

# Wahconah Regional High School

## Welcome to the Wahconah Wednesday Message!

**June 12, 2024**

## Updates and Upcoming Events



## 2023-24 Bell Schedule

- Contains arrival and dismissal times

## 2023-24 District Calendar

- Find out when holidays and vacations occur.

## Back to School Video

- Forgot about some of the back to school info? Check out this video.

## Bus Routes

## Food Services

- Lunch Menu - [May](#)

## Some Good News!

The last day of school has arrived! With only 1 snow day this year, this day arrived a bit quicker than usual. We wish you and your family a very happy and safe summer! And we will see all of our students back here on Wednesday, Aug. 28th to start the new school year. Take care!

## 4th Quarter Report Cards

The last report card of the year at Wahconah takes a little longer to process than it does during the other three quarters. So with that in mind, we plan on releasing the 4th quarter report cards sometime during the week of June 17th.

## Worried Your Student Might Be Vaping?



Here's a fact: In Massachusetts, [approximately 1 out of every 3 teens vape](#). Also, here are some typical signs that your child might be vaping:

- You keep noticing an unexplained sweet scent in the air
- Unfamiliar pens or items that look like USB drives
- Unfamiliar batteries or charging devices
- Drinking excessive amounts of water
- Nosebleeds
- Excessive irritability/mood swings; noticeable weight loss
- Unexplained bouts of nausea and/or GI issues
- Use of vaping “lingo” such as “stealth mode, dab, or ghost”

### Student Contact Info

- Please contact [vvella@cbrsd.org](mailto:vvella@cbrsd.org) if you've had a change in contact information.

### Wahconah School Events Calendar

- All major school events will be listed here.
- Does not contain athletic schedules.

### Wahconah Opportunities

- Contains a list of all of our clubs and extracurricular activities.

### Wahconah Online Store

- Non-sport specific Warrior gear is on sale!

When people vape, [this is what they are inhaling](#). And this is [what happens](#) when people inhale vape. We would like to provide you with some [important information](#) to help you stay informed about the frequency and dangers of teenage vaping.

The bottom line is this: Vapes are highly addictive. With that in mind, please know that we do our best to create deterrents in school to curb the use of vapes including staff bathroom checks, use of vape detectors, and searches of students who we have reasonable suspicion for vaping. If a student is caught vaping at school, we employ a combination of educational and disciplinary measures in an effort to ensure it does not happen again and to get the student the help they need. If you have any questions or concerns about vaping, please reach out to us and we will be happy to talk with you.



### Fall Sports Registration

Registration Info - All registration, paperwork and contact information is compiled in Family ID. Here is the link for registration-

<https://students.arbitersports.com/wahconah-regional-high-school-2/wahconah-regional-high-school-fall-2024>

*Critical Dates: \*\*\*Please note the registration deadline is 4-7 days prior to the start date to allow us time to review all the necessary information. If your student is not registered on time, they will NOT be allowed to begin on day 1 of practice/tryout.*

*Football and Golf begin on 8/16/24: In order to participate on 8/16/24 you MUST be registered by 8/12/24 at midnight.*

*Soccer, Volleyball, Cross Country and Fall Cheer* begins on 8/19/24: In order to participate on 8/19/24 registration must be completed by 8/12/24 at midnight.

*Unified Basketball* begins on 9/9/24: In order to participate on 9/9/24 registration must be completed by 9/6/24 at midnight.

*Late Registration will begin on 8/19 and end on 8/27.*

Required Information

1) *Updated physical* - Students/parents/guardians are responsible for uploading an updated physical (less than 13 months old) to Family ID. This must be in the form of a full physical.

- To be clear - a doctor note, list of immunizations or other medical documents cannot take the place of a physical. If a valid physical is not uploaded to Family ID, the student will not be cleared to participate.

2) Valid email, phone number and accurate contact information put into Family ID.

User Fees - User fees are paid to support our significant athletic expenses. The fee for the 2024-25 school year is \$105.00. This can be paid using the Unipay gold link included in the Family ID registration. You can also pay via check (made out to CBRSD) and delivered to Central Office (if delivered over the summer) or to WRHS if delivered after school begins in the fall.

Past due fees - Fall user Fees must be paid by September 1st in order for your student to be allowed to participate in contests in the fall.

\*\*\*If you owe a user fee from 2024-25 you must pay your fee before the start of practice or tryouts. If this past-due fee is not paid you will not be allowed to participate in games this fall.

Sport Specific Questions - If you have sport specific or tryout/practice time questions please contact the head coaches listed below.

Cheer - Coach DiMassimo - [ndimassimo@cbrsd.org](mailto:ndimassimo@cbrsd.org)

Boy Cross Country Running - Coach Udel - [audel@cbrsd.org](mailto:audel@cbrsd.org)

Girls Cross Country Running - Coach Pegorari - [mpegorari@cbrsd.org](mailto:mpegorari@cbrsd.org)

Football - Coach Campbell - [gcampbell@cbrsd.org](mailto:gcampbell@cbrsd.org)

Golf - Coach Terpak - [pterpak@cbrsd.org](mailto:pterpak@cbrsd.org)

Boys Soccer - Coach Lyman - [klyman@cbrsd.org](mailto:klyman@cbrsd.org)

Girls Soccer - Coach Rivers - [mrivers@cbrsd.org](mailto:mrivers@cbrsd.org)

Unified Basketball - Coach Keegan - [kkeegan@cbrsd.org](mailto:kkeegan@cbrsd.org)  
Girls Volleyball - Coach Lussier - [dlussier@cbrsd.org](mailto:dlussier@cbrsd.org)

After reading through all of the information below you still have any questions you can email our AD directly at [aborowsky@cbrsd.org](mailto:aborowsky@cbrsd.org) .

### **FALL SPORTS PARENT MEETING: Thursday, Aug. 29th at 6pm**

#### **Free Memberships at Planet Fitness**

Planet fitness is offering a free membership for high school students this summer From June 1st thru the end of August. Here is the link to register: <https://www.planetfitness.com/summerpass>  
Students under 18 need parental consent when registering online or in person

#### **Dalton Library Summer Reading Program**

The Dalton Library has set up a summer reading program for young adults. [More info here!](#)

### **\*\*PREVIOUSLY SHARED INFORMATION BELOW\*\***

#### **Health Office Reminder**

Please take a moment to read this [important reminder](#) from our CBRSD Health Offices.

#### **Wahconah Health Office News**

Please take a moment to [read the latest updates](#) from our nurse Ms. Roy!

- Click here to get the latest [CBRSD Covid guidance](#).

#### **CBRSD Needs Substitute Nurses!**

CBRSD is seeking substitute nurses to fill in for school nurses during the school day and on field trips. If you are an RN or LPN and you are interested and available, you are encouraged to call Central Office at (413) 684-0320 and ask for Greg Boino OR email [gboino@cbrsd.org](mailto:gboino@cbrsd.org) for more information. Thank you!

#### **Dufour Bus Company Needs Drivers!**

If you are interested in driving a bus for Dufour and CBRSD, please reach out to Mary Shea at [mshea@dufourtours.com](mailto:mshea@dufourtours.com) ...she will be happy to hear from you!

#### **Join the Wahconah Warriors Booster Club!**

The Wahconah Warriors Booster Club is the longest active booster club at Wahconah (since 1971). Their mission is to honor varsity athletes and championship teams. They have awarded over \$100,000 in awards for Seniors! They also run a [20/50 raffle](#) and football concession stand in an effort to fundraise. New members are welcome! Contact

[WWBC@nycap.rr.com](mailto:WWBC@nycap.rr.com) to join. Click on the icon below to learn more!



### **Attendance Reminders**

- If you need to call your student in as absent, please call the school at 413-684-1330 and follow the prompts for our attendance extension.
- If a student needs to be dismissed, please send a note with your student (who then can submit the note to Mr. O'Neill in the Main Office) or call the school and follow the appropriate prompts.

Below is a synopsis of our attendance expectations:

- 20 day limit for absences from full year courses
  - 18 days for Seniors
- 10 day limit for absences from semester courses
  - 8 days for Seniors (2nd semester only)

Students may lose credit for specific courses should their absences exceed the numbers listed above.

If you are having difficulty getting your student to come to school, please reach out to Asst. Principal Steve Messina or your student's guidance counselor asap.

- You can direct all of your inquiries regarding our attendance expectations to Asst. Principal Steve Messina at [smessina@cbrsd.org](mailto:smessina@cbrsd.org)

### **Automated Absence/Tardy Notification System**

As part of CBRSD's ongoing efforts to streamline communication and ensure families are consistently informed of student absences, CBRSD will be implementing automated attendance calls.

- *Starting Monday, February 26*, you will receive automated calls to the primary contact number on file if your child is marked as absent for the day or has arrived tardy.
- *Tardy calls will go out at 8:15am and absence calls will go out at 9:15am.*

- These calls will serve as a prompt to ensure that you are aware of your child's attendance status and allow for timely communication between the school and families. If you have already left a message via our school absence hotline, no response is required.
- Please ensure that your contact information is up-to-date in our records to receive these notifications accurately.
- If you need to update your contact details, please contact [vvella@cbrsd.org](mailto:vvella@cbrsd.org).

We appreciate your cooperation and understanding as we strive to improve our communication channels for the benefit of our students. If you have any questions or concerns regarding this new system, feel free to reach out to [arobb@cbrsd.org](mailto:arobb@cbrsd.org).

### **Mental Health Support**

Most schools across the nation are seeing evidence of elevated mental health concerns among their students. We are not immune. Some of this can be attributed to social/emotional issues related to Covid, social media, as well as other societal issues. If you feel as though your student is struggling, they don't need to do so alone. We have a number of staff members within our Student Support Center on hand to assist any student in need.

- Mr. Messina - Asst. Principal [smessina@cbrsd.org](mailto:smessina@cbrsd.org)
- Mr. Shannon - Dean of Students [jshannon@cbrsd.org](mailto:jshannon@cbrsd.org)
- Mrs. Wixsom - School Adjustment Counselor [kwixsom@cbrsd.org](mailto:kwixsom@cbrsd.org)
- Mrs. Henault - School Adjustment Counselor [ssheppard@cbrsd.org](mailto:ssheppard@cbrsd.org) (Tues, Wed (PM), & Fri only)
- Mrs. Sookey (A-G) - Guidance Counselor [msookey@cbrsd.org](mailto:msookey@cbrsd.org)
- Mr. Andersen (H-M) - Guidance Counselor [pandersen@cbrsd.org](mailto:pandersen@cbrsd.org)
- Mrs. Salavantis (N-Z) - Guidance Counselor [ksalavantis@cbrsd.org](mailto:ksalavantis@cbrsd.org)
- Mrs. Sutton - School Psychologist [ssutton@cbrsd.org](mailto:ssutton@cbrsd.org) (Mon, Tues, Wed (PM))

We encourage our students to reach out to anyone listed above if they need help.

### **Report Card Dates**

Quarter 1: Aug. 30 - Nov. 1 (43 days)

Report Cards: Nov. 8 (Wednesday)

Quarter 2: Nov. 2 - Jan. 12 (43 days)

Report Cards: Jan. 19

Quarter 3: Jan. 16 - March 28 (48 days)

Report Cards: April 5



	<p>Quarter 4: April 1 - June 5 (43 days) Report Cards: Last Day</p>
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GUIDANCE NEWS	
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<p><b><u>COLLEGE PLANNING RESOURCES</u></b></p>	
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Worried about picking  
the right college? Here's  
some helpful hints!

[Picking the Right College](#)

Need money for college?  
Learn about financial aid!

[FAFSA Information](#)

[College Cost Calculator](#)

[College Loan Payment  
Calculator](#)

[Net Price College  
Calculator](#)

**Guidance Staff**

Counselors are assigned to students alphabetically by last names:

**A - G:** Mrs. Megan Sookey [msookey@cbrsd.org](mailto:msookey@cbrsd.org)

**H - M:** Mr. Peter Andersen [pandersen@cbrsd.org](mailto:pandersen@cbrsd.org)

**N - Z:** Mrs. Katherine Salavantis [ksalavantis@cbrsd.org](mailto:ksalavantis@cbrsd.org)

**Wahconah Guidance Webpage**

[Click here](#) to access all of the resources our guidance department has to offer.

**Breaking News in Guidance!**

[Click here](#) to stay up to date with the Wahconah Guidance Newsletter.

**Career/Internship Program**

Would your student like some help with career exploration and planning, or possibly setting up an internship opportunity? Mrs. Grady, our Career and Internship Coordinator, is here to help! She will be in our College/Career Readiness Center on Tuesdays, Wednesdays, and Thursdays from 8am-2pm.

- Email her at [cgrady@cbrsd.org](mailto:cgrady@cbrsd.org) to set up an appointment!

HELPFUL LINKS	
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<p><b>School Links:</b></p>	
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[Wahconah Website](#)

[Student Handbook](#)

[Code of Conduct](#)

[Bullying Prevention Information](#)

	<p><b>Community Links:</b></p>
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[Updated List of Food Pantries and Meal Sites in Berkshire County](#)

[Mobile Food Bank at Dalton CRA](#)

Wahconah Twitter @wahconahrhs  
Wahconah Instagram @wahconah\_regional\_hs  
Mr. Robb's Twitter (X) @AaronRobb5

[Mental Health Support](#)