



Norwood High School October Newsletter 2023

From the Principal

We're halfway through the first term! Many of our students are making strides to [become better citizens](#) by volunteering in our community. Some of our volunteers will be working with our veterans next month. Thank you for your continued support!
#MustangStrong

Best,

Dr. Hugh Galligan
#4As5Cs1Team



McLean
HARVARD MEDICAL SCHOOL AFFILIATE

Leaders in Youth Mental Health Parent Series Monday, October 23rd 12:00pm-1:00pm

The speaker is Jillian Russo, PsyD and she will be presenting: "Crabby Kids: What To Do When My Kid Starts Snapping." She will focus on developmental trends in childhood irritability, how childhood irritability impacts mental health disorders and what practical strategies parents can use to understand and support emotion regulation.

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

NHS students are assessed on their citizenship in all of their classes. On the report cards, a section will be completed with an O-outstanding, S—satisfactory, N- needs improvement U—unsatisfactory. Here is [a link of the NHS Citizen Expectations](#) that are posted below..

Norwood High School Citizenship Expectations



Academically Engaged Citizens

- Engage responsibly (complete classwork, complete homework, arrive prepared for class)
- Converse and interact respectfully
- Take risks and persevere
- Reflect and improve, set goals
- Contribute thoughtfully

Individually Responsible Citizens

- Behave respectfully and get involved constructively
- Arrive on time, work productively for entire period
- Think independently
- Submit work by the deadline
- Ask questions and ask for help/self-advocate

Students 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.

September

Heather Begg



Jordyn Robinson





TEN OUTSTANDING NORWOOD YOUTH T.O.N.Y. AWARDS

ABOUT THE TONY AWARDS
The T.O.N.Y. Awards recognize Norwood residents in grades 10-12 who are making significant contributions of time, effort, and talent to volunteerism, church, or other charitable causes. The program seeks to honor these individuals and offer them as positive role models to younger students. Previously organized by the Norwood Jaycees, the Orient Lodge of Masons has organized the Ten Outstanding Norwood Youth Award for the past 25 years.

Now Accepting Nominations Through October 31, 2023.

READY TO NOMINATE? SCAN THE QR CODE TO GET STARTED!



CONTACT

- (781) 269-1861
- <https://www.orientlodge.org>
- 76 Day St. Norwood MA
- norwoodtonyaward@gmail.com

Ten Outstanding Norwood Youth (T.O.N.Y.) Awards Program

Dearest Norwood Business Owner!

Thank you for taking part in our Ten Outstanding Norwood Youth (T.O.N.Y.) recognition program. We are calling upon educators, parents, and community members to nominate students who have demonstrated exceptional **dedication, leadership, and achievements** in their community.

This program is our way of celebrating and supporting the promising young minds who show outstanding potential and make a positive impact on their schools and communities. We believe that recognizing and encouraging such students is essential to their future success and the betterment of society as a whole.

Why Nominate an Outstanding Student?

Recognition: The selected student will receive a prestigious award from the Norwood Freemasons, highlighting their achievements and dedication to their community.

Cash Prize: The chosen student will also be eligible for a cash prize to further their academic pursuits. We believe in investing in the future leaders of our society.

Boosting Confidence: Recognition of their hard work and commitment can boost the student's confidence and motivation, inspiring them to continue excelling in their studies.

Who Can Nominate?

We welcome nominations from a wide range of individuals, including:

- Teachers and school staff
- Parents or guardians
- Fellow students
- Community leaders
- Anyone who knows an exceptional student deserving of recognition

Nomination Period: **September, 2023 - October 31, 2023**

Fraternally,
Eric Narciso
Orient Lodge A.F. & A.M.
ericnarciso@gmail.com



Athletics

- Winter sports information day will be held on Wednesday 11/8 at 3pm in the auditorium. Any student interested in participating on a winter sports team is required to attend.
- Winter sports registration (through Aspen) is due on or before Tuesday 11/14. Winter sports begin on Monday 11/27.
- The fall sports awards night sponsored by the NHS Athletic booster club will be held on Tuesday 11/21 at 6pm
- The annual turkey trot sponsored by the NHS Athletic Booster Club will be held on Sunday 11/19 at 11am. [Sign up here.](#)



MCAS Retake Exam Days

ELA

Wednesday, 11/8 & Thursday, 11/9

Math

Tuesday, 11/14 & Wednesday, 11/15



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."



Junior/ Senior Semi-Formal Dance 11/9/23 7Pm-10PM

The Class of 2025 will be holding a semi-formal dance on Thursday, November 9th, from 7:00-10:00pm at the Four Points Sheraton in Norwood. Dinner will include a taco bar, a slider bar, and a pasta bar, as well as a sundae bar for dessert. Entertainment and fun will take center stage and tickets will be \$70/person. We can't wait to see you dressed up in your finest! Any questions please contact Mrs. Coscarella at kcoscarella@norwood.k12.ma.us

Junior Class Free Entrance Raffle

Do you like paying to get into school events?! No?!!! Then we have a **great opportunity** for you..... The junior class will be raffling off one sports pass to get (maybe) you into **every HOME game for FREE** beginning with the Thanksgiving Day Football game and continuing through the entire 2023-2024 year! We will also be raffling off an activities pass for one lucky winner as well!!!! The activities pass will include admission to events such as plays, concerts, Mustang on the Hill, the Talent Show, and World Language Night - **all for free!**

Ticket prices are 1 chance for \$5 or 3 chances for \$10 and can be purchased at the football game on 10/27; Parent Teacher Conferences on 11/16; or at lunches on 11/20 and 11/21.

Take a chance to win your free entrance!!!!

School Counseling

The School Counseling office has been busy working with seniors and welcoming new students to Norwood High School. We look forward to the next few months when we can see all of our students and work on those MYCAP portfolios.

Seniors: Please continue to work with your school counselor to let her know of your dates and deadlines if you are applying to two and four year colleges. We need at least three weeks notice in order to do a really great job on your recommendation. Please remember to request your transcripts on Scoir so that we are aware of those dates and can send them electronically. Then request your teacher (s) who agreed to write a teacher letter of recommendation for you in Scoir. If you have any questions, we can help you in Senior Seminar or stop by our office.

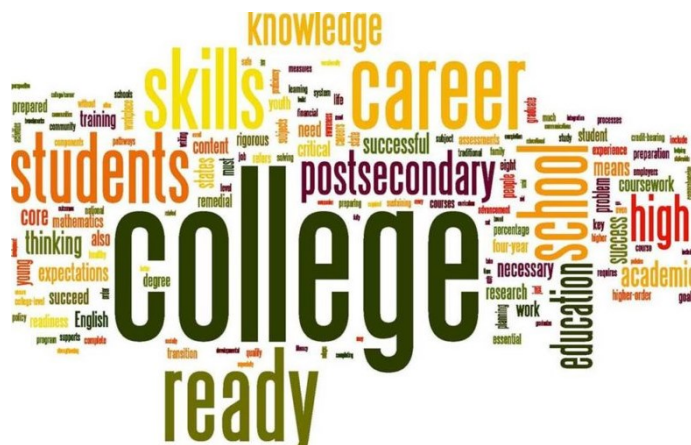
Scholarships: Be sure to check our [School Counseling website](#), or stop in our office for posted scholarships. You can also check out [FastWeb](#) to search for scholarships that might apply to you. There will be more coming in the next few months, so be sure to keep checking.

Financial Aid: Norwood High School Counseling office is fortunate to have a financial aid expert from MEFA- the Massachusetts Educational Financing Authority at NHS on Monday, October 30th at 6pm in the auditorium. The process of applying for financial aid, including the changes to the FAFSA will be discussed. There will also be time reserved for questions. All families are invited to attend, but Junior and Senior families are encouraged to attend.

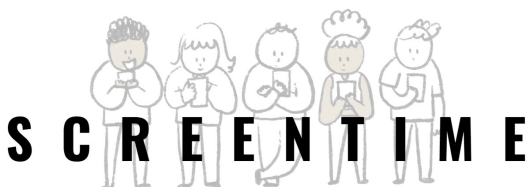
Be sure to check your college and university financial aid deadlines as you work on your applications.

College Visits: We still have many colleges and universities coming to Norwood High School during WIN, lunch block, Friday mornings, and after school between now and Thanksgiving. Be sure to check out Scoir to see if the colleges and universities that you are interested in are coming to NHS. They are likely to be the admissions representatives who will be reading and reviewing your application.

Sophomores and Juniors will be taking the PSAT on Tuesday, October 17th in the morning. The PSAT is one piece in the post-secondary planning process for college and career readiness. The PSAT is now offered digitally so all students should bring their charged Chromebook and their power cord. And be sure to get a good night's sleep!



Family Tech Tips



Understanding the digital habits of our students is crucial in helping them develop responsible technology habits. Last spring, we surveyed 266 9th and 10th grade students on their use of screens (here is a [snapshot](#) of the results!) This fall, the Wellness and Technology departments are working together to present students with lessons geared towards helping them become more aware of their phone and screen use, and support them as they try to modify a tech habit.

You can help as well! Talk to your kids about their screen usage and help them form responsible habits around technology. One place to start - check out Common Sense Media's [tips for responsible posting](#).

Library Nook

Library Lunch Book Club will be meeting Wednesday, October 25th during all three lunches. We will be reading *The Naturals* by Jennifer Lynn Barnes. New members are always welcome!



NORWOOD HIGH SCHOOL PROSPECTIVE STUDENT OPEN HOUSE THURSDAY OCTOBER 26 6-8 PM



6:00-6:30

Overview with NHS
Leadership: Auditorium

6:30-7:00

Guided Tours of First Floor

7:00-8:00

Demonstrations of Learning,
Curriculum Q and A, Student
Q and A.

7:00-8:00

Video Overview of NHS
Academic Offerings:
Auditorium (every 20
minutes)

PROSPECTIVE STUDENTS WILL:

- Visit classes from multiple subject areas
- Meet representatives from clubs/activities, athletics, and arts
- Speak with school counselors, teachers, department chairs, and administrators

QUESTIONS?

Contact the NHS Student Support Center
781-769-2333

Environmental Youth Coalition



2023-2024

All meetings are in the GSU at 3:00 P.M. in person unless otherwise noted.

EYC is an organization dedicated to raising awareness about the environmental crisis in our world and educating others to live a "greener" lifestyle. Our organization fundraises and runs initiatives in order to make NHS and Norwood more "green." We are always looking for new members! Meetings are once a month on the last Tuesday unless otherwise stated.

We look forward to seeing you!

Tuesday, September 26th, 2023

Thursday, October 19th, 2023

Tuesday, October 31st, 2023

Tuesday, November 28th, 2023

Tuesday, December 19th, 2023

Tuesday, January 30th, 2024

Tuesday, February 27th, 2024

Tuesday, March 26th, 2024

Tuesday, April 9th, 2024

Tuesday, April 30th, 2024

Tuesday, May 14th, 2024

(last meeting for seniors)

Tuesday, June 4th, 2024

(last meeting of the year)

Friendship Club Annual Pumpkin Painting Fundraiser



Friendship Club had its annual Pumpkin Painting Fundraiser this Thursday, October 12th. Thank you to Mr. Franks Honey Dew who donated Hot Chocolate and refreshments for the event. Pumpkins are for sale at the Craft Affair on 10/14. If you miss the Craft Fair on Saturday, you can always send in \$5.00 per pumpkin with your child/student to purchase their choice of the bunch! You can also email Mrs. Kelley @ mkelley@norwood.k12.ma.us to request pumpkins.

9th Grade Screenings

Vision, Hearing & Scoliosis

10/23-10/27

Vision, Hearing and Scoliosis Screenings will take place Monday, 10/23 through Friday, 10/27. Our Health Office will be conducting these screenings to all students in the 9th grade per Massachusetts State Law. As with any screening you have the right to opt out of this screening. The request to opt your child out must be in writing. Please email Jennifer Hartery, RN at jhartery@norwood.k2.ma.us.

**HEALTH
SCREENINGS**



Norwood High School PTO

October Update

Restocking the Teachers' Rooms



Thank you to everyone who contributed to restocking the teachers' room. The staff was very happy with the goodies!

HOBY Youth Leadership

The PTO voted to once again support and pay for a sophomore to attend the HOBY Youth Leadership program. Here is a link to the program: <https://hoby.org/programs/>

Upcoming Fundraisers

Stay tuned for Grandma's Coffee Cakes, See's Candies and all Citrus Fruit Sale.

All will be available in time for gifts for the holidays.

Money raised goes to our programs such as teacher grants, scholarships, teacher appreciation, etc.

November Meeting

Our next meeting is Tuesday, November 14 at 6:30pm in the school library.

Upcoming Art Exhibit

On October 5th, the Introduction to Photograph classes went on a walking field trip to the Day House on 93 Day St in Norwood. The house was renovated in the 1890s and owned by Fred Holland Day (a pioneer of Fine Arts Photography in the US) and his family. Day was born in 1864 in South Dedham now Norwood and died in 1933 in Norwood.

The house is a part of the Norwood Historical Society Day as well as on the National Registry of Historical Places.

Our partnership with the Norwood Historical offers NHS photography classes the opportunity to have a guided tour, and the chance to photograph the house, and then they hold an exhibit for the photography students.

Come see our students' outstanding work and view a Norwood Architectural treasure at the opening on November 3rd from 3-5 or the house will be open on November 4th and 5th to view student work.



NHS Retake Picture Days

Grades 9-12

Friday, October 20

Parent Teacher Conferences

Thursday, Nov 16

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



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

- 10/14 Craft Affair (NHS Gymnasium)
- 10/17 Noon Early Dismissal: PSAT grades 10 & 11
- 10/20 Picture Retake Day
- 10/26 Prospective Student Open House
- 11/7 Professional Development Day—no school
- 11/8 ELA MCAS retake day
- 11/9 ELA MCAS retake day
- 11/10 Veteran's Day—no school
- 11/14 Math MCAS retake day
- 11/15 Math MCAS retake day
- 11/16 Noon Early Release Day—
Parent/Teacher Conferences (12:30-3 & 6-8)

