



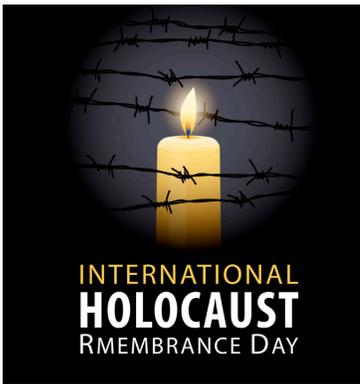
Weston High School

Meghan Conetta, Principal
Parthena Proskinitopoulos, Assistant Principal
Nicholas Torres, Assistant Principal
Mark Berkowitz, Athletic Director
Matthew Hartigan, Assistant Director of Pupil Services

January 23, 2026

Dear Weston Students and Families,

On Tuesday, January 27th, we will observe International Holocaust Remembrance Day. Students will hear powerful stories of perseverance in the face of persecution and genocide, and they will have an opportunity to reflect on the importance of being responsible citizens and upstanders in their daily lives. In the morning, there will be a whole-school assembly featuring Ms. Annie Bystryn, who will speak about her father's experience hiding in plain sight in France during the Holocaust. In the afternoon, students in grades 10-12 will be able to sign up to hear Mr. Andy Sarkany, a Holocaust survivor. This is an excellent opportunity for students to deepen and personalize what they have learned about the Holocaust in their 10th-grade social studies classes.



The afternoon session will take place from 12:30–2:30 in the library.

10th-grade students will be given priority to attend Mr. Sarkany's presentation. If space remains, 11th and 12th graders will be invited to fill the remaining seats. If we have a delay on Tuesday morning the assembly will take place as scheduled as will Mr. Sarkany's talk.

Souper Bowl Pep Rally

Get ready to give back! Student Government is hosting a Souper Bowl Food Drive for Person-to-Person, collecting non-perishable items through Thursday, February 5th. This is a PACT competition, with Battle of the Grades points awarded to the top three PACT groups—and additional points going to the grade that collects the most overall. Clean out those pantries and help your PACT score big while supporting our community! The food collected will all be showcased in our Souper Bowl Pep Rally on February 5th, featuring some fun competition and a special surprise!



Course Scheduling

This past Wednesday, students, teachers, and counselors began the [schedule planning process for the 26-27 school year](#). Please refer to my email on Wednesday for additional information or you can find the letter [HERE](#). Please also refer to our [26-27 Program of Studies](#) and our [Department Course Sequence](#) for you to review as a family. Students may begin making their course requests on January 30th, when

the portal opens at 3pm. Please know that there is no rush to make these decisions as 1:1 counselor student meetings will be occurring throughout the month of February to review student selections. Students will receive an email from their counselor with their appointment time. The portal will then close on March 6th. No changes to course requests may be made after March 27th, and the open enrollment period also closes on this date.



WHS Key Club

The WHS Key Club was featured in the Weston Patch. With the support of the high school Key Club and volunteers from the Weston Food Pantry, the Weston Kiwanis Club's food and healthcare products drive on January 17th was an outstanding success. In the photo, from left to right, Key Club members Edhen Young, Abby Aulenbach, Hailey Samuels, and Kiwanians Lauren Traum, Reed Ameden, Harvey Luft.

Fairfield County's Community Foundation Scholarships

Great news—Fairfield County's Community Foundation scholarship applications for the upcoming school year are now open! If you know a high school senior (or soon-to-be grad) pursuing college or post-secondary training, please send them our way. The Community Foundation is one of the largest scholarship providers in the region, with over 150 funds generously established by individuals, businesses, and nonprofits. We're here to help students pursue their dreams and strengthen the future of our communities. [Complete list of available scholarships.](#)

Scholarship Opportunities

As many seniors are shifting their focus from college applications to scholarship applications, Ms. Green wants to remind you that local scholarship opportunities are shared [HERE](#). This link is also available on the [WHS College and Career Counseling](#) website under Financial Aid and Scholarships.

WHS & WMS PTO Partnership - EXECUTIVE FUNCTIONING PRESENTATION

Raising Capable, Independent Learners:

Middle school & High School is a time of growing independence- and growing challenges. Many capable students struggle with organization, time management, follow-through, and emotional regulation as academic and social demands increase. This parent-focused presentation explores how executive functioning skills develop during early adolescence and why middle/high school can be such a demanding time for these skills.

Parents will learn how to support their child's growth toward independence through intentional scaffolding and providing the right level of support without micromanaging. Families will leave with a clearer understanding of their child's developing brain, practical strategies to support executive functioning at home, and a framework for gradually stepping back as their

child builds confidence, competence, and independence. [CLICK HERE TO REGISTER](#)

Bricks & Mortar (Building & Facilities) Newsletter

[*Bricks and Mortar*](#) is a new communication series designed to keep our community informed about the information and details discussed during the Board of Education's monthly facilities meetings. This publication summarizes updates, information, and discussions that impact our schools and facilities. Its goal is to promote transparency and connection, ensuring our community stays informed as we invest in safe, functional, and future-ready learning environments.

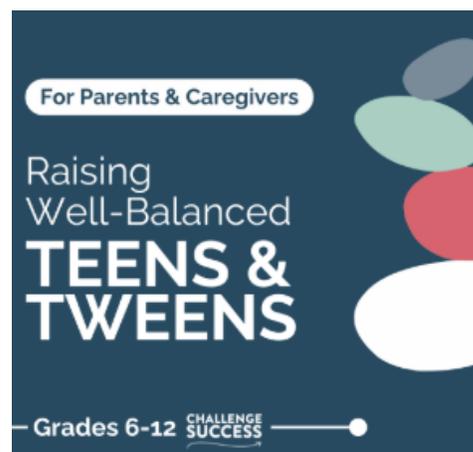
Challenge Success Webinars

Our partnership with Challenge Success continues to guide important conversations around student well-being and balance. The next virtual event is coming up on **January 28th at 7pm Raising Well-Balanced Teens & Tweens**. In partnership with our PTO we have purchased a School Pass that allows any member of the Weston community to access these webinars for free. Simply [click on the link to register](#) and enter our School Pass: WESTON2025

This workshop helps families reframe success, support balance, and strengthen connection with their tweens and teens. We'll share research-based tools to reduce stress, encourage intrinsic motivation, and promote healthy development through adolescence.

Learning outcomes:

- Explore data from Challenge Success-Stanford student and parent/caregiver surveys
- Identify sources of unhealthy pressure and stress
- Reframe success and foster intrinsic motivation
- Strengthen teens' resilience, engagement, and sense of purpose



Senator Murphy's Martin Luther King Jr. Essay Contest 2026

Senator Murphy's 10th Annual Martin Luther King Jr. Essay Contest will open on Monday, January 19th, and close on Monday, February 23rd.

Updated and important contest information will be shared with schools and available to review on our website on January 19th here: <https://www.murphy.senate.gov/services/mlk-essay-contest>.

Our office and Senator Murphy look forward to your students' participation in this year's contest. Please do not hesitate to reach out if you have any questions at 860-549-8463 or via email at MLK_Essay@murphy.senate.gov.

The Palace Stamford Playwriting Award

The Palace is pleased to announce the 11th Annual Ernie DiMattia Emerging Young Artist Awards given for Playwriting. Three high school students in grades nine through twelve will win monetary prizes for their writing of an original 15 minute, One Act play. The winners will each receive \$500!

The three winning plays will each have a reading of their play with a New York Director and professional Actors in April 2026. Date TBA. With the guidance of Luis Salgado, Director/ Producer/Choreographer, the students will further develop their characters and their play during the rehearsal process.

[The completed application](#) and the formatted play MUST be received via email on or before the end of the business day (5pm) on February 2, 2026. Please see the criteria Please email all materials to: cbryan@palacestamford.org.

As always, if you have any questions or concerns, please be sure to reach out!
[WHS Communication Phone List](#) Please stay safe with all the snow and weather this weekend!

Kindly,



Meghan

Previous Letters:

[January 16, 2026](#)

[January 9, 2026](#)

[December 19, 2025](#)

Upcoming Events:

- January 24: The County Assembly Charity Ball (Juniors)
- January 27: Holocaust Remembrance Day Assembly
- January 31: Red & White Charity Ball (Seniors)
- February 4: 8th Grade Transition Night
- February 5: Souper Bowl Pep Rally
- February 6: K-12 Early Dismissal (Teacher Professional Development)
- February 12: Black History Month Celebration
- February 13: No School for Students (Teacher Professional Development)
- February 16-20: February Break
- February 23: Return to School After February Break
- February 24: Lunar New Year Assembly
- March 13: Talent Show Assembly