



THE NEDLAM NEWS

Volume II No. 15 January 14, 2019

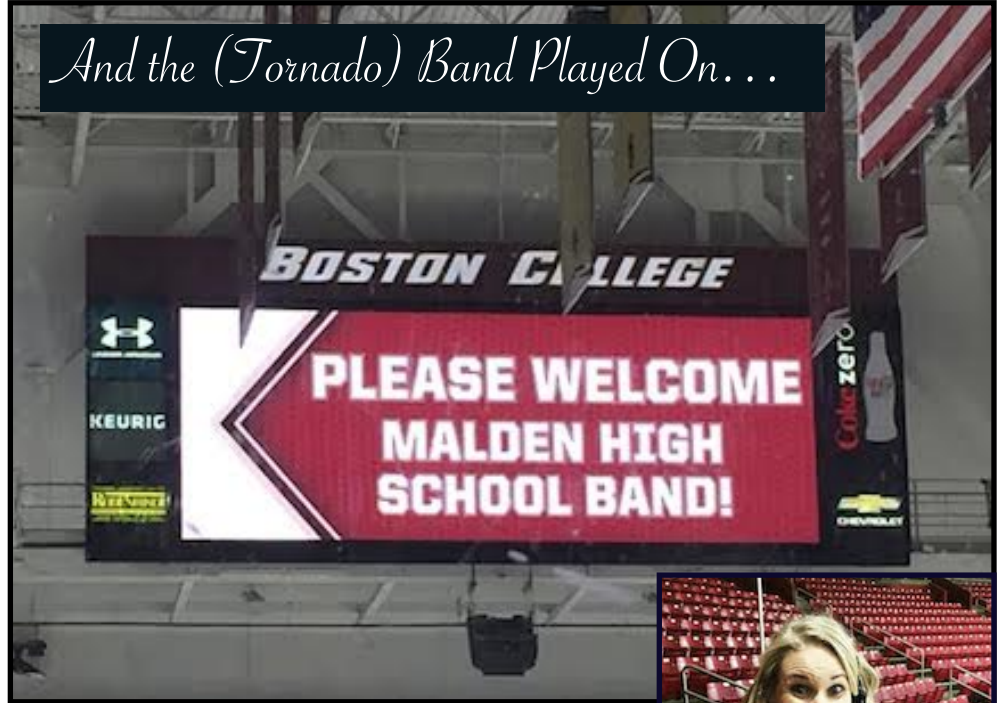


**These Times...
they are NOT
'a Changing....**

Superintendent's Study Group recommends that Malden HS school day start time stay the same: 7:45 a.m. Bell will remain

A research group appointed by Supt. Oteri to study the school start time at Malden High School recommended to the Malden School Committee recently that the time remain the same at 7:45 a.m. If anything, the *ad hoc* committee reported, more were in favor of an earlier start time than a later one. **Full Story inside today,**

And the (Tornado) Band Played On...



Malden HS Band plays in Conte Forum at BC Eagles hockey game

MS Mazza, MHS Band Director, at right was surely excited as were the members of the Tornado Band who played for the crowd at Friday night's BC men's hockey game at the Conte Forum. *See other Photo, Page 6*



MHS Speech & Debate Team Continues to Excel Against Top Competition Statewide
More Photos, Story on Page 8



MALDEN HIGH SCHOOL 2018 MIDTERM EXAM SCHEDULE for January 22, 23, 24 & 25

TUESDAY, January 22

Period 1— 7:45 am to 9:15 am

Period 2— 9:30 am to 11:00 am

Period 3—12:15 pm to 1:45 pm

WEDNESDAY, January 23

Period 4—7:45 am to 9:15 am

Period 5—9:30 am to 11:00 am

THURSDAY, January 24

Period 6—7:45 am to 9:15 am

Period 7—9:30 am to 11:00 am

FRIDAY, January 25

Makeup Exams, Period 1-7— 12:15 to 1:45

All Makeup Exams Must be Approved by House Principal

Lunch Served between 11:00 am and 12 noon Each Day



MALDEN HIGH SCHOOL VISION STATEMENT

The Malden High School community believes in the potential of all students to learn, to grow and to become active, conscientious participants in the 21st century global society. We believe that students learn most effectively in a safe, respectful environment that encourages diverse viewpoints, promotes critical thinking and perseverance and establishes vigorous standards for all. We honor the diverse nature of our Malden community, promote social awareness and community involvement and strive to meet the needs of all students through innovative methods and continued continued professional development. We are committed to ensuring that Malden High School graduates are thoughtful, independent, purpose-driven, lifelong learners. We seek to equip all students with the skills and habits necessary to successfully navigate and contribute to our ever-changing world.

Research and expert dialogue helps shape future planning and strategies here at MHS
Report delivered on morning school start time; Presentation made here on 'Vaping' and its consequences

To All Malden High School Educators, Staff, Administrators & Students:

Here at Malden High School we are continually expending effort and attention to formulating, researching and, at times, implementing new ideas and methods that we believe will enrich and enhance the way our students learn and achieve. That is our goal as administrators and educators every day of the school year. Recently, at a meeting of the Malden School Committee, a report on a students-driven request to examine the morning school start time at MHS was delivered. The report was delivered to the School Committee by members of an *ad hoc* group appointed by Superintendent Oteri. The group included Malden Public Schools Director of Athletics and Physical Education Charlie Conefrey and Malden Education Association President Deb Gesualdo, both of whom spoke at the meeting. The request on the school start time was put forward by the MHS Generation Citizen Project last May, a student class led by Ms. Filer. The consensus of the report was the present school start time of 7:45 a.m. continue unchanged. The Generation Citizen class project had requested that consideration be given to a later start time. Mr. Conefrey and Ms. Gesualdo referred to a probable disruption of after school student commitments such as work, athletics and other extracurricular activities as the main detractor to a later start time (and a later finish time, ultimately). On another note, this past Thursday, a well attended presentation on "vaping" was delivered in our Gallery by state Sen. Jason Lewis, D-Fifth Middlesex and Maureen Buzby, Regional Tobacco Coordinator of the Mystic Valley Public Health Coalition. Both Ms. Buzby and Sen. Lewis spoke on the rampant use of "e-cigarettes" and



Mr. Mastrangelo

‘VAPING and YOUTH’: Malden HS hosts informative presentation on growing issue of student vaping

Malden High School ‘drawing line on the sand,’ Principal says

By Steve Freker
For the Malden Public Schools

Malden High School is “drawing a line in the sand” when it comes to the use of vaping devices and other forms of consuming nicotine in the school, according to Mr. Mastrangelo. The MHS Principal included that statement in his remarks at an informational panel on “Vaping and Youth” held in the Malden High Gallery on Thursday. Panelists included Malden state Senator Jason Lewis, D-Fifth Middlesex and Maureen Buzby, Regional Tobacco Coordinator for Mystic Valley Public Health Coalition (MVPHC). Also in attendance were Mr. Mastrangelo, the MHS House Principals, Mayor Gary Christenson, and Malden Police Chief Kevin Molis, and many parents and Malden High students.

Mr. Mastrangelo introduced the panel and immediately addressed the vaping issue, stressing it is an issue which affects all students, regardless of age, gender, academic or any other status. Whether they are directly involved in vaping or not. In addition to endangering their own health



Above, Mr. Mastrangelo speaks at the forum on Vaping & Youth held Thursday at Malden High School. Below, some of the many different devices used to “vape” were on hand courtesy of Maureen Buzby of MVPHC. *Steve Freker Photos/Malden Public Schools*

by inhaling the vapors through the JUUL devices, the students who congregate in bathrooms are invading the privacy of students using the facilities for appropriate reasons, the MHS Principal said. “Students avoid certain bathrooms for these reasons and that is just not fair to them or anyone,” he said. *More coverage of this key meeting next week*



Research & Collaboration leads to better position for planning and strategizing

Continued from Page 3

other means of consuming nicotine, called “Vaping”. Vaping has become rampant among young people of college, high school and even middle school age. There has been a major increase in this problem at Malden High School and all administrators and staff are attuned to this issue at this time in an effort to educate students and staff of the dangers and consequences. The presentation was held Thursday and

PRINCIPAL’S MESSAGE

Mayor Christenson, Superintendent Oteri, Malden Police Chief Molis,, many parents, Malden High administrators and staff were on hand at The MHS Gallery to hear from the experts. Sen. Lewis, as chair of the Legislative Joint Committee on Public Health, has been at the forefront of laws enacted and changed to help fight this growing problem among our youth with vaping recently labeled “an epidemic” at both the state and national level by health experts. There are many resources available for students and parents seeking information on vaping and its effects at mysticvalleypublichealth.org. We will continue to address monitor the issue here at MHS. I would like to thank all involved with the efforts made on the school start time issue, including the in-depth report delivered recently. Also, we are grateful to all who contributed to the informative presentation on vaping and its effects. Thanks to all! —*Mr. Mastrangelo*



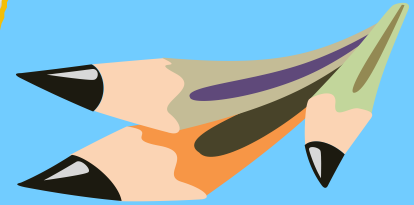
The Malden High School Alumni Association, Inc's purpose is to establish a non-profit organization to enhance and preserve the image, prestige, and traditions of the Malden High School; to reconnect with the graduates of Malden High School; to create awareness of the history of the high school, the activities, location and achievements of its graduates; to protect, preserve and display the school's artifacts, papers and photographs; to develop programs, publications, newsletters, public speakers bureau, and any and every type of communication network and outreach activity www.maldenhighalumni.com

**PLEASE CONTRIBUTE TO
'THE NEDLAM NEWS'!
LET'S SHARE THE GOOD
NEWS ABOUT MHS!**

Do you have some good news to share about students, teachers, administrators and other staff members? An extracurricular activity, club or sports team? There is LOTS of Good News @ Malden High School! Let's share it with EVERYONE! Mr. Mastrangelo encourages everyone to email Steve Freker @ sfreker@maldenps.org with any news you like to share: stories, snippets, photos, announcement of meetings, events coming... and ones held. **THE NEDLAM NEWS** appears every Monday in your Inbox and is then shared on the District website www.maldenps.org

NO SCHOOL on Monday, January 21 for Martin Luther King Jr. Day

***** MIDTERMS begin Tues., Jan. 22 & continue through Thurs., Jan. 24.... Second Qtr. Grades close Friday, Jan. 25**



THIS WEEK'S Notes & Calendar

Malden Public Schools Calendar for 2018-2019

MALDEN PUBLIC SCHOOLS 2018-2019 SCHOOL CALENDAR

AUGUST 2018 (2 Days)				
M	T	W	T	F
27*	28*	29	30	X

8/27* First Day for Teachers
8/28* Prof Dev Day - All Grds
8/29 First Day of School for Grades PreK, 1-12
8/29-9/4 Kindergarten Orientation/Screening
8/31 No School

SEPTEMBER 2018 (19 Days)				
M	T	W	T	F
X	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

9/3 Labor Day
9/5 First Day of School for Kindergarten

OCTOBER 2018 (22 Days)				
M	T	W	T	F
1	2	3	4	5
X	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

10/5 Early Dismissal PreK-12
10/8 Columbus Day
10/15 Late Entry Day MHS

NOVEMBER 2018 (18 Days)				
M	T	W	T	F
			1	2
5	6*	7	8	9
X	13	14	15	16
19	20	21	X	X
26	27	28	29	30

11/5 Late Day Entry MHS
11/6* Prof Dev Day-All Grds
11/12 Veterans Day
11/21 11:00 Dismissal
11/22-23 Thanksgiving

DECEMBER 2018 (15 Days)				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
X	X	X	X	X
X				

12/10 Late Entry MHS
12/21 11:00 Dismissal
12/24-1/1 Winter Vacation

JANUARY 2019 (21 Days)				
M	T	W	T	F
	X	2	3	4
7	8	9	10	11
14	15	16	17	18
X	22	23	24	25
28	29	30	31	

1/2 School Resumes
1/11 Early Dismissal PreK-12
1/7 Late Entry MHS
1/21 Martin Luther King Day

FEBRUARY 2019 (14 Days)				
M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15*
X	X	X	X	X
25	26	27	28	

2/4 Late Entry MHS
2/15* Prof Dev Day-All Grds
2/18-22 February Vacation

MARCH 2019 (21 Days)				
M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

3/4 Late Entry MHS
3/8 Early Dismissal PreK-12

APRIL 2019 (17 Days)				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
X	X	X	X	X
22	23	24	25	26
29	30			

4/1 Late Entry MHS
4/5 Early Dismissal PreK-12
4/15-19 Spring Vacation

MAY 2019 (22 Days)				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
X	28	29	30	31

5/3 Early Dismissal PreK-12
5/6 Late Entry MHS
5/27 Memorial Day

JUNE 2019 (9 Days)				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	

6/13 Last day w/o snow days - 11:00 Dismissal
6/20 Last day w/five snow days - 11:00 Dismissal

First Day for Teachers – Monday, August 27, 2018

Please note that five (5) additional days are built into the calendar in case of inclement weather

MONDAY, JANUARY 14—The Haitian Club will be holding a very short but important meeting today after school at 2:15 in Mr. Paul's room, J278. All members should attend....**Asian Culture Club:** The first rehearsal for the Lunar New Year Festival will be today, Monday right after school.

WEDNESDAY, JANUARY 16—Mandatory, full meeting of the **Asian Culture Club** at 230pm after school... All returning **Bunker Hill** students must attend mandatory orientation immediately after school in The Gallery (across from the gym)

THURSDAY, JANUARY 17— All new **Bunker Hill** students must attend mandatory orientation immediately after school in The Gallery (across from the gym)... The **Golden Tornado Club** is hosting a Comedy Night Fundraiser @ the Kowloon Restaurant on Route 1 at 600pm. All proceeds benefit MHS student athletes. Contact Ms. Marquardo in the Athletic Office for details.

DAY ROTATION THIS WEEK:

Mon., January 14— 3-4-5-6-7-1
Tues., January 15- 2-3-4-5-6-7
Wed., January 16- 1-2-3-4-5-6
Thurs., January 17- 7-1-2-3-4-5
Fri., January 18- 6-7-1-2-3-4

MHS BAND PERFORMS @ BC's CONTE FORUM



MHS senior student conductor Ari Cohen takes the Tornado Band “for a spin” at BC’s Conte Forum Friday night. *Courtesy/MHS Band Photo*

Ms. Mazza writes: Just wanted to share with everyone that the BC game went great on Friday! It was such an amazing experience! We were also mentioned live on air on ESPN3 that we were there and playing! We also had a man come up to us after the game and say “I’m from Malden and I got to say, I’ve never been more proud. You guys sounded amazing!” The kids did great and really represented Malden

DID YOU KNOW?

That this past Fall Season, MALDEN HIGH SCHOOL has THE MOST PLAYERS of most High Schools in Eastern Mass. playing college football. ELEVEN former Golden Tornado standouts suited up on Saturdays for college football teams this past fall. By comparison, nearby Everett (5), Medford (2) & Somerville (1) were in the distance.

Report Group: Malden High School start time should remain the same, 7:45 a.m.

Findings showed that many more people (including students) polled supported the same school day start time (or EARLIER) than spoke up for a later start time

By Steve Freker For the Malden Public Schools

There will be no changes made to the start time at Malden High School following a vote by the Malden School Committee at its final meeting of the calendar year Monday. The members voted to accept the report of a nearly year-long study committee which recommended the existing time stay in place.

Malden High students are required to be in their homeroom by 7:45 a.m. with the first class beginning at 7:55 a.m. This start time has been in place for many years and this is the first time it has been formally studied for possible changes in recent memory.

The impetus for the study came from a group of MHS students who this past February formulated a request to Superintendent John Oteri that high school start time be changed to be later than 7:45 a.m. The request came from students working in the Generation Citizen Program which is coordinated by MHS teacher Michelle Filer. The Generation Citizen students made the request after citing studies they had researched which they said concluded teens and adolescents would benefit academically and socially if they had more sleep in the morning hours through a later school start time.

Supt. Oteri asked Malden Public Schools Director of Health, Physical Education and Athletics Charlie Conefrey and Malden Education Association (MEA) President Deb Gesualdo to head up an ad hoc committee comprised of staff and students. At the meeting Conefrey and Gesualdo jointly delivered the final report of the committee, recommending the start time of 7:45 a.m. stand as is, with no changes. "The committee recommends to keep the current start time after the many months we have spent conducting surveys and research on the issue," Conefrey told the School Committee, citing as a chief reason, the effect a potential change to a later start time would have on students' after school lives.

This would occur since a later school start time would in turn require a later school finish time. For instance, if school started 30 minutes later at 8:15 a.m., then school would end at 2:45 p.m. rather than 2:15 p.m. at present. "There are many Malden High School students who *See School Time, Page 9*



Malden Director of Athletics Charlie Conefrey and Malden Education Association President Deb Gesualdo deliver school start time report.
Steve Freker Photo/Malden Public Schools

MHS Speech and Debate Team continues to excel against top competition in Mass.



Mr. Scheer reports:
The Malden High School Speech and Debate Team's Cinderella season rolls on with three more trophies and at least two bids the State Finals! Saturday at the Newton South High School winter tournament Birukti Tsige, Rasmee Ky and Sara Zakaria all came home with some hardware. Birukti was 2nd in original poetry, Rasmee was 3rd in the declamation event and Sara received an honorable mention in 6th place for poetry reading. I don't want to jinx us but the MHS speech and debate team is starting to flirt with the likes of the 2018 Loyola-Chicago Ramblers, 2004 Rex Sox and dare I say it, the 1980 USA men's ice hockey team!





Fundraiser

Thursday, January 17, 2019
at Kowloon

Comedy

LIVE



6:00-6:30 - Cocktails
6:30-7:30 - Food Served
7:30-8:30 - Comedy Hour
8:30-10:00 - Our Time
Ticket Price \$45.00



ATTENTION: Ms. Ceppetelli informs us PEER TUTORING is returning to the MHS Library this Tuesday/Thursday this week from 2:30-4:30 p.m.



Malden High School Golden Tornado Team Sports Schedule 2019

MONDAY, JANUARY 14

NO EVENTS

TUESDAY, JANUARY 15

Varsity Coed Swimming @ Gloucester, Cape Inn YMCA in Gloucester, 715p

WEDNESDAY, JANUARY 16

Junior Varsity Girls Basketball vs. O'Bryant, Finn Gym @ MHS, 430p

Varsity Girls Basketball vs. O'Bryant, Finn Gym @ MHS, 600p

Boys & Girls 8th Grade Basketball @ Salem, 430p & 530p

Varsity Co-ed Wrestling @ Salem, 530p

THURSDAY, JANUARY 17

Varsity Boys & Girls Indoor Track @ Peabody, 400p

Varsity Co-ed Swim vs. Watertown, Malden HS Pool, 400p

FRIDAY, JANUARY 18

Freshman Boys Basketball @ Beverly, 400p

Freshman Girls Basketball vs. Beverly @ Beebe School, 400p

Boys & Girls 8th Grade Basketball vs. Triton Regional, Ferryway School, 430p & 530p

Junior Varsity Boys Basketball @ Beverly, 530p

Junior Varsity Girls Basketball vs. Beverly @ Finn Gym, Malden HS, 530

Varsity Boys Basketball @ Beverly, 700p

Varsity Girls Basketball vs. Beverly, MHS, 700

Malden HS Co-ed Swim rolls to pair of victories

By Steve Freker
For the Malden Public Schools

They certainly jumped back into the pool in strong fashion after a lengthy layoff with no signs of rust whatsoever.

The Malden High School Tornado co-ed swim team went nearly two weeks without a meet but were running on all cylinders this past week with pair of exciting wins to go to 4-1 on the season.

Malden greeted the New Year with a thrilling, down-to-the-last event, 92-91 victory over visiting Peabody in a key Northeastern Conference (NEC) meet at the MHS Pool on January 3. On Tuesday this week, the Tornado squad topped visiting Danvers, 98-80.

Ochoa, Lombardi and Wang lead Malden past Peabody, 92-91

Kevin Ochoa (200 freestyle, 100 butterfly), David Lombardi (200 individual medley, 100 backstroke) and Haoxi Wang (50 freestyle, 100 freestyle) all won two events in a 92-91 win over Peabody that came down to the very last event.

Malden also won two relays and first-place finishes proved to be of ultimate importance since Peabody finished in second and third place in most of the events where the Tornados finished on top.

Malden trailed by a point, 85-84 after Chloe Akombi (1:12.12) won the 100 breaststroke. The Tornados then *Tornado Swim,P.11*



Malden HS senior Kevin Ochoa is off to a hot start for the Tornado Co-ed Swim Team.
Courtesy/Malden HS Athletics

SCHOOL DAY START TIME WILL REMAIN UNCHANGED

Continued from Page 7

who work at after school jobs who would be dramatically affected," Conefrey said. "They would potentially be available to work fewer hours and the jobs themselves might be put in jeopardy for them if they had to change their availability due to later school hours."

Gesualdo echoed Conefrey's point and added, "A lot of these students have to work, since they are contributing in their families to help pay their household bills such as groceries, electric power or rent."

Conefrey also pointed out that later start times and later finish times would also affect students' participation in athletics, as well as other extracurricular activities; transportation times; and sleep habits.

Conefrey also said that, perhaps surprisingly, the surveys they coordinated showed that the wide majority of respondents advised either same starting time or even an earlier starting time, perhaps 7:30 a.m., with a much lower number of respondents backing a later start time.

In response to a question by School Committee chairman and Mayor Gary Christenson on what type of mandate the committee would require through surveys and research to recommend a later start time, both Conefrey and Gesualdo agreed it "would have had to be overwhelmingly behind another start time," which it was not.

Malden High School Co-ed Swim Team has Pair of Exciting Wins over Peabody, 92-91 and a 98-80 Decision v. Danvers

Continued from Page 10

needed a win in the final event of the day, the 400 freestyle relay...and got it.

Ochoa, Wang and Lombardi were joined by Abby Tang in putting up a 3:48.5 finish and sealing the meet victory for Malden. Peabody took second and third in the even so anything less than a first-place finish would have sunk Malden.

"It was a great effort for our swimmers in that event, especially considering the pressure on us to win the last event," Malden High assistant coach Jessica Bisson said. Longtime head coach Paul DeVincentis heads up the Tornado swim team coaching staff.

Malden got off to a good start with a win in the 200 freestyle relay, paced by a 1:49.37 time by the team of Lombardi, Akombi, Ochoa and Wang.

Ochoa won the 200 free at 1:55.70 and Malden's Joanne Ho (2:27.44) placed second. Lombardi (2:10.91) and Sebastian Romani (2:35) went 1-2 in the 200 IM for Malden and Wang's 23.88 seconds outpaced Peabody in the 50 free sprint.

Malden relinquished 1-2-3 in diving (with no facility for it at the MHS Pool) but rebounded with Ochoa's 55.0 seconds flat win in the 100 fly. Wang won the 100 free with a time of 53.63 seconds.

Peabody took first in the next two events, but Malden kept pace when Akombi (5:62.6) finished second in the 500 free and Ryan Vasili was third. Also important was Malden's second-place finish in the 200 freestyle relay, with Joanne Ho, Luis Gilbert, Vasili and Akombi at 1:56.09. Lombardi won the 100 backstroke at 59.06 seconds to bring Malden down just a point at 77-76 and Akombi's win in the 100 breast set up the dramatic final event and meet win.

Malden wins two in a row with 98-80 victory over Danvers

Host Malden won nine events in a 98-80 win at the MHS Pool over visiting Danvers in an NEC meet.

Kevin Ochoa won the 200 free (1:55.10), 100 butterfly (54.5 seconds) and was part of the winning 200 medley relay (1:48.25) with David Lombardi, Tony Geich and Haoxi Wang. Ochoa was also part of the winning 200 free relay (1:38.06) with Lombardi, Geich and Wang.

Lombardi won the 200 IM at 2:09.31 and the 100 backstroke at 58.41 seconds. Wang won the 100 freestyle at 53.12 seconds and Tony Geich won the 100 breast at 1:07.56.

The relay team of Abby Tang, Chloe Akombi, Sebastian Romani and Luis Gilbert placed third in the 200 medley relay at 2:07.44. Kevin Sotheparnehaisit was third in the 200 free at 2:11.22. Geich was second in the 200 IM at 2:15.75. Wang was second in the 50 free at 27.22 seconds. Vasili placed third in the 500 free at 5:52. The relay of Gilbert, Tony Luu, Vasili and Romani was third in the 200 free relay at 1:58.05.

Sotheparnehaisit was third in the 100 backstroke at 1:01.45. Akombi was second in the 100 breaststroke at 1:12.59.

The Malden swim team is back in action today, Tuesday, January 15 on the road at Gloucester.