



MINUTE

A MINUTE TO SEE WHAT'S HAPPENING @ NMS

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

VOLUME: 1 / ISSUE: 9

DATE: 10-27-23

HEADLINES

HAUNTED HALLOWS

NOELLE LAMBERT

COSTUME DAY

CLUBS & PTO

KINDNESS CORNER

ANNOUNCEMENTS

The late buses are on Tuesday, Wednesday and Thursday, and arrive at 2:45pm.

Clubs / Activities

Clubs and activities are in session.



TOGETHER WE MAKE A DIFFERENCE

HAUNTED HALLOWS(2nd Annual)

HH did not disappoint! A phenomenal night!!! A night our students will not forget!!!

We transformed the school into scenes from a Zombie graveyard, Exorcist (Haunted House), Insidious Maze, Fortune Teller, Demon's Dark Forest, Witches Cavern, Prison Asylum, Morgue (Saw), and the Undead Carnival. Undead souls were walking the halls and looking for new victims. And, new victims were eagerly awaiting to enter. As they entered, students didn't know where to turn. The undead and possessed were around every corner. Enter if you dare!! Avoid the feeding zombies, crawl by the possessed as they perform an exorcism, enter the maze and find your way out, and run, if you can! You may not want your fortune told? Hurry by the witches brew, as she screeches out for her children! Go through the Demon's forest, a place



where the undead spirits loom, and enter the prison. Avoid the prisoners or you will end up in the morgue. As you jump from the bodies that came to life, you are greeted by the undead clowns, waiting to add another to their show. As you move past the clowns, and look for the exit, you pray that maybe you escaped. Hope to see you next year! Thanks for the excitement; it takes a village! I commend everyone on a phenomenal night!!! It was an exhilarating evening, enjoyed by many!!



A STORY OF DETERMINATION --Noelle Lambert -- Speaker on 10/25

Noelle Lambert is a para-athlete. She lost her left leg in a moped accident in 2016 during a summer trip to Martha's Vineyard. Noelle says her accident is the best thing that ever happened to her as she is able to help others by sharing her experience. She is determined to spread the message of hope, determination and perseverance!





On October 31st. the Community Service club will be hosting Costume Day!

Only school appropriate costumes are welcome. No masks or weapons of any kind. Please bring in 1 dollar as a donation to the local food pantry!

HAUNTED HALLOWS



SAGA

Are you looking for a place where you will be accepted no matter what, and can safely express your individuality? If you answered yes, SAGA could be the right place for you. SAGA is a welcoming group, run by students and overseen by teacher mentors, creating a safe space for discussing similarities, differences, and personal well being. SAGA is a place that creates a peaceful environment for everybody no matter their identity. SAGA is open to all middle school students who are on a journey of self discovery and acceptance. SAGA is held in the Art Room on Thursdays after school, feel free to show up with any questions, no sign up is necessary, all are welcome.



PTO

- Turkey Trot - 11/19 9:30 am! (More coming)
- PLEASE join our Facebook page - to share information on events + opportunities to volunteer [PTO Facebook](#)

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

CALENDAR

October

26-28 NHS Adams Family Musical

28 NHS Haunted High

31 Halloween / Costume Day

November

1 NMS Picture Re-take

1 Katy Boucher @NMS (6:30pm)

1 PickaTime opens @ 7PM

3 Quarter 1 Ends

7 Panorama Student Survey

8 PickaTime closes @ 11:59PM

8 Safety Drill

9 Report Cards Posted

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

KINDNESS CORNER

"Try to be a rainbow in someone else's cloud."

-Maya Angelou

Here are a few good reads that carry the theme of kindness:

The Rabbit Listened by Cori Doerrfeld

The Last Stop on Market Street by Matt de la Peña

RANDOM ACTS OF KINDNESS

This week, Linsay LeBlanc stayed after in her music class to help move chairs and last Friday, Thomas Sinclair helped clean up after the Haunted Hallows. Both students displayed initiative and purpose in their actions and helped make someone's day a little easier.

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

**BUY NOW
OPTION III
\$150**

**ONLY 5 BUY NOW
OPTIONS SOLD.
Schedule a time/ pay
ahead and don't worry
about getting spaced
out!!*



DUMP SOME JUNK FOR SEUSSICAL

Fill a DUMPSTER!



- Carload - \$75
- SUV / Minivan - \$85
- Pick-up Trucks - \$100

**SUNDAY
OCTOBER 29th
NOON 'til FULL!!**

Last Chance to support the Spolighters before they perform at Disney!!

@ Norwell Middle School

**Please See Attached Info for permitted items*

RESTRICTED ITEMS:

THESE ITEMS MAY NOT BE DUMPED

- Consumer electronics- cell/smart phones, DVD/MP3 players, pagers, PDAs and other devices
- Cathode Ray Tubes (CRTs) - found in televisions, computer monitors, flat panel screens
- Freon appliances - refrigerators, freezers, air conditioners and dehumidifiers
- Batteries
- Tires
- Mattresses
- Yard Waste
- Paint and Hazmats

****IF YOU WOULD LIKE TO**

BUY NOW (\$150)

Please email vmaecarney@yahoo.com



BEST BUDDIES



ALL ARE WELCOME TO JOIN US

NOVEMBER 1, 2023

2:00-2:45 P.M.

Room 243

(8th GRADE HALLWAY IN MS. SCHAD AND MRS. TOBIN'S ROOM)

NORWELL GRANGE #410

CELEBRATING OUR VETERANS



Pancake Breakfast

SAT. NOVEMBER 11 8:30 - 10:30 AM

FELLOWSHIP HALL AT CHURCH HILL
UNITED METHODIST CHURCH
11 Church Street Norwell, MA

Suggested donation: \$10 for adults, \$5 for kids ages 5-12.
Veterans & kids under 5 eat free! First come, first served!
Cash or Venmo accepted

**LIVE well
AGE well
NORWELL
Council on Aging**

Norwell Council on Aging Presents:
**NAVIGATING DEMENTIA
PROGRAMMING SERIES**

293 Pine Street
Norwell, MA 02061

For Adults of All Ages
CALL THE COA TO REGISTER: 781-659-7878

Wednesday, Sept. 20 at 6:00 p.m., Norwell Council on Aging
UNDERSTANDING ALZHEIMER'S & DEMENTIA
Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research & FDA approved treatments.
Presented by the Alzheimer's Association

Wednesday, Sept. 27 at 6:00 p.m., Norwell Council on Aging
DEMENTIA DIAGNOSIS AND RESEARCH PARTICIPATION
Are you or someone you know experiencing changes in memory or thinking? Join us for this discussion on the dementia diagnosis process and participation in research.
Presented by Dr. Mary-Ellen Meadows, PhD, Massachusetts Alzheimer's Disease Research Center

Thursday, Oct. 5 at 6:00 p.m., Norwell Council on Aging
THE EFFECTS OF DEMENTIA ON FAMILIES
Your loved one has received a dementia diagnosis, so now what? Join us for the discussion on how to educate yourself and your family about dementia, the effects on a family and how to plan for the future.
Presented by Grace Doherty, CDP, BRCP, Area Community Liaison, Epoch Senior Living

Wednesday, Oct. 18 at 6:00 p.m., Norwell Council on Aging
MONEY MANAGEMENT: A GUIDE FOR CAREGIVERS
If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.
Presented by the Alzheimer's Association

Wednesday, Oct. 25 at 6:00 p.m., Norwell Council on Aging
CREATING A CARE TEAM
Join us for a panel discussion with industry experts to understand what resources may be available to help create your caregiving support team.

Thursday, Nov. 2 at 6:00 p.m., Norwell Council on Aging
IMPORTANT LEGAL DOCUMENTS & MASSHEALTH: WHAT YOU NEED TO KNOW!
Estate planning is important for everyone, but especially after a dementia diagnosis. This is the time for you and your loved ones to be sure that current and future needs are addressed. Join us for this presentation on important legal documents to consider in your plan and a general overview of navigating MassHealth.
Presented by Laura Goodman, Esq. and Julie B. Harte, Paralegal, at Margolis Bloom & O'Agostino

Wednesday, Nov. 8 at 6:00 p.m., Norwell Council on Aging
WHAT MATTERS MOST
Join us for an interactive conversation about the importance of early exploration into what matters most to a dementia patient as it relates to their physical body, physical environment and spiritual needs at end of life. This will help to inform loved ones and care givers how to best provide comfort care and peace of mind and spirit. This 90 minute session includes grounding meditations, journaling exercises and guided visualization exercises.
Presented by Aimee Yawick, Early Exploration of Physical & Spiritual Comfort Care for End of Life, Certified Conscious Dying Coach, Educator & Death Doula

NORWELL SEPAC presents

Kids & Friendship

Join **Katy Boucher**, founder of **The Accord School**, for an evening of lively conversation on how to help our kids navigate their ever-changing social world.

Wednesday November 1st
6:30-8:00pm
Norwell Middle School
328 Main Street, Norwell



Parents will walk away with practical guidance that they can put to use the very next day!



Remember when kids just worked out problems in the backyard?

It seems like kids are so much meaner than when we were young.

Friendship is just so much more complicated for my kids than it was for me.

When did middle school drama start happening in 3rd grade?!

the ACCORD SCHOOL www.theaccordschool.org

Absences

Let the office know of the absence as soon as possible. The office handles all reporting of absences (students can be in contact with their teacher for work and let teachers know about an absence, but absences should be reported to the office, not each individual teacher).

We have 3 different ways to report absences, use the platform you prefer.

1. You can call the absence line @ 781-659-8814 ext. 1206 and leave a message.
2. Send an email to the main office nms.mainoffice@norwellschools.org
3. You can send in an email via the [website Absence / Dismissal link](#) to NMS Office email. (see below)

ABSENCES / DISMISSALS

Click to report an absence or dismissal. Please put ABSENCE or DISMISSAL in the subject line.

Dismissals

We would appreciate knowing about any dismissals prior to the time of dismissal in written form.

- You can send in a note with your student and have them drop it at the office first thing in the morning
 - Upon arrival to dismiss your student, please come to the door or call and we will send your student out to you if you have provided a note beforehand. If we do not have a note, we will need you to come into the office to sign out your student. Thank you in advance for your cooperation.
- Students CANNOT be dismissed early from school to another family or sibling without written permission from the parents.



Noelle Lambert
US Paralympian & Survivor Castaway

Noelle Lambert was born in Londonderry, New Hampshire. Growing up, she attended Londonderry High School before enrolling at UMass Lowell. As a D1 athlete, she had a standout freshman lacrosse season, earning America East All-Rookie team honors. During the following summer, Lambert suffered a life-changing injury from a moped accident, resulting in the amputation of her left leg above the knee. Despite the tragedy of the incident, Lambert never let severity of her injury defeat her. She returned to the lacrosse field in April of 2018, just 18 months after the accident, where she caught a pass in front of the net and fired a shot past the goalie to score for ULowell. The emotional celebration with her teammates that followed the goal represented a culmination of all the time and effort Noelle had dedicated to getting back on the field, defying the odds of such a life changing incident.

After graduating in 2019, Lambert made the switch from lacrosse to track & field for the US Paralympic National Team. She placed 4th in the 100-meter race at the World Para Athletics championship meet, setting a U.S. record for the race with a time of 16.31 seconds which earned her a spot on Team USA for the 2021 Paralympics in Tokyo. In Tokyo, Lambert finished in 6th place – running the 100-meter race in 15.97 seconds. Not only was this a personal best for Lambert, but 15.97 seconds is now the current American record.

Not one to be satisfied with being a world-class para-athlete in one sport, Noelle took up snowboarding in March of 2021. By November, she was competing at the Europa Cup in The Netherlands where she placed 4th. She has her sight set on competing in the 2026 Winter Paralympics in Italy.

In 2018, Lambert founded The Born to Run Foundation, which aims to provide amputees with prosthetics that will allow them to run again. She believes she can be a source of inspiration and help children who have a limb amputated because she can relate to what they are going through. Noelle recently appeared on Season 43 of *Survivor*, quickly becoming a fan favorite with her inspirational story and pure grit. She went on to finish in the top eight of the competition. Furthermore, she has received numerous prestigious awards since her accident including the Boston Celtics' Heroes Among Us Award, the America East Inspiration Award, L'Oréal Paris Women of Worth National Honoree, and most recently named to the Paralympian Power Player Program.

Nowell Ski Team

The Norwell High School Ski Team can't wait to get back on the slopes for the 23'-24' season! We plan to build upon our very successful season last year! Our 35 student-athletes bring tremendous grit and grace to the mountain, proudly representing our school and our community.

This year, the team takes on an additional challenge: fundraising to offset the tremendous increases in transportation to our race mountain, Ragged Mountain in NH. We've partnered with the NHS Boosters to reach our goal of \$14,000 to defray our costs through sale of merchandise, ski tuning, and finding sponsors for our program. See Mrs. Rodgers for any questions..



Get ready to hit the slopes with
NHS Ski Team Gear!

All items will be embroidered with
N or Norwell Ski Team logo
Adult: XS S M L XL XXL
Sweats available in Youth sizes
(\$5 extra per item for XXL)

Item	Size	Price	#	Total
Stio Vest (M/W)		\$175		
Lined hat	o/s	\$25		
Sweatpants		\$50		
Hoodie		\$60		
Women's Sherpa Shirt		\$100		
Men's Sherpa Shirt		\$115		

Total Due _____

Name _____

Email _____

Phone _____

Orders received by 11/22/23 have target
delivery by 12/20/23

Cash, check, Venmo to NHS-Boosters (add SKI
TEAM in memo)
and credit card through
<https://norwellboosters.org/ski-team-fundraiser/>

Item details



Stio Anora
Insulated vest navy
with "N"



New Era Flannel
lined hat with "N"



Champion reverse
weave sweatpants,
navy with Norwell Ski
Team "N"



Champion reverse
weave hoodie,
navy with Norwell
Ski Team "N"



LL Bean Sherpa shirt
Black Watch Plaid, with
Norwell Ski Team "N"

Email completed form and
questions to:
Jim Chase
jchase@gmail.com
Kristen Paulin
kpaulin@comcast.com