N MINUTE

A MINUTE TO SEE WHAT'S HAPPENING @ NMS

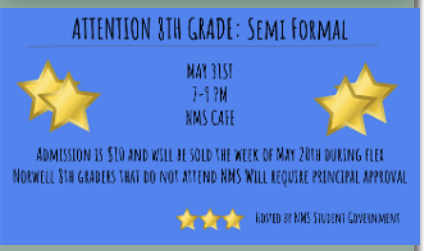
"Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved."

VOLUME: 2 / ISSUE: 32
DATE: 5-3-24

HEADLINES

WEEK AT A GLANCE
8TH GRADE FIELD TRIP
ROCKSTARS
"ANNIE"
A LONG WALK TO WATER

ANNOUNCEMENTS



TOGETHER WE MAKE A DIFFERENCE

Week at a glance

- **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
- **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.
- **National History and Geography Bee** (May 23rd) -- 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)

- **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

"To Kill a Mocking Bird"

8th graders saw "To Kill a Mocking Bird" live at the Hanover Theatre in Worcester this weekend. After reading the novel in class, students were able to watch the performance and make connections to their classroom discussions and understandings. Mrs. Higgins stated, "Great group! "It was a wonderful performance!"

TOGETHER WE MAKE A DIFFERENCE

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. The Board of the Norwell Education Foundation thanks you!

Spotlighters view their Performance of "Annie"

CALENDAR

May
6-10 Teacher Appreciation Week
6 Norwell Town Meeting
10 Interim Reports Published
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

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

A Long Walk to Water

7th grade Navigators finished reading the novel, *A Long Walk to Water,* by Linda Sue Park. They were asked to select one of the main points of view and create a vice and virtue image. The students exploded with creativity and drew their understandings of the novel!

I loved the creativity, and designs!

KINDNESS CORNER

"May we think of freedom not as the right to do what we please, but as the opportunity to do what is right." - Peter Marshall

Random Acts of Kindness

Shout out to Elise Chrichton!

To Molly McNamara and Hadley Martinson for going above and beyond to support their peers!

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

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.

d'angelo GRILLED SANDWICHES

Papa Gino's PIZZERIA

Support Norwell PTOs May 8

On Wed May 8th, <u>All</u> Sales at the Papa Gino's Norwell Location (Next to Big Y) will be donated to Norwell PTOs to Celebrate the Addition of D'Angelo Grilled Sandwich to the Papa Gino's Restaurant!

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

Reading Initiative

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

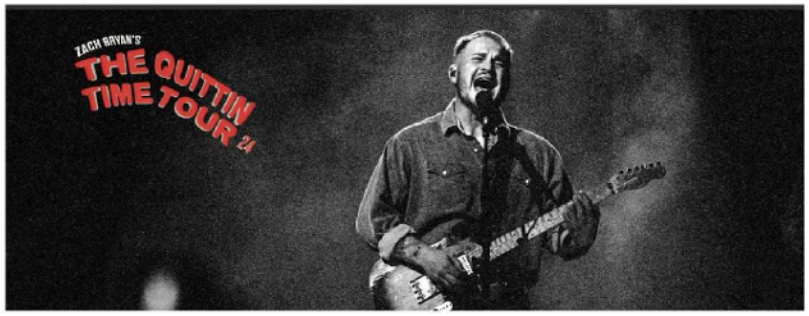
Norwell Public Library

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 welcomeall levels of experience!

Here's what you need to know:

Who: Incoming grades 3-8th

What: Norwell Youth Cheer Registration

Where: Visit our new websitehttps://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.

NORWELL GARDEN CLUB

May's Meeting

SUSTAINABLE FLORAL DESIGN WITH PEONIES

WITH

STACEY LEE OF PAEONIA DESIGNS

THURSDAY
MAY 9 AT 11AM
ALL WELCOME
NORWELL PUBLIC LIBRARY

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