



Norwood High School February Newsletter 2024

From the Principal:

Take a moment during this winter break to recharge your energy so you can come back focused and strong for the second half of the school year. Stay safe and thank you for your continuous support!

Best Regards,
Dr. Hugh Galligan
#4As5Cs1Team

ELA MCAS

Testing Dates

10th Grade

Tuesday, March 26

&

Wednesday, March 27

*Reminder: Charge your Chromebook
the night before.*

Town Government Day

Wednesday, March 20

This is a great opportunity for students to learn about how the Town of Norwood is run!

If your child is interested in participating, they should [click here](#) for more information.



AP Calculus, Statistics, and Precalculus Mock Exams

Morning of
Thursday, March 7th
in the library.

Students who have more than 1 AP Math class should speak with Mr. Harris in Room 205E.

*Reminder: Charge your Chromebook
the night before*

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.

January

Hannah Adeleye



Lauren Galvin





Calling All Angels!

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 2024 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 2024 NHS TIOT Yearbook by
Visiting yearbookforever.com and completing the process and payment online

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

1. "Yearbook" for student first name
2. "Angel" for last name
3. "Staff" for grade

Register Today!



The 2nd annual *Race to Embrace* will take place on Sunday, May 19th at 9:00 am at Norwood High School. This event is being presented by AIM Therapy, Norwood Unified Clubs and SEPAC (Special Education Parents Advisory Council). AIM Therapy is a neuro-affirming physical therapy and inclusive fitness clinic that has Needham and Newton locations. AIM Therapy has CrossFit and Functional Fitness classes for individuals of all abilities. They also have a Special Olympics Powerlifting team that practices weekly and is training to compete in the Massachusetts Summer Special Olympics in June 2024!

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. 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>



School Counseling

Course Registration for Grades 9-11



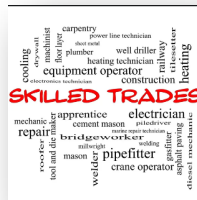
It is hard to believe, it is time to start thinking about courses for next year! We are excited to kick off Course Registration for the 2024-2025 school year! You all have worked hard this year and we are so hopeful that next year will be even better. Everyone has received an email from Mrs. Derrane with instructions on how to register for courses in Aspen. After vacation, from February 26th- March 1st, school counselors will meet with all students to review their requests and make any necessary changes or adjustments. We are excited to see what you have selected!

Seniors:

Please be aware that we sent the "Mid-year report" to all of the colleges/universities to which you have applied.

For those students who applied to college, please let us know about those decisions that you receive. We are happy to talk through any decisions you need to make. And be sure to complete the [Free Application for Federal Student Aid \(FAFSA\)](#) to see if you qualify for financial aid to help pay for your college tuition and expenses. Please note that this year there will be a delay in the colleges/universities receiving the FAFSA information from the government. As a result, *some* schools have delayed their deposit date (May 1st). Be sure to check with your individual schools regarding their financial aid timeline.

If you still need to apply to 2 and 4 year colleges or you need help with other postgraduation plans including military, technical/trade schools and/or employment, please let us know. We are happy to help you.



Juniors:

We know that many of you have started your planning for after Norwood High School. We will start to meet with juniors during the month of March and throughout the year. We look forward to helping you find a plan.

We hope that you all have a safe and enjoyable February break.

Sophomores and Ninth Graders:

We mentioned in the Program of Studies presentations that getting involved in extracurricular activities can make high school even more fun and memorable. If you are wondering how to get involved, let us know.



Norwood High School Program of Studies

2024-2025

Please see the Norwood High School Program of Studies for the 2024-2025 school year. We encourage families and students to review this document together to help make informed choices as you begin the course selection process for next school year.

[Norwood High School Program of Studies 24-25](#)

Your PTO At a Glance!

Happening Now

Sign up genius to support the **TASC classroom**.

The TASC program is a special education class teaching students life skills such as cooking.

The sign-up genius has a list of goods needed for this program. *If you can donate, [click here](#)*. Thanks!

What's Next?

- ⇒ **Caring Heart Award** – awarded to an outstanding teacher or staff member. Stay tuned for nomination forms!
- ⇒ **PTO scholarships** for graduating seniors – \$500 for a college-bound student, and \$500 for a vocational path.
- ⇒ **Teacher & Staff Appreciation Week** in May- *ideas welcomed on how we show the NHS teachers our gratitude.*
- ⇒ **Graduation Yard Sign Sale** – look for this after the school break.
- ⇒ **Graduation Flower Sale** – can be pre-ordered, look for this after the school break.
- ⇒ **Online Spring Sale** – lots to choose from, including candles, soaps, food products.

What We Have Done So Far

- ◆ **\$2500 in teacher grants**
- ◆ Sponsored a **Hoby Youth Leadership** participant
- ◆ Sponsored a **Girls Sate participant** - a program teaching civic leadership. Participants are chosen by their grade 11 US History Teacher and a team of Guidance counselors.
- ◆ **Re-stocked the teacher's room** (*thanks for your contributions!*)
- ◆ **Teacher appreciation snacks and breakfast** (*thanks for your fruit and coffee cake donations!*)
- ◆ **Lots of fundraisers**, including a SunBurst Fruit Sale, Grandma Coffee Cake Sale, Norwoodopoly Sale (still available!), various raffles, paid dues
- ◆ **Grants** received from Boch and OneLocal Bank
- ◆ **Donations** received to support a Norwood family who lost their home in a fire. Thank you to teacher **Joe O'Connor** for organizing!

Your Board

We will need a new treasurer next year, as our treasurer's daughter is graduating this year. *Thank you, Anne, for all you have done!*

If interested in joining, we could use your help! Email us at norwoodhighpto@gmail.com.



Thanks so much for supporting us and the PTO programs.

Post Prom Party

Post Prom Party is held at NHS gymnasium after the PROM. All class of 2024 students and their guests are invited to this party. Raffles are held for all who stay to the end. The cost is minimal and all the students have loved it. It is a volunteer planned event funded by generous community donations and fundraising. We are in need of volunteers from all grades to keep this event going.

Please email norwoodpostprom@gmail.com If you are interested.

NORWOOD POST PROM COMMITTEE
PRESENTS...



Raffles, door prizes
special guest callers

March 8th at 7pm

DOORS OPEN AT 6 PM

KNIGHTS OF COLUMBUS, NICHOLS ST, NORWOOD

Tickets \$35 pp or \$300/table of ten

For tickets register at

<http://tinyurl.com/NHSBagBingo>

Any questions email NorwoodPostProm@gmail.com

Latin Club



Library Nook

Library Lunch Book Club will be meeting **Thursday, March 21st** during all three lunches.

We will be reading ***The Giver of Stars* by Jo Jo Moyes** in honor of Women's History Month.

"Based on a true story, this courageous group of women delivered books by horseback in the Kentucky mountains, facing many obstacles. This book is destined to become a modern classic-a richly rewarding novel of women's friendship, of true love, and of what happens when we reach beyond our grasp for the great beyond."



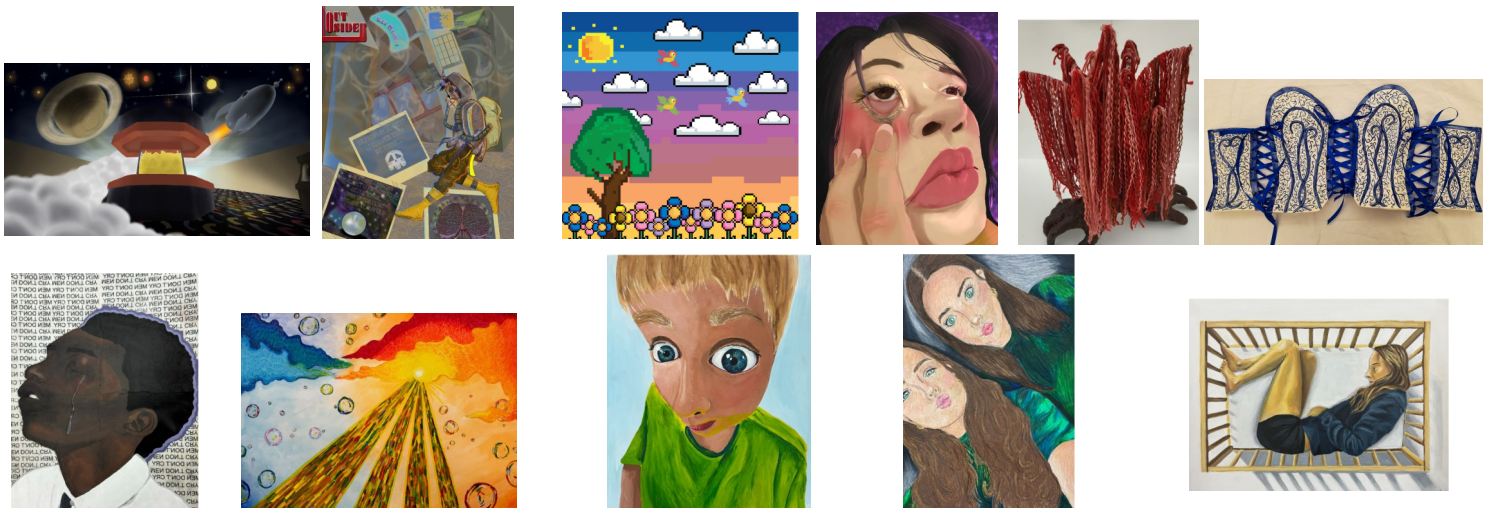
2024 Massachusetts Art Education Association's Massachusetts Amazing Emerging Artists Juried Show

Piloted in 2018, the Amazing Emerging Artists Recognitions is a juried show for students in grades 9-12 whose art teachers are members of the Massachusetts Art Education Association (MAEA). Student entries are submitted digitally and are judged using a blind process by a panel of art educators.

The 2024 MAEA Amazing Artists exhibition will be a virtual exhibition that will be published on the MAEA website: [Massachusetts Art Education Association](https://www.maedea.org/).

The MAEA sees this exhibition as a real-life opportunity for students to express what is important to them in a visually powerful way and by presenting the juried works online we hope to reach a larger audience.

The Massachusetts Art Education Association sponsors this statewide juried exhibition. [This presentation is all of the chosen NHS students.](#) **Congratulations to our NHS Student Artists!**

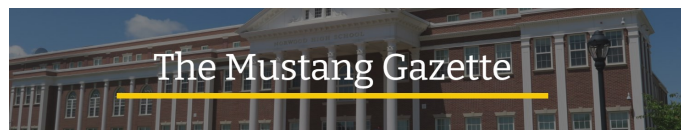




Family Tech Tips

They're not just targeting Grandma anymore. Check out this article outlining how scammers are now using gaming sites and social media to [scam money from teens](#). In 2022 alone, more than \$200,000,000 was stolen from teens by scammers!

Read tips from Common Sense Media's experts on how to encourage healthy tech habits so your children (and you!) can [get a good night's sleep!](#).



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.



Athletics

Spring sports begin on Monday 3/18/24. We will be hosting a spring sports informational meeting for any students interested in participating on a spring sports team on Tuesday 3/5 starting at 3pm in the auditorium. Spring sports registration is available through the Aspen Parent Portal. Registration is due on or before Friday **3/8/24**. If you need assistance with your Aspen account please contact npsaspensupport@norwood.k12.ma.us. All students will need an updated physical in order to participate. Please email updated physicals to: athletics@norwood.k12.ma.us

We will be accepting user fee payments through UniPay, please access the following link <https://unipaygold.unibank.com/CustomerInfo.aspx?Customerid=443> to make an online payment. If you would like to pay by check, please mail a check in the amount of \$200 made out to The Town of Norwood and mail to Norwood High School, 245 Nichols St Norwood, MA 02062 Att: Athletics. If you would like to request a reduced fee or a fee waiver please email jlongley@norwood.k12.ma.us

We will be hosting our varsity winter sports awards night on Thursday 3/14. Pizza and refreshments will be served at 6pm followed by the awards ceremony at 6:30pm in the auditorium at NHS. Parents are encouraged to attend the awards ceremony.



NHS-TV has been busy as usual. As a reminder, you can check out *NHS Update* every morning at 8:15am LIVE on [NCM's Community channel](#) and see our students in action and view the great content our TV students produce on the daily. One recent project produced by Advanced TV students brings us back to the holiday season where they explored 12 different genres of film inspired by the tune of the 12 Days of Christmas. [You can check it out HERE.](#)

PreGame Live was back at it again last Friday at the Norwood-Westwood Basketball Double Header. If you didn't catch Sophomore Brian Gagliardi (your host!) live -- [you can check it out HERE.](#)

Lastly, we have a team of 12 incredibly talented Juniors & Seniors getting ready to head to the [Student Television Network \(STN\) Convention](#) in Long Beach, CA for 5 days in March, where they will compete against thousands of other students from around the nation in TV Production contests, and meet with colleges and industry professionals. Stay tuned for updates from Long Beach!

LEAP Student Field Trip



Calendar

Black History Month

- 2/19 President's Day—Winter Break Begins
- 2/26 Students back in school
- 3/4 National World Language Week
- 3/7 Early Release 12:00/Professional Development
- World Language Celebration of Cultures 6-8PM
- 3/12 Trade/Technical Fair (9:30 AM in Library)