

NEEDHAM HIGH SCHOOL

NEWS FROM THE HILL

November 16, 2023

Save the date!

Thursday, November 16 - *Band concert - 7pm at NHS*

Friday, November 17 - *(9th Grade Families) Deadline to opt out of SBIRT and Postural Screenings*

Tuesday, November 21 - *NHS Bonfire - 5:30-7pm at NHS (See Flyers and Reminders for more details)*

Wednesday, November 22 - *No School (Professional Development)*

Thursday and Friday, November 23-24 - *No School (Thanksgiving Recess)*

Monday and Tuesday, November 27-28 - *Winter Musical Auditions - 4:15pm at NHS*

Tuesday, December 5 - *School the World Info Session - 7pm at NHS*

Wednesday, December 6 - *Early Release (Dismissal at 11am)*

Friday, December 15 - *Friends of Music WinterFest fundraiser - 7pm at NHS*

PTC Meeting Tonight - 6:30-7:30pm on Zoom

Agenda:

1. Presidents' Updates and Announcements
2. Counseling at NHS - Overview and Resources
3. Q and A with Dana Plunkett, Director of Counseling 7-12

NHS PTC evening meeting - Nov 16, 2023 06:30 PM Eastern Time (US and Canada) Join Zoom Meeting:

<https://needham-k12-ma-us.zoom.us/j/81999242213?pwd=MGc1S0NhR3lvMTA4TEFpQjT3VZOEIDQT09>

NHS Boys Basketball Information Meeting

When: November 17, 2023 at 2:45pm

Where: Meet outside the gym

The purpose of the meeting is to share information regarding tryouts for all three levels.
Freshman, JV and Varsity

NHS Winter Musical Auditions – Les Misérables

Audition Information for the NHS Winter Musical: Les Misérables

Be a part of NHS's theater program by auditioning for the upcoming winter musical!

Auditions are **Monday and Tuesday November 27th and 28th after school at 4:15pm** with callbacks on Wednesday, November 29th at 3pm.

Performances are March 8, 9 and 10, 2024. We hold rehearsals after school Monday through Friday with technical rehearsals the two weeks before the show at Newman Elementary School.

Please sign up for an audition slot here:

<https://www.signupgenius.com/go/5080A49A8AC2CA6FE3-46155466-lesmiserables>

Audition Materials are posted on the Winter Musical Google Classroom. You can join here:

<https://classroom.google.com/c/NjM3NDk5NTkxODg0?cjc=tv2omyh>

Please choose up to two song excerpts to prepare for the audition. No monologue will be needed.

However, there may be some improvised acting exercises as part of the audition process.

If you have any questions, please contact Kristen Mazzocchi at

Kristen_mazzocchi@needham.k12.ma.us



WinterFest Fundraiser

WinterFest, a Needham High School Friends of Music fundraiser in a variety show format, will take place at **7pm on Friday, December 15th** in the Needham High School auditorium.



This celebratory and family friendly event is held in partnership with the NHS Fine and Performing Arts Department and includes performances by jazz band, strings, the four a cappella groups, and a selection of individual and group musical acts.

Please purchase tickets for yourself and the whole family using the following link:

[TicketStage - Needham High School Friends of Music Tickets](#)

NHS Boys Lacrosse – Holiday Merch Store

Open now through December 10th.

Get your shopping done early!

Visit the link below to view all of the branded items. (Payment and delivery is direct with the merchant).

[Boys Lax Store](#)

A limited supply of Needham Lacrosse and Needham Rockets folding chairs are also available. If interested, please contact:

friendsneedhamlacrosse@gmail.com



NHS Boosters Club – Christmas Tree Sale

The Needham High School Boosters Club is hosting its annual Christmas Tree Sale!

Join us at Claxton Field starting Friday 11/24 through the holiday season, **Thursday/Friday 4-7pm** and **Saturday/Sunday 9am-6pm**.

All proceeds benefit NHS Athletics. Thank you to our sponsors at The Village Club.

<https://needhamhighschoolboosters.org/>

School the World – Info Session 12/5

Date/time: Tuesday, 12/5 7pm-8pm

Location: NHS Media Center Classroom


Contact: info@schooltheworld.org

Description:

Join us to learn about School the World's 2024 high school service trips! STW's Student Service Program provides an inspiring service experience for High School Students. While traveling to Guatemala, Panama, or Honduras, they will get to experience a new culture, make new friends, fulfill service hours and create lasting relationships with the kids in the community! All while supporting our infrastructure growth by building a school and/or a playground! Join us on December 5 to hear from past Needham student travelers about their experiences, and ask questions about our 2024 programs!

Flyers and Reminders



 **SCHOOL THE WORLD**

**NEEDHAM
INFO SESSION**

LEARN ABOUT
2024 SERVICE TRIPS!
DECEMBER 5 @ 7PM
NEEDHAM HIGH SCHOOL



YOU'RE
INVITED TO



NEEDHAM HIGH
SCHOOL'S

BONFIRE

- PERFORMANCES
- COMMUNITY BONDING
- HOT CHOCOLATE
- MERCHANDISE

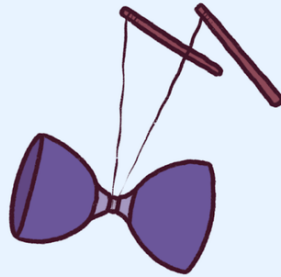


TUESDAY
NOVEMBER 21ST
5:30 PM - 7:00 PM

NEEDHAM HIGH SCHOOL
UPPER PARKING LOT
ADMIRAL GRACEY DRIVE

THE EVENT IS FREE TO ALL. COME TO
SUPPORT THE NEEDHAM COMMUNITY!

CHINESE YOYO CLUB



EVERY FRIDAY @2:40
CAFETERIA EXPANSION

Beginner friendly - we will teach you!
zero commitment; come whenever
Everyone's welcome (not just Asians)

**The Fine & Performing Arts Department
invites you to the viewing of our
2023 Fall Art Show**



Using ART as a form of communication

To express ourselves
To convey ideas
To connect with others

In this show you will find a range of work by students from all disciplines, exploring the themes of expressions and emotions. As artists, we often use the framework of the human experience in our work in order to convey a sense of connection with ourselves as well as others.

Artists often use their work as a vehicle to demonstrate feelings that may be otherwise challenging to convey. They make choices to communicate emotions through storytelling, symbolism, lighting and compositional choices. In this show, artists express ideas and emote through applications of line weight, mark making, color, form, texture application, sound and various material choices.



Expressions & Emotions
On Display in Gallery 450
through January 2024.

Congratulations!

to the following students who were accepted into the
Massachusetts Music Educators Association (MMEA)
Senior Districts 2023 Music Festival!

CHORUS

Mia Allen*, Kiersten Blume*, Anthony Borrelli*, Jackson Bush, Benjamin Gilman, Cameron Mara, Henry McCue*, Alec Purrington*, Delia Rauch*, Miles Salerno, Amiya Tess*, Nadia Tess*

JAZZ BAND

Seth Feigenbaum*, Ben Kelly*, Liam King*, Zachary Wiesch*

CONCERT BAND

Benjamin Leeman*, Will Roy, Corbin Seidel*, Joshua Van Dam, Zachary Weiskopf

Additional congratulations are also in order for students indicated with a * also recommended to audition for the MMEA All State Festival.

Students will join their peers from across Eastern Massachusetts at Boston Latin School on Friday, Jan. 5th and Saturday, Jan. 6th to rehearse with their ensembles.



The Festival will culminate in a public performance.



Many thanks to Spencer Parrish and Catania Rosario-Bicalho for their work in preparing students and organizing the audition logistics.

Additional thanks to ALL of the various music teachers who have supported these students on their musical journeys.

PTC MEETINGS

SCHEDULE FOR THE SCHOOL YEAR

THURSDAYS
OVER
ZOOM
6:30-7:30PM

November 16th
December 7th
January 11th
February 1st
March 7th
May 2nd



Needham High School Music Department Fall Concerts

ORCHESTRA: THURS. NOV. 2



CHORUS: WED. NOV. 8

BAND: THURS. NOV. 16

All Performances at 7pm
Needham High School Auditorium



Last Week's Notices - NFTH 11/9

Reminder - Letter From the Nurses to 9th Grade Families

Dear Parents/Guardians,

Every year the Needham Public School Nurses begin mandated health screenings. Starting in December 2023, the high school will start SBIRT Screenings and in January 2024, will hold Postural Screenings.

In compliance with legislation that was enacted in March of 2016 entitled, An Act Relative to Substance Use, Treatment, Education and Prevention. Part of this law requires that Massachusetts school districts implement an annual verbal substance use screening tool for two different grade levels, one at the middle school level, and one at the high school level.

This law was ordered to help prevent students from starting to use substances, or intervene with early use. Needham Public Schools will be conducting this interview-based screening known as SBIRT Screening for grade 9 students in December of the 2023 school year. This assessment called SBIRT (Screening Brief Intervention Referral to Treatment) will be using the CRAFFT II Screening Tool which is the most utilized tool for adolescents in Massachusetts. SBIRT focuses on early detection, risk assessment, a brief interview and referral to treatment if needed. Here are the questions asked in the interview that may start a brief conversation [CRAFFT Screening Tool](#) with your student.

Each screening will take approximately 5 minutes and will be conducted confidentially by members of our trained SBIRT team in private one-on-one sessions; the SBIRT team will include school nurses, guidance counselors, and members of the Needham Public Health Department. The SBIRT Screening will take place during the students Study/Seminar block on the screening days. Students who are not using substances will have their healthy choices reinforced by the screener. The screener will provide brief feedback to any student who reports using substances and if needed, will refer students to our counseling staff for follow up with written permission from the student. This screening focuses on education and substance use prevention and will not result in disciplinary action. In addition, the results of the screening will NOT be included in your student's school record.

Also, in January we will hold Postural Screening which is Massachusetts mandated. Postural Screening entails observing the alignment and visual assessment for symmetry and anatomic landmarks. Students should wear a tank top or form fitting t-shirt for the assessment. This screening will take place during a Wellness in class unit, and takes 15 seconds.

As with any school screening, **you have a right to opt your child out of SBIRT and/or Postural: if you choose to do so, please notify the Needham High School Nurse with this Google form <https://forms.gle/HcLJziDgnEj8F3767> by November 17, 2023** Feel free to contact NHS_nurses@needham.k12.ma.us at their email with any questions.

Sincerely,

Lisa, Livia, Denise, and Jackie

Needham High School Nurses

SENIORS – Cap and Gown Info

Thank you to those of you who have ordered caps and gowns and have filled out the Google Form. If you have not already done so, we ask that you please complete these steps.

[Link](#) to purchase caps and gowns

[Link](#) to fill out Google Form

New Needham SEPAC Support Group

We invite all Needham parents and caregivers of children/teens in Special Education to come together for a monthly, in-person support group. Our goal is to offer a supportive environment where parents and caregivers can come together to connect, find emotional support, and share experiences. We hope to enhance our sense of community connection and promote parental well being. The group will be facilitated by SEPAC parents Becca Kahane, Clinical Mental Health Counselor and Carrie Galhouse, Psychiatric Mental Health Advanced Practice Registered Nurse.

For more information contact supportgroup@needhamsepac.org

This is an open group. We welcome you to join any or all meetings. We ask all participants to respect confidentiality and to refrain from discussing the content of our meetings outside of this

context. Participate in whatever way works for you, share as much or as little as you are comfortable with. Please note this is not a therapeutic group and no formal clinical treatment or recommendations will be given. Meetings will typically be held at the Library, the first Monday of the month. Visit the [support group page](#) for more information.

Needham Community News – 11/16 updates

Needham Youth & Family Services - Family Night 11/30

Youth & Family Services is hosting **Family Night** on **Thursday, November 30th from 5:30-7:00pm at the Center at the Heights, 300 Hillside Ave, Needham**. The event is free and all ages are encouraged to join for pizza, Bingo, live music and cookie decorating - bring the whole family! Registration required and questions can be directed to Alyssa at needhamyouth@needhamma.gov or by calling 781-455-7500 ext. 267. Visit <https://needhamprograms.myrec.com/info/default.aspx> under Youth & Family Services Programs for more details and to sign up.

Baseball Captains Workouts starting December 3 - Registration Information

Hello Rockets Nation!

Spring will be here before we know it. Get ready for the 2024 baseball season with a series of workouts run by NHS team captains and seniors.

Sessions will be held on Sundays from 11:00am to 12:30pm at TJO Sports in Canton starting on December 3rd and running through March 17th. (No sessions on Dec. 24th and 31st)

Workouts are open to anyone who plans to try out for NHS baseball in 2024. These workouts will lead right up to the tryouts, giving everyone who attends the opportunity to get ready to go.

The player fee for the workout series is \$150 (~\$10 per workout!) and includes a Needham Rockets Baseball t-shirt, designed by this year's Captains.

**If you are experiencing any sort of financial hardship and need help covering this cost, please contact the Diamond Club, and we can help out.*

The link to the website below has all the information you need, including a sign-up form, schedule/location, and payment options.

[Sign Up for Captains Workouts](#)

A couple of hints for sign up -

- 1) The sign up form won't display correctly on mobile devices, so please use a laptop or desktop
- 2) When signing up, please complete the player info form, and if you plan to pay online, use the Buy Now button to the right after you have completed the player info form.

The first workout is just around the corner -- sign up today! **The registration deadline is Saturday, Nov. 25th.**

Questions? Email The Diamond Club at: nhsdiamondclub02492@gmail.com

Toys for Tots

The Needham Police Department has partnered with Toys for Tots to take in toys for kids across Massachusetts.

There are 3 bins in the lobby of the police department where unwrapped toys can be dropped off!



Police Department address: 99 School St, Needham, MA 02492

Needham Park and Recreation Winter Break Programming – Winter Days

Need childcare or just a fun day out for the kids? Participants will enjoy crafts and classic games like dodgeball, kickball, pickle and much more both indoors and outdoors (weather permitting). December 26- 29, 9:00am-4:00pm. Purchase a day pass for \$60 or the full week (4 days) for \$200.

Registration ends on 12/21

https://needhamprograms.myrec.com/info/activities/program_details.aspx?ProgramID=30254



Rethinking Success

Rethinking Success is a newsletter developed by Needham community members, we are a group of parents, educators, health care providers, and community advocates. We were concerned with the 2021 Metrowest Adolescents Health Survey Mental Health data and decided to work together to identify, address, and offer support to families in Needham. We will address all aspects of mental health pertaining to:

- Children through young adults
- Families
- Parenting
- Education

all through the lens of youth mental health.

In Rethinking Success?, we do the research so you don't have to! We'll dive into common beliefs and pull them apart to see if they live up to the promise of student success.

Please read our latest article here: <https://www.spanneedham.org/rethinking-success>

SHOULD WE
Rethinking Success?
RETHINK SUCCESS

Brought to you by  www.spanneedham.org



www.spanneedham.org/rethinking-success

Standing Bulletins

Attendance Policies & Procedures

Please see this [link](#) to review NHS Attendance Procedures.

NHS Counseling Department

Be sure to keep up with the latest news on the [NHS Counseling Department Newsfeed](#) and mark your calendars for upcoming parent evenings. Students can access the latest scholarship, community service and job opportunities as well as other relevant information. The newsfeed is updated regularly so be sure to make a point of checking this regularly!

After School Snack Program

Delicious and nutritious snacks are available for purchase every day after school.

Where: NHS. Between the A Gym & Weight Room

When: 2:35-3:00. Every day after school

Cost: Prices range from \$.50 to \$3.00

Students can pay by cash or use their school lunch account PIN#.

Request for Reduction of Fees Form

Please complete [this](#) form, if your family is experiencing financial hardship and you would like to be considered for a reduction of school related fees.

Lost and Found - Main Office

Students who find lost items can bring them to the lost and found area located in the Main Office. Students who lose items are welcome to come to the Main Office where they can fill out the Lost and Found form. The lost and found bin will be available throughout the school year and items are *typically donated before school breaks if they are not claimed.*

Academic Recourses

Math Help Available!

Wednesdays: 9:00am-12:45pm

Come to the Math and Science office Room 205

Please note: This schedule may vary on occasion during the school year.

NHS Writing Center

What we are: A peer tutoring service. Students can come for help on any writing assignment for any subject.

Who we are: Juniors and seniors who are skilled writers, recommended by their English teachers, trained as peer tutors.

Where we are: LIBRARY CLASSROOM (new location)

When we meet: During X-block on Tuesdays and Thursdays (new time)

Students must sign up for X-block Writing Center with adaptive scheduler on PowerSchool.

AND after school on Wednesdays (also in Library Classroom)

No appointment necessary for after school Writing Center -- just walk in!

HOMework CLUB

TUESDAYS 7:30-8 * THURSDAYS 2:35-3:30

@TheNHSLibrary

ACCESS
TO
TEXTBOOKS



HELP
FROM
PEERS



HELP
FROM MS.
ROWSE



QUIET
SPACE
TO WORK

For more information, email: paige_rowse@needham.k12.ma.us



Danielle Doherty

Danielle is using Smore to create beautiful newsletters