MINUTE

A MINUTE TO SEE WHAT'S HAPPENING @ NMS

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

VOLUME: 3 / ISSUE: 18
DATE: 1-10-25

HEADLINES

WEEK AT A GLANCE
CEREAL BOX CHALLENGE
HALLWAY & CAFE
KINDNESS CORNER

ANNOUNCEMENTS

Only students registered for the bus are allowed to take the regular and late buses, and those students must ride the bus to which they have been assigned. Please do not send your child in with a note about switching buses. This is only allowed in emergency cases and with prior permission.

NMS Yearbook meetings -- Yearbook Meeting Dates



TOGETHER WE MAKE A DIFFERENCE

Week at a glance

- **Winter After School Activities --** Winter Sign up
- Please print the registration form and bring the form and payment to the main office by **January 10th**. Activities fill up quickly, so return your forms as soon as possible. Activities will **begin the week of January 17**. If you have any questions, please email jennifer.burke@norwellschools.org
- **Parent Coffee House (1/16) --** The winter NMS Parent Coffee House is on Thursday, January 16th at 9:30 am in the NMS Community Room. If you are interested in attending the winter parent coffee house, please email me (james.dupille@norwellschools.org).
- **Band and Chorus Concert (6th Grade) (1/16) --** The sixth grade band and chorus will play at the NHS auditorium on January 16th. Come see our students shine!
- **Term II Ends (1/17) --** Just a reminder, Term II report card grades will be posted to Aspen for parents to review on Friday, January 24th. Parents and students should review the report card together to discuss the student's progress. Grades are a reflection of student achievement in content knowledge and skill development as measured by work accuracy, quality, and timely completion. No matter the grade for the term, students should be reflecting on their strengths and areas for growth.
- **January 20th (Monday) -- No School / MLK Day**
- **Project 351 (1/25)** -- On Saturday, January 25th, Tom Wilson (NMS Project 351 Rep.) will go to Boston with the other representatives across the state to Launch the Service Day. I am thrilled to extend my heartfelt congratulations to Tom on being selected as the Project 351 Ambassador for Norwell Middle School! Each year, one student is chosen from every school district across Massachusetts to participate in this prestigious program.

NMS WINTER DANCE

January 24th 6:30 - 8:00 NMS cafeteria

$5.00

Students will be able to pay for admission
1/21- 1/24 during flex. Admission MUST be paid in advance.

STUDENT NAMES WILL BE PLACED ON A LIST - NO PHYSICAL TICKETS WILL BE HANDED OUT.

TOGETHER WE MAKE A DIFFERENCE

CEREAL BOX CHALLENGE

Thank you to Garrett Rosenzweig, Kameron Leary and Aidan Collins (with support from Mrs. MacDonald too) for bringing this fun challenge to NMS. Rumor has it, Vinal did this Challenge last year and it was a big success. Garrett, Kam and Aidan are hoping to have at least 500 Cereal boxes donated to create a giant domino chain. The boxes will then be brought to the local food pantry. When we reach 500 boxes, Mr. Dupille has generously agreed to allow the school to have a Comfy Cozy Day! Then, if we reach 1,000 boxes we can have Comfy Cozy day every Friday in February! Click on the link below for the flier and video example:
NMS Cereal Box Challenge 2025



Hallway & Cafeteria Behavior Refresh

This is the perfect time of year to remind students of the behavior expectations in the cafeteria and hallways, where there are larger groups of students with less supervision. With everyone inside more during the winter months we often see students a little more restless. The staff met and then administration created a presentation that reminds students when their behaviors are "good to go", when they "need to pause" and when it's time to "stop." The staff decided, rather than present this in the traditional assembly style, we would introduce it at lunch and then have the slides looping for students to reference. Over the past several days, we have heard students discussing the slides at their tables and the response has been positive. Please click on the link below to view the slideshow:

NMS Cafeteria & Hallway Expectations

CALENDAR

January

13 Strategic Planning Steering Committee @ 5:30PM

15 6th Grade Virtual Field Trip

16 Grade 6 -- Band and Chorus Concert @ 7PM (NHS)

17 End of Term II

20 No School (MLK)

21 School Council @ 2:10 PM

24 Report Cards Issued

24 Winter Dance 6:30 to 8PM

27 School Committee @ 7PM

29 Early Release

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

Updates

Substitutes -- We are always looking for substitutes for teachers, aides, and nurses. Substituting offers flexible scheduling, allowing one to work on available days and at selected levels or schools. We even have half day spots to fill! If you or someone you know is interested, please apply at the Norwell Schools NSD website

PTO -- The next PTO meeting is on Friday, February 7th at 9:15AM. As a parent of a NMS Student, you are automatically part of the NMS PTO. There are many ways to contribute to the PTO including Student Dues ($40 per student suggested), as well as chaperoning PTO events, helping with Teacher Appreciation breakfasts, lunches and fun events, as well as joining one of our fundraising teams throughout the year. The PTO is made up of Parent Volunteers LIKE YOU!

Together, let's make the NMS experience the best it can be!!

KINDNESS CORNER

Happy New Year!

Dylan Russo was recognized by his teacher for always helping students out in class. Will Kieffner and Miles Creedon have been spotted selflessly helping their friends on crutches and Keyon Boone was helpful and supportive during this week's Best Buddies meeting.

8th grade kept the kindness trend going with Charlotte Rae, Madison Butler and Brielle LeStage all being praised for doing various kind acts, such as holding the door, giving a nice comment to a classmate about their clothing and helping someone in the hallway.

It's the little things that help make a big difference. Thank You!

8th Grade Blue Team students are creating Rube Goldberg Machines to demonstrate their knowledge of Physics.









NMS WINTER DANCE

January 24th 6:30 - 8:00 NMS cafeteria

$5.00

Students will be able to pay for admission
1/21- 1/24 during flex. Admission MUST be paid in advance.

STUDENT NAMES WILL BE PLACED ON A LIST - NO PHYSICAL TICKETS WILL BE HANDED OUT.



We are excited to present our after-school offerings for the WINTER. Students can spend their time before and after school playing Jazz, learning about wellness and self-care,learning to crochet, playing cornhole, kickball and more!

To register for one of these exciting programs, simply use the link above to download and print the registration form. Students should then bring the form and payment to the main office no later than January 10, 2025. Some activities fill up quickly, so return your forms as soon as possible. Activities will begin the week of January 17, 2025. Forms should be turned into the Main Office.
If you are having any trouble accessing the form, feel free to reach out to Mrs. Burke in the main office.
jennifer.burke@norwellschools.org

NMS BEFORE & AFTER SCHOOL ACTIVITIES
WINTER 2025
Activities begin the Week of January 17th

FULL YEAR ACTIVITIES

These are full-year clubs. Scholarships are available.

Jazz Band

The Jazz Band is open to all band students and anyone who has had extensive lessons on piano, bass, guitar, or drum set. We play many genres of jazz styles, including swing, latin, funk, and rock. It may be early, but we have fun! We meet at 6:30 AM on Wednesday. **If you signed up in the Fall - No additional payments are required.**

Advisor: Mrs. Running

When & Where: Wednesdays from 6:30-7:15 am in the Band Room / Room 123

Math Team

Are you ready for an exhilarating mathematical adventure? Join the Middle School Math Team this year and discover the joy of solving complex problems through collaboration and engaging activities! Our team will participate in exciting math competitions like MathCounts and Math Olympiads, showcasing Norwell Middle School's talent and dedication. Over the years, our school has thrived in regional competitions and progressed to the state level. By joining the Cool Math Club, you'll become part of a community that celebrates learning, challenges, and teamwork. Don't miss out on this fantastic opportunity to explore the fascinating world of mathematics and make lasting memories with friends. Sign up for Norwell Middle School's Cool Math Club today and unleash your inner math genius! **If you signed up in the Fall - No additional payments are required.**

Advisors: Mrs. Ryan & Mr. Wolbach

When & Where: Wednesdays from 2-2:45 pm in Room 238

SIX-WEEK SESSION ACTIVITIES

The fee to join all activities is $40 per activity. Scholarships are available.

Tuesdays: 1/14, 1/21, 1/28, 2/4, 2/11, 2/25

Dungeons and Dragons

This group is open to all, from no experience to avid players. Join us for an epic quest to save the realm from terrible and dangerous foes. **Max 10 students**

Advisor: Mr. Fraser

When & Where: Tuesdays from 2-2:45 pm in Room 208

Card Sharks

Give your eyes a break from the computer screen! Did you know playing cards can improve skills of strategy, memory and concentration? This group offers students the chance to play favorite card games, learn new games and be social. Try your hand at games such as Rummy, Blackjack and War. **Max 20 students**

Advisor: Mrs. Rousselle

When & Where: Tuesdays from 2-2:45 pm in Room 212

Cornhole

Challenge your friends or Mr. T to a game of Cornhole. Come learn to toss a flat bag and have some fun.

Max. 25 students

Advisor: Mr. Trenger

When & Where: Tuesdays from 2-2:45 pm in The Gym

"Beat the Clock!" Escape Room (new challenges have been added), "Minute to Win it" and Strategic Games Galore!

YOUR MISSION: Unlock the Code! Bring your teamwork, cooperation, communication and logic skills to "beat the clock" with a variety of fun-filled games and challenges! Players will work together to discover clues, solve puzzles, and accomplish tasks to "unlock" their potential and accomplish a specific goal in a limited amount of time. Bring your flexible thinking, patience and positive attitude to work together as you share the joy of building your strategic and critical thinking. **Max 10 students**

Advisor: Mrs. Ferris

When & Where: Tuesdays from 2-2:45 pm in Room 102

Got Game? Board Game Club

Hey NMS Students! Ready to level up your fun? Join our Board Games Club after school on Tuesdays where we play awesome games like Uno, Life, Connect 4, Operation, Monopoly, Guess Who, Clue, Heads Up and many more. Whether you are a strategy master or just love a good laugh, there's a spot for you. It's a super way to have fun, hang out with friends or even meet new ones. Don't miss out on the excitement. Sign up today and let's roll the dice on a great time! **Max 15 students**

Advisor: Mrs. Lewis

When & Where: Tuesdays from 2-2:45 pm in the Library classroom

Wednesdays: 1/15, 1/22, 2/5, 2/12, 2/26, 3/12

Risk

Come join friends, and soon to be friends, in a cooperative play session of Risk the game of world domination. New players welcome. We play in teams not as individuals. Kindness to your group members and other teams is the only requirement. **Max 20 students**

Advisor: Mr. Fraser

When & Where: Wednesday from 2-2:45 pm in Room 208

Creative Writing Club

Discover the joys of expression and storytelling in Creative Writers Club! Each week, Writers Wednesdays, we'll play word/writing games, explore imaginative prompts, and dive into storytelling in a fun and supportive space. Creative Writers Club is a time to explore, express, share, laugh, refine, and celebrate the magic and craft of writing. This club is for new and experienced writers alike! Everyone has a voice and a story to tell. Join us once a week to have fun, connect with fellow creatives, bring your ideas to life, and put pen to paper!

"I have never started a poem yet whose end I knew. Writing is discovering." - Robert Frost **Max 10 students**

Advisor: Ms. Mahoney

When & Where: Wednesday from 2-2:45 pm in Room 111

Crochet Club

Do you want to learn how to crochet? Do you know how to crochet and want to join our club? Learning this skill will allow unlimited creative opportunities - making gifts, your own accessories or sweaters, as well as amigurumi (crochet stuffed animals!). When we meet for the first time, we will decide on a beginner pattern to make - a hat or scarf. You will then have a week to purchase a yarn of your choosing for your project (we'll discuss what you need to look for when buying your yarn at the first meeting). At the next meeting we'll start crocheting together! By the end of the club, you will have crocheted something of your own! **Max 6 students**

Advisor: Mrs. Johnston

When & Where: Wednesday from 2-2:45 pm in Room 202

Thursdays: 1/16, 1/23, 1/30, 2/6, 2/13, 2/27

AMDM

It's back! One of the most famous and classic dungeon crawls of D&D, The Dungeon of the Mad Mage. This horrifying, dangerous and deadly campaign is open to any D&D players who can live with the fact their characters might not. Join us Thursday mornings at 6:30 to start your day with a bit of adventure and a ton of laughs. **Max. 10 students**

Advisor: Mr. Fraser

When & Where: Thursdays from 6:30 AM-7:15 pm in Room 208

Investment Club

The purpose of the Investment Club is to introduce students to stocks, bonds, mutual funds, and how the stock market works. The students will participate in the nationwide Stock Market Game where they can compete against students all over the country through their investment decisions. **Max. 24 students**

Advisor: Mr. Amato / Mr. Wolbach

When & Where: Thursdays from 2-2:45 pm in Room 238

L. I . F. T. E. D (Live, Inspire, Focus, Thrive, Embrace, Discover)

Need a LIFT? We all do! This club focuses on boosting and strengthening your inner self as well as reaching out to "lift" the community. Each week, we will enjoy a variety of wellness activities, mindfulness exercises, and positive takeaways about ourselves and others. Participants will feel the joy of becoming "L.I.F.T.E.D" throughout their week and beyond. At the end of the session, students will come away with a self-care and wellness "toolbox" that will empower them to Live, Inspire, Focus, Thrive, and Discover. **Max. 10 students**

Advisor: Mrs. Ferris

When & Where: Thursdays from 2-2:45 pm in Room 102

Dodgeball and other Evasion Games

Dip, Duck and Dive. Come prepared to evade, invade and have some fun. **Max 25 students**

Advisor: Mr. Trenger

When & Where: Thursdays from 2-2:45 pm in NMS Backfield or Gym

Fridays: 1/17, 1/24, 1/31, 2/7, 2/14, 2/28

Dungeons and Dragons

We are excited to announce an additional opportunity for a Friday D&D Club, which will feature a completely separate storyline. ***You will also need to arrange for your student to be picked up at 2:45 PM on Fridays, as there are no late buses available on that day.*** **Max 10 students**

Advisor: Mr. Fraser

When & Where: Fridays from 2-2:45 pm in Room 208

SERVICE, LEADERSHIP, and ACADEMIC GROUPS

There is no fee to join these groups.

Community Service Club

Want to make new friends and work cooperatively to make our town community a better place? Come join our community service group. We love new ideas about how to make our community a happy place. Stop in and participate when you have a free Wednesday or become an active member. We look forward to your involvement. **See Community Service calendar**

Advisors: Mrs. Borchert & Mrs. Whitt

When & Where: Every other Thursdays from 2-2:45 pm in the Room 153

Homework Help

Join Mrs. Franzosa after school for homework help. This is a great opportunity to spend some **quiet time** completing your homework and receiving some guidance and support as needed. This is a drop in club, available for all grades.

Advisors: Mrs. Franzosa

When & Where: Tuesdays, Wednesday, Thursdays from 2-2:45 pm in the Library

NMS Student Government

Students are elected by their peers to represent them in the NMS Student Government. Once elected, the group determines the course of action they will take for the upcoming school year. They will help with organizing school events as well as recommending changes to the school community.

Advisor: Mrs. Callahan & Mrs. Zych

When & Where: Thursdays from 2-2:45 pm in Room 224

Organizational Support

Organization takes work! Some students need help figuring out how to organize while others have an established system but need the structure of a time and place to organize their things independently. This club will help students organize their papers into folders and/or binders and organize digital files on their iPads. Students will also work on creating individualized homework or study checklists.

Advisor: Mrs. Sailer

When & Where: Wednesdays from 2-2:45 pm in the Community rom

Best Buddies

During our meetings students will have the opportunity to interact and socialize while participating in a variety of activities including arts & crafts, Zumba, yoga, watching movies, and more. Even more important, of course, is what our students will be able to learn from one another during our Best Buddies meetings: social skills, patience, tolerance, perseverance , acceptance, empathy, and so much more. **See Best Buddies calendar**

Advisors: Ms. Schad, Mrs. Tobin & Mr. Ricciarelli

When & Where: Every other Tuesdays in Room#243

LEAD Club

LEAD is an organization that fosters leadership, confidence and empowerment in middle and high school students and stands for Leadership, Empowerment, Advocacy, Determination. LEAD provides an opportunity for our middle school students to meet with high school teens to develop communication skills, stress management techniques as well as to develop a supportive network. Students will ride the bus from NMS to NHS and can arrange for a ride home or take the late bus home from NHS. If you are interested in joining LEAD, please email Mrs. Dsida at **terri.dsida@norwellschools.org**

Advisor: Mrs. Dsida

When & Where: NHS 2:45-3:45 Wednesdays, once a month

Yearbook Club

Calling all 8th graders! Do you enjoy taking photos? Are you artistic? Do you like designing things on a computer? Want to leave your mark? Join the Yearbook Club! The yearbook club is a group of creative 8th grade students who will build the NMS yearbook from the ground up by taking photos of school activities and events, designing the yearbook pages and cover, and helping market and distribute our yearbook.

See Yearbook calendar

Advisor: Mrs. Higgins

When & Where: Every third Monday from 2-2:45 pm in the NMS Art room#147

Student Newsletter

Students working together to put together an informative Newsletter for their peers. We have sections that need writers, like "Inspiration Station", "Who is that?", "What is that?" "Upcoming Events" and more..

Max 6 students

Advisor: Mrs. Murray

When & Where: Tuesdays from 2-2:45 pm in Room TBD

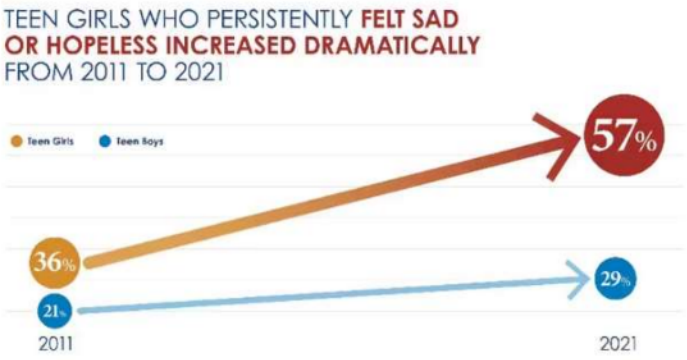
Anxious Generation Parents Forum

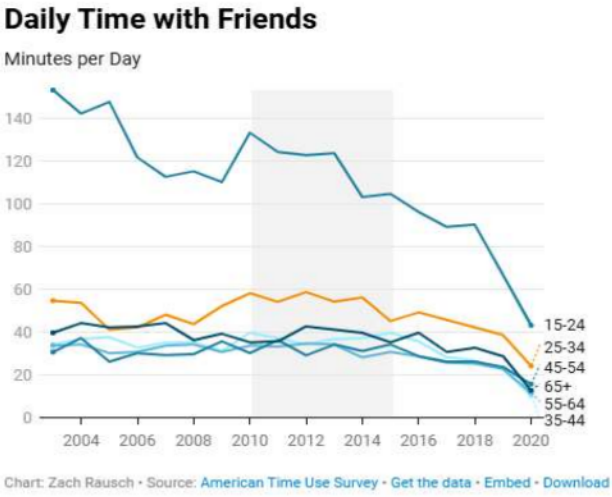
Wednesday, January 15th, Norwell Public Library, 6:00 - 7:30 PM

Jonathan Haidt's book The Anxious Generation has alerted the world to the effects of smartphones and social media on a generation. Screen time deprives children of experiences needed to develop socially, emotionally, and cognitively.

Mental health problems are soaring: in 2021, the CDC reported that 58% of teen girls had a chronic sense of hopelessness or despair.

By so many metrics, our children are suffering from the effects of smartphones and social media.





Can we protect our children from smartphones and social media?

Yes, with your help!

The movement to build alternative community action is here. How can you help?

Please join parents and educators for an open forum to explore community solutions and take back control of our young people's mental development. No reservation needed. Just show up.

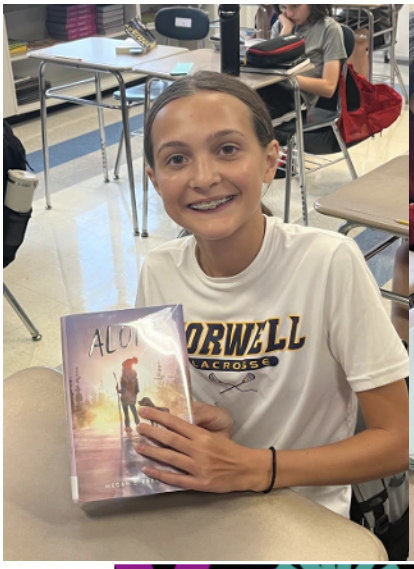
Wednesday, January 15th, Norwell Public Library, 6:00 - 7:30 PM

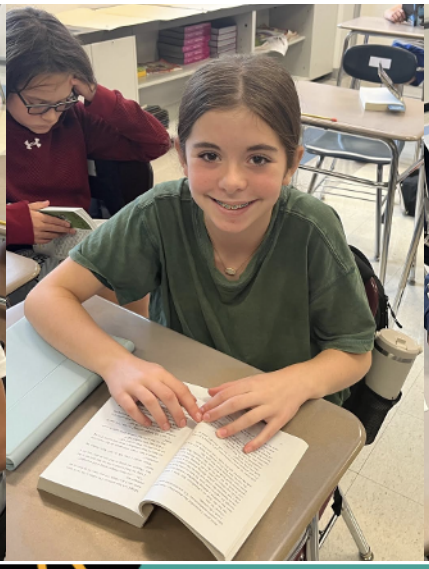
CHESS CLUB

FREE and OPEN to all students
Thursdays in Room #208

New to the game or closing in on Grand Master status?
All are welcome to join the chess club for fun,
to learn how to play or gain new strategies.
Light hearted game play is the norm and so is the constant banter of the group. From time to time, so legend says, a Backgammon board is broken out for a change of pace.








NORWELL MIDDLE SCHOOL READING CHALLENGE

We are excited to tell you about a school-wide Reading Challenge.
Throughout the 2024-25 school year, we are encouraging our 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!

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.

Turkey Trot

The Turkey Trot just ended, but we are looking for creative designers out there to submit entries for NEXT YEAR'S Turkey Trot T-shirt (Current 5th Graders-8th Graders are eligible!). This year, the design made it to over 350 T-shirts and hoodies...your design could be next!

- The judges will be looking for unique ideas that incorporate Running, Norwell, NMS, Thanksgiving, Fall, Turkey's, etc!
- We do ask that "Norwell Turkey Trot" and the Year 2025 is somewhere in the design.
- The Race Date has already been confirmed to be: Sunday, November 23rd, 2025. We can't wait!

The Design winner will receive a $25 Gift Card of their Choice and their artwork will be on next year's gear!

The contest is OPEN NOW and the December/Winter Break could be a great time to work on your design! Please submit all questions or entries to: NMSPTO@gmail.com



NORWELL SEPAC

FEDERATION FOR CHILDREN WITH SPECIAL NEEDS

Basic Rights: Understanding the IEP

A Free Virtual Workshop for Parents and Professionals

This presentation will delve into the Individual Education Program (IEP) document, its development, the breakdown of each section and understanding how the document will support a student.

Workshop Topics:

- *Why the IEP is Important*
- *Who is eligible for an IEP*
- *How the IEP is Developed*
- *Strengths and Concerns*
- *Vision Statements*
- *IEP Sections including PLEP A & B, Annual Goals and Service Delivery Grid*
- *Differences between Accommodations and Modifications*
- *Response, Placement and Consent*
- *Procedural Safeguards and more!*



About Your Host:

The Norwell SEPAC is a group of parents who meet regularly to discuss the needs of our students and improve special education in Norwell. We provide a space for families to content and education on topics relavant to our community. Contact us at TheNorwellSEPAC@gmail.com

Handouts will be provided to registered attendees on the day of the virtual presentation.

REGISTRATION IS REQUIRED.

Date: January 22, 2025

Time: 6:30-8:30 PM

Registration Link: https://fcsn.org/event/norwell-understanding-the-iep/

Registration Link:

For more information about the educational workshops available from The Federation for Children with Special Needs, please visit us at fcsn.org/ptic/workshops or email: workshops@fcsn.org

Parent Coffee House

