

October 12, 2023

Save the date!

Thursday, October 12 -

Support the Class of 2024 at the Highland Ave Panera fundraiser (all day)

Saturday, October 14 -

Friends of Music Student Fundraiser 11am-2pm

Saturday, October 14 -

PSAT Test day, doors open at 7:30am

Wednesday, October 18 -

National Honor Society Induction 7pm

Sunday, October 22 - OYP

Wellness Walk 11am-12:30pm at NHS

Saturday, October 28 -

NHS Craft Fair and Bake Sale 9am-3pm

Friday, November 3 -

Photo Retake Day 8am-11:15am

Wednesday, November 8 -

Early Release 11am

A Caring Community Striving for Personal Growth and Academic Excellence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				CPT 7:30 - 8:25 (55)
BLOCK 1	BLOCK 1	BLOCK 1 BLOCK 1	BLOCK 1	
8:00-9:20 (80)	8:00-9:20 (80)	8:00-9:20 (80)	8:00-9:20 (80)	BLOCK 1 8:35-9:55 (80)
X-BLOCK 9:25-9:55 (30)	X-BLOCK 9:25-9:55 (30)	Advisory (no movement) 9:25-9:55 (30)	X-BLOCK 9:25-9:55 (30)	
BLOCK 2 10:00-11:20 (80)	BLOCK 2 10:00-11:20 (80)	BLOCK 2 10:00-11:20 (80)	BLOCK 2 10:00-11:20 (80)	BLOCK 2 10:00-11:20 (80)
BLOCK 3 *11:25-12:45 LUNCH (50)	BLOCK 3 *11:25-12:45 LUNCH (50)	BLOCK 3 *11:25-12:45 LUNCH (50)	BLOCK 3 *11:25-12:45 LUNCH (50)	BLOCK 3 *11:25-12:45 LUNCH (50)
BLOCK 4 12:50-1:40 (50)	BLOCK 4 12:50-1:40 (50)	BLOCK 4 12:50-1:40 (50)	BLOCK 4 12:50-1:40 (50)	BLOCK 4 12:50-1:40 (50)
BLOCK 5 1:45-2:35 (50)	BLOCK 5 1:45-2:35 (50)	BLOCK 5 1:45-2:35 (50)	BLOCK 5 1:45-2:35 (50)	BLOCK 5 1:45-2:35 (50)









PSAT on Saturday, 10/14 - test day info

- -Arrival between 7:30-8:00 am via the cafeteria (Webster St. side). All students should be in their testing rooms by 8:00 am (testing will end around 10:45 am (standard time) and 12:00 pm (50% extra time)).
- -Your testing room is listed in the subject line. Please note that some room assignments have changed.
- -Bring a testing device, <u>fully charged</u>, on which you have already accessed the Bluebook application. If you have not already completed the initial set-up in the Bluebook application as previously instructed, do so ASAP (before test day).
- -There will be limited opportunity to charge the device during testing, but you may bring a charger just in case.
- -Bring a picture ID (school ID is ok) to present to the room proctor.
- -Bring pencil(s)/pen(s) to do work on scratch paper provided.
- **-You do not need to bring a calculator** (there is a calculator in the testing app). If you choose to bring a calculator please refer to THIS PAGE for approved calculators.
- -Your proctor will have a paper copy of your test ticket. You do not need to bring the copy of the ticket that was emailed to you earlier.

PLEASE CONFIRM THAT PARENT/ GUARDIAN INFORMATION IS ACCURATE AND UP-TO-DATE IN POWERSCHOOL'S PARENT PORTAL

Log into the Powerschool Parent Portal:

https://needham.powerschool.com/public/home.html

1. Click on "Forms" in the left-hand margin.



2. Under the "All Forms" tab, click on Student Information

1 - Student Information

- Scroll down to "Enter Contacts" section.
 - a. Review contacts and update information. (click on the blue pencil to edit/update the contact)
 - b. If they would like the contact to receive all school email communications, please select the option "Receives Mail"
 - c. New contacts may be added by clicking on the "ADD" button located under the "Enter Contacts" section.

Please note: If you have not created a Parent Portal account, you will need to contact your school administrative assistant for login information.

'CLASS OF 2024 EATS LOCAL' IS BACK!

Please consider supporting the Class of 2024 **today, October 12th**, by purchasing food from Panera on Highland Ave.



Needham High School Class of 2024

20%
OF SALES
WILL BE
DONATED

October 12, 2023 All Day 120 Highland Avenue, Needham, MA

Use code <u>FUND4U</u> at online checkout, in the Panera App, or at the kiosk in-cafe.*

Bring this flyer or show a digital copy to your cashier when ordering at the cafe or enter the promo code FUND4U at checkout on Panerabread.com or the Panera App to ensure your organization gets a portion of the proceeds.**

Learn more at fundraising.panerabread.com

@2023 Panera Bread. All Rights Reserved.

*Gift card and catering order placed on Panerabread.com, and delivery orders placed through third-party sites are excluded and will not count towards the event. Other restrictions apply. For complete details, visit: http://fundraising.panerabread.com/terms_contitions/. **Services vary by café.

This flyer or a digital copy must be shown in order for your purchase to count towards our cause. Enter the promo code FUND4U when ordering online or in the app.

A message from the NHS art and literacy magazine



Do you want free Starbucks?
Submit art, writing, or photography
to The Rag during the first
semester of school to be entered in
the Early-Bird Special raffle to win a
\$10 Starbucks gift card! Check it out
on our website

1ST ANNUAL

OYP WELLNESS WALK



Raising awareness and building strategies for mental health Starts and ends at Own Your Peace Sculpture

> SUNDAY OCTOBER 22ND 11AM-12:30PM

JOIN US FOR SNACKS AND HOT CHOCOLATE

EARN 5 COMMUNITY SERVICE HOURS

No sign ups required - just show up!

The walk will start and end at the high school



Please note: Homecoming is only open to NHS students.
Once students enter there is no readmission.

PEP RALLY SWEATSHIRT



HERE IN TIME FOR PEP RALLY 10/27!



Order Now on MySchoobucks

In case you missed it, notices from NFTH 10/5:



Last Chance to Register for this Saturday's Friends of Music Student FUNdraiser



Saturday, October 14th





click <u>HERE</u> to learn more and sign up (You will select a 90 minute shift between 11:00am and 2:00pm)



Parents:







Community Members:

Stop by these locations between 11-2 on Saturday to support us!



Sudbury Farms Roche Bros. Café Fresh Bagel or





Questions?

the Needham General Store/DD

Please contact Linda Hill will any questions lhill@NHSfriendsofmusic.org









The Craft Fair and Bake sale is just over 2 weeks away!

Come enjoy a wide array of high-quality crafts and baked goods from over 100 local vendors.

Saturday October 28th from 9am-3pm

Needham High School A and B Gyms FREE Admission; Donations to the NHS PTC are much appreciated!

Volunteers are also appreciated and needed. Sign up below:

https://www.signupgenius.com/go/ 20F054DA8A72CA0FF2-44317443-2023#/



For further inquiries, please email: needhamcraftfair@gmail.com

The second time's the charm!



If you are not completely satisfied with your child's student portrait and would like another try, you have the opportunity for a retake on: 11/3/2023

Please return the undamaged portrait package to the photographer on Retake Day. If your school has class photos, please keep it and just return the individual portraits. If you have any specific instructions for the photographer, please jot them down so they show through the envelope window and can be easily spotted.

Retake packages will be distributed at the school approximately 3-5 weeks following Retake Day.

For refund information, please visit www.coffeepond.com Email us at lifeguards@coffeepond.com Call us in Eastern MA at (508) 907-6633 ext. 0 or outside Eastern MA at (800) 632-2323 ext. 0





Needham High School College Admissions Testing

Summit Educational Group is pleased to partner with Needham High School to present an informational online webinar about the standardized tests for college admissions and to offer a free proctored practice ACT at the high school. Here are the details:

PRACTICE ACT

Saturday, October 21 8:30am - 11:30am

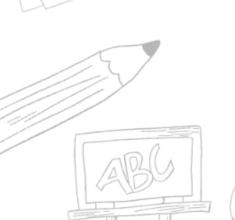
Needham High School Cafeteria

Register by Friday, October 13

https://summit.onecanoe.com/registration/create?event_code=PASo4o9

Note: if your student has accommodations, please contact Summit's main office at 617.581.6249 to make arrangements for either a free in-person or free remote practice ACT with extended time.

617.581.6249 / MYTUTOR.COM













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!

In case you missed it, notices from NFTH 10/5:



Senior girls are invited to meet at the **A Gym** at **2:45pm** for a Powderpuff meeting on **Monday**, **October 16.** The meeting will be about 15 minutes and in that time students will receive schedules and permission slips.

For further inquiries: joseph_brienze@needham.k12.ma.us





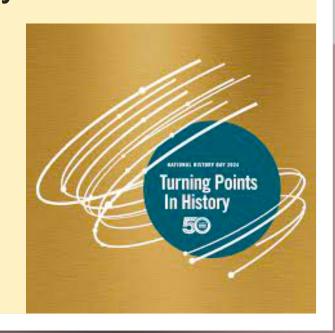


National History Day Parent Information Night 10/18

All parents of students taking part in this year's National History Day Project are invited to attend an information night on Wednesday, **October 18** at **6:30 pm** in room **728**. The teachers will present a summary of the entire project and answer any questions. The theme this year is "Turning Points in History."

All Grade 10 Social Studies accelerated students do the National History Day Project.

Hope to see you there.















Miss the Oracle?

If you missed the Oracle and would like the chance to learn about club opportunities at NHS, please see the link below!

NHS Club Site

Just a few of the great clubs that NHS has to offer!

PING PONG CLUB



- Fridays at 2:45
- 400s hallway by main staircase
- No experience needed!

Join CSS Club

(Coders Serving Society)

- Meets Wednesday mornings at 7:20am in room 216
- No experience required
- Get CSL hours and leadership
- Learn how to code

Scan to join!







Winter 2024:

Needham High School Ski & Snowboard Club Information



Whether you are an advanced beginner or black diamond expert, join fellow NHS skiers and boarders for a fun winter with Needham High School's Ski & Snowboard Club! We will travel by coach bus to nearby Wachusett Mountain and enjoy four hours on the slopes!!



Needham High School Ski & Snowboard Club Program At A Glance

Coordinator: Julie Goodale, NHS Ski Club Coordinator

Chaperones: NHS Staff Members

Capacity: 40 Students

Days: 6 Tuesdays

Dates: January 9, 2024 - February 13, 2024

Departure time from NHS: 3:00 PM

Return time: Approximately 9:45 PM

REGISTRATION OPENS:

7:00 AM on Wednesday, October 25, 2023

via: nce.reg.eleyo.com

Registration Fees:

\$485 payable to Needham Community Education (Once NCE registration is complete, you will receive an email with instructions on how to register your child for the Wachusett Mountain School Group Lift Pass)

Lift Pass Costs:

\$179 before 12/1 and \$209 after 12/1 (if lift passes are still available). Payable Directly to Wachusett Mountain

Optional Expenses

\$109: Ski/Snowboard Rentals

\$ 27: Helmet Rental

This program will likely sell out very quickly. It is highly recommended that you have your student's account set- up in the NCE Eleyo registration system prior to registration date.

> Have questions? Julie Goodale@needham.k12.ma.us or call NCE at 781-455-0400x5

** Participation in this program is open to all students provided they are in good academic and character standing within the school community

Needham Community Education

Needham Community Education (NCE) is a self-supporting branch of the Needham Public Schools. Each year, NCE provides over 500 different enrichment programs to over 6,000 participants including Needham's elementary, middle and high school students, as well as adults living and working in Needham and the surrounding communities. NCE is committed to delivering quality lifelong experiences for all.

IMPORTANT regarding NHS winter sports: If there is any chance that your child will be trying out for or joining an NHS winter sports team, they cannot register for the Ski & Snowboard Club. MIAA rules prohibit winter high school athletes from participating in a club sport program as well. If your child were to make a winter sports team, NCE cannot provide a refund.

Program is open to Advanced Beginner-Expert Skiers only: Due to a Wachusett Mountain policy, we are unable to accept beginner skiers/boarders in this program.

Withdrawal Policy: There are no refunds or credits for withdrawals once a registration has been completed. All participants must commit to the Ski & Snowboard Club program. If you anticipate having conflicts, please do not enroll in the program.

Scholarship assistance: Scholarship assistance is available for any Needham Public Schools student whose family is experiencing financial hardship. No student will be denied access into any NCE program because of inability to pay. Contact Amy Goldman (contact information below) for scholarship information.

Amy Goldman

Program Director - NCE High School and Adult Programs amy_goldman@needham.k12.ma.us

NCE Office Hours: 8:00am-4:00pm, Monday-Friday

28 Glen Gary Road Needham, MA 02494

Telephone: 781-455-0400 x5 **Website:** https://nce.reg.eleyo.com

Needham Non-Discrimination Policy

The Needham Public Schools do not discriminate on the basis of race, color, sex, sexual orientation, gender identity, religion, disability, age, active military/veteran status, ancestry, genetic information or national or ethnic origin in the administration of its educational policies, and other administered programs and activities. In addition, students who are homeless or of limited English-speaking ability are protected from discrimination in accessing the course of study and other opportunities available through schools.

Translation Assistance

ATTENTION: If you speak a language other than English, language assistance services are available to you free of charge. Contact your child's school for assistance.

Chinese (Simplified):

请注意:如果您的母语不是英语,我们将免费提供您语言辅助服务。如需协助,请与您孩子的学校联系。

Spanish:

ATENCIÓN: Si usted habla un idioma que no sea el inglés, hay servicios de asistencia lingüística disponibles gratis. Contacte la escuela de su hijo para asistencia.

Russian:

ВНИМАНИЕ: Если вы не говорите на английском языке, для вас доступны бесплатные языковые сервисы на вашем языке. Обратитесь за помощью в школу, в которой учится ваш ребенок.

Ski & Snowboard Club registration period opens Wednesday, October 25, at 7:00am

Register online at: https://nce.reg.eleyo.com



SENIOR PORTRAITS

- There is an upcoming session available at the school on 10/18
- Students can sign up on the Coffee Pond website using the code **NHS2024**
- Any Senior that wishes to be included in the Class of 2024 yearbook must have their Senior Portrait taken by Coffee
 Pond, no exceptions or outside portraits
- Senior Portraits are different than the images taken on school picture day- they are individual sessions that you sign up for; see Mr. Jean's letter for information
- Speak with Ms. Bergeron (Katherine) for financial assistance for the sitting fee
- All portraits for the yearbook must be chosen by 11/30/2023



STUDENTS TAKING AP CLASSES:

- -Payment for AP exams are due by **October 30th.**
- -Payment is made through MySchoolBucks
- -Fee waiver requests should be made directly with Mr Grannan

(will_grannan@needham.k12.ma.us).

Do not pay in MySchoolBucks if you are requesting a fee waiver.

-All exams are \$113, with the exception of AP Seminar (\$143)

-If you are enrolled in an AP class and don't intend to take the exam, email Mr Grannan so he can remove your exam from the AP order









Open House Message

From Mr. Sicotte

For those of you who were unable to join us for the Open House, please see the link to Mr.
Sicotte's Open House Message!

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#.

Snacks include items such as:

Energy Bites
Hummus snack cups
Yogurt & Yogurt parfaits
Beef Jerky
PB & J Pockets
Chips & Salsa/Guac

Water, Seltzer

"Bento Boxes" (A quick "TO GO" snack box containing satisfying combos of crackers, cheese, hummus, or sliced turkey breast, fruits and veggies)









In case you missed it, notices from NFTH 10/5:

Needham Online Safety Coalition

Online Safety from the Perspective of a Needham High School Student

Written by: Ray Winig, a NHS Senior.

Online Safety from the Perspective of a Needham High School Student:

Adolescent online safety and social media usage are critical issues for both caregivers and youth to be aware of. As a 17-year-old in Needham, these are issues concerning and pertinent to me and my life. Yet the most commonly used tactics for discussing internet usage go too far into an all-or-nothing approach, and what for a teen can feel like authoritative and unfair control by their parents/ guardians.

We've seen the failures of abstinence-only sex education- telling young people to never engage in risky or potentially risky behaviors is ineffectual, and results in youth who don't know how to keep themselves safe in sexual situations. The same is true of online safety. Messaging that social media is unequivocally bad rings hollow for many teens, and we are subsequently left without any tools to actually stay safe online and protect our data and personal information. The online safety discussion can benefit greatly from a harm reduction framework, which recognizes simultaneously that the internet is becoming a larger part of our daily lives, can pose a variety of dangers, particularly to young people, and that there are strategies and habits that can help people be safe online and maintain a healthy relationship with social media and internet use.

That's why, particularly for older adolescents, it's critical for caregivers to work *with* their children. Young people, more often than not, want to stay safe online and not have social media constantly absorb their attention. But when told by adults that the internet is always negative or dangerous, it becomes easy to slip into a combative mindset. Though it seems self-evident, adolescents are also people, with a desire to exert their autonomy and values in their lives. The most productive relationships between caregivers and teens are those that strive to work as a team, recognizing a shared value of safety, the capacity of both parties to make good and bad choices, and that making mistakes is natural and part of learning, particularly for teens.

See this Online Safety Family Dialogue Guide, created by the Needham Online Safety Coalition, to help you start a conversation with your tween or teen.

HOMEWORK CLUB

TUESDAYS 7:30am-8:00am THURSDAYS 2:35pm-3:30pm @TheNHSLibrary



ACCESS TO TEXTBOOKS

QUIET SPACE TO WORK





HELP FROM PEERS

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





Cybersecurity Festival

Saturday, 10/21/23 | 10:00 AM -1:00 PM MassBay Community College - Wellesley Campus

Join us for a fun day to celebrate Cybersecurity Month. Play cyber games, meet students and professionals, and see how cybersecurity affects your life.

For high school and college students, their families, and adults.



CLICK TO REGISTER



Registration not required but preferred.

For information contact: Elaine Rosenburg, erosenburg@massbay.edu







This work is supported by the National Science Foundation under grant no. DUE-2100114 Submit Your Entry in the NEF Gratitude Cards Art Contest!

The Needham Education Foundation is excited to announce that the 2023-2024 NEF Gratitude Cards Art Contest is now open to all Needham Public Schools students in grades K-12! These cards have long served as a perfect way to acknowledge and thank NPS staff and administration, particularly during the holiday season, Staff Appreciation Week, and at the end of the school year. All proceeds from sales of the Gratitude cards go directly into funding teachers' innovative ideas and professional development opportunities through NEF grants.

How to Enter:

- 1. Using any media, create a piece of artwork that expresses your appreciation for NPS teachers & staff.
- The design should be prepared horizontally.
 See additional details and submit your entry
- 3. See additional details and submit your entry at nefneedham.org/artcontest.

Deadline for entry is Friday, October 27th.

Winners will be chosen by the NEF Board of Directors for inclusion in this year's Gratitude Gram e-cards, and one design will be chosen to be printed and sold in local stores. Winners will be notified on October 31st. Gratitude cards will be available for purchase after Thanksgiving. For more information, go to nefneedham.org.



The Needham Community Council is excited to announce a new program, Mindful Community: Talking Mental Health Together.

Join in the kickoff event for Mindful Community on **Thursday, October 26th from 7:00-8:00pm** (Memorial Park Fieldhouse, Needham, MA) for "Hope Starts With Us - Back to School Anxiety". Produced by NAMI Massachusetts "Hope Starts With Us" will help tell a story and ask important questions about students' anxieties as they return to school. Staff from NAMI will also be on-site at the event to guide discussion after viewing the brief video.

To register, https://forms.office.com/r/9P7D55u4sK

PANCAKE BREAKFAST AND CARNIVAL NOV 4 AT NEWMAN

The Rotary Club of Needham is hosting its annual Pancake Breakfast Festival on **November 4th** at NEWMAN ELEMENTARY SCHOOL from 7am to 11am. Pancakes! Sausages! Kids Games!

Tickets at Www.NeedhamPancakes.com



Registration for the Spring 2024 Season now available on TeamSnap, our new registration tool!

<u>Information on each of the spring leagues from Kindergarten to Big Diamond,</u> <u>and a Little League Age Chart</u>

Registration for Kindergarten, 1st Grade, 2nd Grade, Intermediate and Big Diamond will remain open until February 1st, 2024.

If you have questions about the programs, or Needham Baseball in general, please reach out to needham.majors.director@gmail.com and we will put you in contact with the right person.

Mindful Discussion on The Emotional Lives of Teenagers by Dr. Lisa Damour







Dr. Lisa Damour co-hosts the Ask Lisa podcast, works in collaboration with UNICEF, and is recognized as a thought leader by the American Psychological Association. Website: drlisadamour.com

Come join Dr. Lisa Damour the author of three New York Times best sellers: Untangled, Under Pressure, and The Emotional Lives of Teenagers for clear, research-informed explanations alongside illuminating, real-life examples, that gives parents the concrete, practical information they need to steady their teens through the bumpy yet transformational journey into adulthood.

On Zoom Wed, Nov 8th, 2023 7:00 - 8:00pm

Brought to you by:

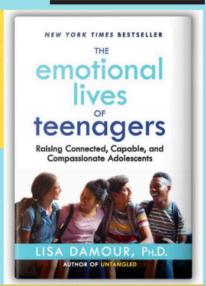




Christine Weitzel, LCSW
cweitzel@needhamma.gov
Cathy Wong
cwong@needhamcouncil.org







REGISTRATION IS FREE TO ALL

REGISTER USING LINK BELOW
OR SCAN QR CODE
WWW.NEEDHAMPROGRAMS.COM



In case you missed it, notices from NFTH 10/5:

Needham Drug Take Back Day



Don't let your unused or expired drugs fall into the wrong hands

When

Saturday, October 28, 10 am - 2 pm

Where

Needham Police Station 88 Chestnut Street

Know before you go We Will Accept:

Unused and expired prescription and over the counter drugs

We Will Not Accept:

Needles* thermometers, inhalers, medical waste, or illegal drugs.

*Needle disposal available at Needham RTS







ACADEMIC RESOURCES

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

<u>What we are</u>: 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

BULLETINS AND OTHER INFO

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.

Follow and Like Us on Social Media

Twitter: @needhamfpa Insta: @needhamfpa FB: Needham Fine and Performing Arts Department



Lost and Found

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.

Helpful suggestion: Labeling items such as lunch bags or articles of clothing with a student's name can make it easier to locate the owners when belongings are misplaced.

THE ADVOCATE



2024 NHS YEARBOOK

ORDER NOW \$75

PLEASE PURCHASE YOUR YEARBOOK DIRECTLY THROUGH WALSWORTH AT

WWW.YEARBOOKFOREVER.COM

BY SEARCHING FOR NEEDHAM HIGH SCHOOL

PRE-ORDER YOUR BOOK BY
JANUARY 31, 2024
TO GUARANTEE YOUR PURCHASE!

FINANCIAL SUPPORT AVAILABLE!

PLEASE REACH OUT TO MS. KATE BERGERON IF YOU HAVE ANY QUESTIONS KATHERINE_BERGERON@NEEDHAM.K12.MA.US

