



Norwood High School December Newsletter 2023

From the Principal:

As the holiday season rolls in with energy and excitement, it can also bring stress and anxiety. Please be kind to one another and enjoy your Winter Break!

Best,

Dr. Hugh Galligan
#4As5Cs1Team



McLean Hospital Caregiver Workshops: Norwood High School is excited to partner with McLean Hospital again this year as part of the School Consultation Service program. As part of our partnership, McLean staff will facilitate four workshops intended to support parents and guardians. A recording of the most recent workshop is posted here for 30 days.

Topic: Building a Resilient Child

<https://vimeo.com/892692111?share=copy>

Password: McLean2023



EYC will be selling "extras" from their sustainable holiday Equal Exchange fundraiser at our "pop up" sale in the NHS lobby on Tuesday December 19 from 3:30-4:15 and online! Feel free to stop by or check us out on Instagram at @eycnorwood and get your sustainable holiday gifts!

Happy Holidays from the Environmental Youth Coalition! Check out the link [here](#) for tips on how to be sustainable during the holiday season!

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.

NOVEMBER

Stephanie Kurtiqi



Connor Curran





YEARBOOKS ARE ON SALE NOW!

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

The cost is currently **\$80**.

Prices will increase to \$90 on 2/26, so buy your copy NOW!

Baby pictures [DUE: December 15]

We are looking for images of the Class of 2024 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.”

Senior Throwback pictures [DUE: December 15]

We are looking for images of the Class of 2023 from the early years, specifically photos ranging from elementary to middle school. You can 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 throwback photos, please visit Yearbook Snap, use the code “mustangs” and select the photo topic “Senior Throwback Photos.”

Senior Twins [DUE: December 15]

There are seven pairs of twins in the class of 2024! If you are a twin, please submit a photo to be featured on our 2024 Twin Page.

- To submit your twin photo, please visit Yearbook Snap, use the code “mustangs” and select the photo topic “Senior Twins.”

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 5th**



Student Counseling

Juniors:

We are kicking off the Post-Secondary planning process with our **Juniors!** During the month of December, 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 Scoir, which is a college and career readiness tool that we will use often over the next two years. Students will begin a resume on Scoir and we will continue to add to it as they participate in more extracurricular activities.

Save the date: On *January 18th, 2024 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:

Reminder: The [FAFSA](#) will be available on/by December 31, 2023. If you are planning to apply for financial aid, you should [create an FSA ID](#) so when the FAFSA is ready you will be ready to start the application process.

Do you need help completing the FAFSA? If so, please look at the resources that [MEFA](#) is providing. They will update the website with webinars once the new FAFSA is made available.

If you are planning to apply to colleges/universities for January 1st deadlines, please contact your counselor to ensure she knows to send your documents. Make the request in Scoir and email your counselor.

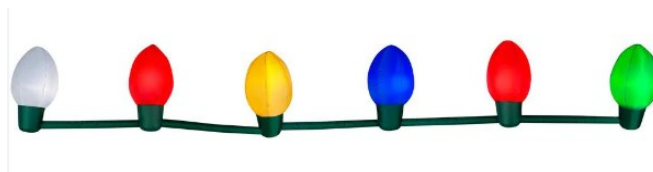
Family Tech Tips

It's cold and flu season, so be sure to keep your devices germ-free!

Some suggest cleaning your phones once per day, but check with your phone's manufacturer for specific recommendations. In general, most phone companies advise the following:

- ◆ Unplug your device before cleaning
- ◆ Use a lint-free fabric with a mix of soap and water (be sure it's not too wet!)
- ◆ Don't spray anything directly onto your phone
- ◆ Avoid harsh solutions - they could damage the protective coating of your screen
- ◆ Be sure any openings on your phone don't get wet
- ◆ [FCC's Guide](#) to Sanitizing Your Phone and Other Devices

While everyone's looking forward to break, a lot of downtime can turn into a LOT of screen time. Check out Common Sense Media's [article](#) on how you and your family can unplug (a little) this holiday season!



Norwood Mustangs - 2023 Fall Season Recognition List

Fall Cheer: TVL 5th Place, Qualified for South Regionals and States.

Team Captains: Madison DiTullio, Chloe Hall, Lucy Scafati

TVL All-Stars: Kaylin Carreiro, Aidan Feroli

Boys Cross Country:

Team Captains: None

Honorable Mention TVL All-Star: Ryan Murray

Girls Cross Country:

Team Captains: None

TVL All-Star: Natalie Martin

Field Hockey: TVL Large Champions, Tournament Ranking: 2, D2 State Finalist.

Team Captains: Sophie Krusz, Shea Larkee, Lindsay Rogers.

TVL Large MVP: Shea Larkee

Boston Herald All Scholastic: Shea Larkee

TVL All-Star: Shea Larkee, Lindsay Rogers, Ava O'Neil, Emily Spadorcia

Honorable Mention TVL All-Star: Ava Hines.

TVL Large COY: Allison Doliner

Team Award: TVL Team Sportsmanship.

Football: TVL Large Champions, Tournament Ranking 5, advanced to the D4 Round of 16.

Team Captains: Ryan Conneely, Ben Kelley, Matty Mahoney, TJ Wyman.

TVL Large MVP: Matty Mahoney

Boston Herald All Scholastic: Matty Mahoney.

TVL All-Star: Matty Mahoney, TJ Wyman, Ben Kelley, Drew Bartucca, Nate Hsu, Brian Dearborn, Jack Dwyer.

Honorable Mention TVL All-Star: Ryan Conneely, Jack Russo.

TVL Large COY: Manny Lopes

Golf: MIAA Division I Central Team Tournament Qualifier.

Team Captains: Zach Badger, Teddy Caparrotta

TVL All-Star: Tommy O'Brien.

Honorable Mention TVL All Star: Zach Badger, Teddy Caparrotta

Boys Soccer:

Team Captains: Nevin Kelley, Giacomo Serratore

TVL All-Star: Giacomo Serratore

Girls Soccer:

Team Captains: Alexa Coras, Lauren Reen, Michaela Reen, Tricia Wladkowski

TVL All-Star: Tricia Wladkowski

Volleyball: Tournament Ranking 28, advanced to the D2 Round of 32.

Team Captains: Colleen Brady, Kaylie Delamere, Molly Federico, Natalie Gale

TVL All-Star: Colleen Brady, Natalie Gale

Honorable Mention TVL All-Star: Molly Federico



Starting on January 2, 2024: All tickets to boys and girls varsity basketball and ice hockey will be online only through GoFan or by using the QR code below.



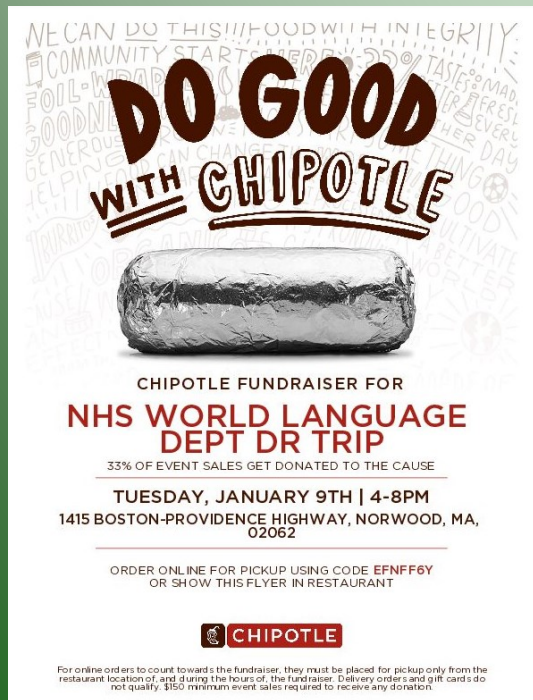
BUY TICKETS ONLINE

USE THE QR CODE BELOW, OR
VISIT GOFAN.CO & SEARCH
NORWOOD HIGH SCHOOL



Dominican Republic Trip Fundraiser

There is a fundraiser at Chipotle in Norwood on Tuesday, January 9 from 4-8pm. Make sure to show the flyer or use code EFNFF6Y at online checkout. 33% of sales will benefit the Dominican Republic Trip. Come out and show your support!



Unified Friendship Club Snowball

Our Unified Friendship program connects special needs students with sports programs and other events.



Unified Friendship Club Snowball event happening on

Sunday February 4th

Dedham Legion

3pm—7pm.

Tickets are presale \$10.00.

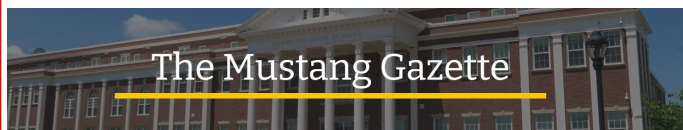
Please see Mrs. Kelley for information and tickets!

NHS PTO UPDATE

Norwoodopoly Games for sale for \$20! Yes, it's a Norwood version of Monopoly! Proceeds go to support the NHS PTO. Makes a nice Christmas present.

Here is the link to order: https://docs.google.com/forms/d/e/1FAIpQLSdFrukUMvg13jy_4QR3Wa27O9DEhKUHIuto2u1vXur2TgmKw/viewform

The Mustang Gazette



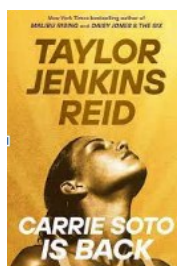
The Mustang Gazette, a digital news website published by the students in Journalism class, is live and updated regularly.

Please visit The Mustang Gazette at

<https://sites.google.com/norwood.k12.ma.us/mustanggazette/home> for NHS and community news.

Library Nook

Library Lunch Book Club will be meeting Thursday, January 18th during all three lunches. We will be reading *Carrie Soto is Back* by Taylor Jenkins Reid. New members are always welcome.



Calendar

Universal Human Rights Month

12/14	Early Release/ Professional Development
12/22	Early Release/ 12:00 dismissal
12/25—12/29	Winter Break
1/2	Professional Development Day—no school
1/3	Students back from Winter Break
1/15	Martin Luther King Day—no school

