



Community Bulletin

December 27th, 2022

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

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Community Items

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Youth Athletics and Activities

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School District Items

1. [Please Note](#) – Visual Arts Department Art Exhibitions **(New)**

Shrewsbury Public Schools students are showcasing their artwork this winter at Shrewsbury Credit Union, Shrewsbury Town Hall, Anna Maria College (virtual exhibition), and through the National Art Honor Society (virtual exhibition). Please [click here](#) for more information about these exhibitions and the participating artists.

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.

Community Items

1. Save the Date – Chinese Spring Festival, January 22nd (New)

The 2023, Year of the Rabbit, Chinese New Year celebration party will be held at the Shrewsbury High School Auditorium on Sunday, January 22nd from 1:30 to 4:30 p.m. The organizers are Massachusetts Beijing Chinese Language School, Shrewsbury High School Mandarin classes, Oak/Sherwood Middle School Mandarin classes, St. John's High School Mandarin Classes, and Mulan Performing Arts Association. Please [click here](#) for the program flier. Free of admission up to the capacity of the auditorium.

2. Please Note – Shrewsbury Parks & Recreation Winter Programs

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 Create a new account if you have not done so within the past year.

3. Please Note – Shrewsbury Public Library Events (New)

Tips & Tricks for Weight Management

Many people focus on weight management and improving health in the new year, but HOW do we do that? What is the best approach that is sustainable with long-lasting results? Join the Shrewsbury Public Library with Jill Patterson, Registered Dietitian Nutritionist and AFAA Certified Personal Trainer and Aerobics Instructor, on Wednesday, January 4th at 10:30 a.m. to learn science-based, practical tips and tricks for weight management. You will walk away with easy-to-do steps to achieve your ideal body! Sponsored by the Friends of the Shrewsbury Public Library. This event will take place virtually on Zoom; please register to attend [here](#).

Ukulele with Julie for Teens & Adults

Want to try an instrument that's fun and easy to play? Join the Shrewsbury Public Library with Julie Stepanek on Wednesday, December 28th at 6:00 p.m. as she shows the fundamentals of ukulele playing. You'll learn how to tune, strum, and read chords. After a short lesson, you'll be able to play songs! No experience necessary. Bring your own ukulele or borrow one of hers. This program is geared toward an older audience and will be perfect for teens in grades 7 and up. A program for kids will be held earlier in the day (register separately for each person). Sponsored by the Friends of the Shrewsbury Public Library. This program will take place at the library; please [register](#) to attend.

SPL Movie Club

Join the Shrewsbury Public Library Movie Discussion Club every first Tuesday of the month at 7:00 p.m. on Google Meet! Intended for film fans 18 and older. Watch the "Movie of the Month" on your own time, then meet with us virtually to discuss. January's theme is Academy Award Winners & Nominees; the movie is: The Artist (2011, PG-13). You may view the movie [here](#) on Kanopy (create an account/log in with your library card to access Kanopy) or find an alternative way to watch. Register [here](#) to receive an email 3 days prior to the discussion date with the Google Meet link. Contact Dana Volke with any questions: 508-841-8609 x4049; dvolke@cwmar.org.

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.

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. 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.

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

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

- Wednesday, January 4th - Author Talk: Maureen Johnson with Jennifer Lynn Barnes - 7:00 p.m. on Zoom. Enjoy a special evening with two of the country's top young adult authors as Maureen Johnson (*Nine Liars*) is interviewed by Jennifer Lynn Barnes (*The Final Gambit*), in this ZOOM webinar. Register directly on Zoom [here](#).
- Friday, January 6th - Friday Afternoon Movie - 3:00 p.m. in Meeting Room B. Grades 5-12. No registration necessary. Celebrate the end of the week by relaxing with a movie and snacks!
- Fridays, January 6th, 13th, 20th, 27th - 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 Shrewsbury High School.
- Sundays, January 8th, 15th, 22nd, 29th - 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, January 9th - '80s Trivia Night! - 6:00 p.m. in Meeting Room A. All ages. [Registration](#) required. Calling all lovers of things '80s! Crimp your hair and test your knowledge of songs, toys, people, TV shows, and events of the '80s! Register your team and save some room for a slice of free pizza!
- Tuesdays, January 10th, 17th, 24th, 31st - YMCA Youth Corps - 6:30 p.m. in Meeting Room B. For teens 13+. The Shrewsbury Public Library is excited to partner with the YMCA for a brand new leadership training program for high school students. This 4-week program will provide participants with leadership training, job readiness skills, and CPR & first aid training. All registrants will be required to complete a formal application that will be emailed to them. Register through the YMCA [here](#).
- Friday, January 13th - Friday Afternoon Doodles - 3:00 p.m. in Meeting Room B. Grades 5-12. No registration necessary. This Friday, we bring the art supplies, you bring the doodles. Drop in for some unstructured art fun with markers, colored pencils, tissue paper, pom poms, googly eyes, glitter, and whatever else is on the table.

- Friday, January 20th - 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!
- Monday, January 23rd - 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.
- Friday, January 27th - Friday Crafternoon - 3:00 p.m. in Meeting Room B. Grades 5-12. No registration necessary. Try a fun craft or activity that will change each month. No crafting experience (or talent) necessary, just try it out!

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

5. Please Note – Shrewsbury Youth and Family Services Groups

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. 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. 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. 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. Please note: we will not be able to accept new group members after the second session.

6. Please Note – Christmas Tree Pickup Program

Christmas Tree Pickup will be on your regular scheduled pickup day for all Pay-As-You-Throw households during the following weeks:

Monday, January 2, 2023 through Friday, January 6, 2023

Monday, January 16, 2023 through Friday, January 20, 2023

Please note that the original calendar shows different days for Christmas tree pickups, which were replaced with the dates above. Please place only (1) ONE REAL Christmas tree per household, free of snow and ice, free of decorations, and not frozen to the ground. Trees must be visible to the collection crew and placed at the curb by 7:00 a.m.

Pay-As-You-Throw residents will also have an option to use the drop-off location at the Old Beal School at 1 Maple Avenue from December 26th through January 20th. Please place Christmas Trees inside the dumpsters.

7. Save the Date – Boy Scout Troop 227's Pancake Breakfast, January 8th

Boy Scout Troop 227 is hosting a Pancake Breakfast on Sunday, January 8th from 7:30 a.m. to 12:30 p.m. in the Father Smith Center at St. Anne's Church (130 Boston Turnpike). Tickets are \$7, \$5 for seniors, and free for kids 5 years old and under. We will be serving pancakes, sausage, fresh fruit, orange juice, hot chocolate, and coffee. Email us at tickets@bsa227.org for tickets. Cash, check, and Venmo are accepted.

Are you a business or group interested in buying an advertisement on the placemat for \$20 per square? Contact us at scoutmaster@bsa227.org.

8. 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.

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 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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