



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: 8

DATE: 10-20-23

HEADLINES

HAUNTED HALLOWS

SOLAR ECLIPSE

NOELLE LAMBERT

BEST BUDDIES

HALE RESERVATION

ANNOUNCEMENTS

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

Clubs / Activities

Clubs and activities are in session.

Homecoming



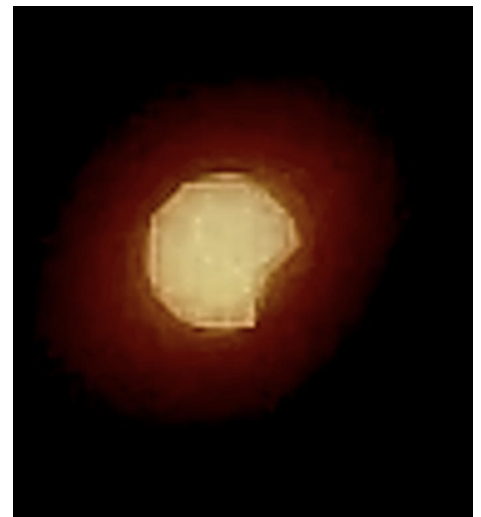
TOGETHER WE MAKE A DIFFERENCE

Haunted Hallows: Enter if you dare!!!

On Friday, October 20, from 6:00pm to 8:00pm, Norwell Middle School will host its second annual Haunted Hallows! It will not disappoint! Our dedicated team of teachers, high school students, and the NMS Student Council will transform the school into scenes of the Exorcist (Haunted House), Demon's Dark Forest, Witches Brew, Prison Asylum, Saw (Morgue), Undead Carnival and more. Undead "souls" will be walking the halls and looking for new victims. **Enter if you dare!**

Solar Eclipse

On Saturday, October 14th, a group of teachers, students and families gathered on the back field to watch the Annular Solar Eclipse. We saw the moon take "a bite" out of the Sun before the clouds returned. We are looking forward to the Total eclipse in April!



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

Noelle Lambert is a para-athlete and founder of The Born to Run Foundation. Noelle lost her left leg in a moped accident in 2016 during a summer trip to Martha's Vineyard. At the time, she was a student at the University of Massachusetts Lowell and played Division 1 lacrosse on UMass Lowell's women's lacrosse team, the Riverhawks.

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 through The Born to Run Foundation and through speaking opportunities.



TOGETHER WE MAKE A DIFFERENCE

BEST BUDDIES



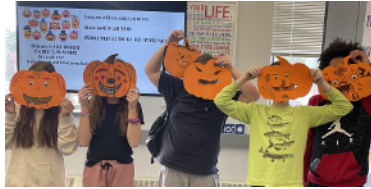
ALL ARE WELCOME TO JOIN US
NOVEMBER 1, 2023
2:00-2:45 P.M.
ROOM 243

©2019 Anne Halloway in Mt. Scio and Mrs. Tobey Rouse

Best Buddies

Our first Best Buddies meeting was a huge success! We had a small group of very excited and engaged Buddies!! (See Below)

Our next meeting will be
November 1st @ 2:45 in
Room 243!



Hale Reservation

Today's trip to the Hale Reservation enabled 7th grade students and staff to step outside of the classroom, on a BEAUTIFUL fall day, and embody our school motto, "Work Hard. Be Kind. Help Others." Students were in small groups with one NMS staff member and one camp counselor. The counselors led the groups through various team building activities, such as ropes challenges and trust walks. Trust walks were when one partner was blindfolded and the other had to lead them through a woodsy path by describing the terrain in front of them.

This photo of Emily Tuttle on the ropes course, with her tribe cheering her on and the quote by E. Roosevelt is a great example of the day's events. Below is another photo of group 7 on a trust walk.



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.co

7th Grade Cornhole Tournament

James Bass & Max Low
(Champions) -



CALENDAR

October

20 PTO Meeting @ 9am

20 Haunted Hallows @ 6pm

24 Congress of Councils @ 7pm

25 Noelle Lambert @ 12:30pm

26-28 NHS Adams Family Musical

28 NHS Haunted High

31 Halloween / Costume Day

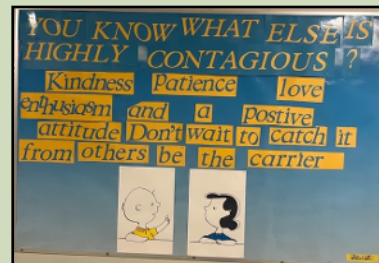
November

1 NMS Picture Re-take

1 Katy Boucher @NMS (6:30pm)

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

KINDNESS CORNER



RANDOM ACTS OF KINDNESS

Today, Ian Troupe moved his seat on the bus so that his friends could stay together, Levi Santos and Catherine Collins held the doors for students exiting to the buses, Justice Boone helped others in the cafe, and Elena Charron and Cameron O'Neill stood out in class for the way they helped their classmates.

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!

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

@ Norwell Middle School

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

LAST PUSH FUNDRAISER

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

*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)**

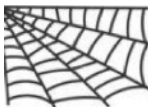
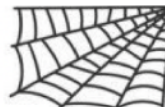
Please email vmaecarney@yahoo.com

*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!*

Don't be a mummy, give the food
pantry some money!

Costume day

 **October 31st**

Bring in a dollar to donate
to the local food pantry.

**Don't be a mummy give
us some money.**





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.