



Norwood High School

April Newsletter 2023

From the Principal:

Take some time to relax and renew your energy as we begin the last term of school. Thank you again for your continuous support!

Best Regards,

Dr. Hugh Galligan
#4As5Cs1Team

McLean Hospital Caregiver Support Series

Webinar Title: Calming the Mind: Strategies to Support Anxious Children and Adolescents

Time: Friday April 28, Noon-1PM

Presenter: Mills Smith-Millman, Ph.D.

Description: In this workshop, you will learn strategies to recognize when anxiety is problematic, help your anxious child approach difficult tasks, and respond to your child when they voice anxious thoughts.

To attend live, visit: <https://partners.zoom.us/j/89185919667> Please note that a recording will also be available for 30 days.



State Student Government Day

was on March 31st. Norwood was represented by Juniors Heather Begg and Trevor Brown who were also selected to the State Supreme Court! We are very proud of them.

Math MCAS

Tuesday, 5/16 & Wednesday, 5/17

NHS sophomore class will be taking MCAS this spring. Please ensure that your student's Chromebook is fully charged for these dates, gets a good rest and breakfast, and remind students that cell phones must be off and in a backpack during testing sessions.

Student of the Month

Students of the Month are seniors who are involved in the four A's (Academics, Arts, Athletics, and Activities). These students are role models for other students. Nominated and selected by the faculty.

March

Meredith Cannon



Marissa DiPierro





YEARBOOKS ARE ON SALE NOW!

Visit yearbookforever.com to purchase your copy of the yearbook.

CALLING ALL ANGELS!

This school year, we would like to share an opportunity for community members, parents/guardians, students, and staff to sponsor a NHS Yearbook for a graduating senior who otherwise would not be able to purchase one. If you would like to generously purchase and gift a 2023 Yearbook to a high school student in need, please follow the process detailed below and we will make sure it gets to them on distribution day.

You may purchase the 2023 NHS TIOT Yearbook by

- Visiting yearbookforever.com and completing the process and payment online

For **Yearbook Angel Sponsorships**, enter the following information online

- "Yearbook" for student first name
- "Angel" for last name
- "Staff" for grade



NORWOOD HIGH SCHOOL CLASS OF 2023 SENIOR END OF YEAR SCHEDULE

FRIDAY, MAY 5	Senior Prom – Lake Pearl, Wrentham 7:00pm
TUESDAY, MAY 23	Last Day of Class for Seniors in Good Standing
MAY 24-MAY 26	Classes/appointments as needed
MONDAY, MAY 29	Memorial Day - No School
WEDNESDAY, MAY 31	Graduation Rehearsal 8:30am –11:00am
THURSDAY, JUNE 1	Graduation Rehearsal 8:30am –11:00am
FRIDAY, JUNE 2	Class Day Student breakfast, yearbook, and video in the morning 9:00 a.m; Families invited to Class Day awards, scholarships and traditions at 1:15 p.m.
SATURDAY JUNE 3	Graduation Rain Date (if projected bad weather Sunday)
SUNDAY, JUNE 4	Graduation 2023 – 1:00pm

PARENT/GUARDIAN NOTES: YOU WILL RECEIVE SIX (6) TICKETS FOR AN OUTDOOR CEREMONY ON H. BENNETT MURRAY FIELD /NHS FIELD. TWO TICKETS (2) FOR AN INDOOR CEREMONY TO BE HELD IN THE HAYDEN/SCAFATI GYMNASIUM (if needed).

NCM-TV WILL BROADCAST GRADUATION CEREMONIES 'LIVE' ON COMCAST CHANNEL 12, NORWOOD LIGHT BROADBAND CHANNEL 22, AND VERIZON CHANNEL 34.

PLEASE BE SURE STUDENTS WEAR PROPER ATTIRE ON CLASS DAY AND GRADUATION.

SENIOR FEES INCLUDE THE FOLLOWING:

YEARBOOK	\$85.00
PROM	\$115.00 PER PERSON (includes transportation)
CAP AND GOWN	\$30.00
POST PROM PARTY	\$10.00 IN ADVANCE - \$15 AT DOOR

IMPORTANT NOTE: ALL OBLIGATIONS MUST BE PAID THIS INCLUDES TEXTBOOKS, ATHLETIC UNIFORMS, EQUIPMENT, LIBRARY BOOKS, FEES, MUSICAL INSTRUMENTS AND UNIFORMS MUST BE RETURNED. DINING HALL ACCOUNTS MUST BE PAID.

**CAP AND GOWN AND GRADUATION TICKETS WILL NOT BE ISSUED
UNTIL ALL OBLIGATIONS ARE RESOLVED.**

School Counseling

Senior News:

If you have made a plan to attend college or another plan, please let your counselor know! If you need help making a decision, let us know. Some of you might have received a "Waitlist" decision from a college or university. We are happy to help you talk through this option. If you need to learn more, we wanted to share this [Blog Post](#) from an admissions Dean from two years ago- but still very relevant.

If you need help deciphering any financial aid offers, this [MEFA webinar](#) may be helpful to you.

Scholarships- We have a lot of scholarships available. Please encourage your students to check their email regularly for new ones. One of the most important ones is a brief form that will allow your student to be considered for a number of local scholarships. We cannot consider your student unless they complete this form. Please be sure to complete this [brief application](#) for our local scholarship application. Students need to be logged into their Norwood High School email account.

Juniors:

We have been thrilled to meet with you over the past few weeks to begin planning for life after Norwood High School. If you have not yet met with your counselor, please feel free to reach out to schedule an appointment. We look forward to helping you plan.

If you are looking at college or university options, the spring is a great time to start looking at campuses. Most schools are back to in-person tours and information sessions which can be so helpful to determine if you would like to apply there.

NEACAC will also be sponsoring in person college fairs this spring. Registration is free for all students. If you are interested, learn more [here](#).

NACAC- the National Association of College Admissions Counseling will also be hosting a college fair in Providence on May 1st. Get more information [here](#). There will also be one in Boston on May 2nd and May 3rd. Get more information [here](#).

Dual Enrollment: If you are interested in taking a college course this spring or summer as a part of a dual enrollment at a local community college, please take a look at this [guide](#) and let your school counselor know. Please pay attention to the deadlines:

- Summer Session 1 classes begin on Tuesday, May 30, 2023. ***We will be accepting applications for Summer Session 1 through Tuesday, May 9, 2023.***
- Summer Session 2 classes begin Wednesday July 5, 2023. ***We will be accepting applications for Summer Session 2 through Wednesday, June 14, 2023.***
- Fall semester classes begin on Wednesday September 6, 2023. ***We will be accepting applications for fall 2023 through Wednesday, August 16, 2023.***

Fall accelerated session begins on Wednesday, October 11, 2023. ***We will be accepting applications for the Fall Accelerated Session 2023 through Wednesday, September 27, 2023.***

Town Government Day was March 22nd and a great success! Students represented all town offices and learned how much goes into running our town on a daily basis. Thank you to all the town and school officials who shared their day with our students!



Help Reinforce Social Media Safety and School Expectations with your Children

Across the district, NPS administrators are reaching out to families asking for assistance in reinforcing school expectations around behavior with your student(s). Over the next few weeks, we are asking that you sit down with your child, discuss the behaviors I outline, and talk about what your expectations are for your child while in school. We believe it would have a positive impact on the work we are doing here as we prepare all of our students to achieve proficiency in the 5 C's of the Portrait of a Norwood Graduate (collaboration, creativity, critical thinking, communication, and citizenship).

In this newsletter, we are focusing on harmful language towards others. These behaviors include teasing, name-calling, harassment, bullying and everything that falls along that continuum. These behaviors are harmful both to those that receive these harmful behaviors and for those that engage in them. Over the last two years, we have noticed increases in behaviors such as name calling, negative language towards others, and use of racist, discriminatory, or hateful language. Sometimes, this behavior rises to the level of bullying, cyberbullying, or harassment. And, often, this behavior begins outside of school (usually on social media) but impacts students inside of school.

We are asking that you take a few minutes to discuss with your child the impact of these types of behaviors that occur (sometimes in person but often in the social media space) and impact students in a variety of ways.

Conversation starters for you to have with your child:

- What do you do when you notice something hurtful on social media or in school?
- How do you react if someone does something you don't like?
- I've noticed a lot of negative stuff on your Instagram, snapchat, etc. how does that impact you? What is the meanest thing you have ever seen? What is the meanest thing you have ever posted?

These are just a few examples that might help open the door. The best way we can prevent online conflicts and potential cyberbullying, bullying, or harassment is by monitoring your child's social media. Everything they put out into cyberspace will stick with them forever. Make sure that what they are putting out will not come back to hurt them or others. Thank you for your partnership.

2023 AP Exam Schedule

The 2023 AP Exams will be administered in schools over two weeks in May: May 1–5 and May 8–12.

NHS Schedule:

Week 1	Morning 8 a.m. Local Time	Afternoon 12 p.m. Local Time
Monday, May 1, 2023		Chemistry
Tuesday, May 2, 2023	Environmental Science	Psychology
Wednesday, May 3, 2023	English Literature and Composition	Computer Science A
Thursday, May 4, 2023	Macroeconomics	Seminar Statistics
Friday, May 5, 2023	European History United States History	Microeconomics

Art and Design: Friday, May 5, 2023 (8 p.m. ET), is the deadline for AP Art and Design digital portfolios to be submitted to the AP Program.

Week 2	Morning 8 a.m. Local Time	Afternoon 12 p.m. Local Time
Monday, May 8, 2023	Calculus AB	Computer Science Principles
Tuesday, May 9, 2023	English Language and Composition	Physics C: Mechanics
Wednesday, May 10, 2023	Spanish Language and Culture	Biology
Thursday, May 11, 2023	French Language and Culture World History: Modern	Physics 1: Algebra-Based
Friday, May 12, 2023	Music Theory	Latin Physics 2: Algebra-Based

Please note:

May 1, 2023 (11:59 p.m. ET) is the deadline for:

AP Seminar and AP Research students to submit performance tasks as final and their presentations to be scored by their AP Seminar or AP Research teachers.

AP Computer Science Principles students to submit their Create performance task as final.

April PTO Updates

NHS PTO SCHOLARSHIPS

The application for two NHS PTO \$500 scholarships is now open. This scholarship is available to those pursuing either a college/higher education path or a vocational path. Applications due by **Friday, May 5, 2023**. [Click here to apply.](#)

The NHS PTO will also be offering a scholarship to a student wishing to pursue a science major. Stay tuned for the application link.

BIG THANKS TO LOCAL BUSINESS SPONSORS

Gold Sponsor

[Addies Groceries](#)

Bronze Sponsor

[Pediatric & Family Dentistry of Norwood](#)

SPEAKER PRESENTER

[Mykee Fowlin](#) presented to the students in March. Mykee's mission is to create an atmosphere of worldwide inclusion, not just tolerance, towards all people.

Funds for this program are provided by the NHS PTO with grant money awarded from the **Norwood Cultural Council, a part of the [Mass Cultural Council](#).**

CLASSROOM SUPPORT

Supplies needed for PACS and TASC Classes - Teaching Life Skills (Cooking, Laundry, Etc.) to Special Needs Students

We're doing a sign up genius to provide items (detergent, cleaning supplies, non-perishable food items) to PACS and TASC classes. If you are able to help - click below. Thank you!

<https://www.signupgenius.com/go/10C0E44AAA729AAFACF8-tasc>

<https://www.signupgenius.com/go/10C0E44AAA729AAFACF8-pacs>

The Next PTO Meeting

Tuesday, April 11 at 6:30pm at the NHS Library



Post Prom Golf Ball Drop

Thursday, April 13 at the Elks

- Golf ball chances are \$20 each.
 - First place winner \$1000 cash prize
 - to purchase: Venmo Anne-Venditti-2
- or online purchase: <https://checkout.square.site/merchant/S5NX8040NGJ5C/checkout/RBN6GT546HSUQHOTU2T5HTTM>

Post Prom Theme



POST PROM PARTY AND CONTRACT

The Post Prom Party held in the NHS gym after the prom and is open to everyone in the senior class (even if you don't go to prom). The cost of the party is \$10 in advance (before 5/5) and \$15 at the door. A post prom party contract will need to be signed by you and your guardian in order to attend.

The first link is the contract that you and your guardian will complete for you to attend, and the second is a link that you can use for electronic payment. Cash payments should be given to Mr. Quinn located in room 127 or via the main office.

PPP Contract Link

https://docs.google.com/forms/d/e/1FAIpQLSebZvp0vq2CsdFPGRb7MwwG8x_fUCx1cbEQ1t1jffRXCK9eIQ/viewform?usp=sf_link

Payment Link:

<https://checkout.square.site/buy/JA6ZZ7Y46UHUY4OREMS7KODJ>



Winter Athletic Awards



NHS WINTER AWARDS 22-23

Girls Basketball:

Unsung Hero: Lauren Reen

Defensive Player of the Year:
Alexa Coras

Coaches Award: Tricia Wladkowski

Boys Basketball:

MVP: Noah Beaudet

Unsung Hero: Dylan Hamwey

Coaches Award: Matty Mahoney

Cheerleading:

Coaches Award: Rachel O'Neil

Coaches Award: Caroline Curran

Most Improved: Dejah Newton

Gymnastics:

Most Improved: Kate Broderick

Unsung Hero: Paige McBrien

Coaches Award: Maddie Carreiro

Boys Ice Hockey:

Coaches Award: Sean Dittmeier

Most Improved: Paul Sheehan

Unsung Hero: Ryan Nychay

Girls Ice Hockey:

Coaches Award: Jenna Naumann

Coaches Award: Morgan Roach

Coaches Award: Michaela Reen

Boys Swim & Dive:

MVP: Joe Greene

Most Improved: Anthony
Cavanaugh

Coaches Award: Michael Flynn

Girls Swim & Dive:

MVP: Colleen Sisk

Unsung Hero: Caeleigh Brown

Rookie of the Year:
Ana Santana Alcantara

Girls Indoor Track & Field:

MVP: Christina Fontaine

Unsung Hero: Catherine Cronin

Coaches Award: Natalie Martin

Coaches Award:

Cameron LoPiccolo

Boys Indoor Track & Field:

MVP: Dylan O'Brien

Unsung Hero: Jacob Zhang

Wrestling:

MVP: Nate Hsu

Unsung Hero: TJ Wyman

Most Improved: Danny Russo

TVL WINTER AWARDS 2023

Girls Ice Hockey:

Jenna Naumann (all star)

Morgan Roach (all star)

Lindsay Rogers (all star)

Sophie Krusz (HM)

Molly Federico (HM)

Michaela Reen (HM)

Boys Ice Hockey

Sean Dittmeier (all star)

Ed Carrol (all star)

Sam Lally (HM)

Anthony Amato (HM)

Boston Bruins TVL

Sportsmanship Award:
Kevin Roach

Wrestling:

Nate Hsu (all star)

TJ Wyman (all star)

Drew Bartucca (HM)

Boys Swim & Dive:

Joe Greene (all star)

David Demattia (all star)

Girls Swim & Dive:

Ana Santana Alcantara (all star)

Maddie O'Keefe (HM)

Colleen Sisk (HM)

Bridget Sople (HM)

Girls Basketball:

Alexa Coras (all star)

Tricia Wladkowski (all star)

Lauren Reen (HM)

Boys Basketball:

Noah Beaudet (MVP, all star)

Matt Mahoney (all star)

Dylan Hamwey (HM)

Chris Fraioli (Coach of the Year)

Boys Indoor Track & Field

Dylan O'Brien (all star)

Jacob Zhang (HM)

Girls Indoor Track & Field

Tina Fontaine (all star)

Natalie Martin (HM)

Cheerleading:

Kaitlin Trahon (all star)

Chloe Hall (all star)

Gymnastics:

Casey Collins (HM)

District Wellness Initiatives

The School Health Council will be holding a meeting on Thursday, April 27 from 3:30-4:30 PM in the NHS library. The council will be discussing district wellness initiatives. Parents, middle school/high school students, and community members are encouraged to attend! Questions can be forwarded to Mr. Quigley - rquigley@norwood.k12.ma.us

2023 Norwood League of Women Voters Scholarship

The [2023 Norwood League of Women Voters scholarship](#) of \$1,000



Norwood League of Women Voters
Margery McKenna Memorial Scholarship
P.O. Box 275
Norwood, MA 02062

The Norwood League of Women Voters is pleased to announce the inception of the "Norwood League of Women Voters Margery McKenna Memorial Scholarship." This award is intended to recognize a student who has shown interest or participation in the civic process. The scholarship award amount is \$1,000. The Norwood LWV will present the award at its June 2023 meeting. The recipient and their family are welcome to attend.

About the Award



Mardie McKenna was honored with a Lifetime Membership to the League of Women Voters in 2019. Mardie was foundational to our small chapter of this larger League, doing the work of voter engagement and service with intelligence, grace and a sharp wit. Her contributions remain some of our chapter's longest lasting positions. Additionally, Mardie was a Norwood Town Meeting member for over 40 years and served 18 years on the School Committee, including two terms as chair. Her training and work as a physicist were a product of her deep engagement with science, and she maintained that interest all her life. She studied and reported on scientific matters, fiscal policy, and fair housing for the

LWV, including serving as a resource for the group on issues related to climate change. She also volunteered for several years with the Neponset River Watershed Association collecting samples from local streams for water quality analysis.

The Margery McKenna Memorial Scholarship honors Mardie's legacy, and the award selection will be based on the student's interest and commitment to those activities that represent Mardie's ideals of civic engagement and environmental study. Candidates must be a Norwood resident and graduating senior planning on attending a two- or four-year college. Please complete the [application form](#) to apply.

Applications must be submitted by **Friday, May 12, 2023**.

Questions may be sent to lwnorwoodma@gmail.com.

Aspen Support

Please email npsaspensupport@norwood.k12.ma.us for any issues with your Aspen account.

Chromebook Technical Support

Please email mustangtechsupport@norwood.k12.ma.us for any issues with your Chromebooks.

EYC CELEBRATES



KICK OFF THE WEEK WITH A CLEAN-UP ON SUNDAY 4/23

BE READY FOR A FUN WELCOMING BACK ON OPENING DAY 4/24!

PAINT FLOWER POTS DURING WIN TUESDAY 4/25

LORAX SHOWING 4/26

INFORMATIONAL WIN ON 4/28

BRAND NEW MERCH LAUNCH 4/28

Register Today!



The 1st annual *Race to Embrace* will take place on Sunday, April 30th at 9:00 am at the Willett. This event is being presented in partnership with the Norwood High School Unified Friendship Club and Norwood SEPAC (Special Education Parents Advisory Council). The race will feature a 3.1 mile course for adults and a 1/2 mile fun run for children and families.

The race can be performed individually or as a Unified Team. The goal of this race is to provide the opportunity for all individuals to experience the joy of movement, regardless of ability or disability. All funds raised will go to support activities that increase acceptance and inclusion in our Norwood schools. We look forward to a great race for staff, students and their families! Hope to see you there!

<https://runsignup.com/Race/MA/Norwood/>

[RacetoEmbrace5K12Mile](#)

Fine Arts Festival 2023

Saturday 4/29
10-2 @NHS

The Norwood Public Schools' will be hosting its 24th Annual Fine Arts Festival on Saturday, April 29th from 10am-2pm at Norwood High School. The festival is a celebration of the award winning Norwood Public Schools Fine Arts program. The public is invited to view the visual arts displays and student television exhibits as well as enjoy performances by NPS music ensembles and the NHS Drama Troupe.

In addition, the Fine Art parent booster groups will be selling items to support the Arts in the Norwood Public Schools. This festival is free and will be located at Norwood High School.

Massachusetts Art Education Association Virtual Statewide Youth Art Month Exhibit

18 NHS students have artwork featured in the Massachusetts Art Education Virtual Statewide Youth Art Month exhibit. Here is the link for the show: <https://massarted.com/youth-art-month/> Norwood is featured in Gallery 3!

https://docs.google.com/presentation/d/1FliG3lxENS-nTBPzJn8eDN9FdW9KYqHHmKTWQ2cP2UU/edit#slide=id.g21348b13d32_0_3302

We are so excited to share our students' artwork with the entire state!

YARD ART NORWOOD

Community Art Making Event for Yard Art
May 13, 2022 from 11am-2pm at the Morrill Memorial Library

Friends of Visual Arts, Norwood in partnership with the Morrill Memorial Library wants you to transform your yard with art!!



What is Yard Art?

Yard Art is when you decorate your yard, front porch, door or windows that people can see as they walk or drive by. Check out this slideshow with examples from:

<https://docs.google.com/presentation/d/1fXL8-alqJV7ocYodZDHzSqKYXlcma-o5Y9OrLHUTEg/edit?usp=sharing>

When? The week of June 10-17.

How to sign up?

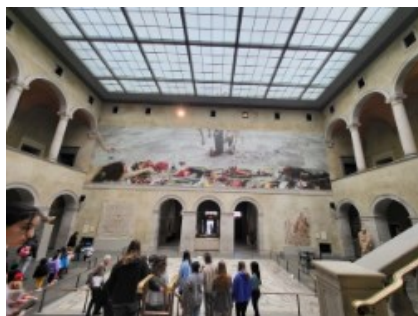
<https://forms.gle/JsAR1YHv8oT8hh2X9>

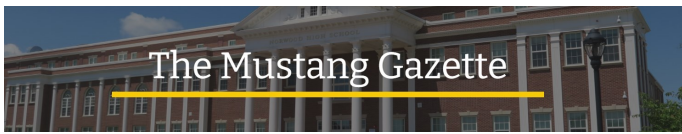
Need ideas? FoVA will be hosting a community wide art making event on May 13 at the Morrill Memorial Library from 11am-2pm.

Interested in participating, but do not have a yard? Email fovaart4u@gmail.com
Other questions, just email them at fovaart4u@gmail.com

VISUAL ARTS DEPARTMENT'S FIELD TRIP TO THE WORCESTER ART MUSEUM

The Visual Arts Department took 40 students to explore the Worcester Art Museum. In small groups, students went on a guided tour of the museum, and then, students explored the museum. Students were able to see artwork from Europe, the Americans and Africa from ancient artwork to modern artists.





The Mustang Gazette

The Mustang Gazette has a new, updated look. Check it out!

The Mustang Gazette, a digital news website published by the students in Journalism class, is live and updated regularly. Please visit The Mustang Gazette at <https://sites.google.com/norwood.k12.ma.us/mustanggazette/home> for NHS and community news.

Family Tech Tips

Kids using any kind of social network run the risk of being contacted by someone with bad intentions. While most sites use humans and technology to filter these malicious people out, there are steps you can take to play it as safely as possible.

- Make sure kids know to *never* give away personal information, even their names!
- Explain to kids that they shouldn't accept PMs from someone they don't know, and they should never move a chat from one platform to another.
- Encourage kids to trust their instinct - If something doesn't feel right, they should probably not do it!

[Information on Roblox chat features](#)
[Snapchat Family Support feature](#)
[Common Sense Media's Guide to Parental Controls](#)



[Click Here to Access the Senior Portrait Online](#)



NHS TV has been busy these past couple months! First, you can watch our [Winter Holiday edition of Mustang Magazine](#) here, and stay tuned for Part Two of our Winter Edition coming soon!

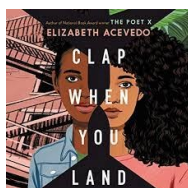
Next, in mid-March, eight NHS TV Students (Connor Curran, Joey DeVingo, Danielle Gillette, Zeina Najjar, Sarai Rosa, Jordyn Robinson, Brandon Santana Ramirez and Moussa Traore + Mrs. Schnatterly and Mr. Curran) traveled to Long Beach, CA for the annual [Student Television Network \(STN\) Convention](#) -- where they met & mingled with other TV students and professionals, attended speaker sessions, workshops and college fairs, and participated in TV Production competitions against ~2500 other Broadcast TV students from around the country.

Click here to watch our ['Crazy 8's Morning News Show'](#) we produced as a team on the first day of the STN Convention. The challenge was to produce an 8 minute long Morning News program in under 8 hours.

Last weekend, NHS TV Students Joey DeVingo and John Cavanaugh collaborated with a Sharon High School TV student to cover the METG State Finals Festival. [Click HERE to watch the Finals Closing Ceremony video](#) that Joey, John (and Jake from Sharon H.S.) produced for the Awards Ceremony. Great job collaborating with students from other schools! And congrats to Drama Teacher John Quinn and the cast and crew of 'Ash to a Flame' for their great successes and making it to METG Finals this year!



Library Nook



Library Lunch Book Club will meet on **Thursday, April 27th** during **all three lunches in the library**. We will discuss *Clap When you Land* by Elizabeth Acevedo. Students can stop in and grab a copy of the book at the circulation desk. New members are always welcome!

Calendar

Diversity Month

- | | |
|------|------------------------------|
| 4/7 | Good Friday—No School |
| 4/17 | First Day of April Break |
| 4/24 | First Day Back for Students |
| 5/1 | First Day of AP exams |
| 5/5 | 12:00 Dismissal: Prom |
| 5/12 | Last day of AP exams |
| 5/16 | Math MCAS |