



HINGHAM HIGHway



THE
HINGHAM HIGH SCHOOL
NEWSLETTER



PRINCIPAL SWANSON IS ON INSTAGRAM & X! @RSWANSONHINGHAM

MARCH 22, 2024

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During the first week of spring...

- Almost 500 spring athletes began a new season on Monday.
- HHS students completed course selections for next year.
- All ninth graders met with their advisory groups on Monday.
- Members of the HHS Unity Project began planning a first-ever "Adelia Week" at HHS. Stay tuned for details about [ways to get involved](#) and support a [very special Hingham family](#) during the week of April 29th through May 3rd.
- The HHS PTO maintained a longstanding tradition by hosting a delicious soup-and-salad luncheon for school staff on Wednesday.
- Our school's beloved comfort dog, Opry, celebrated her third birthday on Wednesday.
- The HHS [School Council](#) continued its work on the School Improvement Plan on Wednesday.
- All HHS seniors gathered yesterday to learn more about the fast approaching "Harbormen Helping Hingham" Day, the annual day of community service, scheduled for Friday 4/12.
- Max Papaleoni '24 won the Photo of the Week award for the theme "Landscape." This is Max's 14th win, the second most all-time. The record is 16. [Please vote in this week's survey.](#)



Looking ahead:

- HHS will officially receive its 2024 AFS-USA Global School award at a ceremony in Washington DC on Monday 3/25.
- The Drama Club will host auditions for the spring play ("Much Ado About Nothing") after school on Monday 3/25.
- All sophomores will complete two days of ELA MCAS testing on Tuesday 3/26 and Wednesday 3/27.
- All HHS students will attend a grade level assembly in conjunction with our third annual [Hingham CARES](#) Day on Tuesday 3/26.
- The counseling department will host a "College Admissions Panel" at 7 PM on Tuesday 3/26 in the HHS auditorium.

- Our athletic director, Jim Quatromoni, will be awarded the [NFHS](#) Citation Award at the annual [MSSADA](#) conference next week.
- Although course selection is now behind us, there is still plenty of time for HHS students to explore participation in the [Global Citizenship Program](#) or one of our other “Pathways” programs in [Fine Arts](#) of [Technology Engineering](#) next year.
- Students looking for local community service opportunities can find many of them at [this website](#).

A message from AFS:

Join us on Tuesday, April 2, at 6:30 PM, in Room 103 at Hingham High School for an AFS Information Night. High school students and parents interested in learning about study abroad programs, or hosting an exchange student, are invited to attend. Local students who have participated, international students currently living in the area, and AFS volunteers will be on hand to answer your questions. It is a particularly exciting year as AFS has awarded HHS its prestigious Global High School distinction. Come learn first-hand how you can participate in some of their amazing programs. AFS is a leader in international student exchange with more than 75 years of experience. AFS offers more than 100 school year, semester, and summer programs in over 40 countries around the world and brings over 1200 students from 80 different countries to study in the US and live with local families for a semester or school year. AFS is a world-wide, nonprofit, volunteer-based organization with more than 3,000 US volunteers and 40,000 worldwide dedicated to the mission of building a more just and peaceful world through international, intercultural learning experiences. The event is free and open to the public. For more information on sending a student abroad, contact Kai Guo (kai.guo96@gmail.com) or Amy Hamilton (thehamiltonfamily@verizon.net). For hosting and general information, contact Deb Gallagher at dgAFS@yahoo.com or visit www.afsusa.org.

The following message is being shared in all HPS newsletters across the district today:

March is Self-Harm Awareness Month. If a student has been hurting themselves on purpose, the real hurt is inside. Self-harm is used to cope at the moment but can end up becoming a dangerous cycle. Here are some signs that your student is vulnerable and may be self-injuring:

- Symptoms of depression, anxiety, or stress
- Visible cuts, scratches, or unexplained wounds
- Covering their bodies with bandages, long sleeves, or long pants

If your student needs intervention and support for self-harm and its root causes, contact Care Solace. They will navigate the mental health care system, explain options, and quickly find available providers in our local community. Care Solace is a complimentary and confidential care coordination service provided by Hingham Public Schools.

- Call 888-515-0595. Multilingual support is available 24/7/365.
- Visit caresolace.com/hinghamschools and either search on your own OR click “Book Appointment” for assistance by video chat, email, or phone.

As always, we are committed to promoting and protecting our students’ total well-being.

As noted in recent newsletters, our counseling department has developed a [new infographic](#) that summarizes the many supports available to HHS students. Be sure to check it out.

Finally, as we confront an ongoing mental health crisis that impacts all of us, students and families should know about the many options of support that now exist. For example: Anyone can 1) call or

coach; or 2) walk into a Community Behavioral Health Center (CBHC) to access immediate mental health crisis support, even without insurance. Learn more about these and other options [online](#).

The [daily notices](#) and [full school calendar](#) can always be viewed on the HHS website. Look for details on the [website](#) and in our [weekly PTO newsletter](#).

Principal Swanson



Julia Scipione Honored In Writing Contest

Julia Scipione '25 earned an honorable mention in the prestigious Will McDonough Writing Contest, and nobody is prouder than her English teacher, Mrs. Allen. HHS is proud of both of them!



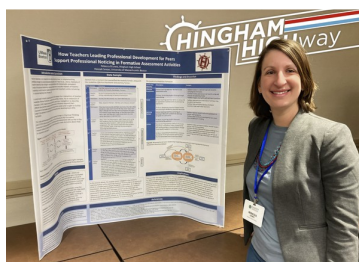
PTO Lunch

Thanks to an amazing team of PTO volunteers and the contributions of many generous parents, HHS staff members enjoyed a soup-and-salad luncheon Wednesday. This event delivers a major lift, year after year, and we are grateful!



Tech Engineering Pathway visits Waterworks Museum

Members of our new Technology Engineering Pathways program visited the Waterworks Museum in Chestnut Hill on Thursday. At HHS, learning transcends the classroom!



Dr. Lewis Presents at NARST Conference

Dr. Lewis, one of our chemistry teachers, just returned from Denver, where she presented research at the NARST (National Association for Research on Science Teaching) conference. At HHS, teachers go above and beyond!



Unity Project backs Adelia Strong

Members of the HHS Unity Project showed up very early for school Tuesday. Why? Because HHS wants to get behind "Adelia Strong," a cause that belongs to all of us. The planning is underway!



Lost and Found Donated

Here's another way to think GREEN on St. Patrick's Day: With help from the front office staff, unclaimed water bottles from our lost-and-found will soon find a second life in Honduras.



SADD Club Makes Cards For Kids

Kudos to the SADD club members who met last Friday morning to make St. Patrick's Day cards for the children at Boston Children's Hospital. St. Patrick himself would applaud this great display of generosity and spirit!

EARL GRANVILLE

visited HHS during UNITY WEEK

- DON'T FORGET HIS MESSAGE -

PURPOSE. PASSION.

BE A PART OF SOMETHING BIGGER THAN YOURSELF.

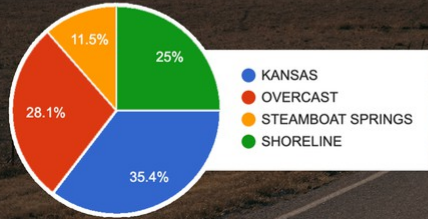
VETERANS' APPRECIATION CLUB
HHS UNITY PROJECT



HINGHAM HIGH **PHOTOGRAPHY**
PRESENTS

PHOTO OF THE WEEK

LANDSCAPE



MAX PAPALEONI has won the Photo of the Week for the theme **"LANDSCAPE."**

This is **MAX'S 14th win.**

HINGHAM HIGH **PHOTOGRAPHY**
PRESENTS

PHOTO OF THE WEEK

PORTRAITS



TUCKER

CLICK TO VOTE



MAN OF THE EAST



PORTRAITS



INNER DEMONS

College ADMISSIONS PANEL

March 26, 2024
6:30 p.m.
HHS

STUDENTS
AND
PARENTS
WELCOME

Meet College Representatives,
learn about admissions
& the application process.

Reps from
Syracuse University
Elon University
Bridgewater State University
Wake Forest University
UMass Amherst
Boston College

Get your questions answered
and gain insight into college admissions

Do You NEED TO TALK?



CARE SOLACE

If you or a family member are looking for help with mental health or substance use, Care Solace is a complimentary and confidential service provided to students, staff and their families.

Click through to see a guide to all onsite and offsite *supports available* to Hingham High School Students.



MON	MAR 25	SPRING PLAY AUDITIONS	TUES	MAR 26	HINGHAM CARES DAY	TUES	MAR 26	COLLEGE ADMISSIONS PANEL
FRI	MAR 29	GOOD FRIDAY NO SCHOOL	WED	APR 03	EARLY RELEASE 11:30	WED	APR 03	MARKS CLOSE TERM 3

THURS

APR
04

MUSIC
DISNEY
TRIP

THURS

APR
04

TERM 4
BEGINS

THURS

APR
04

PTO
MEETING

MARCH SPORTS CALENDAR

HINGHAM
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Mr. Swanson

Principal

