



## Norwood High School December Newsletter 2022

From the Principal

As 2022 comes to a close, let's look back and focus on our wonderful progress and continue to build strong community bonds in our Mustang Family. We hope you enjoy a safe and healthy winter break! #MustangStrong

Best Regards

Dr. Hugh Galligan  
#4As5Cs1Team

### NHS Madrigals

The NHS Madrigals were invited to sing at the Massachusetts State House on December 8th. After singing a concert on the marble staircase (see picture featuring the Madrigals, Representative Rogers, and Secretary of the Commonwealth, Bill Galvin) for lawmakers and visitors, the students were given a tour by Representative Rogers who represents Norwood in the 12th Norfolk District. Representative Rogers was also kind enough to allow the Madrigals to sing once more on the House floor (see picture).



### School Picture Orders

**Picture Ordering:** If families no longer have the individual student code, it may be accessed in one of the following ways to order school pictures or senior portraits from Legacy Studios:

**Underclass** families can get this individual code by:

- Parents can scan the QR code slip that was sent home on picture day.
- Parents can go to this link: <https://www.legacyfindmycode.com/>
- Parents can email [customercare@legacystudios.com](mailto:customercare@legacystudios.com) and ask for password - please provide name and school.
- Parents can use the live chat feature at [legacystudios.com](https://www.legacystudios.com)
- Parents can call the main office at NHS to ask for student code.

**Senior** families can get their senior portrait session codes by:.

- ♦ Parents can email [customercare@legacystudios.com](mailto:customercare@legacystudios.com) and ask for password - please provide name and school.

### 1/3/22 School Day Calendar Change—12PM Dismissal

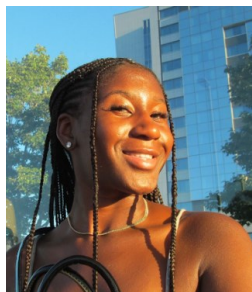
Students will have a 12:00 dismissal on that day and staff will participate in afternoon PD. For students whose families may have pre-existing plans that may prevent them from attending on 1/3, please contact your child's assistant principal.

### 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.

#### December

#### Immanuella Ilongo



#### Joey DeVingo





## YEARBOOK INFORMATION

### Senior Throwback & Baby Pictures [DUE: January 3]

We are looking for images of the Class of 2023 from your early years, specifically photos ranging from infancy to elementary school. You can also submit pictures of individual students, or group pictures. Students and families can upload as many photos as they would like. However, we cannot promise that all photos will be included, depending on the volume of pictures we receive.

To submit your baby photos, please visit [Yearbook Snap](#), use the code "mustangs" and select the photo topic "Baby pictures."

### YEARBOOKS ARE ON SALE NOW!

Visit [yearbookforever.com](#) to purchase your copy of the yearbook. The cost is \$75 - prices will increase to \$85 after that, so buy your copy now!

### PARENT/GUARDIAN & FAMILY RECOGNITION ADS

Parents/guardians often like to congratulate a graduating senior with a recognition ad in the yearbook. To purchase one:

Visit [yearbookforever.com](#) and go to Create a Personal Ad

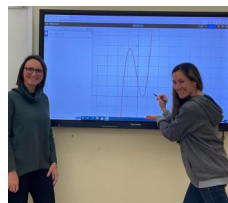
[Step by step instructions to creating/submitting an ad can be found here](#)

Deadline to purchase is **Monday, February 6th**

### Cap and Gown Money is due NOW!

Please bring \$30 (cash or check *make payable to Norwood High School*) to the main office or to Mr. Garczynski.

### Highlights from NHS Perspective Student Open House



### Environment Youth Club

EYC is excited to help the NHS Community celebrate the holidays sustainably! Come to our sustainable "pop up" store on Tuesday 12/13 from 3-4 in the NHS dining hall! We will be selling sustainable merchandise such as stainless steel water bottles and reusable stainless steel straws as well as Equal Exchange coffees, teas and chocolates. Come by holiday gifts that will make the recipient happy but also help their carbon footprint! While you are there you can get your gifts (either the ones you buy or ones you have already bought) gift wrapped sustainably using reused or upcycled materials. Also come learn how to be sustainable during the holidays. We will be making bows from newspaper and other upcycled materials and also will be sharing sustainable holiday tips! Email [leichtman@norwood.k12.ma.us](mailto:leichtman@norwood.k12.ma.us) with any questions!

[Click here for 6 Tips Towards Greener Winter Holidays!](#)



## School Counseling

December is here! We hope that you are all looking forward to some rest over the December break.

### Ninth Grade:

During the week of December 5th, school counselors and our career counselor met with all ninth grade students through their history courses to introduce them to **MyCAP**, which is an opportunity for students to begin planning for their future through a number of activities in three specific areas that are essential to personal growth and development. Each year students will be guided through a series of development activities that are appropriate for your grade level related to the three areas of MyCAP. We enjoyed working with all of our students to kick off their college and career planning.

### For Sophomores and Juniors:

PSAT scores will be available beginning on December 5th. Be sure to check your email and you will be able to see your scores once you [create a CollegeBoard](#) account. Remember, this was a great practice!

**Dual Enrollment:** If you are interested in taking a course at Massasoit Community College through the Dual Enrollment program, please take a look at this [resource](#) and download the application. Please see your school counselor for more information.

### Juniors:

We are kicking off the Post-Secondary planning process with our **Juniors**! On December 13th and 15th, School Counselors will meet with all juniors to review their PSAT scores, help them understand what that score means, and what the next steps might look like with regard to standardized testing if needed (SAT and/or ACTs). We will also activate your student accounts on **Naviance**, which is a college and career readiness tool that we will use often over the next two years. Students will begin a resume on Naviance and we will continue to add to it as they participate in more extracurricular activities.

**Save the date:** On *January 19, 2022 at 6pm* we will have a **Post-Secondary Planning/Junior College presentation** in person in the Norwood High School Auditorium. NHS Counselors will be joined by several college admissions counselors to discuss the college search and application process. We will first provide a review of the college application process, and then based on the questions that students and families submitted, we will have a question and answer session with the college admissions counselors. If inclement weather is predicted, we will move the presentation on-line.

### Seniors and Families:

Do you need help completing the **FAFSA**? If so, please look at the resources that [MEFA](#) is providing including a live webinar to get help completing the FAFSA. Register [here](#) for any of the following sessions:

#### **FAFSA/Pop-Up Saturdays:**

Saturday, December 18: Virtual Event from 10 am-3 pm

Saturday, January 15: Virtual Event from 10 am-3 pm

Saturday, February 19: Virtual Event from 10 am-3 pm

MassEdCo is also running additional help sessions and providing their help in multiple languages. Please register [here](#) to schedule a virtual help session.

Federal Student Aid  
AN OFFICE OF THE U.S. DEPARTMENT OF EDUCATION

## SBIRT Screening

Monday through Friday: December 12-16th with Make-up week December 19 – 23;

The Health Office will be conducting Screening Brief Intervention, Referral for Treatment in schools ( SBIRT Screening) for the entire 9th Grade, Per Massachusetts State Law; As with any screening, you have the right to opt your child out of this screening. The request to opt your child out must be in writing. Please contact Jennifer Hartery, RN via email @ [jhartery@norwood.k12.ma.us](mailto:jhartery@norwood.k12.ma.us) or Kathy Crowley, RN [kcrowley@norwood.k12.ma.us](mailto:kcrowley@norwood.k12.ma.us) if you wish to opt out of this screening.

# Congratulations to

## Fall Athletic Award Winners



### Fall 2022 TVL Awards

#### Field Hockey

Lindsay Rogers (all star)  
Ava Hines (all star)  
Ava O'Neil (HM)

#### Football

Ryan Conneely (all star)  
Joey McHugh (all star)  
Casey Sheehan (all star)

#### Golf

Sean Dittmeier (all star)  
Kevin Sople (HM)  
Domenic Conidi (HM)

#### Gs Volleyball

Priscilla Dos Santos (all star)  
Shannon Brady (HM)

#### Bs Soccer

Ciledson Dias Segundo (all star)

#### GSoccer

Emily Fehm (HM)

#### Cheerleading

Maddie Carreiro (all star)  
Caroline Curran (all star)  
Lucy Scafati (HM)

#### Bs Cross Country

Dylan Hamwey (all star)  
Dylan O'Brien (all star)

### NHS Awards

#### Field Hockey

Lindsay Rogers (MVP)  
Ava O'Neil (Unsung Hero)  
Lauren Galvin (Most Improved)

#### Football

Sean Steeves (MVP)  
Casey Sheehan (OPY)  
Joey McHugh (DPY)

#### Golf

Sean Dittmeier (Coach's Award)  
Kevin Sople (Coach's Award)  
Domenic Conidi (Coach's Award)

#### Gs Volleyball

Priscilla Dos Santos (MVP)  
Katie Mills (Coach's Award)  
Sam Rose (Unsung Hero)

#### Bs Soccer

Ciledson Dias Segundo (Coach's Award)  
Mike Walsh (Coach's Award)  
Cam LoPiccolo (Coach's Award)

#### Gs Soccer

Emily Fehm (MVP)  
Catherine Cronin (Most Improved)  
Alexa Coras (Mustang Award)

#### Cheerleading

Rachel O'Neil (Unsung Hero)  
Kaitlin Trahon (Coach's Award)  
Chloe Hall (Most Improved)

#### Bs Cross Country

Dylan Hamwey (MVP)  
Dylan O'Brien (MVP)  
John Cavanaugh (Unsung Hero)

#### Gs Cross Country

Ayushma K.C (Coach's)  
Brooke Hartman (Coach's)  
Kylie Letourneau )Coach's)

#### Unified Basketball

Conor Holmes (Mustang Pride)  
Desiree Morton (Unsung Hero)  
Josef Grant (Coach's Award)

## PTO News

- The NHS PTO is having its final dine out fundraiser for the year at a town favorite - **Lewis' Restaurant!** Order out or dine in at **Lewis' on Tuesday, December 13th** and mention the NHS PTO. Money raised goes to teacher grants. Thanks!
- The No-Fuss Fundraiser** is going on until the end of the year. If you would like to make a tax deductible donation, you can Venmo: @NorwoodHighSchoolPTO or send a check. Please indicate "no fuss fundraiser" and provide your email to receive a donation letter.

**Thank you!**

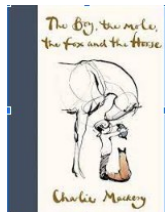
## December Family Tech Tips

**Create strong passwords for all of your online accounts!** Use lyrics from a song, a series of words, the first letters of words in a sentence, and include misspellings and symbols.

For example, chewbacca and pizza can become ch3wbAccAp!ZZa, or "Chestnuts roasting on an open fire, Jack Frost nipping at your nose..." becomes cr0a0fJFnay&n - they're long, tough to guess, and include symbols, letters, capital letters, and numbers.

## Library Nook

Library Lunch Book Club will meet on **Thursday, December 15th**, during all three lunches. We will discuss *The Boy, the mole, the fox and the Horse* by Charlie Mackesy. Students can stop in and grab a copy at the circulation desk. New members are always welcome!



## Calendar

12/20	Class Act
12/23	11:30 Release
1/3	Makeup Day for NHS—12:00 Dismissal

**\*\*Update to District Calendar\*\***

## The Mustang Gazette



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.



NHS TV Students are bringing back an oldie but a goodie! This comedy-filled, nighttime talk-show style program -- **Update After Dark** -- is back! [Please tune in HERE](#) to our first episode of the year produced by Senior Jack Brady and hosted by Senior Joey DeVingo, who is joined by many guests. This episode's guests include: The cast of 'The Play That Goes Wrong', Senior Class President John Cavanaugh, and The Other Guy (Will Morrissey).

**STRAIGHT OUTTA NORWOOD** -- NHS's Sports Podcast, produced by Seniors Dylan Hamwey, Noah Beaudet, Michael Walsh and Ryan Nychay, has released its 6th episode with a Winter Sports preview featuring members from all teams. [Check it out HERE](#). You can watch all their episodes [HERE on YouTube](#).

*On Tuesday, December 20th at 7:00 PM in the auditorium, Student Council will sponsor NHS Class Act, a variety show of some of the amazing talents at NHS and a competition between classes. The individual winner of NHS Class Act will be decided by popular vote by audience members, so buy your ticket today and help us determine which of our brave performers deserve the title of 2022 Class Act! The judges will determine which class brought their best talent and that class will earn half the proceeds from the show! Tickets are on sale now (\$5 for staff and students, \$10 for adults) -- prices will increase at the door. Please see Ms. Curtin or any StuCo Officer to buy tickets!*

