



Norwood High School

November Newsletter 2023

From the Principal:

As our first term comes to a close today let's continue to focus on academics and achieving our best. Have a peaceful November and thank you for your continuous support.

Best Regards

Dr. Hugh Galligan
#4As5Cs1Team



Latin Club

The NHS Latin Club had a fang-tastic time carving pumpkins and enjoying a fall afternoon during their October event. Featured in the photos are seniors Prima Sriphe, Emma Shkurti, David Demattia, Allie Murphy, Ethan Murphy, Cameron Munro, Ethan Lee, and Jason Le; junior James Caille; sophomore Asher Meeers; freshmen Angelina Hazlehurst, Aiyana Murphy, Lily Flood, and Bella Dana; and advisor Magistra Holmes.

Parent/Guardian Teacher Conferences

Thursday, 11/16

12:30-3:00 & 6PM-8PM

On Monday, you will receive a message with Sign Up Genius links to make appointments with your student's teachers. We ask that you use this format to make appointments in advance. If the format and/or timing of these sessions does not work for you, please contact the individual teacher to work out an alternative plan to discuss your child's progress.

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.

OCTOBER

Alice Abdallah



Bella El Moucary





YEARBOOKS ARE ON SALE NOW!

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

The cost is currently **\$70**.

Prices will increase to \$80 on 11/27. Prices will increase again to \$90 on 2/26, so buy your copy NOW!

Senior Portraits [DUE: December 1]

Senior Portrait submission is due Friday, December 1st. Seniors have TWO options for taking their senior portraits: Independent Photographer or Legacy Studios. All portrait choices must be vertical shots or a waist-up shot, and seniors should be wearing appropriate dress, with no hats or hoods.

For Seniors who choose to have their portraits taken with an Independent Photographer:

Upload your vertical photo through [Yearbook Snap](#) using the access code "mustangs", then select the photo topic "Senior Portrait."

- Portrait submission MUST be renamed prior to uploading. Use the following format: STUDENTLASTNAME_STUDENTFIRSTNAME
- File must be JPEG or PNG, 1mb - 15mb.
- Upload the highest resolution version of the image.

No studio logo or name imprinted on the front of your photograph.

For Seniors who choose to have their portraits taken with Legacy Studios:

If you had your portrait taken with Legacy Studios, you will need to select your Yearbook Pose through their online portal.

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."

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**

The NHS Marching Band and Colorguard completed their competition/evaluation season on October 28th and 29th.

The Band and Guard achieved **3rd place at USBANDS** New England Regionals in Group 1A in Vernon Ct on the 28th. On the 29th the band persevered through heavy rain and achieved a **Gold Medal at MICCA State Finals held at Veterans Stadium in Quincy**. The Mustangs were one of four bands out of twenty three participating bands to achieve a gold medal rating.

The NHS Jazz Ensemble is off to a great start with openings for trumpets and trombones and a pianist. This ensemble rehearses after school and has several performance opportunities throughout the year.



Student Counseling

We want to know what your plans are so we can help!



Congratulations to all of our seniors who have already successfully submitted a few college applications! We know what a big accomplishment this is and we are so happy for you all. Please remember to let us know the outcome of your application. For those who are planning to apply for the December 1st deadlines and beyond, please remember to request your transcript at least 2 weeks prior to your college deadline date. You also need to move these schools into "Applied to" in Scoir. This allows your counselor to prepare all of your documents and write a great recommendation for you. If you have added schools to your Common Application, be sure to let your counselor and your teacher know who wrote a letter of recommendation.

If you plan to apply for financial aid, be sure to check the [FAFSA](#) and [CSS Profile](#) deadlines for your schools. As a reminder, the FAFSA should be available in December. Once you complete it, here is some information from [MEFA](#) on [what you can expect](#).

Sophomores and Juniors-

Thank you all for working so hard on the PSAT. CollegeBoard has indicated that results will be available on November 16th. We will follow up with instructions on how to access those scores through your email.

Ninth Graders-

It was great to see you all at the Activities Fair last month and we hope that you have joined a club or two. Getting involved makes high school fun and memorable.

Your counselors are working on sharing an amazing College and Career readiness tool called My College and Career Plan ([MyCAP](#)). We plan to share this with you soon. Be on the lookout for an email from your counselor and an invitation to a google classroom.

Keep up the good work!



The Fall Varsity Awards night hosted by the NHS Athletic Booster Club will be held on Tuesday 11/22. Pizza and refreshments will be available to students in the dining hall at 6pm followed by the awards ceremony in the auditorium at 6:30pm. Parents are encouraged to attend the awards ceremony.

We will be hosting a winter sports information meeting at 3pm in the auditorium at NHS on Wednesday 11/8/23. Individual team meetings will take place following the meeting.

Winter sports registration is available through the Aspen Parent Portal. Registration is due on or before Tuesday 11/14/23. 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 Winter sports begin on Monday 11/27/23. We will be accepting user fee payments through UniPay for the 23-24 school year. 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 contact Director of Athletics Jonathan Longley directly at jlongley@norwood.k12.ma.us



The Annual Turkey Trot hosted by the NHS Athletic Booster Club takes place on Sunday 11/19 at 11am at NHS. Race information is located here <https://runsignup.com/Race/MA/Norwood/TheNorwoodTurkeyTrot>

Norwood High School partners with Mass General Hospital for several mental health and substance abuse programs. Please read below for more details and your opting out rights



MASSACHUSETTS
GENERAL HOSPITAL



HARVARD
MEDICAL SCHOOL

Dear Norwood High School Parent or Guardian:

Our team of clinicians and scientists from the Massachusetts General Hospital and Harvard Medical School, with funding support from the Massachusetts Department of Public Health, is partnering with schools across Massachusetts to improve adolescent mental health and reduce substance use, and we can't accomplish this mission without the help of you and your child! **These are not programs or research projects of the Norwood High School.**

Why is this program so important? We are in the middle of a youth mental health crisis. The current generation of adolescents are facing a concerning rise in mental health concerns and substance use that far too often goes undetected or unchecked. Further, the increased need for mental health and substance use services among adolescents far exceeds the resources available at school and in the community.

We partner with schools across Massachusetts and offer therapeutic treatments and education programs for students who may be in need of some extra supports. Additionally, our program aims to discover what makes a young person particularly vulnerable to substance use and other psychiatric concerns. The information your child provides will be invaluable in not only improving our understanding of adolescent mental health and substance use, but also in helping our team develop more effective intervention, prevention, and education programs to help students and families. Previous program participants have found these types of studies to be an informative, interesting, and rewarding experience that provides unique insight on real applications of science and their own behaviors.

Who can participate in the programs? Students who have never used addictive substances (e.g., cannabis and nicotine), students who have used addictive substances, students who are at risk for substance use or mental health concerns, and students who are currently suffering from mental health concerns may be invited to take part in one or more of our projects. Our group places great importance on the study of both mental health concerns and substance use given the high rate of comorbidity between these two conditions.

What does our evaluation program involve?

Your student's high school is participating in another research program affiliated with our center around improving SBIRT, students at these participating high schools may be asked additional questions up to twice per year during the duration of this program. To learn more about the additional questions your student may be asked during this school year, please click this link:

<https://acrobat.adobe.com/link/review?uri=urn:aaid:scds:US:edb96936-f181-4143-aeb8-9bd817274e01>.

School-Wide Assessment:

- ✓ All 9th-12th grade students will complete a very brief and confidential survey about substance use and mental health.
- ✓ This will take place during the week of November 20th, 2023.
- ✓ The survey will take approximately 15-30 minutes to complete.
- ✓ During the survey, your student will be asked about a variety of different things. For example:
 - ✓ Basic demographics (e.g., age, race, ethnicity, sex, gender identity)
 - ✓ Mental health (e.g., symptoms of depression, anxiety, emotion dysregulation)
 - ✓ Substance use (e.g., lifetime and current use of alcohol, cannabis, and nicotine)
 - ✓ Other descriptives used to create a unique code (i.e., it cannot be used to identify a student) for all completed surveys (e.g., eye color, hair color, first three letters of their street name in 5th grade,

middle initial). These questions may be used to connect records over time, but this information will not be used to find out your students' names.

- ✓ Students will have the option to provide contact information if they are interested in hearing about any of the other voluntary and confidential clinical research projects we offer through our Center at MGH. If your student completes the survey and would like to hear more about our other programs, we will provide you with more details on the projects available, give you the opportunity to ask any questions you have, and will require your written consent if your student is under the age of 18 before they are enrolled.
- ✓ For students completing the survey, they will be asked to enter their Locally Assigned Student ID number (LASID) that may be used to connect records over time, similar to the descriptor questions that create a unique code. As neither the MGH Research Team nor schools will have the information to decipher the code, the LASIDs **cannot** be used to identify students who choose to respond to the survey. Additionally, your student's school will not have access to any of the individual survey responses.
- ✓ Students will also be given the option to ask our team for a connection to a school staff member to receive more behavioral health resources at their school. This component is **VOLUNTARY**.
 - For students who request additional resources, our team will send a designated school staff member a list of LASIDs that requested a connection.
 - Students will be informed that **ONLY** their LASID (student identification number) will be shared with the school staff member.
 - Students' survey responses will **NOT** be shared with the school in any capacity.
- ✓ An example of the types of questions that may appear in the survey can be found here: <https://redcap.link/schoolsurveytestlink>.
- ✓ If you do NOT want your student to participate in this survey, you must complete this opt-out form <https://redcap.link/idecideoptout2324> by November 19, 2023. There will be no penalty or consequence to you or your student for opting out of the survey. If the study staff does not hear from you by November 19, 2023, it will be assumed that you consent to your student completing this brief and confidential questionnaire. Even if you do not object to your student completing this survey, your student is in no way required to do it if they do not want to.

Please indicate if you would like your student opted out of the survey by completing this short form <https://redcap.link/idecideoptout2324> by November 19, 2023.

What about privacy and confidentiality? We ensure that all information provided to us remains confidential. All questionnaires, interviews, and other information provided to us will only have an identification number on them. If your student chose to provide some contact information because they are interested in learning about our other projects offered at MGH, that information will be treated with strict confidentiality and stored securely. None of the information your student provides will be available to anyone, including school officials or personnel.

How do I find out more information? If you would like to learn more about our research program, please reach out to Dr. Randi Schuster at (617) 643-6673 or Rschuster@mgh.harvard.edu.

We look forward to partnering with you!

Sincerely,

Randi M. Schuster, Ph.D
Center for Addiction Medicine
Psychiatry Department
Massachusetts General Hospital/Harvard Medical School

The Journalism class attended the JEA/NSPA National High School Journalism Convention in Boston on Nov. 3.

Students arrived at the Hynes Convention Center ready to go. They immediately jumped into sessions with thousands of high school journalism students nationwide.

Students attended sessions built around Taylor Swift themes, how to publish creative work in a journalistic setting, and mingled with students from around the country. They also had the opportunity to attend a trade show and meet representatives from colleges and scholastic free-press organizations.

Students particularly enjoyed a session titled "Mastermind."

"He [the presenter] was giving us direct quotes from Taylor and playing Taylor's music and after, relating everything Taylor was saying to journalism," said senior Kaitlyn Gaspa.

"It was a lot of helpful advice," added sophomore Olivia Tucker.

"As far as the sessions go, I thought they were really insightful. I really liked the second session so that was really good," said senior Mikey Washburn-Pungitore.

Being surrounded by so many other high school students was another thing students enjoyed.

"It was super interesting to see the amount of people pursuing the same thing as me in the same spot. I thought that was super cool," said Washburn-Pungitore

Thank you to Teresa Drummey, Jenn Orlinski, and Town Manager Tony Mazzucco for your help and support in getting our students to Boston. It was an incredible opportunity for our budding journalists.



While NHS-TV is busy producing many new segments, this month, we're showcasing some Feature Stories that last year's Junior & Senior TV Students produced. Here's our Feature's Edition of Mustang Magazine for your enjoyment. [You can watch it here!](#)

And remember to tune in to NHS Update every morning at 8:15 via the NCM LiveStream. Be sure to catch our NEW 'Fine Arts Friday' segment every Friday, now showcasing all the amazing things that are going on in the NHS Fine Arts Department!



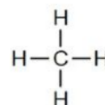
"Mustang Challenge for November is open to ALL ages!"

Do you see a pattern?

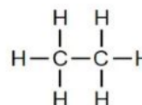
Join us in thinking and sharing!"



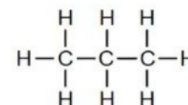
**Mustang Challenge
November 2023**



methane



ethane



propane

How many carbon, hydrogen, and bonds in step 23? Try to entertain the not-so plain name of this straight-chain alkane...

NHS PTO Update

Norwood High PTO Holiday Fundraiser One Stop Holiday Shopping

My Grandma's Coffee Cake (\$18/each)

Choose from Cinnamon Walnut, Granny Smith Apple, Cinnamon or New England Blueberry

Orders for coffee cakes are due by **November 10th**. Click [here](#) to place your order.

Cakes will be available mid-December

SunBurst Fruit

Choose from Navel Oranges, Red Grapefruit and more - trucked directly from Florida!

Click [here](#) to see your choices and place your order. Orders for fruit are due by **November 16th**.

Fruit will be available the beginning of December

Norwoodopoly

Option 1 - Games are \$20 each.

Option 2 - PTO dues are \$25 - if you pay \$35 in dues, receive a Norwoodopoly game.

Click [here](#) to place your order

See's Candy

Click [here](#) to go directly to our See's Candy site or use the QR Code below.

Candy will ship directly to your house.



**Pay by check made out to Norwood High PTO or
Venmo @NorwoodHighSchool-PTO last four digits 0817**

Payment must be received for cakes and fruit before order is placed

For questions email: norwoodhighpto@gmail.com

Thank you for supporting the Norwood High School PTO

NHS PTO - ONE STOP SHOPPING LINKS FOR ORDERS

Grandma's Coffee Cakes:

https://docs.google.com/forms/d/e/1FAIpQLSckvqIXk4mxSRigrGcV_hNZGKmVAXjF647oXITDWyPGb5CoWQ/viewform

SunBurst Fruit

<https://docs.google.com/forms/d/e/1FAIpQLSdNC0zlvCrLCez8NXeGQUAnknbPdEzD2p7ozQUm-bYJsDADnw/viewform>

See's Candy (direct ships)

https://www.yumraising.com/secure/norwoodhp_norwood_high_pto_holiday_candy_fund4/Nornor6153/candy

Norwoodopoly

https://docs.google.com/forms/d/e/1FAIpQLSdFrukUMvg13jy_4QR3Wa27O9DEhKUHliuto2u1vXur2TgmKw/viewform



McLean
HARVARD MEDICAL SCHOOL AFFILIATE

Leaders in Youth Mental Health Parent Series

Thursday, November 30

9AM-10 AM

Helping Families Navigate The Mental Health System

Catherine Lopes, LICSW & Melanie Harkins, PsyD

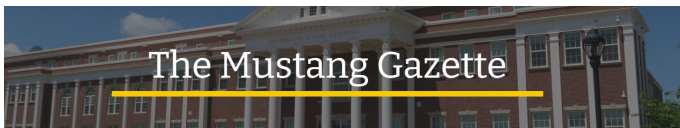
Learning objectives:

1. Become familiar with different services offered in the state of Massachusetts
2. Understand how to access various levels of care for youths

All information for this parent webinar (and others!) can be found on [this website](#).

Just a friendly reminder that starting 12/04/23 through 12/08/23 our school's health staff will begin a **health screening called SBIRT**. Make-up week for the SBIRT screenings will be 12/11/23 through 12/15/23. SBIRT stands for Screening, Brief Intervention, and Referral to Treatment. SBIRT is used to screen for alcohol, nicotine, tobacco, and other drug use. This health screening is required by Massachusetts law.

A follow up email with more information will follow shortly.



The Mustang Gazette

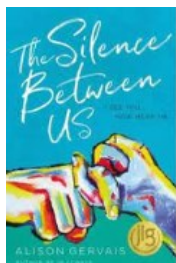
The Mustang Gazette, a digital news website published by the students in Journalism class, is live and updated regularly.

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 Wednesday, November 29th during all three lunches. We will be reading *The Silence Between us* by Alison Gervais. New members are always welcome!



Bertucci's
BRICK OVEN PIZZA & PASTA



Enjoy your Bertucci's favorites with family & friends while earning funds in support of:

Norwood High School Dominican Republic Trip Fundraiser

Wednesday, December 6, 2023

VALID AT ALL BERTUCCI'S LOCATIONS
VISIT WWW.BERTUCCIS.COM TO FIND YOUR CLOSEST STORE.

Bertucci's will donate 15% of the proceeds back to the organization

Simply present this flyer or enter the unique code below when ordering online:

517-217-717

VALID ON TO-GO, DELIVERY, CATERING & DINE-IN

Valid on all dine in, to go, catering & delivery purchases tracked via the unique 9 digit code assigned to the organization. Excludes tax & gratuity. Not valid with any other offers, discounts or towards the purchase of gift cards. Flyer valid at participating Bertucci's locations on date listed only. Flyer distribution on-site during event is strictly prohibited.

To learn more about our fundraising program, visit
BERTUCCIS.COM

SCAN TO ORDER NOW!



Calendar

American Indian Heritage Month

11/10	Veteran's Day—no school
11/16	Early Release—Parent/Guardian Teacher Conferences
11/22	Early Release—Thanksgiving Break
11/23-	Happy Thanksgiving—No school
11/24	No School
12/1	Yearbook Senior Photos Due

