



Weston High School

Meghan Conetta, Principal

Parthena Proskinitopoulos, Assistant Principal

Nick Torres, Assistant Principal

Mark Berkowitz, Athletic Director

Matthew Hartigan, Assistant Director of Pupil Services

October 2, 2026

Dear WHS Students, Staff, and Families,

As we settle into the rhythm of the new school year, it has been wonderful to watch our students adjust so well to their new schedules, classrooms, and routines. Walking through the hallways, we see energy, curiosity, growing confidence as friendships settle back in and learning gets fully underway (and of course ping-pong).

While a smooth start is cause for celebration, the beginning of a school year naturally brings new demands and occasional moments of fatigue or stress. As renowned clinical psychologist Dr. Lisa Damour reminds us, experiencing a degree of friction or anxiety early on is not a sign that something is wrong, it is often a sign that students are stretching themselves and adapting to growth.

If you are looking for simple ways to support your student at home during this transition period, a few strategies can make a significant difference:

- **Protect Recovery Time & Sleep:** The cognitive and social stamina required during the first few weeks of school is intense. Prioritizing consistent sleep schedules and unscheduled "downtime" helps students regulate their emotions and reset for the day ahead.
- **Be an Emotional "Sounding Board":** When students come home after holding it together all day, they often just need to offload their day's feelings. Rather than rushing to fix every problem or offer instant advice, simply listening validates their experience.
- **Ask Before Stepping In:** When a student faces a setback or homework stress, try asking: *"Do you want me to help, or do you just need to vent?"* Giving them agency over how you assist helps foster independence while keeping support accessible.

Thank you for your ongoing partnership in making this school year a success. Below, you'll find key updates and upcoming events for the week and month ahead!

Senior Daffodil Legacy Trail for the Class of 2027

Honor your graduating senior by planting daffodil bulbs in their name along the front of Weston High School. This beautiful tradition symbolizes growth, renewal, and the lasting legacy of our seniors. Each bulb will be tagged with the student's name and will bloom in the spring — a tribute they can visit and cherish for years to come.

All bulbs will be planted this fall by students in WHS's *Sustainable Living* class, and all proceeds go directly toward funding school sustainability projects.

You can purchase 4 bulbs for \$15 or 8 bulbs for \$25. You can either Venmo @Michael-Aitkenhead (with the student's name & contact information) **OR** write a check payable to Weston High School and mail it to Michael Aitkenhead, 115 School Road, Weston, CT 06883. The deadline for purchase is Sunday, November 1st. Thank you for helping us grow a greener future — one daffodil at a time.

The Warhorse - Student Newspaper

WHS's student newspaper is online! Check out [Weston Warhorse's website](http://www.westonwarhorse.com) for student news and happenings. The next Warhorse student meeting is Tuesday, October 6, from 2:30-3ish in room D13. All are welcome. (www.westonwarhorse.com)

October 7th - Half Day at WHS

This year, we are administering the PSAT to 9th graders and 11th graders on October 7th. This will be an early dismissal day for high school students **ONLY!** 10th graders will be participating in a Mock Admissions Panel to help them get familiar with college applications so they know what to expect. Please keep in mind that the PSAT being administered to our 9th graders is to get an initial baseline and impression of their performance on this type of test. There is no preparation needed. Once we get that data, we will incorporate it into our classes to help students continue to grow in preparation for the 10th-grade PSAT in the spring. This is all a part of our new assessment strategy and to alleviate the number of days our 9th graders spent taking the NWEA tests.

Buses will run as scheduled in the morning, with students arriving at the typical start time. There will be no afternoon classes on October 7th. Buses will be here at 11:45am to transport students home. Students who complete the testing by 10:30 or have finished their Mock Admissions Activity are welcome to leave provided they have transportation. Students remaining in school for the 11:45am bus dismissal will have access to the cafeteria which will serve ala carte snacks and baked goods as well as access to the library for studying.

Picture Re-Take Day

Picture re-take day will be on Friday, October 9th. Photos will be taken for any student who would like to have their picture re-taken, or taken for the first time if they missed picture day.

International Field Trip - April 9th-18th, 2027

We are thrilled to share that The World Language Department is in the final planning stages of an International Trip to France and Spain, the "Café Olé" Tour, scheduled for April 9 – April 18, 2027. This ten-day expedition will take Weston High School students through the cultural and historical heart of both France and Spain, covering Paris, Biarritz, San Sebastian, Burgos, Segovia, Toledo, and Madrid. This unique travel opportunity is open to all Weston High School students in grades 9 through 12, regardless of their current language enrollment. Whether your student studies French, Spanish, Latin, or is not currently enrolled in a world language, this journey serves as a powerful instrument for school-wide enrichment. It bridges academic learning with real-world experience, sparking personal growth, empathy, and a lifelong appreciation for global exploration.

Please email Mrs. Fernandes with your intention to participate by Monday, October 5th in order for the school to have a final number and make the decision to proceed with the trip or not.
(mercedesfernandes@westonps.org)



AMC Math Competition

The American Math Competition (AMC) will be held at Weston High School for 9-12 graders during school on November 13, 2026. The competition consists of a 75-minute exam of 25 challenging and engaging math problems. The exam is given in 50 states and 30 countries! Students with a passion and curiosity in mathematics and problem-solving are encouraged to sign up. Show interest [here](#)! The official registration will come in a later email to anyone who expresses interest on the form (it is not yet up on the AMC site).

Fall Festival

Attention all WHS Students, Staff, and Families: on the afternoon of Saturday, October 17th, the WHS Student Government is hosting the first annual Weston Fall Fest! We're inviting the WHS community to participate in fall-themed games and competitions, watch live music performances, and enjoy food and drinks on the stadium field and surrounding areas. Many of our school clubs and organizations will also be setting up their own booths with exciting activities. Stay tuned for more details about the event and we'll see you at the Fest!

Tamara Shpylova

We are thrilled to spotlight one of our very own students, the incredibly talented Tamara Lova (Shpylova)! Before bringing her vibrant energy to our school hallways, Tamara was already making waves internationally as a member of the Ukrainian pop group Open Kids. After relocating to the United States, she has continued to chase her musical dreams, drawing inspiration from artists like Tate McRae and Olivia Rodrigo to craft her own unique sound. Tamara showcases her impressive vocals and songwriting depth in her powerful track "[supposed to know](#)" and she also choreographed and directed the video!

Hispanic Heritage Month

From September 15th to October 15th, WHS will be honoring Hispanic Heritage Month. We recognize this throughout the building on our hallway screens and in the Library Learning Commons. Beginning on Tuesday, we will also be recognizing those of Hispanic Heritage who have also made significant contributions to global, national, and local communities in our morning announcements.



In celebration of Hispanic Heritage Month, Congressman Jim Himes invites students to participate in the Hispanic [Heritage Essay Contest](#)! Students from all elementary, middle, and high schools within Connecticut's Fourth Congressional District may

participate in honoring

Hispanic/Latino icons and their legacy. The essay should reflect how the icon has inspired the student and their own aspirations, the importance of the icon's legacy in the last 100 years, and recognize their contributions and vital presence as a Hispanic/Latino person within the United States. All submissions must be received by Thursday, October 1st, end of day.

One winner will be chosen from the elementary, middle school, and high school submissions (totaling three winners). The winners will be chosen by October 15th, the last day of Hispanic Heritage Month. For more information, please visit the Literacy Lab in the library.

PTO Membership Deadline Approaching Soon **Thursday, October 8th @ 6 pm

The deadline to purchase your WHS PTO membership and be included in this year's printed Family Directory is next **THURSDAY, OCTOBER 8, at 6:00 PM.**

Membership is \$30 per family, with the option to add the **printed Family Directory for \$8**. The directory is produced only once a year, and families must purchase their PTO membership by the deadline above to be included. Once the deadline passes, no additional names can be added to the printed directory, so if you'd like your family listed, please don't wait!

You can purchase your membership and directory in just a few clicks here:
<https://www.westonpspto.org/form/m/401883>

Your membership directly supports PTO programs and initiatives that benefit WHS students throughout the year, including teacher and classroom support, student events, scholarships, and school-wide initiatives. Every membership makes a difference and helps make this work possible.

Thank you for supporting the WHS PTO!

Support The Weston-Siversk Sister City Project

The Civic Leadership Club and Weston-Siversk Clubs are kicking off a four-week fundraising challenge for students in Siversk, Ukraine - starting today. \$25 covers one day of therapy camp; \$250 sponsors a student's full ten-day session. It's a competition between grades 9, 10, 11, and 12 to see who raises the most!

[Grade 9 Donations](#), [Grade 10 Donations](#), [Grade 11 Donations](#), [Grade 12 Donations](#)

Snowball - Evergreen Dance Hosted by ADAP

Save the date! Saturday, December 5th, from 7:30-9:30. More details to follow!

Congressional App Challenge

Congressman Jim Himes' office is participating in the Congressional App Challenge (CAC) where middle and high school students can participate to show creativity and innovation within our Congressional district.

- To be eligible to participate in the Congressional App Challenge, you must be a middle or high school student at the time of app submission.
- Students may register as individuals or as teams of up to four. No more than four students are allowed to form a team.
- Students may compete in the district they reside in or the district they attend school in.
- If competing as a team, at least half of the teammates must be eligible to compete in the district in which they are participating.

Submission deadlines are due 12 pm EST, **Monday, October 26th, 2026**.

Congressman Jim Himes Website Link: <https://himes.house.gov/congressional-app-challenge>

CAC Website Link: <https://www.congressionalappchallenge.us/students/>

...and if you have any questions or concerns, please contact Shindler Auguste.

Shindler.auguste@mail.house.gov

Congressional Internship

Congressman Jim Himes' office has released our Spring internship dates on our website! With an exciting spring internship opportunity approaching for WHS students.

Prospective applicants are welcome to visit our website at <https://himes.house.gov/services/internship>.

All internships do provide a small stipend. Congressman Himes' office offers stipends for applicants with demonstrable financial needs. Please submit this information along with all other required materials by 3 pm on **November 18th, 2026**.



The Spring Internship Program is open to all high school and college-level students. For our college applicants, the internship details can be found on Handshake & 12twenty. The deadline is **November 18th** at 3:00 pm EST.

If you have any questions or concerns, please feel free to contact me via email at Shindler.Auguste@mail.house.gov

WHS School Lunch Menu

Please find our weekly lunch menu linked [here](#).

First Day Pictures

Attention Families! Please share your back-to-school photos [here](#) to possibly be a part of the 2027 yearbook. These can include first day pics, senior cars decorated, candid, individual or group shots! Please only Weston HIGH School students.

Senior Yearbook Ads Due

Senior Yearbook Ads are due on October 21, 2026. [Click here](#) to get your ad started.



Senior Portraits are due to the yearbook Friday, October 30th! Please have your portraits completed in time for the photographers to get them to us. Any questions please contact our Yearbook Advisor, Marcie Ames: marcieames@westonps.org. If you have not yet scheduled your portrait [please see information HERE](#) about the photographers WHS uses to take these portraits.

After School Pick-Up Procedures

This is just a friendly reminder to please pick up your students after school on the access road between Weston Intermediate School and Weston High School between the two fields. Please do not park in the senior parking lot to pick up your students. It causes congestion and a safety risk for our newer drivers.

[Important Contacts & Numbers](#)

To help you access the correct resources and support people when you need to, we have created this handy chart to navigate the various things you may have questions about. To get help regarding Food Services, Transportation, Pupil Services, School Counseling, and any other concerns or questions you may have, refer to this chart for the important numbers and contact people.

Math and Literacy Labs

Weston High School offers support to all students in reading, writing, and math through our Literacy Lab and Math Lab. We are so fortunate to have Dr. Ioanna Opidee leading our Literacy Lab and Mrs. Kyra Fraioli leading our Math Lab. Students may schedule an appointment by following the link [HERE](#). Drop-ins are also welcome if Dr. Opidee or Mrs. Fraioli are available. Both lab spaces can be found in the library.

Financial Aid Night

On Tuesday, Oct. 13 at 6:30 pm Barnum Financial Group will be hosting a virtual presentation: Exploring Financial Aid and Cash Management Solutions, How to Survive Funding Your Student's College Education. [Click HERE](#) to register in advance. This event will not be recorded.

It was a busy week and we accomplished so much. Thank you to all of our amazing students, teachers, and staff. Everyone always pitches in to make it all happen! Have a wonderful weekend everyone!

Kindly,

Meghan

Upcoming Events:

October 5:	Board of Education Meeting
October 7:	PSAT Day (9th and 11th graders) - 11:45am Dismissal
October 7:	10th Grade Mock Admissions - 11:45am Dismissal
October 7:	Senior Trip - IT Ropes Course (arrive 8am Athletics Entrance)
October 9:	Picture Re-Take Day
October 9:	11:45am Dismissal - Professional Development
October 12:	No School (Columbus/Indigenous People's Day)
October 13:	Financial Aid Night (see above)
October 19:	Board of Education Meeting
October 19-23:	Homecoming Spirit Week
October 21:	Senior Yearbook Ad Due
October 23:	PowerPuff Pep Rally
October 23:	Homecoming Football Game 7pm Stadium Field
October 30:	Senior Portraits Due
November 3:	No School for Students (Election Day)
November 12:	World Language Festival 5 pm - 6:30 pm