



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: 33

DATE: 5-10-24

HEADLINES

WEEK AT A GLANCE

MOTHER'S DAY

UPDATES

KINDNESS CORNER

[A LONG WALK TO WATER](#)

ANNOUNCEMENTS

ATTENTION 8TH GRADE: SEMI FORMAL

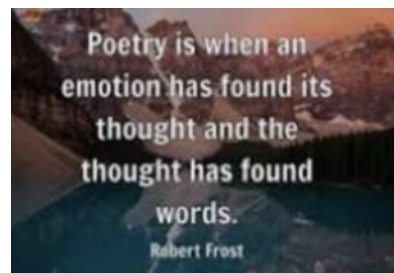


TOGETHER WE MAKE A DIFFERENCE

Week at a glance

Happy Mother's Day

- **Interim (Progress) Reports** -- As a reminder, Interim / Progress Reports are being published through the Aspen Portal on Friday, May 10, 2024. Please take some time to review the Term IV progress report with your child and have a discussion about how they are progressing in each of their classes.
- **Math MCAS (5/14 and 5/15)** -- NMS will have Session One of the 6th Grade Math MCAS on Tuesday (5/14) and Session Two on Wednesday, 5/15. 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.
- **Poetry Gallery (5/15)** -- The 18th annual 8th-grade Literary Artists Poetry Gallery Reception is scheduled on Wednesday, May 15, from 5:30-6:30. Approximately 30 students' projects are selected across both teams whose poems will be framed and hung in the gallery. The poems are written and decorated by the students themselves during the 8th grade poetry unit in collaboration with Mrs. Finn our art teacher. Their poems remain in the Gallery until the students are seniors. Students are invited back during their senior year to collect their projects, which then creates room in the gallery for the new poems that our current 8th graders have created.
- **Spring Concerts (5/16)** -- The Bands and Choruses of Norwell Middle School will be performing their Spring Concert on Thursday May 16th in the HS auditorium. The Band Concert starts at 6:00 pm and the Chorus Concert starts at 7:15. We look forward to seeing you all 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!!



[\(Nationals Registration\)](#)



TOGETHER WE MAKE A DIFFERENCE



2. "Mother's Day" by Carol Matthews

*A Mother loves right from the start.
She holds her baby close to her heart.
The bond that grows will never falter.
Her love is so strong it will never alter.
A Mother gives never ending Love.
She never feels that she has given enough.
For you she will always do her best.
Constantly working, there's no time to rest.
A Mother is there when things go wrong.
A hug and a kiss to help us along.
Always there when we need her near.
Gently wipes our eyes when we shed a tear.
So on this day shower your Mother with Love.*

Thank You, Teacher

You're my teacher, you are the best
To me, you stand out among the rest
Helping me each day to learn
With each day, a page to turn.

The seeds you've planted will help me bloom
But now is the time to say "thanks" to you
For not just anybody can do the job you do
It takes a hero, just like you.

So thank you, teacher, you're an inspiration
For all the students you've provided an education
Given us lessons and motivation
So now it's time for a well-deserved vacation!

Teacher Appreciation



Updates

Spring Clubs/Activities -- Spring clubs and activities began on Tuesday, April 23rd. Students can spend their time before and after school playing Jazz, learning about wellness, creating code, playing Dungeons and Dragons, cornhole, kickball and more! To see the list of activities, please click on the link. [Spring Clubs/Activities](#)

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!

PTO -- PLEASE join the PTO Facebook page - to share information on events + opportunities to volunteer [PTO Facebook](#)

Any questions or interest in joining, email PTO at nmspto@gmail.com

CALENDAR

May

12 Mother's Day

14 Math MCAS

15 Math MCAS

15 8th Grade Poetry Reception

16 Spring Concert

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)

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

KINDNESS CORNER

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

Random Acts of Kindness

Thank you to **Thomas Sinclair, Felix Kue, Mathison Chesnos** and **Andrew Kuczima** for delivering culinary treats to staff. Thank you to **Caroline Johnston** for holding the door for students and staff in the morning. Thank you to **Ian Troupe** for helping clean up the breakfast tables in the cafeteria after other students had left a mess behind and thank you to **All of the Parents** that helped make this week special for our staff!

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

JR. SEMSBA

On Saturday, May 4th, five students performed at the JR SEMSBA Band and Orchestra. The Band student performers were Ari Davis, John Huguan, and Andrew Park. In the Orchestra was Thomas Donovan and John Huguan.



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



HOSTED BY NMS STUDENT GOVERNMENT

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.



Norwell Education Foundation

PO Box 711 • Norwell, MA 02061

www.norwelledfound.org • info@norwelledfound.org

May 2024

Dear Norwell Parent,

With the end of the year on the horizon, room parents will once again be tasked with organizing end-of-year gifts for teachers and aides. This year, the Norwell Education Foundation has a donation program that could help you fill that (sometimes literal) gift basket at the end of the year.

The ROCKSTAR program provides an opportunity to recognize and thank your kid's teachers, while directly impacting students in the Norwell Public Schools. So how does it work? With the ROCKSTAR program, your child's class can make a donation to the NEF in the name of the teacher or staff member they would like to recognize and thank. A ROCKSTAR recognition letter with a personal message from the class and a small gift will be hand-delivered to the ROCKSTAR educator by a member of the Norwell Education Foundation. [Visit our ROCKSTAR page here](#) to start the recognition process, and our [Give Lively page here](#) to make the donation.

The Norwell Education Foundation has given more than \$500,000 to our schools and we can't wait to see what innovative programs and activities our teachers are interested in bringing to our students this year. With your support of the ROCKSTAR program, you can not only check off one of your end-of-year "to do's" as a room parent, but also help to foster academic excellence for all Norwell students.

We appreciate any support you can offer. Your donation will go to our favorite community members – your kids!

With gratitude,

The Board of the Norwell Education Foundation



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!



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.





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!



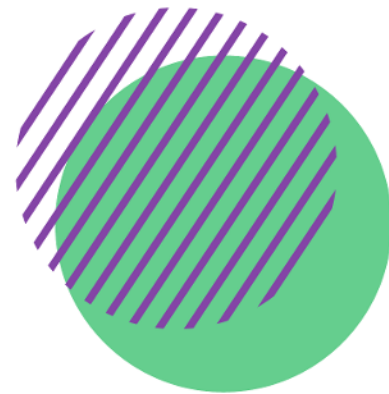
Mass
DMH
Department of
Mental Health

**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.



FOOLS

A Comic Fable
By Neil Simon

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



STARRING

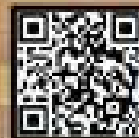
Domenic DiTomaso	Kevin Brennan
Liam Costello	Julian Davis
Colleen Toland	Lina Fourney
Anna Mendes	Abby Nickerson
JJ Carroll	Jack Sullivan

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

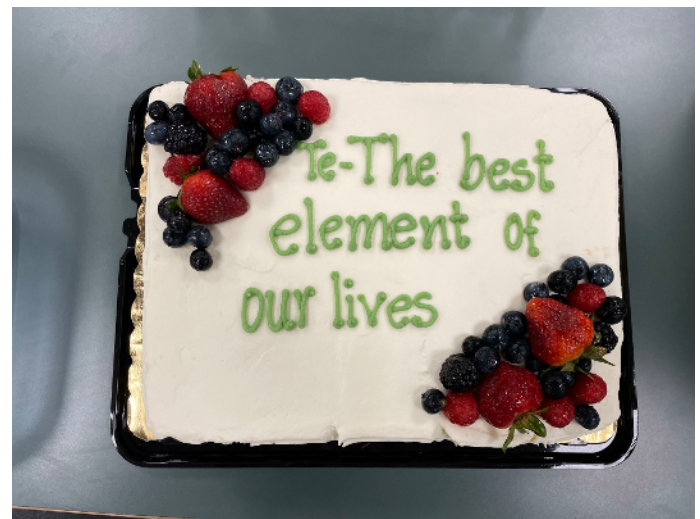
Athletic Director

Math MCAS (5/14 and 5/15)

NMS will have Session One of the 6th Grade Math MCAS on Tuesday (5/14) and Session Two on Wednesday, 5/15. 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. Also, students, please ensure you have the following ready for Tuesday (5/14) and Wednesday (5/15):

1. iPad Charged and ready to go
2. Two, number two pencils
3. Water bottle (optional)
4. A book, journal, drawing pad for after the test. Students will not be able to use their iPads or other electronic devices until all students have completed testing. **(All phones and smart watches will need to be put away during testing.** Parents can contact students via the main office).

Teacher Appreciation





Please submit to: Nmspto@gmail.com