



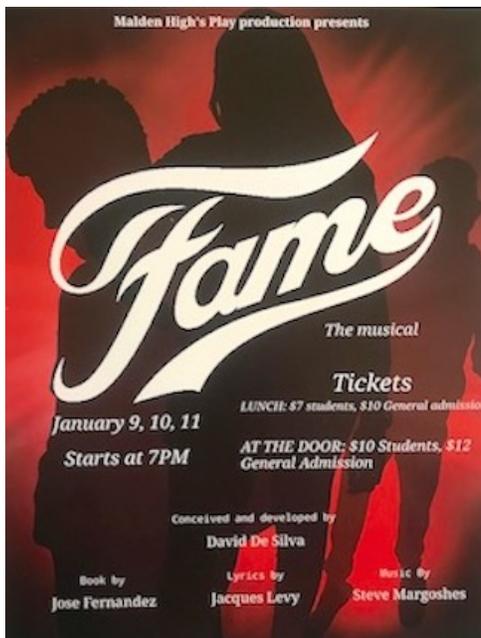
Volume III No. 16
January 10, 2020

THE NEDLAM NEWS

'Fame' Opening Night a smash hit at MHS; Two more shows!



Opening Night for the musical *Fame* was a smash hit for the MHS Play Production troupe, which performed at the Jenkins Auditorium last night. At right, Ayman Broudrari and Elaine Du. Shows continue tonight and Saturday at 7 p.m. *Steve Freker Photos*



WELCOME TO THE WORLD, NOLAN RYAN GRILLON!

Congratulations to Malden High School educator Julie Grillon and her wife, Christine, on the arrival of their son, Nolan Ryan Grillon! Nolan was born at 8:44 a.m. on December 7, weighing 10 lbs 1 oz and is 22.5 inches long. Wonder if he's a righty?

First full week back brings plenty of life and activity to our school community

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

It certainly can be said that we have hit the ground running in the new year, as we complete our first full week of classes since our winter break. There is much impressive work being done in our classrooms between our educators and students in all departments as we peek ahead on the academic calendar to the upcoming Midterm Exams. They are scheduled on Tuesday, Wednesday and Thursday, January 21-23 this year. Please stay tuned for more information on this important part of our academic year. The second quarter and first semester come to a close on Friday, January 24 and the Third Quarter (and Second Semester) begins on Monday, January 27. Educators and staff: Please encourage our students to finish strong in our “stretch run” to the completion another key segment of our year. ****

On Wednesday I attended the Urban Principal Committee Summit at MIAA headquarters with other school leaders from around the state and it was great to share and receive information about urban district. Also, I am proud to say that Liz Smith and Joanne Cassidy also represented Malden High School and made a well-received presentation on our MHS Co-Teaching model.

Also this week, around Malden High School:
— We welcomed Mr. Sires Rivers to MHS as the newest member of our growing Student/Staff Support Department, which already includes Elisee Pompilus and Steve Freker. They do important work in the building, not the least of which is building connections with our students. Sires has many strong skill sets and lots of valuable work experience that will fit perfectly in our school community.

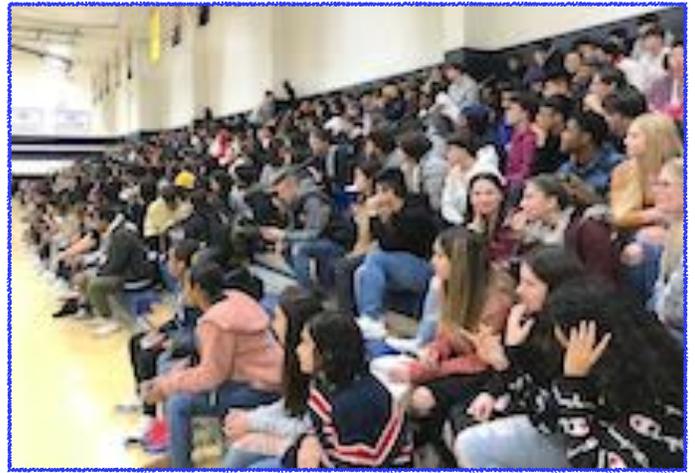
—Last night our Play Production students and their staff mentors opened three straight performances of the popular musical *Fame*, which will continue this weekend for two more shows, Friday and Saturday, January 10 and 11 at the Jenkins Auditorium at 7 p.m.

— Poetry Out Loud competitions were held and judged by our staff this week in anticipation of the Feb. 5 finals. Ms. Marquez also reminds staff members they are encouraged to share a recited poem that day as well. Please contact her to express your interest.

Mr. Mastrangelo—Principal



Mr. Mastrangelo



GREAT TORNADO TURNOUT @ MALDEN-TIDE BOYS BASKETBALL! — Tornado fans as far as the eye can see at Tuesday night's Malden boys basketball game. “The crowd was vocal and spirited and supported our team so well.” Mr. Mastrangelo said. *Steve Freker Photo*



Malden High School Aspirational Instructional Focus Statement

Malden High School educates an inclusive and equitable community of diverse learners whom we are preparing to be Communicators, Collaborators, Critical Thinkers, Innovative Learners, Empowered Citizens, and Persistent Individuals. As such, MHS instructional practices present authentic and relevant experiences that are intellectually engaging, student-centered, inquiry-based, cognitively complex, process-oriented, and encourage productive struggle. Furthermore, these instructional practices encourage students to pursue their interests, leverage their strengths, and explore unfamiliar concepts that prepare students for life in our ever-changing modern world.

Massachusetts Mathematics League
Division III Summary Sheet

Contest # 4

Meet Date: 1, 9, 20

Meet Location: Lynnfield

School Name	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Team	Total
Austin Prep								
Danvers	0	0	0	8	8	8	16	0
Lynnfield	2	6	8	4	12	20	20	14
Malden	6	4	10	10	20	30	6	10
Revere	0	6	6	8	2	12	22	34
St. John's Prep	6	10	4	4	20	24	26	16
Wakefield	4	6	6	4	20	20	10	30

Congratulations to MHS 'Math-Letes' who took FIRST PLACE @ MML Meet

Mr. Snarksy tells us: "SO proud to announce that the Malden High School math team placed FIRST for the first time this year at their MML meet! Such a thrill for this incredible group of students who worked really hard for this; looking forward to celebrating their success at practice."



MHS NOTES & CALENDAR



FRIDAY, JANUARY 10— Early Dismissal @ 12:30 p.m. Professional Development Varsity girls basketball vs. Somerville in the Finn Gym, 6:00 p.m. Varsity Boys Basketball at Somerville, Bunker Hill Community College, 7:00 p.m. MHS Play Production performs the musical, Fame, at 7:00 p.m. in the Jenkins Auditorium. Ticket info on Page One

SATURDAY, JANUARY 11—MHS Play Production performs the musical, Fame, at 7:00 p.m. in the Jenkins Auditorium. Ticket info on Page One

MONDAY, JANUARY 20— NO SCHOOL
Rev. Dr. Martin Luther King Jr. 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 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.

Nominations sought from MHS staff members for Alumni Assn. Hall of Fame

The Malden High School Alumni Association is accepting nominations for those to be inducted May 1, 2020, as the MHSAA Hall of Fame Class of 2020. Ms. Ceppetelli, a longtime member of the MHSAA Board, is asking members of the Malden High School and Malden Public Schools staff districtwide to consider nominating candidates from the various categories. President Anthony Dickinson said input from the community is vital because only family, graduates, teachers or administrators or former attendees know who among their colleagues have made exceptional achievements in their chosen careers or made outstanding contributions to society

and thus should receive Hall of Fame recognition. An individual is eligible for nomination 10 years after graduation, or 10 years after attending Malden High School. To be considered, and to help a special Selection Committee make its decision, all applications must be completely filled out including a brief narrative expanding on the specific qualities and achievements of the nominee. Nomination forms and instructions are available for download on the MHSAA website, www.maldenhighalumni.com. The forms must be completed and submitted no later than March 1, 2020, by mail to MHSAA, P.O. Box 47, Malden, Ma., 02148, or emailed to anthonydickinson@gmail.com.

MHS NURSES NEWSLETTER: Harmful Effects of Vaping

An e-cigarette, or vape pen, is an electronic device that heats pods of liquid, turning it into vapor that contains nicotine, cannabinoids, flavorings and other substances. Breathing in the chemicals and metals that are contained in the liquid that is being vaporized and inhaled are linked to lung, liver, immune system and brain damage and some cancers.

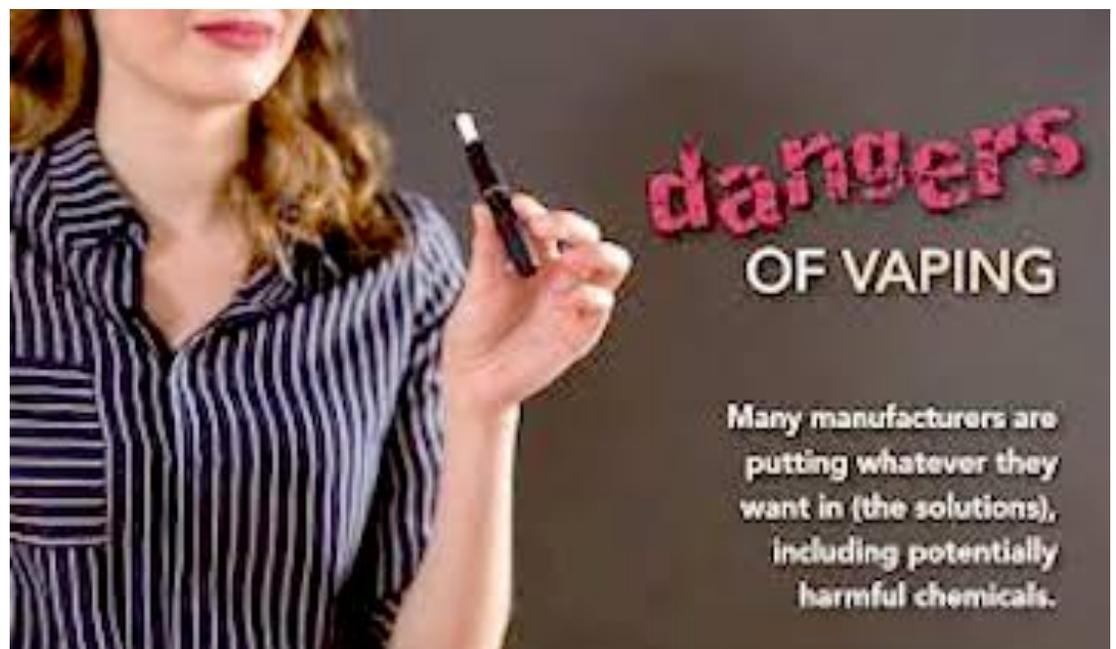
Symptoms of Vaping Illness or EVALI (e-cigarette or vaping product use-associated lung injury)

Coughing
Shortness of breath
Chest tightness
Wheezing
Extreme fatigue
Fever
Diarrhea
Nausea and vomiting
Tachycardia (rapid heart rate)
Tachypnea (rapid and shallow breathing)

As of December 24, 2019 vaping illness (EVALI) has increased to 2,506 cases with 54 associated deaths . In the most severe and life threatening cases, EVALI can cause the lungs to stop functioning altogether.

The CDC has found evidence of a synthetic form of vitamin E oil in lung fluid samples from patients. Of all the

samples tested, all had extremely high levels of oil. Vitamin E is sometimes added to vaping products containing THC by the black market manufacturers to dilute or fill. This is a big concern to health officials. The latest national data suggest that THC containing e-cigarette or vaping products, particularly sources like friends, family, or in-person or online dealers are linked **See Page 6**



MHS ATHLETICS:

The Winter Sports Season for the Malden High teams is officially under way! Please support ALL the Malden HS Golden Tornado teams in 2019-2020!



Malden High winter sports roundup: Girls basketball, track heat up

By STEVE FREKER

It was a big night for Nevaeh Cherilus and the Malden High School girls basketball team Friday as head coach Scott Marino's Tornado squad topped Madison Park, 52-48.

Cherilus, a senior forward, poured in a career single-game high of 21 points to lead the Malden scoresheet, including eight points in the fourth quarter to keep the home team ahead as Madison Park was trying to come back.

Sophomore guard Yasmene Alayan added 12 points for Malden, senior Meley Efreem scored seven points and Sandy Hernandez scored five points.

Malden High Boys Indoor Track

The Malden High boys indoor track team improved to 2-0 to start the season with a win over Arlington Catholic at home at the Salemwood School in Malden.

Malden had opened the season with a GBL win over Medford. Senior captain Ezra Kruckenberg had first-place finishes in the high jump in both meets.

Malden High Wrestling

Congratulations to senior captain Ved Grady for a strong performance at the recent Pentucket Invitational Wrestling Tournament.

Gray finished fifth for Malden out of 21 schools participating in the tournament.



Malden High senior Ezra Kruckenberg makes the bar for a first-place finish in the high jump against Arlington Catholic. *Courtesy Photo/Malden HS Athletics*

Malden High boys basketball

The Malden High School boys basketball kept it close most of the night but could not keep the momentum in the fourth quarter in a 67-52 loss to visiting Everett High Tuesday night.

Senior David Mervilus led Malden with 17 points. Dmitry Phillippe led Everett with 18 points in a well-balanced scoring night for the Tide. Malden fell to 1-6 overall (0-2 GBL) with the loss.

MHS Nurses share information on the dangers of vaping

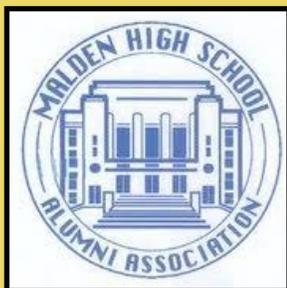
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to most of the cases and play a major role in the outbreak. The FDA regulates e-liquids sold in stores, but not those sold on the street.

Since brain development continues until about age 25, nicotine and other drug exposure during adolescence can cause addiction and harm to the brain. Mood and impulse control can be affected along with making it harder to learn and concentrate.

For Free advice and support:
Massachusetts Smokers' Helpline
1-800-QUIT - NOW

*It is confidential and is available in multiple languages.



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

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

DID YOU KNOW?

That the year 2020 starts a new decade and also in November it will be the 400th Anniversary of the Mayflower landing in Plymouth, Mass. Plymouth 400 Anniversary will highlight the cultural contributions and American traditions that began with the interaction of the Wampanoag and English peoples, a story that significantly shaped the building of America. With participation anticipated in the millions, celebrated national and global leaders, artists, entertainers, veterans, descendants, indigenous Nations, and students from around the world will join in the commemoration events and moments of remembrance.