

# NEXT WAVE/ FULL CIRCLE

QUARTER 3/ 2018-2019

MARGARET GREEN, PRINCIPAL

NICOLE HAZARD, EDITOR

## FROM THE PRINCIPAL

With the support from the Barr Foundation and Springpoint, Next Wave and Full Circle has been working to re-design our systems to more effectively engage students who have experienced academic setbacks and benefit from a personalized approach to learning.

In order to best meet the needs of our students, NWFC will be moving towards developing a competency based system where students will be able to demonstrate mastery on a specific set of skills (competencies). To gain a better understanding of how competency based systems work we visited schools in New York City, Portland, Maine, and Chelsea, Massachusetts. In each of the schools we were able to meet with administration, teachers and students to get a variety of perspectives about the development, and implementation of competencies. Key components of competency based education are ([competencyworks.org](http://competencyworks.org)):

- Students advance upon demonstrated mastery.
  - Competencies include explicit, measurable, transferable learning objectives that empower students.
  - Assessment is meaningful and a positive learning experience for students.
  - Students receive timely, differentiated support based on their individual learning needs.
  - Learning outcomes emphasize competencies that include application and creation of knowledge, along with the development of important skills and dispositions.
- After meeting with students and being a part of student led conferences we learned: competencies do not have to be an elaborate and cumbersome system, students will be able to understand them and own them if they are used in a systematic way,

students will be able to own their learning and develop a better understanding of their strengths and abilities. The teachers and students that have been a part of the study tours have been bringing this new information back to the others at NWFC. The teachers and counselors are currently working to develop strong competencies with clear definitions and alignment that will be piloted for the 2019-2020. Stay tuned for more details— and check out our student's perspective on page 5!



*Margaret Green*

## COUNSELOR'S CORNER WITH MARYANN BEATON

Happy Spring everyone !!! April has come upon us and we are hoping for warm temperatures soon. There's lots going on at NWFC and students and staff are very busy. Sometimes when things move very quickly, the smaller things (or what feel like the smaller things) get overlooked. A kind word, simple gesture or a warm smile can help brighten someone's day. We find that students and also staff benefit from be-

ing noticed and recognized even in a small way. As we move towards the end of the year and things get hectic, everyone at school can feel increased pressure. This is when communication, kindness and patience are most needed. Take a moment to let a student or staff hear something positive. It won't cost you anything but the "payback" to your day and theirs can be priceless.



## UPCOMING EVENTS

- Curious Creatures, Level Four: April 12th
- Science MCAS grade 8: May 1st and 2nd
- Mt. Monadnock: May 3rd
- Math MCAS grades 6, 7, 8, 10: May 21–24
- Rock Climbing: May 23rd
- Memorial Day, No School: May 27th
- Canobie Lake, Level Four: May 30th
- Senior Trip: May 17th
- All-School Picnic: May 31st
- Full Circle Graduation: June 5th
- Science MCAS grade 9: June 5th
- Last day of school: June 13th

## FUTURE PLANNING CORNER BY DAN MCCAUL

Hi students and families,

It's been an exciting couple months at NWFC. Several program visits have happened. Our Next Wave students attended an all school trip to the North Bennett Street School in Boston. North Bennett is the oldest trade school in the U.S. North Bennett offers training in about ten different trades. Students can learn traditional trades like carpentry and locksmithing, or other more unique crafts like piano tuning and jewelry making. The Next Wave students did GREAT on the trip. They were respectful and curious. I personally can't wait to get the Next Wavers out to see more programs.

Full Circle students visited a couple programs recently including Fitchburg State University and Bunker Hill CC. MA State schools are a fantastic option because of their high quality and low cost. These include all of our great community colleges, all UMass schools, and any schools in MA with "State" in the name. State schools have tons of different majors to study.

Some even have trade programs like automotive or electrical. Bunker Hill has a great culinary program for example – in addition to their countless traditional majors.

It is springtime. Now is the time to figure out what students can plan for the summer. Avoid summer school by finishing as strong as possible. Try to avoid summer school so you can get a summer job! Summer jobs are great not just for making money \$\$\$\$— summer jobs help you gain experience for your resume, they help you keep busy, they help you meet new people and make new friends (but, of course, the money \$\$\$ part is awesome).

Summer programs are looking to fill spots. When you hear about a summer job, a summer camp, or any type of summer activity looking for teens – jump on it! Those spots fill up. Don't snooze and lose.

Other than that, have a great spring!



## SPECIAL ED. SPOTLIGHT BY JACK HAVERTY

We are all welcoming spring and April break right around the corner. March is always tough as it's the only month scheduled without a holiday. In the midst of teachers and students grinding out the third quarter, we've welcomed 6 new Next Wave and 11 new Full Circle students. These new members of our community will have the opportunity to choose from nearly 30 electives including fishing, therapeutic horseback riding, and outdoor art. We are also piloting credit recovery, using Edgenuity and guidance counselor Dan McCaul, to offer students an opportunity to make up credits and get closer to being on track to graduate on time.

In the middle our usual hectic time of year, we have also been exploring ways to redesign NWFC to increase student engagement and make sure our school matches the needs of our students to the fullest extent. Part of that work has been

visiting other non-traditional schools and meeting with their students and staff. I personally visited Casco Bay School in Portland with Tom Serino and Maureen Robichaux as well as Chelsea Opportunity Academy with Margaret Green. Getting to see how other schools are thinking "outside of the box" was both inspiring and invaluable, with respect to this redesign process. Staff will be meeting on a Saturday to start to outline how to implement some of these innovative ideas in the coming school year.

Though this is an extremely exciting time, it also puts a strain on staff who are covering a multitude of roles while others have been engaging in the change process. I want to take the opportunity to give shout-outs to a few people who have gone above and beyond... Tim Dunphy has taken on an enormous amount of work on the design process. Maureen, Tom, Tim Dempsey and Sa-

rah have all participated in a school visit or full day design team meeting. Maria has covered just about every class we offer. Liz has been offering staff various wellness opportunities to keep us fresh. Nicole continues to put together this excellent newsletter. Francois has dealt with virtually all of the students during struggling moments. David and Tommy continue to feed the homeless every Friday with kids and handle a plethora of problems without asking for credit. Julia put together an all school March Mammal Madness competition and Virginia continues to be the rock that holds down the school while Margaret is a principal and school re-designer at the same time. Everyone else has been doing more than their share to keep things afloat. It takes a village and we have a strong one from our staff to our kids.

## WHO IS JULIA? BY JENNA WALSH

When asking what 12 people what they thought of Julia these were their responses;

"She's so happy all the time, and she's so supportive."

"She's really... environmental."

"She's nice."

"Orientation! She was my orientation teacher."

"She has a positive attitude."

"Puns."

"Penguins. Definitely Penguins."

"Uhh, she's cool, chill."

"She's extra.. But in a good way!"

"Energy. She has such a positive energy. She's such a caring person with a big heart that loves kids and cares about staff. She gets so excited about things that I don't even understand.. But then I get excited. She has such contagious enthusiasm. She's fun."

"She's a fun and outgoing person."

"She's funny. And she's unique, especially her jokes."

As her counselee, I can say all of these are true. It's no wonder Julia is our orientation teacher as she is one of the most outgoing, welcoming people I have met in my life. Julia has changed the way I look at and face situations, and overall has helped me to become not just a better student, but a better person. Seeing her smiling face in the morning is truly the best way to start the day, as her enthusiasm and her energy is so contagious. As I continue to learn about her and from her I become more and more appreciative of the opportunity to meet and become close with Julia.

So who is Julia? Julia is one major piece in the puzzle that makes up our school's heart and spirit. She is the most down right amazing woman, between her bad puns and her love of animals. Julia is my counselor and I wouldn't have it any other way.



## CANOBIE LAKE BY GABRIEL PEREIRA



My memories from Canobie Lake last year are really great. I went on all the rides with my friends and ate some food. I look forward to doing it again this year because it was really fun last year, and I'm hoping I can go this year and have fun again this year too. Last year I went on all of the Canobie Lake rides with my friends, but my most favorite ride in Canobie Lake is the Untamed roller coaster. I chose the Untamed roller coaster because it was more dangerous and scarier.

For the people who haven't gone to Canobie Lake, it is a really big place. There are a lot of rides there, even for the little kids. There is also

food, but most importantly, there is a concert in Canobie Lake.

If you are in NW/FC (Next Wave/ Full Circle) and you are trying to go to Canobie Lake, you have to collect points and to do that you have to carry a point sheet. You have to collect points for two weeks and try not to get in trouble or suspended. If you got all of these instructions then we are going to Canobie Lake on May 30, 2019. You'll need \$20 so you can get in Canobie Lake, but if you can't get \$20 you can do chores in NW/FC to earn money so you can go to Canobie Lake and use the rest for food if you get hungry.



## HAPPY TO BE HERE BY JONATHAN SCOTT

Next wave is a better school for me than my old school. Next Wave is better for me because there are smaller classes and now I can get my work done. There is also more support at Next Wave. What's good so far is that my work is getting done more. Wadson has been helpful. I can go to him for any questions that I have. I am excited about the field trips that are coming up soon. I am happy to be here.



## AMAZING FOOD AT LUNCH BY JAHZYRE SMITH

I want to talk about the amazing food we have here Next Wave.

The food at Next Wave ranges from home cooked to ordering out. They do it all for the kids so we can like what we eat. Our lunch monitor, Chris, makes it for the kids. If one of us asks him to make or to get french fries and burgers, he will find a way just so we can eat. Not to mention the fact that he hears us. He makes sure all of us get what we want. My favorite thing about him is that he cares, and my favorite lunch is bread sticks and meatball subs.

In the end, I just want to say how great he is!



## MORE LOVE FOR LUNCH BY RAKIN BHUIYAN

Many school cafeterias in Somerville don't have many options to choose from and don't allow getting more than one lunch. This is because there's usually too little to go around for the huge number of students. In fact, sometimes there are so many kids that there's usually not enough space in the cafeteria for everyone to sit, so they have to fight over the seats.

Next Wave's school cafeteria is different because there's not many kids. Because there's not many kids in Next Wave, you're allowed to get enough food and there's a variety of drinks. There's plenty of seats, so no one is fighting over them. When you have pizza on Wednesday, the pizza there actually has toppings unlike other schools, who just have plain cheese pizza. Not only that, but the cafeteria unlike most other schools, is usually quiet. Due to the smaller number of kids, there's not much noise, so the kids can get to relax.

## THE NEW YORK EXPERIENCE BY WILLIAM SANTOS

All year, I have been working with our principal and Springpoint to change up the school and make it better for students attending Full Circle and Next Wave. I was asked to participate as our school's student representative. Springpoint asked us to attend a New York City Study Tour, which allowed us to go in to three high schools to observe.

It was such an incredible experience. As soon as we got to Penn Station, everything felt like a montage. It was always a dream of mine to visit New York City. Tim Dempsey and Margaret Depasquale were there to join as well on the Study Tour. It was a 4 day event and other schools were also invited. We were put up at The New Yorker Hotel on 8th Avenue.

March 18th was the first day starting with the Springpoint event. Springpoint gave a brief summary on each school and taught us the differences in competency levels of the three schools that Tim, Margaret, and I visited.

On the next day, the first school that we attended to observe was an all girl school known as The Young Women's Leadership School. This school serves approximately 440 young women in 6th through 12th grade. It is part of the Young Women's Leadership Network. They are located in East Harlem, Manhattan, New York City. Later in that evening, we had an opportunity to visit another school. That school is located in the Bronx of New York. They are known as Bronx Arena High School. It is a collaboration with the Department of Education. They are dedicated to serving over-age, under-credited students, inspiring them to engage in school and empowering them with an education that would prepare them for success in college, career, and life.

The following day, we had a collaboration with Springpoint facilitators and the schools that were invited to this event. We gave our personal opinions of the two schools we visited, what we observed, and how those two different schools can be rolled in to our school community. When we finished for the day, Springpoint invited all of us to play bowling and eat dinner. Little do you know how good our principal is at bowling.

Our last day, we got to visit the third school that was also located in the Bronx. It is known as South Bronx Community Charter High School. Students' learning here has an emphasis on academic, personal and professional skills in a supportive and responsive learning environment. They realize their futures in college, community and career.

After we got to visit all three school, Springpoint let our team get in to brainstorming. We were trying to figure out a way to bring information that we received in NYC to our school environment, and what we could do that could switch up our school into a life-learning experience.

The NYC Study Tour was definitely an experience that I enjoyed, I'm very thankful for having the opportunity to be apart of a change that I believe my community can embrace. I have a chance to show what Somerville really is.



On Valentine's Day we went on an all-school field trip to Rollerworld. We were skating and we were having fun. Our whole school went on the trip because we made money at the tree lot. We go every year on Valentine's Day as a reward for working at and setting up the tree lot. We had food and drinks. The type of food we had was pizza, Coke and Sprite.

We did a lot of cool things on the skates like riding backwards and riding on one leg. We helped people that didn't know how to skate. Tonishae had to take shortcuts around because she couldn't go fast like we were. Staff and students went to the field trip. We took two school buses and a school van. We had to rent some Rollerblades if we wanted to buy for 3 dollars. If you didn't want to skate, they had an arcade where kids played games. We went to Rollerworld at 10:45 to 2:15 got back to School at 2:35. I had a good time at Rollerworld.

-Isaiah Dubuisson



## ROLLERWORLD



On Valentine's Day we went to RollerWorld for a field trip with Next Wave, Full Circle, teachers and staff. We made the money to go from the tree lot. Before we went, we had first and second periods. During first period, Tim's counseling group came in and gave out Valentine's Day candy. Agnes and Maureen bought candy for me and sent it to me.

Teachers and staff were on the school buses to monitor the kids. We were in Saugus and it was a new experience for me and my first time roller-skating. It was hard and I fell a lot of times. Everyone liked the music they played because it was calm music. The food was good and I ate fried dough.

- Tonishae Lewis

## TEEN EMPOWERMENT BY CAYO ALMEIDA

Working at Teen Empowerment is very fun and also educational. Before I worked at Teen Empowerment, I used to be a regular 2018 teenager, but now I feel like I'm helping and fixing the community we live in. I also learn more about the community I live in.

In Teen Empowerment we talk about the issues people are experiencing in Somerville or we plan events for people to

come to. At these events, we try to teach about our program and about mental health or just have fun and eat. Ultimately, my bosses are my favorite part about work. They're mad chill and cool so it makes work 20 times better.

Look out for announcements about upcoming events hosted by us or ask me about how to get involved.



We love what our art teacher, Lindsey Richard, does with our kids to beautify our space! Check out what they've been up to since the last issue!

*This month at Next Wave and Full Circle students enrolled in Graphic or Activist Art classes focused on artist, Keith Haring! Haring was a street-turned-Pop artist known for creating artwork that responded to social and political issues during his lifetime. Among conversations about concerns we share within our community and how art can help connect us we made paintings in Haring's style. Our artwork and mural have been installed in the stairwell as a bright and colorful way to lead us up the stairs and into the hallways of our vibrant school!*



## NORTH BENNETT STREET

The entire Next Wave School went on a fieldtrip to the North Bennett Street School located in the North End.

We enjoyed seeing a woman crafting a violin from scratch. She explained to us that the entire process takes about 2 years to complete.

We also saw people making things we use in our everyday lives. We saw chairs, end tables and cabinets built from scratch.

Also, at the school you could learn how to tune a piano, make jewelry and book binding.

After our tour we ate pizza from the North End which was delicious!!

*Submitted by Bryan, Kevin, Connor and Joseph*



## FROM THE NURSE: WILLIAM BINGAY, R.N.

I knew you've been itching to do it . . . deep down in those caverns of "I wish!" you've been nurturing your entrance into **addressing** an audience.

Imagine, if you will, standing on a stage and you, yes you, begin to **speak**.

### How to: Tips Easy:

Have something to say, something you want to say, believe in, love, something you know **people will want** to hear as much as you do. (**Know your audience**)

Have an event in mind (contest, assembly, podcast) to do it. (**Goal**)

I told you that was easy.

### And Hard:

Your **voice** (that sound coming from your mouth): Use it in such a way someone listening at the 50 yard line of a football field from the goal will hear every syllable you say distinctly. (**Wow, you must be kidding!**)

[Not so. Loud without strain. (**Someone has to hear you**)].

**How am I going to do that?** you say. I'm so glad you asked.

**Project.** Breathe. I know you do, but **from where?** Answer: your lungs. Using your diaphragm (a muscle, that feels like it's on top of your stomach, when contracted expands lungs, draws in air.) What do you think happens when it relaxes? (Too easy)

### How do I learn how to do that? One way:

Pick up a harmonica, blues harp best, make sounds breathing in and out **through** the harmonica. (If you are really good make up a blues riff) So, I'm crazy. Suddenly: you are forced to use the diaphragm. You can feel it. Practice. BTW it's really cool.

Have I done it? Yes.

Have I spoken before an audience? Yes

Can you? Yes

**Another way:** Practice. Exercises are at the Health Room. **Memorize** what you are going to say so we can focus on making your speech memorable.

Now, **last points:** Be kind to your voice. Take possession of it. It's yours, **like it**. Drink water, lots, for a moist strong voice. Get a good night's sleep. Lay off acidic drinks (O.J.), avoid smoky environments.

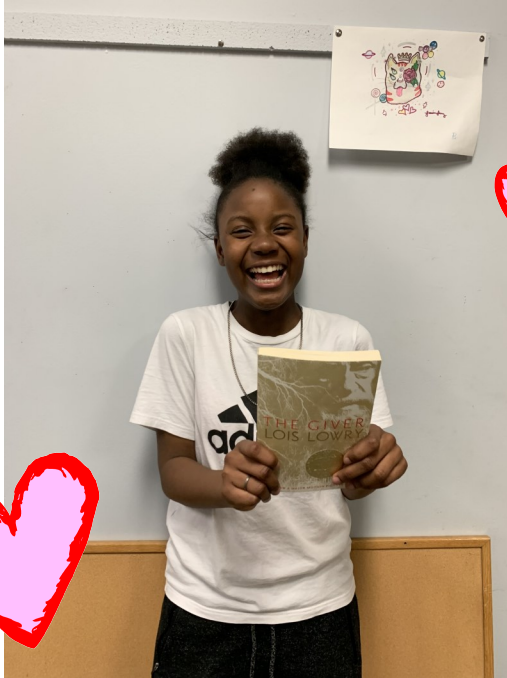
**Did I say practice?** Nervous? Of course. Worth it? You bet.

Brought to you from the Council for Improving Vocal Quality.

Say again: / Vo-cal Qual-ity/. Not real, but should be. The advice though is real.







## THE GIVER BY TONISHAE LEWIS

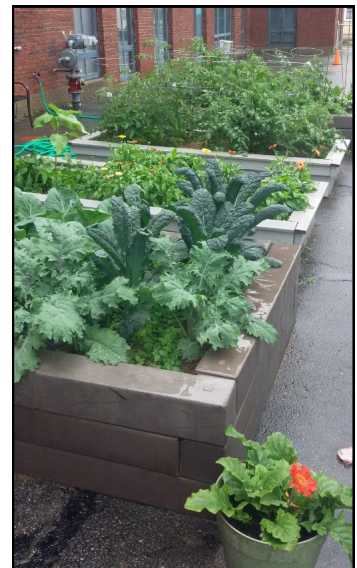
In Nicole's class we read the book *The Giver*. *The Giver* is now my favorite book and you will love it if you take the time to read it. It is about a boy named Jonas who is selected to keep his community safe by taking their memories so they don't hurt themselves. *The Giver* is a good book to read because you learn new things you didn't know about, like why it's important to have choices and respect the old.

When the class finished reading the book, we created a timeline about the characters and what happened with them. After the class was finished with the timeline, we watched the movie. It was also fun, but some of the things that happened in the movie didn't happen in the book. I still enjoyed it.

Nicole found me the second book in the series and I'm trying to get her to read that to me, too!

## OUR SCHOOL GARDEN: AN UPDATE

Our schools' garden space on Cross Street is looking better than ever! After the Christmas Tree Lot wrapped up, students submitted designs for the placement of our new garden beds. We are still in the process of seeing what configuration works best for us to enjoy lunch, yoga, and all of our planned fruits and vegetables. In the meantime, students in the Garden committee have been outside weeding and inside planting seeds. Expect lots of peppers, zucchini, and garlic coming soon! Below are some pictures of our success last year. We have double the amount of beds this year—it should be beautiful!



## Next Wave/ Full Circle

8 Bonair Street, 3rd Floor  
Somerville, MA 02145

Phone: 617-629-5640

Fax: 617-628-6837

e-mail: mdepasquale@k12.somerville.ma.us



## WE'RE ON THE WEB!

HTTP://  
WWW.SOMERVILLE.K12.MA.US/  
SCHOOLS/NEXT-WAVE-FULL-CIRCLE  
-ALTERNATIVE-SCHOOLS-6-12

## SIGMUND ANSWERS YOUR QUESTIONS!

Joshlyn asks, "Sig, I didn't do as well as I should have on my report card. Do you have any tips that will help me have a better 4th quarter?"

Hi Joshlyn! I bet a lot of students are struggling with the same feelings right now! You can start by reading your teachers' comments for specific things you can do to improve your grades in class (like homework or test corrections!). In general, you should also carry a point sheet— it helps to keep you accountable and show you exactly where you're doing well, or where you could use improvement (maybe don't take so long getting water every 2nd period!). Doing this will also help you earn trips and rewards! Win-win!



## BEFORE AND AFTER SCHOOL CLUBS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NEWSLETTER	OPEN GYM		ART CLUB	ART CLUB
			OPEN GYM	EARLY RISERS CAFE
				HW CLUB
	BASKETBALL		BASKETBALL	FEED THE
	HW CLUB		FITNESS ROOM	FITNESS ROOM

*We are a community that values safety, respect and responsibility. We build positive relationships and decision-making skills to support students' academic, emotional, social and personal growth to be prepared for future success.*