

| MON                                     | TUE                                     | WED  | THU                                     | FRI                                     | DAILY ROTATION                   |
|---|---|--|---|---|----------------------------------|
| BLOCK 1<br>8:00-9:20<br>(80)            | BLOCK 1<br>8:00-9:20<br>(80)            | BLOCK 1<br>8:00-9:20<br>(80)                   | BLOCK 1<br>8:00-9:20<br>(80)            | CPT<br>7:30 - 8:25<br>(55)              | 1 2 3 4 5 6 7                    |
| X-BLOCK<br>9:25-9:55<br>(30)            | X-BLOCK<br>9:25-9:55<br>(30)            | ADVISORY<br>(NO MOVEMENT)<br>9:25-9:55<br>(30) | X-BLOCK<br>9:25-9:55<br>(30)            | BLOCK 1<br>8:35-9:55<br>(80)            | A   F   D   B   G   E   C        |
| BLOCK 2<br>10:00-11:20<br>(80)          | BLOCK 2<br>10:00-11:20<br>(80)          | BLOCK 2<br>10:00-11:20<br>(80)                 | BLOCK 2<br>10:00-11:20<br>(80)          | BLOCK 2<br>10:00-11:20<br>(80)          | HOMEROOM / X-Block               |
| BLOCK 3<br>11:25-12:45<br>LUNCH<br>(50) | BLOCK 3<br>11:25-12:45<br>LUNCH<br>(50) | BLOCK 3<br>11:25-12:45<br>LUNCH<br>(50)        | BLOCK 3<br>11:25-12:45<br>LUNCH<br>(50) | BLOCK 3<br>11:25-12:45<br>LUNCH<br>(50) | B   G   E   C   A   F   D        |
| BLOCK 4<br>12:50-1:40<br>(50)           | BLOCK 4<br>12:50-1:40<br>(50)           | BLOCK 4<br>12:50-1:40<br>(50)                  | BLOCK 4<br>12:50-1:40<br>(50)           | BLOCK 4<br>12:50-1:40<br>(50)           | C*   A*   F*   D*   B*   G*   E* |
| BLOCK 5<br>1:45-2:35<br>(50)            | BLOCK 5<br>1:45-2:35<br>(50)            | BLOCK 5<br>1:45-2:35<br>(50)                   | BLOCK 5<br>1:45-2:35<br>(50)            | BLOCK 5<br>1:45-2:35<br>(50)            | D   B   G   E   C   A   F        |
|   |   |  |   |   | E   C   A   F   D   B   G        |
|   |   |  |   |   | * LUNCH ROTATION                 |
|   |   |  |   |   | 1ST LUNCH - 11:25-11:50          |
|   |   |  |   |   | 2ND LUNCH - 11:50-12:15          |
|   |   |  |   |   | 3RD LUNCH - 12:20-12:45          |

Referring to the Daily Rotation grid, you'll see that on Day 1, Periods A-E classes meet (drop F & G). Then on Day 2 the day starts with your Period F class, then G, then adds the next three periods (A-C). On Day 3 you'll start with your Period D class and finish with Period A (D, E, F, G then A). Essentially, the block times themselves are static and never change (Block 1 is always 8:00-9:20), but your actual classes rotate through the blocks, dropping 2 classes each day and starting the next day with the two that were dropped.

On **Monday, Tuesday and Thursday**, we have X Block from 9:25 -9:55. X Block offers students opportunities to sign up with a teacher for extra help, to make up an assignment or to work with other students. If you do not have a scheduled X Block appointment, you should report to your assigned Advisory classroom (referred to as Homeroom in Powerschool and on your schedule).

On **Wednesdays**, all students should report to their assigned Advisory classroom. Students are not allowed to sign up with other teachers/students during this time.

Note that on **Fridays** each week we'll follow a slightly different schedule and you'll start classes at 8:35 AM, after teachers have completed their Common Planning Time (CPT) meetings.

The best way to keep track of your daily schedule is to purchase a planner (available through the Grade Level Office) or to download and [customize your own digital planner](#).

## THE LUNCH SCHEDULE...

The lunch schedule can look confusing at first but teachers and your classmates will help you and you'll get the hang of it in no time.

|     |                |                     |   |   |   |   |   |   |
|-----|----------------|---------------------|---|---|---|---|---|---|
| 3   | *11:25 - 12:45 | 3                   | 1 | 6 | 4 | 2 | 7 | 5 |
| 1ST | 11:25 - 11:50  | *L U N C H T I M E! |   |   |   |   |   |   |
| 2ND | 11:50 - 12:15  |                     |   |   |   |   |   |   |
| 3RD | 12:20 - 12:45  |                     |   |   |   |   |   |   |

NHS has **three lunch periods** of 25 minutes each - 1st lunch, 2nd lunch and 3rd lunch. Your lunch assignment will depend on what class you have during **3rd block** each day (remember, your 3rd block class will change each day as your classes rotate through the schedule). The lunch assignments are made according to subject area and you'll get the schedule at the start of the school year. As an example, let's say that English eats during 1st lunch. This means that if your English class is meeting during the **3rd block** of the day, you will go to lunch from 11:25-11:50 and then report to English class, which will end at 12:45.

The next day it could be different. For example, the next day you have Biology during **3rd block**. Let's assume that Biology is assigned to 2nd lunch. On this day you'll go to Biology at 11:25, and break for lunch at 11:50. At the bell you'll head back to Biology until class ends at 12:45.

And let's not forget 3rd lunch. If Math is assigned 3rd lunch and your **3rd block** class is Math, then you'll go to math from 11:25-12:15, and head off to lunch until 12:45. Then it's on to your 4th block class.

## School Planner

Students are encouraged to purchase a school planner. The planner is set up to match the school schedule exactly and is a helpful tool to keep you organized and on track. Purchase this through [MySchoolBucks](#) and pick up at the Grade Level Office. You'll need your **5 digit online payment number**, which your school counselor or the Grade Level Office can provide.

## Lunch Account Information

The state of Massachusetts provides free [breakfast and lunch to all students](#). Most students will also want to set up a lunch account so that you can purchase items that are not included in the free lunch/breakfast. Review the information found on the [district website](#) to set up your account. Remember that you'll need a PIN - the website covers information about how to access that.

## Financial Assistance

Although breakfast & lunch is free for all students, if you have financial need you should complete the [Free & Reduced Lunch application](#). This program makes students eligible for other financial assistance so it's important that you complete this. Further, you are encouraged to allow Nutritional Services to [share this information](#) with other departments in order to maximize the benefits of the program. This applies to the bus, as well, and sharing this information with Transportation will allow students to take the bus free of charge. If you do not qualify for Free/Reduced lunch but require financial assistance, complete [this form](#) and return it to the Transportation Office.

The High School also offers financial assistance for school-based programs, including field trips, prom tickets, college applications, yearbooks and more. Please discuss this with your school counselor. All information shared is private and confidential.

## Powerschool

Powerschool is the platform we use for all of our school programming, including grading and attendance. Parent/guardians should make sure that contact information is up to date and should also know that we send communication home (**via email only**) based upon this information. If a parent/guardian changes an email address, be sure to update Powerschool.

Students and parents each have their own unique login information for Powerschool (don't mix them up!). This allows parents/guardians to view what's happening with their child in each class. Your School Counselor or the [Grade Level Office](#) can provide you with your login. Information for both [student and parent access to Powerschool](#) is found at the link, along with helpful tutorials.

Questions or concerns about classes should be directed first to a student's teacher and then be in touch with the school counselor if concerns continue. Email format to contact anyone at the school is [FirstName\\_LastName@Needham.k12.ma.us](mailto:FirstName_LastName@Needham.k12.ma.us).

Students can download the Powerschool app to their smartphone. This allows you to view course and grade information. Keep in mind that teachers vary in how often and quickly they update Powerschool. Teachers are required to update each mid-term and the end of term. Often teachers will update more regularly but it's important to note that this isn't always the case.

## School Communication

**News from the Hill** is a newsletter that shares timely information about what's happening in the school community. This is sent weekly to parents/guardians to email addresses pulled from Powerschool. It's full of great information, so keep an eye out for it.

NHS **only** uses email to share information and all information about terms, report cards and more is sent via email. It's essential that parents/guardians update email addresses to ensure you get the information you need.

## Technology

All students are eligible to receive a **school-issued Chromebook**. Follow News from the Hill for information on when to pick this up prior to the start of school. If you are new and starting mid-year, you'll need to visit the Technology Office, Rm. 405, to pick up your [Chromebook](#).

You are also issued a **school email**, which you can find either at the Technology Office when you get your Chromebook or, if you are using your own computer, you can ask your school counselor for the information. The school email will give you access to your Chromebook and access to a Google-based suite of products.

Once you have a schedule of classes and your email is activated, teachers will invite you to join their **Google Classroom**. Classroom is an integral part of each class so be sure to talk with your teacher if you have any questions about it. Your School Counselor also has a Classroom and you should make sure that you are part of that as well.

Information on accessing your [Google account](#) can be found on the link.

## Transportation

[Bus information](#) can be found on the district website. Contact the Transportation Office if you move mid-year and need to discuss transportation.

## Academic Resources

Where do you turn when you need a little extra support? Teachers, teachers, teachers! Your teachers are your very best resource to help you and should be your first stop. Teachers are available to help, often before and after school and definitely during **X Block**. You can sign up for X Block with a teacher or you might find that teachers have requested you for an X Block session. If you don't know how to sign up for an X Block, make sure you ask.

Click [here to learn more about additional resources](#), including the **Peer Writing Center, Math Department tutoring, National Honor Society Tutoring & Homework Club**. These are all great resources to help you manage your schoolwork and give you some extra support when needed.

And don't forget about your **school counselor**! Your school counselor is a great resource for just about any topic. We'll help you brainstorm solutions around classes, problems or concerns you may have around friendships, or just be around to talk if you're having a hard day - you name it, we've talked about it.

# Getting Involved

Involved students are successful students. Studies have shown that the more connected and involved students are, the more successful they are in the classroom, which then translates into feeling good about other parts of their lives as well.

## Clubs & Activities

Getting involved means different things to different people. With over 50 [clubs and activities](#), there really is something for everyone. Each fall the school hosts an assembly during a half day to highlight the various clubs and activities you can join.

## Performing Arts

We have a strong fine and performing arts program that offers students several ways of participating outside of the classroom as well. Check out all of the opportunities for [theater, a cappella or music](#) that are offered outside of the school day.

## Athletics

Joining a team most often means tryouts so keep your skills sharp, but there are some teams that are open to everyone and offer opportunities for all. Check out the [Athletics website](#) for the full listing and for important information on health form requirements and workout schedules. Financial assistance is available to eligible students so contact your **school counselor** to make arrangements.

## People to Know...

You'll find many friendly faces at the high school and teachers and students alike are always ready to lend a hand or give a word of advice. Here are a few of the people who you'll definitely get to know over the next year.

## COUNSELING DEPARTMENT

Every student is assigned to work with one **School Counselor** and also has a **Personal Counselor** available to them if needed, and you'll work with the same persons over all four years of high school. [Counselors work with students according to last name](#). We work with students on their scheduling, day to day questions/support, social/emotional support, college planning starting in junior year and much more.

Don't forget to get to know Mrs. McDavitt (x22134) in our front area! Talking and checking in with students is what we do, so we should be one of the first stops when you have questions or just want to talk.

## THE GRADE LEVEL OFFICE

Located on the first floor and known simply as the "GLO," this is where the assistant principals (AP) and the GLO secretaries live. While you are always welcome to talk with any AP, students are assigned to work with one assistant principal, who works closely with his/her secretary - together they keep things moving! Click [here](#) for contact information.

**Ms. Alison Coubrough-Argentieri, Ms. Mary Kay Alessi & Mr. Pierre Jean**

are the assistant principals and each have responsibility for specific grades. Ms. Tanairi Acevedo and Ms. Eyleen Aguilar work closely with the assistant principals and are the first faces you'll see when you go to the GLO.

### **THE HEALTH OFFICE**

Not feeling so great? Need to drop off some medication? Our nursing staff - Ms. Austin, Ms. Rizzo, Ms. Schwerzler and Ms. Kiley - are the people to know and are located in the [Health Office](#), Room 605. Always ready with a smile and kind manner, they'll get you back on your feet in no time.

### **ATTENDANCE**

If you are out sick or need to come in late/leave early, be in touch with Ms. Marian Slavin at our Attendance Desk. You can reach Ms. Slavin at x22244 or you can email [High\\_School\\_Attendance@Needham.k12.ma.us](mailto:High_School_Attendance@Needham.k12.ma.us).

These are the highlights but refer to these other pages for additional information.

- [Needham High School website](#)
- [Needham Counseling Department](#)
- [Needham Public Schools District website](#)
- [New To Needham Student Ambassador Program](#)

