



# Community Bulletin

December 12th, 2022

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Dear Shrewsbury Families,

Please note the following announcements and information related to various events or activities that may be of interest to you and your children. Announcements from non-school sources are passed on as a courtesy if they meet the requirements of the [School Committee policy](#).

## School District Items

1. [Save the Date](#) – TONIGHT 7pm-8pm: Live Webinar on Sleep Health with Dr. Judith Owens from Boston Children’s Hospital & Harvard Medical School **(New)**
2. [Please Note](#) – Seeking Nominations for the Upcoming SPS Annual Report
3. [Please Note](#) – Employment Opportunity: Crossing Guard

## Community Items

1. [Please Note](#) – ASPIRE Program for High School Students **(New)**
2. [Save the Date](#) – Public Forum on Funding Plans for the Second Phase of ARPA Funds, December 13th **(New)**
3. [Please Note](#) – Shrewsbury Parks & Recreation Winter Programs **(New)**
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7. [Save the Date](#) – Shrewsbury Trails Committee “First Day Hike,” January 1st
8. [Save the Date](#) – Girl Scout Babysitting Night, December 17th
9. [Save the Date](#) – Girl Scout Recruitment Night, December 14th
10. [Save the Date](#) – Shrewsbury Historical Society Presentation, December 14th

## Youth Athletics and Activities

1. [Please Note](#) – Shrewsbury Youth Soccer Spring Season
  2. [Please Note](#) – Shrewsbury Youth Lacrosse Registration
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## School District Items

### **1. Save the Date – TONIGHT 7pm-8pm: Live Webinar on Sleep Health with Dr. Judith Owens from Boston Children’s Hospital & Harvard Medical School (New)**

Please join us this evening from 7pm-8pm for a live webinar with [Dr. Judith Owens](#), an expert on the sleep health of adolescents and children from Boston Children’s Hospital and Harvard Medical School. **Dr. Owens will speak about the research related to students’ sleep health and school start times.** There will be a presentation of information and a Q&A portion. This timely presentation will precede recommendations for potential school start time changes for next fall that will be presented to the School Committee this coming Wednesday evening by the Sleep Health Advisory Committee. **Use this link to join the webinar:**  
<https://shrewsburyps.zoom.us/j/82608980125>

### **2. Please Note – Seeking Nominations for the Upcoming SPS Annual Report**

An invitation from Dr. Jane Lizotte, Assistant Superintendent for Community Partnerships and Well-Being, and Ms. Karen Isaacson, Director of Extended Learning:

Shrewsbury Public Schools is seeking nominations of extraordinary people and programming in our schools to feature in the upcoming SPS Annual Report. The report will recognize individuals and celebrate accomplishments made during the 2020, 2021, and 2022 calendar years. The Annual Report celebrates faculty, staff, students, and alumni who exemplify SPS's Core Values and consistently respect, include, and empower others. Past submissions and recognitions illustrate a balance of diverse skills, experiences, contributions, and profiles.

Please consider nominating a special person and/or program! Click [here](#) to submit your nominations. Thank you for your consideration.

### **3. Please Note – Employment Opportunity: Crossing Guard**

Do you enjoy working with children? Are you a morning person? Do you love the outdoors? If so, please consider applying for the Crossing Guard position at Sherwood Middle School! We are interested in candidates who are invested in the achievement, equity, and access of all learners in and beyond the classroom. Please [click here](#) to apply via SchoolSpring.

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## Community Items

### **1. Please Note – ASPIRE Program for High School Students (New)**

*The following is a communication from Dr. Jane Lizotte, Assistant Superintendent for Community Partnerships and Well-Being. This opportunity is being offered by the Department of Polymer Science and Engineering at the University of Massachusetts Amherst:*

This is an exciting opportunity being offered through UMASS Amherst for high school students interested in hands-on experiences in STEM! The application is due THIS Thursday, December 15th.

The ASPIRE program, led by graduate students in the Department of Polymer Science and Engineering at UMass Amherst, is a free outreach event that invites high school students to participate in a series of experiments in polymer chemistry, physics, and engineering. High school students do not need to have previous experience with polymers. ASPIRE runs for five consecutive Saturday mornings (9:00 a.m. to 12:00 p.m.), starting January 7th through February 4th. ASPIRE's goal is to create a platform for potential young scientists to experience the excitement of lab work, wrestle with scientific concepts, and have an opportunity to talk with graduate student mentors about our experience with science in college and beyond.

For more information and/or questions, please contact us by email at [aspire.umass@gmail.com](mailto:aspire.umass@gmail.com) or visit our [web page](#). The ASPIRE 2023 application form can be found [here](#).

### **2. Save the Date – Public Forum on Funding Plans for the Second Phase of ARPA Funds, December 13th (New)**

On Tuesday, December 13th at 6:30 p.m., please join the Select Board and Town Staff for a Public Forum at the Shrewsbury Senior Center, 98 Maple Avenue, to discuss the Funding Plans for the Second Phase of ARPA funds. This will be an opportunity for residents, the Select Board, and Town Staff to meet in a casual setting to discuss and get feedback on the Phase II ARPA funding plan. The American Rescue Plan Act Comprehensive Funding Plan can be found at [www.shrewsburyma.gov/arpa](http://www.shrewsburyma.gov/arpa). Please contact the Office of the Town Manager at (508) 841-8508 or through email at [manager@shrewsburyma.gov](mailto:manager@shrewsburyma.gov) with any questions! If you are unable to attend the forum, you can submit comments via email to [selectboard@shrewsburyma.gov](mailto:selectboard@shrewsburyma.gov) through noon on December 20th.

### **3. Please Note – Shrewsbury Parks & Recreation Winter Programs (New)**

Winter Online Registration - Currently accepting registration for winter programs listed below. Additional programs will be added throughout December. Pre-registration is required for all of the Parks & Recreation programs. Space is limited.

Dodgeball - Mondays starting January 9th at Sherwood Middle School from 6:00 to 6:45 p.m. Cost is \$40.

Preschool/Tots Activities - Now accepting registration for Bitty Basketball, All Sports, Baseball, Tiny Soccer, and lil Dragons Karate.

Baseball Skills Clinic (Indoors) - Tuesdays or Thursdays for ages 5-7 from 4:30 to 6:00 p.m. starting Tuesday, December 13th at the Shrewsbury Club. Cost is \$185.

Kids Test Kitchen! - For kids ages 7 and up, each virtual class presents students with an opportunity to explore new or familiar foods in their raw, unmanipulated state. Then, with adult supervision and occasional assistance (as needed), we'll work together virtually to slice, dice, peel, measure, and cook until we have each prepared the finished dish. The virtual experience gives students the unique opportunity to immediately share their work with family! Six Tuesdays starting January 10th or six Thursdays starting January 12th from 5:30 to 6:30 p.m. Cost is \$82.

Home Safety - Ages 9 and up, Saturday, January 21st from 9:30 a.m. to 12:00 p.m. at Oak Middle School Cafeteria. Cost is \$37.

Babysitting Course - For grades 6th-8th on Tuesdays, January 17th and January 24th from 4:00 to 6:30 p.m. at Oak Middle School Cafeteria. Cost is \$57.

Children's Conversation Skills Workshop - Grades 2nd-7th on Saturday, February 11th from 11:00 a.m. to 12:00 p.m. at Oak Middle School Cafeteria. Cost is \$50.

Social Skills Workshop - Grades 2nd-7th on Saturday, February 11th from 9:30 to 10:45 a.m. at Oak Middle School Cafeteria. Cost is \$60.

Teen Interview Workshop - Grades 8th-12th on Saturday, February 11th from 1:30 to 3:00 p.m. at Oak Middle School Cafeteria. Cost is \$65.

Children Dining Etiquette Workshop - Grades 2nd-7th on Monday, January 30th from 6:30 to 8:00 p.m. at Oak Middle School Cafeteria. Cost is \$65.

Adult Yoga - Tuesdays and Thursdays starting January 3rd

Adult Tai Chi - Wednesdays starting January 4th

Visit our website! [shrewsburyma.myrec.com](http://shrewsburyma.myrec.com) Create a new account if you have not done so within the past year.

#### **4. Please Note – Shrewsbury Public Library Events (New)**

##### Spanish Conversation Club

Are you looking for a casual space in which you can practice your Spanish and learn more about the multiple cultures of those who speak that language? Join the Spanish Conversation Club every Tuesday at the Shrewsbury Public Library (6:00 p.m. in the Learning Lab on the second floor). No registration required.

¿Buscas un espacio informal en el que puedas practicar tu Español y aprender más de las múltiples culturas que hablan este idioma? Únete a nuestro club de conversación los martes en la biblioteca pública de Shrewsbury a las 6:00 p.m. en el laboratorio del segundo piso. No es necesario registrarse.

##### Paul Newman: Star of Stage, Screen, and Salad Dressing

Join the Shrewsbury Public Library and film lecturer Frank Mandosa on Tuesday, December 13th at 7:00 p.m. for this engaging event. Paul Newman had an Academy Award, a happy marriage to Oscar-winning Joanne Woodward, Broadway success, and a set of blue eyes that could melt the most cynical moviegoer. As the star of such classics as *The Hustler*, *Cool Hand Luke*, and *The Sting*, his status of screen icon is cemented in film history. But despite his success on the stage, screen, and race car tracks, he was most passionate about his philanthropic work with gravely ill children. Come hear about Newman's life and career: there will be trailers, handouts, and chances for movie-themed door prizes! Sponsored by the Friends of the Shrewsbury Public Library. This event will take place in person at the library; please register to attend [here](#).

##### 50+ Job Seekers Virtual Networking Group

The Massachusetts Library Collaborative's 50+ Job Seekers Group meets on the 1st and 3rd Wednesdays of the month, from 9:30 to 11:30 a.m. on Zoom. If you are unemployed and actively looking, underemployed, seeking a new career direction, or re-entering the job market after a gap, this networking group program is perfect for you! Each meeting features a new topic and includes activities such as presentations, hands-on workshops, guest speakers, access to hiring managers, small group breakout rooms to network, and 1-on-1 coaching guidance.

The December meetings focus on the following:  
December 21: Networking 2.0: You Must Give/Get

This group is sponsored by a partnership between the public libraries in Andover, Billerica, Chelmsford, Danvers, North Andover, Shrewsbury, Tewksbury, Westford, and Wilmington. Please [register](#) for each meeting separately.

## 5. Please Note – Shrewsbury Public Library Events for Tweens & Teens (New)

We have some great events for tweens and teens happening in December at the Library!

- Fridays, December 16th - [Self Improvement Club](#) - 4:00 p.m. in Meeting Room A. Grades 5-12. No registration necessary. Explore self improvement, productivity, self reflection, and happiness. You will be sure to learn something useful while also having fun! Led by Arnav N and Harish R of SHS.
- Tuesday, December 13th - [Mason Jar Cookies](#) - 3:00 p.m. in Meeting Room A. Grades 5-12. No registration necessary. Get a head start on your holiday gifts or make yourself a nice treat! Drop in while supplies last to make mason jar cookies - all the ingredients you need to make delicious cookie mixes in a charming mason jar, complete with instructions.
- Friday, December 16th - [Friday Afternoon Videogames](#) - 3:00 p.m. in Meeting Room B. Grades 5-12. No registration necessary. School is over - work off a little steam with videogames! We'll have some of the most popular multiplayer games for the Nintendo Switch, like Super Smash Bros, Mario Party, and Overcooked. Show up ready to play or just watch your friends!
- Sunday, December 18th - [Rubik's Cube Club](#) - 2:00 p.m. in Meeting Room B. Ages 8+. No registration necessary. Are you interested in a brain teaser? A way to challenge your mind and have fun at the same time? Join our Rubik's Cube Club! Each week we'll work on new cube puzzles.
- Monday, December 19th - [Teen Advisory Meeting](#) - 8:00 p.m. in the Teen Room. Grades 5-12. [Registration](#) required. Join us to meet some new people, eat snacks, and help us make our Teen Room (and library) THE BEST! Earn volunteer hours for attending and participating.
- Wednesday, December 28th - [Ukulele with Julie](#) - 6:00 p.m. in Meeting Room A. Grades 7-12. [Registration](#) required. Want to try an instrument that is fun and easy to play? Join Julie Stepanek to learn how to tune, strum and read chords. After a short lesson, you'll be able to play songs.
- Thursday, December 29th - [Escape Room: Disaster at Moon Base Artemis](#) - [2:00 p.m.](#) and [3:30 p.m.](#) in Meeting Room B. Grades 5-12. Registration required. In space, no one can hear you scream... with excitement, as you conquer our Escape Room: Disaster at Moon Base Artemis! Adventurers are invited to test their wits, speed, and teamwork as you find clues, solve puzzles, and prevent an AI from destroying humanity's home on the moon.
- Friday, December 30th - [Escape Room: Disaster at Moon Base Artemis](#) - [10:00 a.m.](#) and [11:30 a.m.](#) in Meeting Room B. Grades 5-12. Registration required. In space, no one

can hear you scream... with excitement, as you conquer our Escape Room: Disaster at Moon Base Artemis! Adventurers are invited to test their wits, speed, and teamwork as you find clues, solve puzzles, and prevent an AI from destroying humanity's home on the moon.

Check our [online calendar](#) and [digital pdf calendar](#) for more details and registration!

## **6. Please Note – Shrewsbury Youth and Family Services Groups (New)**

### Meditation Group for High School Students

Enrollment for a new Meditation Group at SYFS is now open! This 6-week educational group is for any high school student looking to start a meditation practice or learn what meditation is about. Meditation and mindfulness are evidence-based techniques that have been shown to help people improve their mental health and make lasting positive changes in both the brain and the body. Throughout the course, students will learn about the benefits of meditation as well as a variety of techniques they can practice on their own. Each week, participants will have the opportunity to meditate with a trained instructor, reflect on their experience, and connect with like-minded peers. By the end of the 6-week program, students will be able to establish their own meditation practice and begin to incorporate mindfulness into their everyday lives. No prior experience necessary to join. Sessions will be led by a Licensed Therapist with a certification in meditation as well as a Masters-level intern and will be free of charge.

The six-week session begins on Tuesday, January 17th and all sessions will be held on Tuesdays from 3:00 to 3:50 p.m. For questions and registration, please email [ARobinson@syfs-ma.org](mailto:ARobinson@syfs-ma.org). Please note that we will not be able to accept new group members after the second session. Space is limited, so it is recommended to sign up early!

### Art Therapy Group for 5th and 6th Grade Students

Enrollment is now open for our new 6-week Art Therapy group for 5th and 6th graders! The intention of this group is to create a safe place for children to experience and creatively express their emotions, as well as cultivate opportunities for self-expression, mindfulness, acceptance, and self-compassion. The art therapy exercises will include a variety of techniques ranging from collaging and textiles to drawing, painting, sculpting, and writing. Kids will walk away with some really cool artwork, but the focus will be on the process, not the product. They will learn to let go of critical thoughts and judgements that could impede the creative process. Navigating the challenges of adolescence today is hard and this group will be a place where kids can increase coping and social skills through creative expression. No artistic expertise necessary! The group will be led by a local Visual Arts Educator/Certified Therapeutic Art Life Coach and a Masters-level intern and will be free of charge.

The six-week session begins Monday, January 9th and all sessions will be held from 4:00 to 5:00 p.m. For questions and registration, please email [ARobinson@syfs-ma.org](mailto:ARobinson@syfs-ma.org). Please note that we will not be able to accept new group members after the second session.

#### Social Emotional Learning Group for 3rd and 4th Grade Students

Enrollment is now open for our new 6-week Social Emotional Learning group for children in third and fourth grade! This group is designed to support children in identifying, understanding, and managing emotional experiences, developing skills to establish and maintain positive relationships, and learning and practicing skills to communicate successfully with others. This will also be an opportunity to engage with peers and foster new friendships! The group is facilitated by a Master's-level clinician and a Master's-level intern. Social emotional learning has been shown to increase academic success, positive social behavior, and confidence, as well as decrease emotional distress. Developing these skills now will better prepare children to navigate school, friendships, family, and other road bumps life may throw at them!

The six-week session begins on Tuesday, January 17th and all sessions will be held on Tuesdays from 4:00 to 5:00 p.m. For questions and registration, email [ARobinson@syfs-ma.org](mailto:ARobinson@syfs-ma.org). Please note: we will not be able to accept new group members after the second session.

#### Depression and Anxiety Support Group for 7th and 8th Grade Students

Enrollment is now open for our NEW 6-week Depression and Anxiety Support group for children in 7th and 8th grade! Navigating middle school can feel overwhelming. It's not uncommon for young adolescents to struggle with worries, sadness, and self-doubt. This program will allow children to learn about mental health, identify tools and coping skills to help manage fears and worries, challenge negative thoughts and identify positive thinking, and explore hopes and dreams for the future. This group aims to help children feel they have the skills necessary to be successful. It is designed to support young teens in identifying, understanding, and managing emotional experiences, developing skills to establish and maintain positive relationships, and learning and practicing skills to communicate successfully with others. This will also be an opportunity to engage with peers and foster new friendships! This group is facilitated by a Master's level clinician and a Master's level intern.

The six session group begins on Thursday, January 19th and all sessions will be held from 4:00 to 5:00 p.m. For questions and registration, email [ARobinson@syfs-ma.org](mailto:ARobinson@syfs-ma.org). Please note: we will not be able to accept new group members after the second session.

### **7. Save the Date – Shrewsbury Trails Committee “First Day Hike,” January 1st**

The Shrewsbury Trails Committee invites you to start off a healthy New Year on January 1st with a First Day Hike!



First Day Hikes have become a tradition throughout the country in national and state parks and many natural areas. Please join us at Lake Street Park on Saturday, January 1st between 10:00 a.m. and 12:00 p.m. Explore the trails (a paved walkway and natural paths), hunt for signs of wildlife, take a guided walk, or just chat by the fire and enjoy hot chocolate. All are welcome and there is no pre-registration. Meet at the park's picnic area near the first parking lot, and be sure to dress for wintery weather and likely trail conditions. For more information, call Lisa Grosskopf at (909) 239-5843 or email the Trails Committee at [trails01545@gmail.com](mailto:trails01545@gmail.com).

### **8. Save the Date – Girl Scout Babysitting Night, December 17th**

Girl Scout Troop 30993 is hosting a babysitting night on Saturday, December 17th at the First Congregational Church in Shrewsbury (downstairs) from 5:00 p.m. to 9:30 p.m.

The cost is \$25 for the first child, \$20 for the second child, and \$15 for the third child (in a family). We will also have pizza available for \$2/slice, along with snacks and drinks (free). Please help us plan by pre-ordering pizza.

You may pay with Venmo @GS30993 or by check payable to Girl Scout Troop 30993. Please put your name in the memo for Venmo so that we can keep track of you!

In addition to our troop members, several adults will be present. We ask that each family complete this waiver (paper copies will be available in person) and note that there will be no medical personnel on duty. In case of emergency, parents will be contacted. Please email Karen Troy (Girl Scout troop leader) at [karentroy@gmail.com](mailto:karentroy@gmail.com) with any questions. Sign up for the babysitting night [here](#).

### **9. Save the Date – Girl Scout Recruitment Night, December 14th**

A new Shrewsbury Daisy Troop is holding a registration/information event on Wednesday, December 14th from 6:00 to 7:00 p.m. at the First Congregational Church (19 Church Road). Families interested in their girls joining this troop are invited to attend this event. Girl Scouts happens when adults get involved!

This event is for girls currently in kindergarten or first grade who are not currently Girl Scouts. Please register for this event [here](#) by December 10th to save her spot. If you have any questions, please email [info@gscwm.org](mailto:info@gscwm.org).

### **10. Save the Date – Shrewsbury Historical Society Presentation, December 14th**

The First Congregational Church of Shrewsbury presents “Reflections on our Past” with special guests from The Shrewsbury Historical Society and presented by Bill Whitehead and a colorful cast of characters on Wednesday, December 14th at 7:00 p.m.

Join us for an exciting and informative stroll through our past and a close look at the founding of our church and town. Who were the people who settled here? What motivated and differentiated them? Where did they come from? Have a seat in our meetinghouse, which will be adorned with poinsettias, wreaths, and window candles and gaze upon its incredible architectural features. Hear about the original building, the present building, and the various changes and additions through the years. Listen to the stories and tales that have been recorded in our historical documents. View some of the pictures from our archives and see how our Church on the Green looked so many years ago. Enjoy a music program that will include piano, our hand bell choir, the Shrewsbury Ringers, and our Cassavant organ. You will learn what our founding families endured in order to establish this wonderful faith community and how we continue to evolve and minister to needs in the area. Join us afterwards for refreshments and comradery.

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## **Youth Athletics and Activities**

### **1. Please Note – Shrewsbury Youth Soccer Spring Season**

Registration is now open for the Spring season for all Shrewsbury Youth Soccer age groups (pre-kindergarten through grade 12). Our season is scheduled to start in early April 2023 and will run to the end of the school year. [Click here](#) to register. If you did not register for fall 2022, we have migrated our registration system to Sports Connect. Some important points for registration:

- If you do not currently have a Sports Connect account, you will have to create one and add each of the players you would like to register for the spring.
- You do not have to upload a birth certificate.
- If you are ordering a travel uniform, please be sure to select the corresponding fee buttons under “Additional Registration Information.”
- The Fan Wear Clothing Store that Sports Connect forces you into at the end of the registration process, much like an amusement park where you are dropped into the souvenir shop at the end of the ride, does not offer the travel uniforms; they have to be selected at the top of the registration form.

### **2. Please Note – Shrewsbury Youth Lacrosse Registration**

Registration is now open for the spring 2023 season for all Shrewsbury Youth Lacrosse age groups (girls and boys in grades 1-8). The girls' and boys' lacrosse programs recently combined, so you can easily register your athletes in one easy location. Please reach out to Alison Smith [alison.smith@shrewsburylacrosse.org](mailto:alison.smith@shrewsburylacrosse.org) if you have questions. [Click here](#) to register. We migrated our registration system to a new platform. Some important points for registration:

- If you do not currently have a Demosphere account, you will have to create one and add each of the players you would like to register for the fall.
  - You do not have to upload a birth certificate.
  - Uniform ordering will come in a few weeks. We appreciate your patience as we manage the growing pains of switching platforms and combining programs.
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