



Community Bulletin

January 3rd, 2023

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. [Please Note](#) – Employment Opportunity: Cafeteria Help Wanted **(New)**
2. [Please Note](#) – Visual Arts Department Art Exhibitions
3. [Please Note](#) – Seeking Nominations for the Upcoming SPS Annual Report

Community Items

1. [Please Note](#) – Shrewsbury Department of Public Works Yard Waste Survey **(New)**
2. [Save the Date](#) – Al-Hamra Academy School Play, January 28th **(New)**
3. [Please Note](#) – Shrewsbury Parks & Recreation Winter Programs **(New)**
4. [Please Note](#) – Shrewsbury Public Library Events **(New)**
5. [Please Note](#) – Shrewsbury Public Library Events for Tweens & Teens
6. [Please Note](#) – Shrewsbury Youth and Family Services Groups
7. [Please Note](#) – Christmas Tree Pickup Program
8. [Save the Date](#) – Boy Scout Troop 227's Pancake Breakfast, January 8th
9. [Save the Date](#) – Chinese Spring Festival, January 22nd

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. Please Note – Employment Opportunity: Cafeteria Help Wanted (New)

The Shrewsbury Food Service department is looking for part-time and full-time employees and substitutes to work in the school cafeterias. Days and hours are flexible. Duties include prepping food, setting up serving lines, serving students, and breakdown and clean-up. Lunch and refreshments are provided. Please [click here](#) to obtain an employment application.

Please forward your application to the Food Service Department C/O Shrewsbury High School, 64 Holden Street, Shrewsbury, MA 01545 or email to hdoyle@shrewsbury.k12.ma.us. If you have any questions, please call Heidi Doyle, Tuesdays-Thursdays, at (508) 841-8855.

2. Please Note – Visual Arts Department Art Exhibitions

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.

3. 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. Please Note – Shrewsbury Department of Public Works Yard Waste Survey (New)

We want to hear from YOU! Please take a moment to fill out our 2023 Yard Waste Survey. As part of our ongoing efforts to improve services, the Department of Public Works is asking residents for input on their preferences for yard waste collection. Surveys can be completed online [here](#). Paper surveys are also available at the Town Hall, Senior Center, Library, or upon request. Please return surveys no later than January 27th at 12:00 p.m. Please contact the Department of Public Works at (508) 841-8502 or solidwasterecycling@shrewsburyma.gov with any questions!

2. Save the Date – Al-Hamra Academy School Play, January 28th (New)

Al-Hamra Academy is excited to announce its 2nd annual school play, *The Jungle Book*, sponsored in part by Shrewsbury Cultural Council! The show will take place on Saturday, January 28th at 2:00 p.m. at St. John's High School auditorium. Tickets can be purchased [here](#). If you are interested in attending but cannot afford tickets, please contact sanamz@alhamraacademy.org.

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 January. 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.

Ice Fishing Clinic - Tuesday, February 21st from 1:00 to 3:00 p.m. at Jordan Pond. Registration is required for this free program.

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

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.

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

50+ Job Seekers Virtual Networking Group

Come meet new job seekers to expand your network, news, and views with the Massachusetts Library Collaborative's 50+ Job Seekers Group! If you are over 50 and unemployed and actively looking, underemployed, seeking a new career direction, or re-entering the job market after a gap, this group is perfect for you.

The group meets on Zoom from 9:30 to 11:30 a.m. on the first and third Wednesday mornings each month, with repeat sessions on the same topics offered in the evenings from 6:00 to 8:00 p.m. on second and fourth Wednesday evenings. Registration is required for each session ([register here](#) for morning sessions; [register here](#) for evening sessions). This group is sponsored by more than 60 Massachusetts public libraries. The January topics are:

- Self-Assessment & Transferable Skills (January 4th & 11th)
- Create Your "Career Story" Pitch (January 18th & 25th)

Find the full list of topics and registration [here](#).

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.

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](#).

SPL Tech Tuesdays: Digital Privacy and Security

Join the Shrewsbury Public Library at 6:00 p.m. in the Learning Lab for Tech Tuesdays! The Tuesday, January 10th class will cover Digital Privacy and Security. Attendees will learn how to assess potential risks in their digital privacy, some specific tools and strategies you can implement as part of a security plan, and how to take action when your data has been breached. This program is intended for proficient computer users who are familiar with navigating the internet. Space is limited, so [registration is required](#).

The Benefits of Meditation

Join the Shrewsbury Public Library with Clare Vidich on Tuesday, January 10th at 7:00 p.m. for this lively and engaging virtual workshop. Meditation can bring about a sense of calm and balance that benefits both your emotional and physical well-being, which in turn will impact your overall health and reduce stress. It is easy to learn and can have many lasting and beneficial effects. Clare Vidich has lectured nationally on the topic of meditation and was a speaker at a Global Conference on Spirituality in 2007 and 2009 in Delhi, India. She has conducted meditation classes at the adult education, college, high school, grade school and preschool level. She served on the Integrative Health Committee at Windham Hospital and led meditations for hospital staff. This event will take place virtually on Zoom; please [register to attend](#).

Introduction to Personal Finance

Join the Shrewsbury Public Library on Wednesday, January 11th at 7:00 p.m. for this workshop on personal finance. Presenter Merwyn Figueiredo will help attendees learn about the financial planning process and how to use financial statements and budgets to help increase their

savings and net worth. Merwyn worked for Digital Equipment and Millipore for a combined 25 years and then retired at the age of 50. For 12+ years he taught courses at QCC, including Micro and Macro Economics, Introduction to Business, Personal and Corporate Finance, Principles of Real Estate, and Principles of Management. This event will take place in person at the library; please [register to attend](#).

Taste of Korea

Please join the Shrewsbury Public Library on Thursday, January 12th at 6:00 p.m. for an online cooking lesson with KSCPP (Korean Spirit & Culture Promotion Project) on how to prepare japchae (potato starch noodles with various vegetables), with step-by-step instructions via Zoom meeting. In addition to the cooking lesson, KSCPP will explain the health benefits of traditional Korean meals and screen a short documentary film on bangjja, traditional Korean bronzeware. Visit www.kscpp.net and www.tasteofkorea.org for information on KSCPP. Sponsored by the Friends of the Shrewsbury Public Library. This event will take place virtually on Zoom; please [register to attend](#).

5. Please Note – Shrewsbury Public Library Events for Tweens & Teens

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!

6. 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.

7. 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.

8. 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.

9. Save the Date – Chinese Spring Festival, January 22nd

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.

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.
