



# THE NEDLAM NEWS

Volume II No. 25 April 9, 2019

**Tornado Travelers have a fantastic time in Costa Rica!**



Great trip to Costa Rica by MHS students/Staff! See P.3

ON WEDNESDAY, APRIL 10  
PLEASE PARTICIPATE IN:

# STOP THE STIGMA

#MaldenStopTheStigma

**Malden High School community will join those across the city in**

**#MaldenStoptheStigma Day**

**Day dedicated to ending stigma on addiction**



SAVE THE DATE  
BLUE & GOLD  
2018 & 2019  
GALLERY

Opening Reception  
April 11<sup>TH</sup> 6-8 pm  
350 Main Street, Malden

#MaldenStopTheStigma is about leveraging the power of Malden's community to bring attention to the stigma surrounding addiction. Stopping the stigma is something we can all do to see healing and recovery sweep through Malden and beyond. Staff and students at Malden High School are preparing to mark this Wednesday, April 10, the Fourth Annual Stop the Stigma Day coordinated by Malden Overcoming Addiction.



## Malden High School will participate in #MaldenStopTheStigmaDay on Wed.

As you all know, Wednesday, April 10 is Stop The Stigma Day in Malden. This day is set aside to address the perceptions that people have around addiction. At Malden High School we will recognize this day in several ways.

1. Blue ribbons will be distributed during homeroom. Please encourage students to wear them during the day.
2. Encourage staff and students to change their picture on social media accompanied with a selfie and #maldenstopthestigma
3. Mr. Valente and his students have produced a video about the day. I ask that this be shown during ELA classes (7 minutes).
4. There will be a group photo that will affect students in SSC only.

Thank you for your support with this important day. Many staff and students have put a great deal of work into making this a relevant event.



### 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 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.

## Senior survey intended to let students with the most 'experience' help influence decisions on the future of MHS

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

One of the major reasons Malden High School happens to be one of the best places of learning and positive development in our Commonwealth of Massachusetts is simple — everyone has a say in what goes on in our school. This is not something new that started when I assumed my position as Principal last year. The two predecessors in my own time here at Malden High School took great care to hear out the opinions and remarks their colleagues and MHS students alike shared with them. From day one when I was first appointed last year, today, and each day moving forward, it has been my clear and professed intention to seek out and value the input and feedback from both MHS staff members and students. This is especially important when it comes to considering, establishing and evaluating policies which govern the manner in which our school operates. Continually, we are requesting and soliciting ideas and proposals from our staff members in that regard. This has proven to be a valuable way to generate new ideas and consider changes to established norms. Recently, a decision was made to use that approach to seek feedback from our outgoing senior Class of 2019 on the present state of affairs at MHS and also, their thoughts on their experience here. We sent the 2019 Senior Survey by email to all members of our senior Class of 2019, asking them a variety of questions on many topics. We have since received the results, which have proved to be a true glimpse into hearts and minds of our most “experienced” class. We thank our seniors and will use this information when making decisions that will affect the students who succeed them.



Mr. Mastrangelo



# *Tornado Travelers* visit Costa Rica!

## What a great trip....

The students from the Costa Rica Tour had an action-packed 10-days over vacation, full of many once in a lifetime experiences. For a number of them, this was their first time on a plane and/or first time away from their parents. Once we arrived we met our travel mates who were a student group of the same size from Georgia!

The tour started with an afternoon tour of a coffee plantation where students learned how coffee was grown, harvested, roasted and distributed. Later that evening we reached at our first city, La Fortuna where our hotel was at the base of one of Costa Rica's many active volcanoes, Arenal. The next morning we had an early wake-up to Kayak in Arenal lake with beautiful views of the volcano, we endured a hike in Arenal National Park where our guide pointed out a variety of plants and animals native to Costa Rica and then experienced an entire evening swimming in and exploring the natural hot springs.

Throughout the week, students were able to experiment with Costa Rican cuisine (which was a lot of rice and beans ) and they



MHS students who are members of the Tornado Travelers Club are shown during their February Vacation trip to Costa Rica. Above, at Logan Airport. Below, visiting a volcano site. *Courtesy Photos*



learned about the people of the country as well as the ecological diversity. The itinerary was action packed with activities such as: visiting a farm, riding an aerial tram through the rainforests canopy, ziplining and whitewater rafting. However, what seems to stand out in most of the students minds is our visit to a local school. Before departing our students collect and donated supplies and games to bring to Costa Rica. When we arrived we were given a tour and then time to interact with the Costa Rican students in their classroom as well as with the games and supplies that we donated. Our students were quite humbled and moved by the experience. We hope you enjoyed your vacation as well. We know the students are eager to share their experiences with you if they haven't already. —*Ms. Jones & Ms. Campbell*

# Holocaust survivors are returning to MHS this week to address students

On Thursday, April 11, Holocaust survivor George Elbaum is returning to speak to Malden High School students who are currently in USII classes. He will be speaking from 9:00-10:30 in the Jenkins Auditorium. Students should be approaching their teachers with the notification forms. This is part of the student's curriculum and should be treated like any other excused absence. George came last year and developed an affinity for our school and our students. We are very fortunate to have him return and tell his story.

On Tuesday, April 30, another Holocaust survivor, Janet Applefield will be speaking to those taking Modern World History from 12:45-2:15.

In a few years we will no longer have living witnesses to this tragic historic event. Both Janet and George have profound stories of survival, resiliency, and hope. Thank you for your support.

— Ms. Veritas/Social Studies Team Leader

## Here's how people from around the Malden community are participating in 'Stop the Stigma' Day on April 10

On April 10, participate in #MaldenStopTheStigma

1. Make the "Stop the Stigma" image your Facebook profile pic

2019-STSD-Profile.png

Go to the Malden Overcoming Addiction Facebook page and click on the #MaldenStopTheStigma photo (you can download the photo here and skip to Step #4) Click "Options" and choose "Download" Navigate back to your FB profile

Hover over your current profile picture and click "Update Profile Picture" Choose the "Upload Photo" option Find the saved photo from Step #2 and click "Choose" Position and crop as needed, and click "Crop and Save"

You've made a difference!

2. Wear a ribbon & take a selfie.

Pick up ribbons at the following locations: Century Bank: Located at the corner of Main & Ferry Street Malden ....The Chamber of Commerce: located at 2 Maplewood Street .... The Malden Senior Center: Located at 7 Washington Street ....The Malden Mayors Office: Located at 17 Pleasant Street 4th floor ...The Board of Health Office: Located at 110 Pleasant Street, entrance on Washington Street, 2nd floor.

## Happy National Paraprofessionals Day!

On April 3,  
Superintendent  
Oteri and  
Assistant  
Superintendents  
Chase and Wood  
wrote:



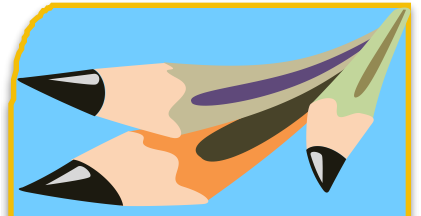
As the school day gets underway, we just want to take a moment to recognize all that our paraprofessionals do for Malden's students each day. We don't say it often enough, but please know that what you do is so appreciated. Sometimes it's a kind word to a student having a difficult day. Other times, it's providing much needed help in the classroom. From the simple gestures to the complex work, you are a valuable part of the Malden team. We are grateful for your hard work today and every day! Thank you so much!

With our utmost respect and appreciation,

John, Kelly, and Michael

**UPCOMING @  
MALDEN HS:**

**APRIL VACATION:**  
April Spring Vacation begins on Monday, April 15 and there is NO SCHOOL from Monday, April 15 through Friday, April 19. Classes resume on Monday, April 22. **ENJOY YOUR TIME OFF!!**



**THIS  
WEEK'S  
Notes &  
Calendar**

**TUESDAY, APRIL 9**— Malden High School staff meeting in Jenkins Auditorium from 225 to 335 p.m.

**WEDNESDAY, APRIL 10** — Fourth Annual “Stop the Stigma” Day will be marked at Malden High School in various ways. *See Page 1 & 2 for more details*

A “Speaking Workshop” is being held from 230-300 p.m. the MHS Library, It will be held again on April 24. Questions? [lgih20@maldenps.org](mailto:lgih20@maldenps.org)

**THURSDAY, MARCH 11**— A reception marking the opening of the Annual Malden Blue and Gold Gallery, featuring the artwork of many MHS students will be held from 6-8 p.m. at 350 Main St. in Malden Sq. (across from Walgreens).

**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
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**

**SPEAKING WORKSHOP**

Want to be confident when you speak? Look like you're a professional? Come to the free “Speaking Workshop” on Wednesday, April 10 & April 24 from 2:30 to 3:00 p.m. in the MHS Library, “All great soakers were bad speakers at first.” —RALPH WALDO EMERSON



**STILL TIME TO ORDER!!**  
**Don't miss out ordering a copy of the *Maldonian***  
*You must Pre-Order a Yearbook so that one will be printed and ready for you in June*



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](http://www.maldenhighalumni.com)



**ATTENTION:** Ms. Ceppetelli informs us **PEER TUTORING** is held at the MHS Library this Tues/Thurs. this week from 2:30-4:30 p.m.

**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](mailto: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](http://www.maldenps.org)

## **DID YOU KNOW?**

That the Mayor of Malden, Mr. Gary Christenson, is well-known for a routine he displays on a daily basis. Each morning when he works to work (and on other occasions) he stops and picks up litter along the route to his Malden Square office. This week, our Mayor and his routine were featured on "REDDIT," a nationally known news source which is called "The Front Page of the Internet"!



# TORNADO SPRING SPORTS SCHEDULES

*Please come support our  
students in the new season!*

## TUESDAY, APRIL 9

4:00pm Lacrosse: Boys JV Game vs. Somerville @ Pine Banks Park

5:00pm Volleyball: Boys Varsity Match @Madison Park Tech Voc H.S.

## WEDNESDAY, APRIL 10

4:00pm Softball: Girls Freshman Game vs. Melrose @ Pine Banks Park

4:00pm Softball: Girls Varsity Game vs. Melrose @ Pine Banks Park

4:00pm Softball: Girls JV Game vs. Melrose @ Pine Banks Park

4:00pm Tennis: Girls Varsity Match vs. Triton Regional @ Triton Regional High School

4:00pm Tennis: Boys Varsity Match vs. Triton Regional @ Amerige Park

4:30pm Volleyball: Boys Varsity Match vs. Greater Lowell Tech @ Finn Gym

5:00pm Lacrosse: Girls JV Game vs. Winthrop

6:30pm Lacrosse: Girls Varsity Game @ Winthrop

## THURSDAY, APRIL 11

4:00pm Lacrosse: Boys Varsity Game @ Saugus

4:00pm Outdoor Track: Boys & Girls Varsity Meet vs. Lynn English @ Manning Bowl, Lynn

4:00pm Tennis: Girls Varsity Match vs. North Reading @ Amerige Park, Malden

4:00pm Tennis: Boys Varsity Match vs. North Reading @ North Reading High School

## FRIDAY, APRIL 12

3:45pm Baseball: Boys Freshman Game vs. Melrose @ Pine Banks Park

4:00pm Baseball: Boys Varsity Game @ Lawrence HS

4:00pm Softball: Girls Varsity Game vs. Mystic Valley Regional Charter @ Callahan Park, Malden

5:00pm Volleyball: Boys Varsity Match @ Salem

## MONDAY, APRIL 15

10:00am Baseball: Boys Varsity Game vs. Salem @ Pine Banks Park

10:00am Baseball: Boys JV Game vs. Salem @ Pine Banks Park

10:00am Lacrosse: Boys Varsity Game vs. Lynn Classical @ Manning Bowl

10:00am Softball: Girls Varsity Game vs. Salem @ Callahan Park - Malden

**Spring Sports have  
Sprung! Please  
support ALL of our  
Tornado spring teams!**

# MHS Speech & Debate Team hosts Fifth Annual Debate Night

By Julie Yu  
Malden HS Blue and Gold

The MHS Speech and Debate Team hosted their 5th Annual Debate Night on March 26. The event featured two debates, three original Poetry Readings, two Declamations, and two non-original Poetry Readings.

The team has been working on their debates and speeches for the past roughly three months according to Mr. Sheer, one of the coaches of the Speech and Debate Team.

MHS History Teacher Mr. Finnegan, another coach, stated that the format of the debates was created by the students of the Speech and Debate Team. "Usually when [the students are] doing congressional debate or any of the other events at a meet it will not be the same format." Finnegan elaborated that the debates



Members of the MHS Speech & Debate Team on Debate Night at Jenkins Auditorium. *Julie Yu Photo/Blue and Gold*

between two sides will not always have one side speaking and then passing it onto the next side and repeating that cycle.

Finnegan explained that at a lot of the meets that the team attends they are allowed to have notes, which is why most of the students either memorized information or utilized their notes during the debates. In those notes students will have an opening and closing statement prepared and often times "graphic organizers or just lists of how they are going to go about the argument," said Finnegan.

As coach, Finnegan's job is to "help people with preparing for debates or speeches for meet on a more individual level." Sheer added that his job is to "advise, and to give constructive feedback to all of [their] participants."

As a team, they brainstormed 20 different potential topics they could debate about. The team then voted on the top ten ideas from the original list and continued to narrow the list down even more until they were left with two different topics. Sheer explained that the team "wanted to do one that was more political, which was the minimum wage one, and [they] wanted to do one that was more cultural and social, like art one." After finalizing the two debates topics, the team gave everyone a chance to participate in a debate they wanted to, which was how they assigned different people to each debate.

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# NEW or USED SPORTS EQUIPMENT WANTED! Do You Want to Help ?

If you have any sports equipment laying around collecting dust, why not donate it? All the month of April a box will be in the Main Office where you can drop any equipment you want to donate.

Seeking soccer balls, basketballs, cleats, tennis rackets..anything you may need to play a sport. *ALL items will go to kids who cannot afford to buy their own equipment*



## FEMINISM CLUB NEEDS YOUR HELP



**We are sponsoring a donation drive for Respond Inc., a shelter that provides services for women fleeing domestic violence.**

“Where can I find the bins?”

- The nurse’s office
- The main office
- House offices
- Ms. Veritas’ room (BR460)

“What can I donate?”

- Toiletries (including shampoo)\*
- Feminine hygiene products\*
- Baby care items(size 3&4 diapers)\*
- Laundry detergent
- NEW twin-size bedding and linens
- Paper goods (including paper towels\* and napkins)
- Gift cards to pharmacies and grocery stores are also welcome.

\*Indicates high need



## SPEECH AND DEBATE

Continued from Previous Page

During a debate, each side (pro and con) has two minutes to give the opening statement they have prepared. Following the opening speeches, the moderators ask a series of questions in which both both the pro and con side has to answer using their notes and research they got before hand. Afterwards, there is five minutes of the unmoderated debate, where both sides take turns countering the opposing side and supporting their own side in the argument. Concluding their debate, the two sides have two minutes each to give their closing speeches.

In between the two debates, juniors Donaita Anglades and Rasmee Ky performed declamation pieces, while freshman Sarah Oliveira and junior Sara Zakaria performed poetry readings. Ky recited “How to Make Stress Your Friend”, which was a TED Talk by Kelly McGonigal. She explained that the TED Talk revealed that stress is not actually harmful to our health “as long as [we] believe it isn’t harmful.” Throughout the piece it also gives tips for stress management, such as reaching out to others under stress.

She explained that she had first come across the piece when she was searching through TED Talks, since they were the most common type of text for Declamation. Ky stated that she really enjoyed the TED Talk because “taught [her] a lot of useful information that improved [her] everyday life.” Ky believed that it would be the perfect piece for a competitive setting, since it “could hold [the] audience’s attention from the strength of the writing alone.” Given the length of the piece, Ky had to cut it down to 10 minutes of text. One thing that stuck out to her about this piece was how the original speaker had lots of moments of “direct audience interaction and interesting body language which could make [her] performance stand out in competition.” The Speech and Debate Team was able to prepare and rehearse the Friday and Monday before Debate Night. Despite the fact that Debate Night is the only event that the team hosts at Malden High, they do travel around the state s to attend meets.