



Norwood High School January Newsletter 2024

From the Principal

Getting involved with your school and community helps to build connections and motivation. NHS offers many school activities across the Arts, Athletics and Activities/Clubs. Check our website for more information.

Best,

Dr. Hugh Galligan
#4As5Cs1Team



15 Music Students participated in the Southeast Senior District Music Festival

Norwood had students in the Orchestra, Jazz Ensemble, Treble Choir and Mixed Choir. They performed with conductors from far and wide at Canton High School on Saturday, January 6th. Several of these students will be auditioning for the All State Festival in the coming weeks.

End of Term

Term 2 closes on January 26th.

Please encourage your student to monitor grades and communicate actively with their teachers regarding their progress and any opportunities to improve their grade.



Parent/Guardian Teacher Conferences

Thurs., February 8

6PM—8PM

Family Tech Tips



Did your child get a new device for the holiday? Check out Katie Greer's [3 quick tips on how to keep them safer online](#).



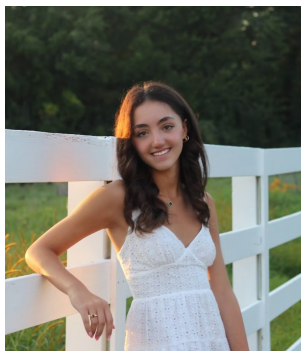
And here is Common Sense Media's list of the ["Best Kids' Everything of 2023"](#)! See reviews of apps, movies, podcasts and more...all with Common Sense Media's parental reviews!

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

Angel El Moucary



Lauren Reen



McLEAN HOSPITAL SCHOOL CONSULTATION SERVICES



Caregiver Webinar for Norwood Public Schools

Strategies to Help Children and Teens Cope with Anxiety

Date/Time: Tuesday, 2/6/2024 from 12:00PM-1:00PM

Presenter: Yudelki Firpo-Perretti, Ph.D.

Learning Objectives:

This webinar focuses on describing what childhood anxiety is, how it presents in school, and provides caregivers with strategies to encourage children and teens to approach their fears and manage unhelpful thoughts.

To attend, visit: <https://partners.zoom.us/j/89307704332>



IMPACT NORWOOD

MEET & GREET

Learn about IMPACT Norwood's work in our community, have a chat and grab a snack.

We'd love to meet you!

JANUARY 25, 2024
NORWOOD CIVIC CENTER
THE WILLETT ROOM
DROP-IN BETWEEN 6:00PM - 8:00PM

Questions?

cbrosnan@norwoodma.gov



School Counseling

Welcome to 2024! We are excited for it to be a great year. It's hard to believe that in the next few months we will start talking about graduation plans (for Seniors) and classes (for 9-11th grade) for next school year. It moves quickly and we hope you are able to enjoy the second half of the year.

Seniors: If you are still planning to apply to two and four year colleges, there is still time! Let your counselors know of any remaining schools on your list and add them to Scoir. If you have received any decisions from colleges, please add those into Scoir.

Financial aid: The FAFSA is now available if you are planning on applying for need-based financial aid (scholarships, grants, loans, etc). You can get started here: [Create an ID](#). Do you need help completing it? MEFA is offering a virtual help session on January 24th from 4-6pm. Register: [here](#).

Juniors: We are looking forward to kicking off Post-Secondary Planning/The College Search process on **Thursday, January 18th at 6:00pm** in the auditorium. School counselors will discuss the college search process and we will be joined by an admissions counselor from Framingham State University, the University of Massachusetts at Amherst, and Providence College. Each panelist will share information on their school, institutions that are similar to them, and share helpful tips on the college admissions process. We will also review the questions that were submitted. We look forward to seeing you there.

SAT/ACT exams: For those students who are planning to take either the SAT or the ACT, please be aware of the following registration deadlines. For the March 9th SAT, students need to register by February 22nd on [CollegeBoard](#). For the April 13th ACT, students need to register by March 8th on [ACT student](#).



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!

SENIOR PORTRAITS

Senior Portrait submission is **past due**. If you have not uploaded your vertical photo through [Yearbook Snap](#) using the **access code mustangs** please do so ASAP!

For students who took their senior portraits with Legacy Studios, the yearbook staff will have your portraits sent to us digitally, so no further action is required.

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**

Aspen Support

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

Softball Informational Meeting

Any student interested in playing softball should attend an informational meeting on Friday, 1/19 at 2:50pm in room 201.



Athletics

Families can check www.norwoodmustangs.com under the
athletics section

or

<https://www.arbiterlive.com/Teams?entityId=16671> for schedules, and scores.

Friendship Club Snowball

Why are we hosting a Friendship Club Prom?

The average high school prom lacks both inclusion and disability-friendly opportunities. We want to continue what was started last year by Dedham Best Buddies to create a prom environment suited for both students with and without IDD's. The Snowball is designed with an inclusion-driven mindset allowing for all students to have an enjoyable experience.

Tickets, Costs, ETC.

Additional Funds Needed

Tickets will have a small cost of \$10 to ensure that we can supply everyone with food, music, decorations, and a great time.

We are looking for places (and people) who are willing to donate supplies (such as decorations, food, money, gift cards, etc. If you can do so please reach out to Mrs. Kelley (Info below)

Email: Michelle Kelley @
mkelley@norwood.k12.ma.us
Cell: 508-479-6854



Snowball

@ AMERICAN LEGION DEDHAM MA
02026

SUNDAY FEBRUARY 4TH 3-7 PM

FOOD DANCING PHOTOS AND FUN WITH DJ LINEUP

NHS FRIENDSHIP CLUB AND DHS BEST BUDDIES

THE AMERICAN LEGION IN DEDHAM IS BEING SO KIND & DONATING THEIR VENUE TO USE AS WELL AS WORKERS TO HELP OUT. A HUGE THANK YOU SHOUT OUT TO THEM!!!!

Exciting NHS Events

Hypnotist at NHS

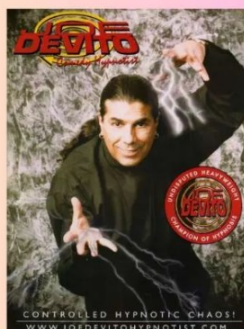
The Class of 2024 is having
hypnotist Joe Devito come to
NHS!

FIRST

Scan to get
tickets!

When & Where:
January 25th
@7pm in NHS
auditorium

Price: Tickets will be
\$10 presale and \$15
at the door. Tickets
will be sold online
through google
form!



SECOND

Scan to venmo or
bring cash to
guidance!



See a Class of 2024
Stuco officer with
any questions!



DOUBLE HEADER

MOVIE NIGHT

3:30PM - 5:00PM 5:30PM - 8:00PM

Ticket \$5
FREE POPCORN

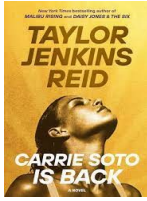
**MOVIES WILL BE CHOSEN
VIA STUDENT VOTE**

ALL ARE WELCOME; BRING PICNIC BLANKETS TO SIT ON
SNACKS + PIZZA + CANDY CAN BE BOUGHT

DATE: JANUARY 18TH
LOCATION: CAFETERIA

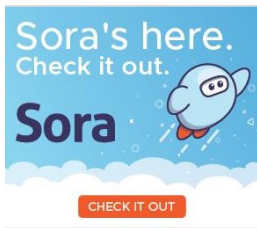
Library Nook

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.



Exciting NHS Library News!

The NHS Library now has access to over 200 digital magazines through SORA and a New York Times membership. SORA is an award-winning digital reading app that empowers students to discover age-appropriate ebooks, audiobooks and more from their school library. Students can access SORA through the NHS Library website. <https://www.norwood.k12.ma.us/nhs/library/index>



Interpretations of F. Holland Day Exhibition F. Holland Day House, 93 Day St,

Opening Reception: 3-5pm on Jan 19
Exhibition: Jan 20 & 21 from 1-3pm

Come see NHS Photography students' artwork in the home of an American Pioneer of Fine Arts Photography. Students in the Introduction to Photography visited the Day House in the Fall to learn about F. Holland Day, one of the first Fine Art Photographers. During their visit, they learned about the history of Norwood, the Day family, their home and Day's important contributions to American Fine Art Photography. After the guided tour, students explored the Day House through photography. In the classroom, they edited their best photographs in Adobe Photoshop. This exhibition displays each student's best photograph.

The exhibition is free and open to the public on January 19 from 3-5pm for an opening reception as well as Jan 20 & 21 from 1-3pm at Day

Friends of Visual Arts, Norwood (FoVA Norwood) Meeting Jan 29 at NHS

Want to be more involved in the Visual Arts in the Norwood Public Schools? Come to a FoVA meeting on Jan 29 in NHS' library at 6:30pm. Help us plan for your Annual Youth Art Month Benefit, Fine Arts Festival and Norwood YardArt 2024. Want to help but can not make the meeting? Email us at fovaart4u@gmail.com

PTO Update Happy 2024!

With your support we were able to award **5 teacher grants** for programs such as supporting life skills training with funds for cooking supplies for special needs students, a corner library to help students facing a challenge in reading, and a school mural project. We continue to fundraise to support these needs.

New Dine Out Partner - Comella's in Westwood!

Date: Thursday, Jan. 25, 2024 (flyer attached)

Great family meals, including pizzas and "messes" (it's unique to Comella's and made fresh daily. It's a combo of pasta, cheese, sauce, and may have meat, or eggplant - and always yummy!) Excellent tiramisu too!

See's Candy Valentine Fundraiser

The store is now open: https://www.yumraising.com/secure/norwoodhp_norwood_high_pto_valentine_candy_fu41/ChrBan9082/

Candy ships direct to you or a loved one.

Comella's & NORWOOD HIGH SCHOOL PTO

Mention this flyer to get 15% of your total donated to the PTO!
Help support...

- Teacher grants
- Educational + recreational programs
- Teacher appreciation
- In-school assemblies, & more!

THURSDAY, JANUARY 25
11:30-9:00

Order a "Mess" for your family, grab pizzas, or meet up with friends for drinks and appetizers!

745 High St, Westwood
comellasrestaurants.com



NHS-TV Pregame Live is back and better than ever. Your host, Sophomore Brian Gagliardi, will be live on Friday, January 12th at 5:30pm for the first edition of the NHS-TV Pregame winter season shows. We're super hyped for this show and it should be the best one yet! Tune in on NCM Community Channel or stream it on norwoodcommunitymedia.org.

If you missed *NHS Update* this past Wednesday morning, we hosted a special guest! Our very own Jordyn Robinson conducted a live interview with New England Patriots' Cornerback Jonathan Jones, where she asked him about goals he set as a High School student and what advice he has for our students.

The NHS-TV program will have several students traveling to Long Beach, CA in March for the Student Television Network Convention. Please help send them on their way! Mark your calendars, and please dine in or order take-out from **Jake & Joe's** in Norwood at anytime on **Thursday, January 25th** and be sure to mention the **NHS-TV STN Convention Fundraiser**. Jake & Joe's will donate 20% of your check towards helping the students fund this educational and inspirational trip!



Don't feel like cooking????

The Class of 2025 is holding a "fun"raiser at Conrad's in Norwood on

15% of food sales go Tuesday, January 16th, all day long!

15% of food sales to help fund class activities. Present the flyer to your server, support a great cause and enjoy a delicious meal!!!

Thank you in advance!

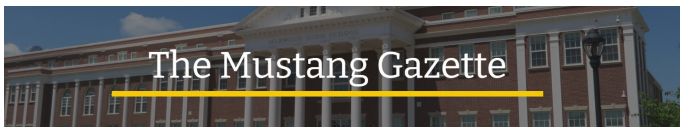


SPONSORED FUNDRAISER
WE'RE GOING GREEN
No Tickets Needed!!

A great way to raise money for local school's group teams and non-profit organizations. Our fundraisers are open to schools as a whole or individual sports teams & club's

NORWOOD HS TV-STN CONVENTION
How it Works:

1. On **THURSDAY JANUARY 25th 2024** visit **Jake & Joe's NORWOOD** for lunch, dinner or take-out and let your server or phone representative know that you are participating in the fundraiser and to **FLAG YOUR CHECK**.
2. For in-house dining: When paying your bill, please **double check that the word "FUNDRAISER" is noted on your check** to ensure your check is being included with the fundraiser.
3. For online orders: Order **FUNDRAISER** as an item and then enter the name of your organization as a special instruction. **Again, double-check that the fundraiser code has been added to the order.**
4. After the event, we will contact you with your results. Your group will receive 20% of the total sales (before tax) from all the checks that were flagged for your fundraiser.



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.

Calendar

- 1/15 Martin Luther King Jr. Day—no school
- 1/23 Early Release—Professional Development
- 1/26 Last Day of Term 2
- 2/7 Early Release—Professional Development
- 2/8 Parent/Guardian/Teacher Conferences 6-8