



MINUTE

A MINUTE TO SEE WHAT'S HAPPENING @ NMS

"Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved."

VOLUME: 2 / ISSUE: 34

DATE: 5-17-24

HEADLINES

WEEK AT A GLANCE

SPRING CONCERTS

POETRY NIGHT

UPDATES

[KINDNESS CORNER](#)

ANNOUNCEMENTS

ATTENTION 8TH GRADE: SEMI FORMAL

MAY 31ST
7-9 PM
NMS CAFE

ADMISSION IS \$10 AND WILL BE SOLD THE WEEK OF MAY 20TH DURING FLEX
NORWELL 8TH GRADERS THAT DO NOT ATTEND NMS WILL REQUIRE PRINCIPAL APPROVAL

★★★★ ADDED BY NMS STUDENT GOVERNMENT

8th Grade Semi Formal

TOGETHER WE MAKE A DIFFERENCE

Week at a glance

- **Science MCAS (5/20, 5/21)** -- NMS will have Session One of the 8th Grade Science MCAS on Monday (5/20) and Session Two on Tuesday (5/21). Students are academically in a great position for this test and we ask that students are well rested, feeling positive and well nourished in order to let their abilities shine.
- **Clipper Jazz Night (5/22 @ 7PM)** -- Both the Middle School and High school jazz groups will be performing the High School Little Theater starting at 7pm. We hope to see you there!
- **National History and Geography Bee (5/23)** -- NMS students invited to participate in the National Geography and History Bee in Orlando Florida on May 23rd. Devan Parmar, NMS champion, successfully moved on to the nationals in Florida in both Geography and History, as well as Eli Eliodor (Geography), and Teddy Griffin (Geography). Congratulations!!

([Nationals Registration](#))



Spring Concerts

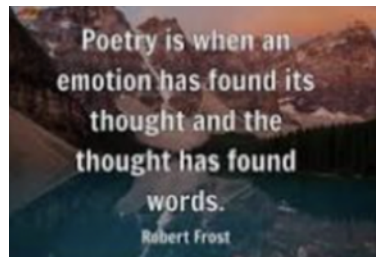
Phenomenal performance by the NMS Bands and Chorus last night. Their music filled the auditorium as we watched and listened. At the end of the performance, something special happened. As the final song ended and the eighth graders took their final bow, they circled around Mrs. Running and Nathan Hu began to speak. He spoke for the 8th grade, and he spoke for himself. They wanted to thank Mrs. Running for believing in them, for not giving up on them, and they wanted to let her know that she made a difference in their lives. She opened up a future to music, and one they were uncertain of, but now are more than appreciative of, and are excited that it is a part of their future. One by one more students spoke and added their own heartfelt reflections. Congratulations to all the music students, it was a spectacular night! (see pages 6,7,8)



TOGETHER WE MAKE A DIFFERENCE

Poetry Night (see pages 3,4,5)

The 18th annual 8th Grade Poetry Night honored 30 students who crafted and artistically decorated poems as unique works of art. On Wednesday night, parents and students celebrated the unveiling of these poetic masterpieces, which will adorn the Norwell Middle School hallways for the next four years. The themes of the poems varied, portraying the camaraderie at the



NAC, the eccentric life of a Cat Lady, and the imaginative world of an ant colony. A heartfelt thanks to Mrs. Dsida and Mrs. Higgins for fostering students' artistic expression and transforming our school's walls into a gallery of student imagination, creativity, and artistry! (See pages 3,4,5)



CALENDAR

May

20 Science MCAS

20 School Committee Mtg

21 Science MCAS

22 Clipper Jazz Night @ 7PM

24 PTO Mtg

24 No HW Weekend

27 Memorial Day (No School)

28 School Council Mtg

28 Washington DC Parent Mtg @ 5PM

29 NMS Art Show @ 6PM

"Identify your problems but give your power and energy to solutions."

The Boys shaved their heads and are ready for Summer!!!



Updates

Band and Chorus Receive Gold -- On Friday, May 10th, the Seventh and Eighth Band and Chorus traveled to the High School to perform for the Judges. Both



groups received gold awards for the performance. The weather lucked out for Six Flags and everyone had a great day!



NMS Got Talent -- The NMS Talent Show is on June 12th @ 6PM in the NMS cafeteria. The Talent Show was phenomenal last year! Tickets are \$5. Don't miss our students shine!

KINDNESS CORNER

"What wisdom can you find that is greater than kindness." - Jean Jaques Rousseau

Random Acts of Kindness

Thank you to **Gabriel Presley-Channel** for repeatedly holding the door for staff and students in the mornings. Thank you to **Lola Roukous** and **Lilian Carr** for continually being mentioned by staff for their kindness towards their classmates. Thank you to **Lucy and Hannah Harrison** for being brave enough to take the initiative and offer an apology for a mistake that was made.

Every day there are small acts like these that add up to make a big difference. THANK YOU!

Poetry Night



Poetry Night



Poetry Night



NORWELL MIDDLE SCHOOL SPRING CONCERT

May 16, 2024



Norwell High School Auditorium

MUSIC DIRECTOR
Mrs. Mary Jo Running

**Program created by Cadence Schoer*

Program

6th Grade Band

Latin Fiesta.....*arr. Michael Sweeney*
Prehistoric Suite.....*Paul Jennings*
 III. Pterodactyls IV. The Battle
High Hopes.....*arr. Doug Adams*

7th Grade Band

Night on Bald Mountain.....*arr. Michael Sweeney*

8th Grade Band

Latin Folk Song Trilogy.....*William Himes*
Beyond the Seven Hills.....*Michael Sweeney*

7th & 8th Grade Band

Believer.....*arr. Victor Lopez*

6th Grade Chorus

Accompanist: Nathan Hu

Shake the Papaya Down.....*arr. Ruth Dwyer and Judith Waller*
Sutoku In.....*Ruth Gray*
Peace on Earth...and lots of little crickets.....*Paul Carey*
You Can't Stop the Beat.....*arr. Roger Emerson*

7th & 8th Grade Chorus

Non nobis Domine.....*arr. John Leavitt*
The Cuckoo.....*arr. Robert I. Hugh*
El Humo.....*Eduardo Cota*
A Million Dreams.....*arr. Mac Huff*

All Chorus

Invisible String.....*arr. Audrey Snyder*

6th Grade Band

Flute: Olivia Calder, Katherine Gavin, Hannah Harrison,
Bella Kelliher-Brooks, Claire Montanari

Clarinet: Alivia Chesnos, Ellie Clark, Eden Dell'Olio,
Neve Dimarzio, James Ditzel, Sasha Einhorn, Patrick Hadley,
Aiden Lui, Sabrina Niblack, Abby Paquette, Ethan Wang,
Bridget Yee

Bass Clarinet: Katie Collins, Charlotte Elsdon

Alto Saxophone: Finley Dunigan, Kendall Hohmann,
Mya Phan, Noah Rantz, Evangeline Scheid, Chase Wolbach

Tenor Saxophone: Logan LeBlanc, Sam Pulco

Baritone Sax: Stella Lent

Trumpet: Ben Allegrini, Thomas Dean, Maeve Lawson,
Caden Rodriguez, Levi Santos

Trombone: Sam Bartley, Kellen Blair, Max Brown,
Samuel Mousseau, Ray Shepherd

Tuba: Zachary Boyden, C.J. Griffith

Percussion: Spencer Egan, Jacob Koska, Lindsey LeBlanc,
Sophie Lowry, Sofia Mellor, Tate Silva, Joey Yazbeck

7th Grade Band

Flute: Norah Cakounes, Nathan Cotter, Anna Forcier,
Millie Kue, Kaelynn Ouelette

Clarinet: Leo Brestch, Alson Djamchebi, Kara Tate

Alto Saxophone: Matthew McAlear, Turner McCabe,
Marin O'Donnell, Ryan Palmieri, Tristan Sheridan,
Maddie Thomas

Tenor Saxophone: Tommy Wilson

Trumpet: Izzy Bugaoan, Anthony Danaïs, Andrew Egan,
Maya Foy, Alaina Hinchey, Mason Holmes

Trombone: Meredith Elsdon, Reid Garland, Charly Ugarte

Tuba: Liam Gallagher

Percussion: Leyland Benoit, Mason Crain, Pranjala Gowdru,
Ruoyuan Li, James Mikus, Tyler Perfetuo

Spring Concerts





HAVE USED OR UNWANTED MARKERS, PENS

WOODEN OR MECHANICAL PENCILS?

Last year the Norwell Recycling and Sustainability Committee successfully initiated a project to recycle crayons and continues to collect used or unwanted crayons. We are now adding markers, pens and wooden and mechanical pencils to our collections for recycling. We are working in partnership with Staples, which has recently added them to their list of materials that can be recycled.

Collection boxes are located at-

Grace Farrar Cole School

William G. Vinal School

Norwell Middle School

Norwell High School

New Nursery School

First Parish PreSchool

Ridge Hill School

Nature Center PreSchool at the South Shore Science Center

Bright Horizons

Norwell Public Library

Norwell Recycling Center

Chess

Open Chess in room 208. Free for all students, every Thursday throughout the school year.

Please see Mr. Fraser if you have any questions.



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HOSTED BY NMS STUDENT GOVERNMENT

FRIDAY, MAY 24TH

NMS STUDENT GOVERNMENT INVITES EVERYONE TO

WEAR GREEN

MENTAL
HEALTH
AWARENESS MONTH
— MAY —





WIN 2 TICKETS TO SEE ZACH BRYAN IN CONCERT AT GILLETTE STADIUM

Norwell Boosters is raffling off two tickets to the sold-out **Zach Bryan The Quittin Time Tour 24** concert at Gillette Stadium on June 26, 2024.

3 ways to enter now (\$25 for 1 or \$100 for 5 chances):

- TEXT **boosters4zach** to 33100
- SCAN the QR code
- GO TO <http://go.rallyup.com/boosters-zachbryan>



All net proceeds go to Norwell High School Boosters, our athletic programs and student-athletes – Thank you for your support!

Norwell Youth Football

Are you ready for some football? Registration is now open for Norwell Youth Football, grades 3-8. Visit norwellyouthfootball.com for more information on this fun, team-building game that encourages players of all abilities. We hope to see you on the turf! Register by June 20 to be included in our drawing for \$50 Dick's Sporting Goods gift certificates that are good for anything in the store!

If there are any questions, please contact us at norwellyouthfootball@gmail.com

Thanks again for all of your help, and please let me know if you have any questions or concerns.

Pete Hajjar

President of Norwell Youth Football



Attention Norwell Community!

Exciting News!

Norwell Youth Cheer registration is now officially OPEN! Thanks to our incredible partnership with SHD Marketing, we're thrilled to announce the launch of our brand new website, making registration easier and more convenient than ever before!

Registration is open to incoming grades 3-8th for the Fall 2024 Youth Football Program.

Whether your child is a seasoned cheerleader or looking to try something new, we welcome all levels of experience!

Here's what you need to know:

Who: Incoming grades 3-8th

What: Norwell Youth Cheer Registration

Where: Visit our new website <https://www.norwellyouthcheer.com/> to register!

When: Registration is NOW OPEN, so don't wait to secure your spot as it will close on June 17th!

Join us in fostering teamwork, spirit, and fun in our vibrant Norwell community! Let's make this season one to remember!

FOOLS

A Comic Fable
By Neil Simon

May 23 & 24 at 7pm
May 25 at 2pm
NHS Auditorium
Students \$5
Gen Admission \$10



STARRING

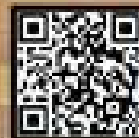
Domenic DiTomaso	Kevin Brennan
Liam Costello	Julian Davis
Colleen Toland	Lina Fourney
Anna Mendes	Abby Nickerson
JJ Carroll	Jack Sullivan

Directed by Samantha Kelly
Assistant Directed by Cole Hunter

"Fools" is presented by arrangement with Concord Theatricals on
behalf of Samuel French, Inc. www.concordtheatricals.com

TICKETS

AVAILABLE
ONLINE AND
AT THE DOOR



NORWELLARTS.ORG

NORWELL HIGH SCHOOL
MOSES FITNESS & BREAKFAST CLUB
STRENGTH TRAINING
PREP FOR SUCCESS & JR. PREP FOR SUCCESS

Norwell High School Athletic Coaches, Moses Fitness and Breakfast Club Strength Training will be offering students (Based on your grade for the 2024-2025 academic year) the opportunity to participate in our pre-season strength and conditioning program. Please note that breakfast will not be provided.

PREP FOR SUCCESS - Grades 8th - 12th

Registration form [HERE](#)

JR. PREP FOR SUCCESS - Grades 3th - 7th

Registration form [HERE](#)

REGISTRATION DEADLINE IS SATURDAY JUNE 1, 2024

PROGRAM DATES:

PREP FOR SUCCESS - The program will run on – Monday, Wednesdays & Fridays starting on July 8, 2024 and ending on August 9 , 2024

JR. PREP FOR SUCCESS - The program will run on – Tuesday & Thursdays starting on July 9, 2024 and ending on August 8, 2024

TME OF PROGRAM:

PREP FOR SUCCESS - The program will start at 7:00 AM and end at 8:30 AM

JR. PREP FOR SUCCESS - The program will start at 7:30 AM and end at 8:30 AM

COST OF PROGRAM:

PREP FOR SUCCESS - \$200

Link to pay for Prep for Success [HERE](#)

JR. PREP FOR SUCCESS - \$150

Link to pay for Jr. Prep for Success [HERE](#)

Payment must be made at time of registration. Please follow the links above the Unipay site under Norwell School Dept. and Athletic Fees.

AREAS OF FOCUS

SPEED DEVELOPMENT, AGILITY AND CHANGE OF DIRECTION WORK AT CCC

- o Running form and sprint technique drills
- o Reaction drills for improved quickness
- o Ladder and cone agility drills for increased foot-speed and agility
- o Balance and Coordination
- o Sprint training utilizing elastic resistance bands for multi-directional speed movements

PLYOMETRICS @ WEIGHT TRAINING / CORE TRAINING IN HS GYM & WEIGHT ROOM

- o Plyometric training for first step explosive power and quickness
- o Sport functional strength and core training utilizing various methods of resistance including: medicine balls, free weights, elastic, and other training techniques
- o Single leg strength and balance movements for improved athletic performance

Jr. Prep for Success will not be doing weight training

This registration form is the FIRST step of the registration process. The SECOND step of the registration process is payment online through Unipay.

Thanks,

JJ Niamkey

Athletic Director

Norwell High School Athletic Hall of Fame

FUTURE HALL OF FAMER

T-SHIRT FUNDRAISER

The NHS Athletic Hall of Fame is filled with Championship Winning Teams, All-Star Athletes, & Local Legends who broke records all across the South Shore. Now, The Hall of Fame wants to invite Norwell's current athletes to view themselves as Future Hall of Famers!



SCAN HERE TO ORDER YOUR DRY-FIT
SHIRTS AVAILABLE IN YOUTH, MEN &
WOMEN'S SIZES!

DON'T WAIT THIS FUNDRAISER CLOSSES ON 5/28/24



www.customink.com/fundraising/norwells-future-hall-of-famers

All funds raised will go directly to Norwell High School Boosters Foundation Inc

Reminders

Absence Reporting

- Please report student absences to the office as soon as possible.
- You can report absences by
 - calling the absence line: 781-659-8814 x1206 and leaving a message.
 - sending an email to the Main Office at nms.mainoffice@norwellschools.org.

Dismissing a Student during the School Day

- Please send a note to the office the morning of the dismissal.
- If there is not a note, parent/guardian will need to enter the building to sign their student out.
- Please provide a written note if somebody other than a parent/guardian is picking up a student during the day for dismissal.

Forgotten Items

- When bringing in a forgotten item for a student, please leave it with a label on the "I Forgot It" table by the front lobby.
- It is a student's responsibility to check the table for the forgotten item.
- If a student does not call home for the item, please do not bring the item to school as they likely do not need it.

Cell Phones

- Students' cell phones should be off and in their locker or bag during the day.
- Parents / guardians should not text or call their students' cell phone during the school day as it disrupts the class. Messages can be left at the office for students.



With the end-of-the-year suddenly upon us, the Norwell Education Foundation (NEF) wants to help celebrate the ROCKSTARS in your life! Is there a teacher, administrator, nurse, secretary, custodian, or other school-based staff member who makes a meaningful difference in the life of your child? With the ROCKSTAR program, students, families, room parents, and other community members can **make a donation to the NEF on behalf of a staff member deserving of thanks and celebration. A ROCKSTAR recognition letter with your personal message and gift will be hand-delivered to the ROCKSTAR educator by a member of the Norwell Education Foundation.** Your donation will directly impact students in the Norwell Public Schools by funding teacher-written grants that pilot new technologies and diversified learning environments. Please [visit this link to submit your recognition](#), and follow-up with a [donation here](#). **Don't miss your opportunity to celebrate the amazing educators in your life - the fundraiser ends June 7th.** The Board of the Norwell Education Foundation thanks you!



Please submit to: Nmspto@gmail.com



PLAYBILL

DISCOVER NORWELL ARTS

Support
the Arts!



Art



THEATER



MUSIC

*Place an Ad in Norwell Arts PLAYBILL and see it
at productions and events for two school years!*

A wonderful opportunity to support NHS art, theater, and music programs
while promoting your business or sending a special family message.

Full Page Ad
\$1,000

Half Page Ad
\$500

Quarter Page Ad
\$250

*Contributions at all levels will be recognized in the PLAYBILL.
Your support is greatly appreciated!*



To Purchase an Ad go to:
NORWELLARTS.ORG



Norwell Arts is a parent-led nonprofit that supports the growth of art, theatre, and music programs at Norwell Public Schools through education, fundraising, and community engagement.



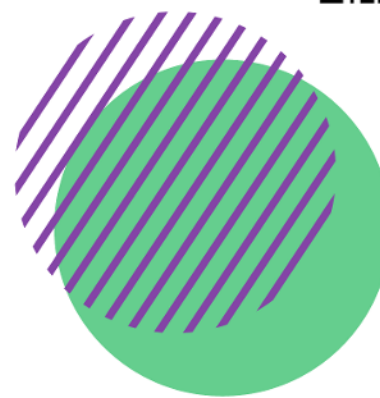
Mass
DMH
Department of
Mental Health

MY LIFE
MY CHOICE

Space Is Limited

Registration Online:

<https://www.surveymonkey.com/r/D578JSD>



When: May 21st
5:30- 7 pm

Where: Online - ZOOM

INTERNET SAFETY & HEALTHY RELATIONSHIPS TRAINING FOR CAREGIVERS

My Life My Choice (MLMC) will provide this comprehensive session designed to equip caregivers with the knowledge and skills necessary to navigate the digital landscape safely and foster positive relationships with youth. This training covers essential topics such as online privacy, identifying and addressing online predators, promoting digital literacy, and fostering open communication about online experiences.

Through this training, caregivers will:

- Gain confidence in guiding youth toward responsible internet usage and nurturing strong, respectful relationships in the digital age;
- Learn strategies for effectively monitoring and managing youth's online activities;
- Gain skills for fostering open communication with youth about their online experiences and concerns;
- Recognize signs of unhealthy behaviors in online relationships and provide appropriate support and intervention; and
- Build a network of support and learn more about available resources.





We are excited to tell you about a school-wide Reading Challenge starting Term 3. For terms 3 and 4, we are encouraging your students to read **more!**

To help them on their way, we are devoting Friday Flextime to independent reading. **They** choose the books or magazines that they want to read.

And we could use your help!

According to [research](#), “effective programs include active parent involvement, partnerships among community institutions, and collaboration among significant adults in students’ lives.” Your help and support at home is a crucial factor in supporting reading development. So how can you help?

1. PUT BOOKS IN THEIR HANDS

Get books, magazines, and graphic novels that match your student’s interests. Head to the library. Hit a bookstore. Buy Lacrosse or Fortnite magazines—*whatever they’ll read!*

2. ENCOURAGE READING IN FLEX TIME

According to the research, reading is positively correlated with [a strong vocabulary](#), [higher math scores](#), [higher science and history scores](#), [strong writing skills](#), [higher scores on standardized tests](#), [reduced levels of stress](#), [increased empathy](#), [more brain connectivity](#), and [even a longer life!](#) Please encourage your student to read during Flex Friday.

3. KEEP IT GOING AT HOME

We know life is busy! We get it! But where could you encourage more reading? Before bed? Before screen time? On a long car ride? Read the same book as your child and watch the movie after finishing the book? Gift a grandparent the same book and do a child-grandparent book-club date? Think creatively to get students engaged with reading more at home!

4. DONATE BOOKS

If you have upper elementary school and/or middle school books and magazines that you are no longer using, we’ll take them! Drop donations in the READING PROGRAM BOX at drop off; we will shelf them around the school for students to use during Flex Friday!

