the 2 week grace period, they are still failing, they will no longer be allowed to participate in the extracurricular.

***Spring Eligibility will be based on Quarter 3 Progress Report Grades, which are finalized March 15.

Info Nights – Don't Miss Out!

Is college in your student's future? Could you benefit from some help planning for life after WHS? Are you looking for an exciting night out? If you answered "Yes!" to any of those questions, look no further. We are hosting two financial aid and post-secondary planning events, one on Wednesday, March 15, at 6pm in

WHS Room 114 (Interpreters available), and the second one on Thursday, March 23, at 6pm in the WHS Library. Come see what all the buzz is about!

MTA Survey

The Maine Tourism Association wants to better understand the needs of Maine's current and future work force. They want to hear from parents to inform the creation of programming and course offerings that will ultimately help prepare students for careers in the Maine hospitality industry.

Please take a minute and complete this survey: <https://forms.gle/QgDVqtKkGderMMA29>



Blazes Playoffs Run

The WHS basketball season came to an end over February break for both the girls and boys teams, but not before some noteworthy efforts in the playoffs. The girls team battled the Brunswick Dragons in a hard fought contest, but our girls came up short against the number one seed and tournament favorite. On the boys side, we also were eliminated by the number one seed (Falmouth), this time in the regional semi-final round. That was after a superb performance the previous Saturday, when your Blazes toppled Greely with a final score of 72-31. Congratulations to both basketball teams, as well as to all of our winter athletes on an outstanding season!

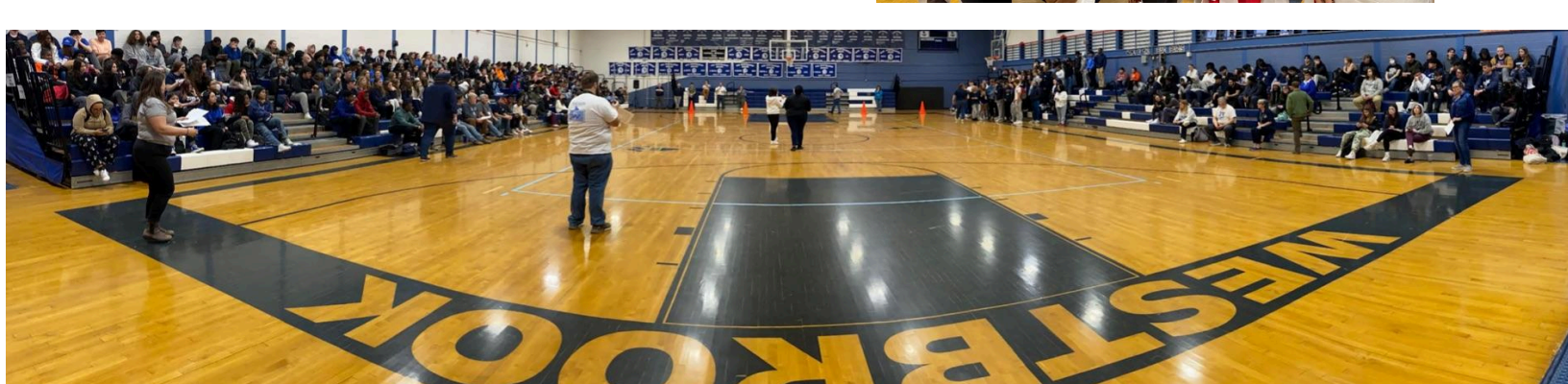
In case you missed it... Jan/Feb Senior Newsletter

Anyone who needs help with planning and preparation for college or other life beyond WHS, reach out to Ms. Sturgis, our amazing Aspirations Coordinator. She routinely puts out a senior newsletter with info and resources for seniors, as they plan for the next steps.

Here is the latest: [Jan/Feb Senior Newsletter](#)

WHS February Pep Rally

We capped off the week before February break with some much needed fun. For the last hour of the day, staff and students gathered in the gym to cut it loose. The games were great, and the school spirit was palpable! There were several notable moments — balloon popping hysteria, dizzy relays, and pies, to name a few. Check out the fashion models to the right. Students dressed Ms. Lally, Mr. Ruthman, Ms. Ryan, and Mr. Taylor in toilet paper and accessories. So much fun!



The School Based Health Center at Westbrook High

Greater Portland Health runs a School Based Health Center (SBHC) at Westbrook High School. The School Based Health Centers (SBHC) allows for easy access and scheduling for healthcare & saves time for student and parents/guardians.

We welcome ALL students to enroll in the School Based Health Center, even if they have a primary care provider elsewhere. We coordinate care with Primary Care Providers while providing easy to access services within school.

Services Offered in the School Based Health Center:

1. **Medical Services** – Sports Physicals, Treatment of Minor illnesses, Management of Chronic conditions, Routine vaccines, Covid vaccines, TB Testing, and Family Planning services

Schedule: Monday, Wed, Thurs mornings- Gita Rao, MD & Lucy Amory, MD (Greater Portland Health & Maine Medical Partners Doctors)

2. **Behavioral Healthcare** – Support for Mental Health Concerns, Counseling services by Erika Avery, LCSW

Schedule: Monday, Wednesday, Fridays - Erika Avery, LCSW

3. **Preventative Dental Visits** – Preventative dental care at WHS provided by a registered dental hygienist. Includes screenings, cleanings, fluoride, and sealants. Following initial visit, Dentist appointments can be made at our Portland High School Clinic where we offer comprehensive dental care.

Schedule: Every other Thursday

TO SIGN UP for Medical, Behavioral Health, or Dental Services:

1. To Sign Up, a Parent or Guardian should sign the SBHC Enrollment Forms for Medical and/or Dental.
 - Medical Enrollment Forms will be sent home with students this week! Signing the medical form allows the student to use the SBHC for medical care should a need arise in school. Both parents and students can request appointments
 - Dental Enrollment forms were already sent home; more are available in the School Nurse's office or School Based Health Center. If you sign the dental form, the student will receive a dental hygiene visit in school.
2. Return Forms- Students return forms to their ACE block teacher.
3. Ask for An Appointment- Students or Parents can ask for an appointment by contacting the WHS School Nurse, walking into the Westbrook School Based Health Center, or calling Greater Portland Health at 207-874-2141 option 7.
4. Permission for Vaccines- Vaccines require additional parent/guardian permission. For students or parents requesting vaccines, we will discuss the specific vaccine with parent/guardian or send home additional information for parent/guardian signature. We have all Routine vaccines, Flu Vaccine, and Covid vaccines and boosters available.

*All students must have an enrollment signed by a parent/guardian (if less than 18 years old) in order to be seen in the clinic by a medical provider, dental provider, or behavioral health provider. Students age 18 or older can sign their own enrollment forms.

Please Call Greater Portland Health at 207-874-2141, option 7 for more information about our School Based Health Services.

Seniors and Senior Families:

If you are applying to college this year you should also apply for Federal financial aid. The Free Application for Federal Financial Aid (FAFSA) and the CSS Profile are available now for the 2023-24 school year. Check the college websites for their deadlines and make sure you apply before the school's deadline.

STEP 1: Obtain your FSA ID

Your FSA ID is your user name and password. The student and at least **one** parent must have a FSA ID.

[Here is the website to obtain your FSA ID:](#)

A form to help you keep track of your FSA Id is [HERE](#).

STEP 2: File your FAFSA for the 2023-2024 school year

Applying to a private college or university?

Some private colleges and universities require an additional financial aid application called the CSS Profile. Check the college website to see if they require a CSS Profile. If your private college or university requires one you can access the form here: <https://cssprofile.collegeboard.org/>

Scholarships:

Interested in applying for outside scholarships? See [THIS DOCUMENT](#) for help in finding sources of scholarships.

Want more information or need help completing the FAFSA?

Westbrook High School is here to help you with learning more about financial aid and with completing the FAFSA. If you would like an appointment please contact Nicole Sturgis, Aspirations Counselor at 207-854-0810 ext. 2058 or via email at sturgisn@westbrookschoos.org. Bring your student and laptop, 2021 tax return and W-2s.



Daily Start Time

Just a reminder about school start time. Period 1 begins at 7:50am daily. Breakfast is at 7:30am. The doors open at 7:15am. Please do not drop your child off prior to 7:15, as the building will be closed and students will need to remain outside. This can be a major issue in cold and inclement weather for obvious reasons. We do not want our students to begin their school day with wet clothes or shivering bones.

Drop Off & Pick Up

Students should be dropped off and picked up in the faculty parking lot. Signage clearly indicates traffic flow. Our buses are on double runs, meaning they need to drop students at WHS and then head out to other district schools. The process needs to be efficient, so it is key that cars do not enter the bus loop between 7:00am – 7:30am, and 2:15pm – 2:30pm. Cars in the loop gum up the works and are quite frustrating to our incredibly dedicated team of bus drivers.

WHS Program of Studies

Here are all of the course offerings at WHS for the 2022/2023 school year:
<https://sites.google.com/westbrookschoools.org/programofstudies22-23/home>

School Meals Reminder

All student meals will continue to be at no charge, but this year we are using our *Point of Sale* system and students will need to know their lunch numbers. To help facilitate this we have printed stickers that students should have received in ACE. Encourage your student to place the sticker inside a notebook or other secure location to help them remember their lunch number. We are also requesting the meals application to be completed since it determines the district's funding level for the State of Maine subsidy for education. The application has gone home in a mailing with all other back to school forms. Bon appetit!

Grading at WHS

During the first few days of school, students will be reminded of our grading and reporting practices. As we begin the 22/23 school year, here is the breakdown of grading...

- Passing – earning a grade of 70 or better (credit is awarded)
- Summer School Eligible – earning a grade of 60-69 (credit can be recovered)
- Repeat the Course – earning a grade of 0-59 (credit can not be recovered)

WHS Co-Principal Class Assignments

Our three Co-Principals split up the grade levels, so that each class has its own “go-to.” If you need to contact the Co-Principal of your student’s class year, here is the breakdown:

9th Grade	- Jeff Guerette/Patrick Colgan
10th Grade	- Patrick Colgan
11th Grade	- Jeff Guerette
12th Grade	- Wendy Harvey

Please reach out if you have questions or concerns. Feel free to contact us directly regarding any individual supports your student may need.

Thank you!

The WHS Co-Principals

Wendy Harvey: harveyw@westbrookschoools.org

Jeff Guerette: guerettej@westbrookschoools.org

Patrick Colgan: colganp@westbrookschoools.org



WESTBROOK HIGH SCHOOL

125 Stroudwater Street
Westbrook, Maine 04092

Phone: (207) 854-0810

Fax: (207) 854-0812

Patrick Colgan, Co-Principal
Jeffrey Guerette, Co-Principal

Wendy Harvey, Co-Principal
Blair Marelli, Athletic/Activities Director

Language Services

The Westbrook School Department provides interpreter services. If you would like to request an interpreter for a meeting or you require translation for reading a school form, please contact Westbrook High School at (207) 854-0810. When you hear the automated recording, please select option #3 for the principal's office. After you are connected, please say the requested language and provide your name and telephone number. A staff person will return your call with an interpreter.

تقدم مدارس وستبروك خدمة الترجمة إذا اردة طلب مترجم لاجتماع او انت تحتاج الى ترجمة كتابية الى الوثائق المدرسية. رجاء اتصل بمدارس وستبروك الثانوية على الرقم (2078540810). عندما تسمع التسجيل الصوتي, رجاء اختر الاختيار رقم ثلاثة للاتصال بمدراء المدرسة. بعد الاتصال رجاء اختر اللغة المطلوبة للترجمة وسجل اسمك ورقم هاتفك للاتصال بك. سوف يتصل بك أحد الموظفين للحصول على مترجم.

Cantonese: 威斯布魯克學校區 (Westbrook School Department) 可提供翻譯服務。如果您需要會議 翻譯或閱讀學校表格時需要翻譯, 請致電 (207) 854-0810 與威斯布魯克高中 (Westbrook High School) 聯繫。當您聽到自動答錄音時, 請選擇選項3, 以接入校長辦公室。接通後, 請說出所需要 的語言, 並提供您的姓名和電話號碼。隨後, 工作人員會給您回撥, 並提供翻譯

French: Le département scolaire de Westbrook fournit des services d'interprétation. Si vous avez besoin d'un interprète pour une réunion ou d'une traduction pour lire un formulaire scolaire, veuillez communiquer avec l'école secondaire de Westbrook au (207) 854-0810. Lorsque vous entendez l'enregistrement automatique, veuillez sélectionner l'option numéro 3 pour le bureau du directeur. Une fois connecté, veuillez indiquer la langue souhaitée et fournir votre nom et votre numéro de téléphone. Un membre du personnel retournera votre appel avec un interprète.

Khmer: យក ន Westbrook ផ លជនេស បកែ ប ល ត។

បសនេបអ កចងេស សអ កបកែ ប ល តស ប រ បជ ប្អូអ ក ត រ រ បកែ បស ប នទ មងៃបបបទ រៀន សម កទង មធ មសក ទតយភម Westbrook មរយ:លេខ (207) 854-0810។ ពេលែដលអ កញ្ចសេឡងថតេ យស យ បត សមេ ជស ដេ មសេលេខ 3 ស ប រ លយ របស យក ។ ប បអ ក ន បៃខ ទសព រចេហយ សមន យ ដៃលេស ស ហេយជ លេ : នងលេខទសព របសអ ក។ បត លក កនង ទសព អេ កវ ញ មយអ កបកែ ប ល ត។

Kinyarwanda: Ishami ry'Ishuri rya Westbrook ritanga serivisi z'abasemuzi. Niba wifuza kwaka umusemuzi mu nama cyangwa ukaba ukeneye gusemurirwa ifishi y'ishuri, bimenyeshe Westbrook High School kuri (207)

854-0810. Niwumva ikjwi ryafashwe ryisubiramo, kora ku mahitamo #3 for ty'ibiro bikuru. Nyuma yo kwihuza, vuga ururimi ushaka hanyuma uvuge ururimi wasabye unatange izina ryawe nimeroyi ya telefone. Umukozi azagushyiraho yifashishije umusemuzi.

Lingala: Eteyelo ya Departement ya Westbrook epesaka lisalisi ya mobongoli lokota. Soki olingi kosenga mobongoli maloba mpo na likita to osengeli mobongoli mpo na kotanga formulaire ya eteyelo, tosengi bobenga Westbrook High School na (207) 854-0810. Ntango okoyoka maloba ya enregistrement automatique, tosengi opona na kofinaka #3 mpo na bilo ya monene. Nsima ya koyamba yo na telefone, tosengi oloba lokota nini basengeli kobongola mpe pesa nkombo mpe nimelo ya telefone na yo. Mokambi moko akozonga kobenga yo mpe akotindela yo mobongoli.

د و س ا ت ای ئی ئی کو هنتینو غ نامجرت د هراپل پښو غ بوی د ئی راو غ و س ا ت پریچ هک . یوک پښارو تامدخ نامجرت د هگناخ یخنویش کورب تسیو د پچ هک . تسینو هکیرا (207) 854-0810 هپ هرس یخنویش یلاع کورب تسیو د افطل ون ، ئی ایترا هت پراپل ولتسول پمروف یخنویش هپز یوش هنتینو غ افطل ون ، ئی لو هکیرا و س ا ت پچ هتسورو . ئی ک هروغ باختنا #3 د هراپل رتفد لپسنرپ د افطل ون ، ئی رواو لوتبث پو ش تاموتا و س ا ت پلوار هترب هرس نامجرت وی د گنز و س ا ت هب سک دنمراک وی . ئی ک پښارو هربمش نوفیلت د و ا مون لپخ و ا تسایاوو

Portuguese: O Westbrook School Department disponibiliza serviços de intérprete. Caso queira pedir um intérprete para uma reunião ou requeira tradução para leitura de um formulário escolar, favor entrar em contato com a Westbrook High School em (207) 854-0810. Ao ouvir a gravação automática, favor selecionar a opção 3 para o gabinete do diretor. Após ser conectado, favor falar o idioma requerido e dar seu nome e telefone. Uma pessoa da escola vai retornar sua chamada com um intérprete.

Somali: Waaxda Dugsiga Westbrook waxa uu bixiyaa adeegyada turjumaada. Hadii aad doonayso inaad dalbato turjumaan kulan kuu turjuma ama aad doonayso in lagu turjumo foomka dugsiga si aad u akhrido, fadlan kala xidhiidh Dugsiga Sare ee Westbrook (207) 854-0810. Marka aad maqasho codka tooska ah ee duubista, fadlan dooro ikhtiyaarka lambarka 3 ee xafiiska guud. Marka lagu xidhiidhiyo, fadlan ku dhawaaq luuqada aad doonayso oo sheeg magacaada iyo lambarka taleefankaaga. Shaqaalaha ayaa kugu soo celin doona taleefanka iyaga oo uu weheliyo turjumaanku.

Spanish: El Departamento Escolar de Westbrook proporciona servicios de interpretación. Si desea solicitar un intérprete para una reunión o necesita la traducción de un formulario escolar para poder leerlo, contacte a la Escuela Secundaria Westbrook a través del (207) 854-0810. Cuando escuche la grabación automática, seleccione la opción 3 para hablar con la oficina del Director. Una vez que le contesten, mencione el idioma solicitado, su nombre y número de teléfono. Un miembro del personal le devolverá la llamada en compañía de un intérprete.

Vietnamese: Ban phụ trách các trường tại Westbrook cung cấp dịch vụ phiên dịch. Nếu quý vị muốn yêu cầu một thông dịch viên cho một cuộc họp hoặc quý vị yêu cầu dịch vụ dịch thuật để đọc mẫu đơn của trường, vui lòng liên hệ với Trường Trung học phổ thông Westbrook theo số (207) 854-0810. Khi quý vị nghe bản ghi tự động, vui lòng chọn phím #3 để liên hệ với văn phòng của hiệu trưởng. Sau khi kết nối, vui lòng nói ngôn ngữ quý vị yêu cầu và cung cấp tên cùng số điện thoại của quý vị. Một nhân viên sẽ trả lời cuộc gọi của quý vị cùng một thông dịch viên.