



Community Bulletin

April 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](#).

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School District Items

1. [Please Note](#) – Last Chance to Register for April Vacation Enrichment Classes **(New)**

Registration for the April Vacation Enrichment Classes will close on Friday, April 7th.

Dates: Tuesday, April 18th - Friday, April 21st

Location: Sherwood Middle School

Morning class: 8:30-11:30 a.m. - \$80/week

Afternoon class: 12:00-3:00 p.m. - \$80/week

Early drop-off: 7:00-8:15 a.m. - \$40/week

Extended hours: 3:00-6:00 p.m. - \$80/week

Students who enroll in both AM and PM classes can bring lunch from home and will be supervised in the cafeteria from 11:30 a.m. to 12:00 p.m.

Families who qualify for free or reduced meals are eligible for a 50% discount - use coupon code APRVAC50 at checkout. Register and pay using our [Eleyo Registration Software](#). First-time users will need to create an account. View instructions [here](#). For more information, contact Karen Isaacson, Director of Extended Learning, at (508) 841-8727.

2. [Please Note](#) – Summer Enrichment Registration Opens April 7th **(New)**

Shrewsbury Public Schools is pleased to bring back the popular Summer Enrichment Program. The full course catalog is available for preview on our [website](#). Registration will open on Friday, April 7th at 7:00 a.m.

Program schedule: Monday-Thursday for four weeks: June 26-29, July 10-13, July 17-20, July 24-27

Grades: For students who will be entering kindergarten - grade 8 in fall 2023 (students must be 5 years old by 8/31/23)

Location: Sherwood Middle School

Schedule and cost: Families may choose half-day or full-day options:

- Morning session: 8:30-11:30 a.m. - \$80/week
- Afternoon session: 12:00-3:00 p.m. - \$80/week
- Early drop-off: 7:00-8:30 a.m. - \$40/week

- Extended hours: 3:00-6:00 p.m. - \$80/week

Students staying for a full day will bring lunch and be supervised from 11:30 a.m. to 12:00 p.m.

A 50% non-refundable deposit is due at the time of registration. The balance will be charged on June 1st. Families who qualify for free or reduced meals are eligible for a 50% discount - use coupon code SUMMER50 at checkout. Register and pay using our [Eleyo Registration Software](#). First-time users will need to create an account. View instructions [here](#). For more information, contact Karen Isaacson, Director of Extended Learning, at (508) 841-8727.

3. Please Note – Shrewsbury Robotics Summer Program (New)

Shrewsbury Robotics is offering a summer program for students entering grades 4-8 in fall 2023. Science and engineering play a big part in our everyday lives and in the world. We teach students about science and engineering by using lego robotics, solar powered robots, rockets, and middle school-level engineering challenges. All activities teach students about teamwork, compromise, success, failure, and much more! They also get to have fun in the process and learn valuable team working skills. The students are grouped into teams and each team is coached by one or more high school students who are members of the robotics team and in most cases have been Lego League competitors themselves. The program is overseen by adult mentors.

The solar robots and rockets are tested at the end of the week. On Friday, we provide the students with a pizza lunch (this is included in the price). During Friday afternoon, the students compete against the other teams using the Lego Robots they have been building during the week. This competition is based on the FIRST Lego League competition from the preceding season. Parents are invited to come and watch this.

Schedule:

July 10th to 14th: Lego Robotics and Rockets

July 17th to 21st: Lego Robotics and Solar Powered Robots

July 24th to 28th: Lego Robotics and Rockets

July 31st to Aug 4th: Lego Robotics and Solar Powered Robots

The program will take place at Shrewsbury High School, Monday-Friday, from 8:30 a.m. to 3:30 p.m. The cost is \$300 per week. Registration and payment will be done using our [Eleyo Registration Software](#). A non-refundable 50% deposit is due at the time of registration. The balance will be automatically charged on June 1st.

4. Save the Date – Career Exploration Opportunities for 11th & 12th Grade Students (New)

Don't miss this fantastic opportunity - only 30 spots are available! [Olympus](#) in Westborough is offering a "STEM Day" on April 18th from 11:00 a.m. to 2:30 p.m. exclusively to our junior and senior high school students so they can learn more about Olympus and its role as a hub in medical technology innovation. Students will tour this brand new, state-of-the-art facility, engage with employees, and participate in break-out sessions in marketing, R&D, testing and quality assurance, and innovation. Students will also have hands-on experience in the TEC Lab tour, using their lab equipment on real samples (scopes, laparoscopes, probes, etc.). Lunch will be provided by Olympus and transportation to and from the facility will be provided by Shrewsbury Public Schools if needed. Juniors and Seniors only. [Register here](#) for this and other job shadowing opportunities offered during April break. Questions? Contact kkeohane@shrewsbury.k12.ma.us.

5. Save the Date – Shrewsbury High School Summer Job Fair for Students, April 27th (New)

Dear high school students, parents, caretakers, and community business partners: Are you seeking summer employment or hard-working employees? If so, please join local businesses that are seeking to employ students over the summer months. The Shrewsbury High School Summer Job Fair will be held in the Shrewsbury High School Commons on Thursday, April, 27th, from 2:00 to 3:00 p.m. If you have a business who is interested in meeting future student employees at the Job Fair, please complete [this form](#). If you cannot attend but would like your job description to be added to our [Jobs for Students site](#), please complete [this form](#). (Students do not need to register to attend the Job Fair.)

Students, parents, and caregivers - please visit our frequently updated [Jobs for Students site](#). Every job listing contains a brief job description, instructions for how to apply for the job, and the contact person. Interested students should connect with the employer directly to apply for the posted positions. This list is kept current, with newest jobs listed first. Please be sure to [apply for a work permit](#) if you are under 18 years of age. Instructions are also on the [Jobs for Students page](#).

Please contact Jane Lizotte at jlizotte@shrewsbury.k12.ma.us or Kathleen Keohane at kkeohane@shrewsbury.k12.ma.us with questions regarding the upcoming Shrewsbury High School Summer Employment Job Fair. Thank you for your time and attention.

6. Save the Date – Shrewsbury Education Foundation Trivia Night, April 29th

The Shrewsbury Education Foundation is excited to announce the in-person return of its annual Trivia Night. The SEF Trivia Night will be held on Saturday, April 29th at 6:30 p.m. at Borgatti Bar at Whole Foods in Shrewsbury. This event will be hosted by Jon Wensky. The cost to

participate is \$20 per person with a team maximum of 4 people. All proceeds benefit the Shrewsbury Education Foundation, an all-volunteer organization that raises money to fund grants which put resources and programs directly into the classroom.

[Click here](#) to register your team today. For more information on SEF Trivia Night and to learn more about the Shrewsbury Education Foundation, visit SEFgrants.org.

7. Save the Date – Safety Care for Families Program, April 5th & 12th

Safety Care for Families is a training program for family members and other stakeholders working with behaviorally challenging individuals in a home or home-like setting. This innovative course provides an adapted version of the Safety Care curriculum, designed to provide parents, family members, and others with the skills and interventions needed to improve behavior and to prevent, minimize, and manage potentially dangerous incidents.

Shrewsbury Public Schools is proud to offer this two-part (5 hours total) course on Essential Safety Care Skills. These trainings are meant for parents and caregivers who support a child who engages in challenging or unsafe behavior. The program will take place at Beal Elementary School, Room B154 on April 5th and 12th from 6:00 to 8:30 p.m.

Your Trainers: Robert Parry-Cruwys and Colleen Callahan are special education teachers/Board Certified Behavior Analysts (BCBA) working in the Shrewsbury Public Schools. Both are passionate about understanding the functions of behavior to support safe and effective teaching techniques that are meaningful to students and their families. Rob and Colleen have trained Safety Care classes for SPS staff for almost 4 years and are excited to share this therapeutic approach with families struggling with problem behavior.

Participants must be over the age of 16 to attend. Please register [here](#). Contact Robert Parry-Cruwys (rparrcruwys@shrewsbury.k12.ma.us) for more information or for questions.

8. Please Note – Shrewsbury Robotics Annual Blood Drive

Shrewsbury Robotics and Shrewsbury High School FRC Robotics Team 467 are proud to sponsor our 3rd Annual Virtual Blood Drive. The Red Cross has to collect 15,000 blood donations every day to have enough blood to help patients in 2,700 medical facilities across the country. That's a lot of patients in need, and all of us, coming together, can help ensure patients receive life-saving blood. Use [our link](#) or search for "robot blood drive 2023" to pledge to donate, then open your American Red Cross account (or create one if you don't have one) to schedule your appointment. It will ask for your zip code and give you options for appointments near you. SleevesUp and help us reach our goal of 100 donations!

9. Save the Date – Support for SHS Students to Attend DECA International Career Development Conference

The Shrewsbury High School DECA (Distributive Education Clubs of America) Team is in its inaugural year and is seeking financial support from business partners and community members for an upcoming international competition! This past weekend, 12 members of Shrewsbury High School's DECA Team competed at the state tournament with numerous successes. Five students were state finalists and qualified for the ICDC international tournament in Orlando, Florida. While we hope that all of the five students are able to participate, the cost for each person to attend is \$2,000 (includes all room, food, event, and airfare costs). As DECA is a first-year chapter, there are currently inadequate funds to support the total cost for all five students to attend, making it highly unlikely that all student competitors will be able to participate.

Please contact Jane Lizotte, Assistant Superintendent for Community Partnerships & Well-Being, at jlizotte@shrewsbury.k12.ma.us, if you are able to donate to this effort in order to defray the cost for one or more students to attend.

DECA proudly sponsors over 173,000 high school members in 5,000 classrooms, in 3,200 schools across the world. Student team members are preparing for careers in marketing, finance, hospitality, management, and entrepreneurship. DECA's objective is to support the development of marketing and management skills in career areas such as hospitality, finance, sales and service, business administration, and entrepreneurship. Programs and activities are tailored to the specific career interest of students and include technical skills, basic scholastic and communication skills, human relations and employability skills, and a strong emphasis on economics and free enterprise. DECA Inc. is a 501(c)(3) not-for-profit student organization with more than 177,000 members in all 50 United States, Canada, Guam, Puerto Rico and Germany. The United States Congress, the United States Department of Education and state, district and international departments of education authorize DECA's programs.

Community Items

1. Save the Date – Annual Town Election, May 2nd (New)

Voter Registration Deadline: Friday, April 21st at 5:00 p.m. for the May 2nd Election

How to Register to Vote

- Registering Online: In order to register to vote online, you must have a signature on file with the Registry of Motor Vehicles. If you currently have a Massachusetts driver's

license or state ID card, you may use the [online voter registration application](#) to register, update your address, or change your party affiliation. Voter registration forms submitted online must be submitted by midnight on the date of the voter registration deadline.

- Registering by Mail: If you do not qualify to register to vote online, or if you would prefer to register by mail, you may download the [voter registration form](#). The form must be completed, signed, and delivered to the Town Clerk's Office. Voter registration forms submitted by mail must be postmarked no later than April 21, 2023 for the May 2, 2023 election.
- Registering in Person: Register in person at the Town Clerk's Office.

Options for Voting

- Vote at the polls on Tuesday, May 2nd. Polls are open 7:00 a.m. to 8:00 p.m.
- Vote by Mail: A [Vote by Mail Application](#) must be filed with the Town Clerk's office in order to receive a ballot by mail. The deadline to apply is 5:00 p.m. on Tuesday, April 25th. All completed ballots must be received by the close of polls on Tuesday, May 2nd at the Town Clerk's Office.
- Vote by Absentee Ballot: [Absentee ballots application](#) by mail must be received by 5:00 p.m. on Tuesday, April 25th. The deadline for absentee voting at the counter is 12:00 p.m. on Monday, May 1st. You can find more information on who qualifies for an absentee ballot [here](#). All completed ballots must be received by the close of polls on Tuesday, May 2nd at the Town Clerk's Office. Sample ballots can be found [here](#).

2. Save the Date – Central One Federal Credit Union Upcoming Job Fairs, April 6th & 8th (New)

Calling all high school seniors who are seeking a career in banking following graduation from high school! Looking for your next career move? Grab your resume for on-the-spot interviews for full- and part-time Universal Bankers at our Shrewsbury, Auburn, Northborough, and Westborough branches. We'll also be interviewing for a full-time Insurance Service Representative for Oak Tree Insurance Agency. We offer a sign-on bonus and excellent benefits, including a pension plan, growth opportunities, and a fun culture! The job fairs will take place at 714 Main Street on April 6th and 8th from 9:00 a.m. to 12:00 p.m. To view our current open positions or to register for the job fair, please see [our website](#).

3. Please Note – Shrewsbury Parks & Recreation Spring & Summer Programs

Online Registration - Currently accepting registration for spring and summer programs listed below. Additional programs to be added throughout April. Pre-registration is required for all of the Parks & Recreation programs. Space is limited.

Adult Bodyweight Boot Camp - Tuesdays starting May 2nd from 6:00 to 6:50 p.m. at Dean Park. Cost is \$80.

Begin to Spin - A great intro class option to see if you like spinning! One class on Saturday, April 1st from 9:30 to 10:25 p.m. at Core Connection Spin Studio. Cost is \$15.

Adult Rhythm & Ride Spin - Monday or Wednesday morning classes at Core Connection Spin Studio. Visit our website for fees, times, dates and schedules.

Tai Chi - Wednesdays starting April 5th from 5:30 to 6:30 p.m. for 10 classes. Cost is \$60 for a resident.

Crew Rowing (Learn to Row) - For grades 8-12, four days each session. There are four sessions offered during the weeks of 6/26-6/29 and 7/24-7/27. Choose between the 8:00 a.m. or 11:00 a.m. class. This program is being offered through a partnership with the Regatta Point Community Sailing and Parks & Recreation! Cost is \$225.

Youth Sailing - Offering sessions the week of 7/17 or 8/7 from 9:00 a.m. to 4:00 p.m. for ages 9-12. This program is being offered through a partnership with the Regatta Point Community Sailing and Parks & Recreation! Cost is \$495.

Junior Golf Spring/Summer - Visit our website for fees, times, dates, and schedules.

Adult Golf Spring/Summer - Visit our website for fees, times, dates, and schedules.

Youth Summer Basketball League - Tuesday evenings starting June 20th at Shrewsbury High School gymnasium. Cost is \$84.

Archery Spring & Summer Sessions - Visit our website for fees, dates and schedules.

Summer Playground - We are offering 6 weeks this summer starting on June 26th. Parents have weekly options and AM/PM add-ons to each week! Weekly program information is now available on our website.

Youth Flag Football - Wednesday evenings starting June 21st at Sherwood Middle School field. Cost is \$65.

Youth/Adult Summer Tennis Sessions - Visit our website for fees, times, dates and schedules. Classes start the week of June 12th.

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 first and third Wednesday mornings, 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).

The April topics are:

- Create a LinkedIn Profile (April 5th & 12th)
- LinkedIn and Personal Branding (April 19th & 26th)

This group is sponsored by more than 60 Massachusetts public libraries. Find the full list of topics and registration [here](#).

Get Started with Libby

Want access to ebooks, audiobooks, magazines, and more, anytime and anywhere? You can with Libby! Bring your device and join the Shrewsbury Public Library for a class in our Learning Lab to get set up and familiar with the Libby app! Dates include:

- Friday, April 7th at 2:30 p.m.
- Thursday, May 11th at 5:30 p.m.

Registration is required; please visit our [events calendar](#) to sign up for your preferred date.

SPL 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 most Tuesdays at the Shrewsbury Public Library (6:00 p.m. in the Learning Lab on the second floor). No registration required. Visit our [events calendar](#) to check dates (April 4, 18, & 25).

¿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 la mayoría de los martes en la biblioteca pública de Shrewsbury a las 6:00 p.m. en el laboratorio del segundo piso. No es necesario registrarse. Visita nuestro [calendario de eventos](#) para verificar citas (4, 18 y 25 de abril).

SPL Movie Discussion Club April

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 and then meet with us virtually to discuss. The April 4th film is *Only God Forgives* (2013; rated R). Shrewsbury residents may [view the movie here](#) on Kanopy (create an account/log in with your library card to access Kanopy); non-residents of Shrewsbury should sign up for/access Kanopy through their home library, i.e., the library in the town in which they reside, or by signing up for a Boston Public Library e-card: <https://www.bpl.org/ecard>. Attendees are also free to find an alternative way to watch.

[Register here](#) to receive an email the day before the discussion date with the Google Meet link. Contact Dana Volke with any questions at (508) 841-8609 x4049 or dvolke@cwmares.org.

The Importance of Bees!

Join the Shrewsbury Public Library with local beekeeper and Auburn resident, John Hedley, of the Worcester County Beekeepers Association (a leader in beekeeping education for over 100 years), on Saturday, April 8th at 2:00 p.m. as he discusses key topics relating to bees and our environment. John will present on starting a beehive, collecting honey, the physical structure of a hive, bee chores in and out of a hive, the bee colony and its organization, and the importance of pollination. This program is appropriate for all ages. Sponsored by the Friends of the Shrewsbury Public Library. This program will take place in person at the library; please register to attend [here](#).

Meditation for a More Balanced Life

Join the Shrewsbury Public Library on Tuesday, April 11th at 7:00 p.m. for this powerful virtual meditation program. People all over the world are tuning into meditation to help them lead a more peaceful and healthy lifestyle. Scientific studies have proven that the practice of meditation provides a deep relaxation to the body that helps reduce stress and tension. Meditation is the key to a more balanced life. Please join Ajili Hodari, Esq., longtime meditator, to learn a simple and natural method of meditation that will help enhance your life. Ajili Hodari, Esq., practices law in Seattle, WA and manages his own firm, Hodari Law Office, PLLC. Ajili has spoken about all aspects of meditation in numerous venues throughout the country. This program will take place virtually on Zoom; please [register](#) to attend.

Unlike Any Other: The Life and Times of Bathsheba Spooner

On Thursday, April 13th at 7:00 p.m., join the Shrewsbury Public Library with Ed Londergan, author of *Unlike Any Other*, a biographical novel about Bathsheba Spooner, for this talk about Spooner's life and times. Bathsheba was the daughter of Timothy Ruggles, French and Indian War general, president of the Stamp Act Congress, and a leading loyalist in Massachusetts during the Revolutionary War. Like him, Bathsheba was smart, strong-willed, and a staunch British loyalist. Forced to marry a man she didn't love, Bathsheba withstood her husband's

abuse for years until a young Continental soldier entered her life. But when this well-heeled mother of three discovered she was pregnant with the soldier's child, her thoughts turned to murder. Sponsored by the Friends of the Shrewsbury Public Library. This program will take place in person at the library; please [register](#) to attend.

The Disappearance of Dr. Parkman: Blood & Ivy at the Harvard Medical School

Join the Shrewsbury Public Library on Saturday, April 15th at 2:00 p.m. to learn about the 1849 murder case of Dr. George Parkman in Boston, one of the most sensational trials of the 19th century. This case had it all: a grisly murder, a dismembered corpse, a wealthy victim, a respected suspect, a questionable lead witness for the prosecution, and unusual court proceedings. In this talk, Presenter Justice Dennis J. Curran (ret.) will examine the lawyers, the judges, the problems with the case, and its oddities. The forensics of the case, one of the first trials to allow scientific evidence as testimony, will also be explored. Sponsored by the Friends of the Shrewsbury Public Library. This program will take place in person at the library; please [register](#) to attend.

Author Christopher Morash Discusses Dublin - The Place and the Literature!

Join author and professor at Trinity College (Ireland), Christopher Morash, on Saturday, April 15th at 10:00 a.m. as he discusses his book, *Dublin: A Writer's City*. Beyond the footsteps of James Joyce's characters, around the city center, an ordinary-looking residential street overlooking Dublin Bay, for instance, presents the house where Nobel Laureate Seamus Heaney lived for many years; just down the coast is a pier linked to Samuel Beckett. Step-by-step, *Dublin: A Writer's City* unfolds a book-lover's map of this unique city, inviting us to experience what it means to live in a great city of literature. This program is sponsored by the Friends of the Ashland Public Library and is a collaboration between a multitude of MA Libraries. This program will take place virtually on Zoom; please [register](#) to attend.

5. Please Note – Shrewsbury Police Youth Academy

The Shrewsbury Police Department is pleased to announce that we will be hosting our 1st Annual Shrewsbury Police Youth Academy this summer! Admission to the Shrewsbury Police Youth Academy is open to Shrewsbury residents entering grades 7-12 in the fall of 2023.

The Shrewsbury Police Youth Academy is a 40-hour program that runs Monday through Friday from 8:00 a.m. to 4:00 p.m. It is scheduled for two different weeks: July 10th through July 14th and July 31st through August 4th.

Topics that will be covered during the academy include: CPR/first aid, firearms safety, constitutional law, drugs/drug recognition, impaired driving, motor vehicle law, defensive tactics, crime scene, K9 demonstrations, and more! Not to mention, attendees will get in their fair share of PT (physical training). We have a long list of highly trained and highly motivated individuals who are getting ready to kick this off!

Applications will be accepted no earlier than April 1st with a deadline of May 1st. Please check out the [Shrewsbury Police Youth Academy flier](#) for more information.

6. Save the Date – Jacob Rogers Memorial Pickleball Tournament, May 13th

Saturday, May 13th is the first annual Jacob Rogers Memorial Pickleball Tournament sponsored by Northboro Park & Recreation Department. 100% of the proceeds will go directly to The Shine Initiative whose mission is to educate teachers, staff, parents, and especially students on how to prioritize mental health, realize you are not alone, and to not be afraid to talk about struggles you may be having. The sign-up for the tournament (48 players) sold out on the first day of offering!

If you would like to contribute to this worthy cause, please [click here](#) and your donation will go directly to The Shine Initiative. Thank you!

7. Please Note – Shrewsbury Youth & Family Services Harry Potter Program, April 18-21

Welcome to Harry Potter and the Enchanters, a program for kids who want to learn about mental health and have a love for the Harry Potter series written by J.K. Rowling. Throughout the Harry Potter books and movie series, the main character Harry Potter expresses negative emotions and identifies tools along the way to help him manage those feelings. 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. The program will also include fun activities such as sorting kids in their own Hogwarts house, creating wands, and participating in team building exercises.

This program will run April 18th-21st from 10:00 a.m. to 2:00 p.m. at the Shrewsbury First Congregational Church. The cost is \$100 and the program welcomes children ages 9-11. Please [click here](#) to register.

8. Save the Date – Rotary Recycling Fundraiser, April 16th

Got Junk? Clean out your unwanted, hard-to-recycle items and support the Shrewsbury Rotary Club's Earth Day Recycling Fundraiser being held on Sunday, April 16th from 12:00 to 3:00 p.m. at the Shrewsbury Town Hall. All metals, electronics, power tools, and appliances are accepted. If it has a cord, we'll probably take it! \$40 per car load and low single-item fees. Questions? [View our flier](#) or contact Rotary President Beth Casavant at (508) 641-8174 or bethcasavant@gmail.com.

9. Please Note – Shrewsbury Youth and Family Services Groups

Social Emotional Learning Group

Enrollment is now open for our new 6-week Social Emotional Learning group for children in fifth and sixth grade! Navigating adolescence can feel overwhelming. This group aims to help children feel they have the skills necessary to be successful. It is designed to support adolescents 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.

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 adolescents to navigate school, friendships, family, and other road bumps life may throw at them!

The six-session group begins on Thursday, April 6th and ends May 18th (no group over April break). 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.

Art Therapy Group

Enrollment is now open for our new 6-week Art Therapy group for high school students! The intention of this group is to create a safe place for youth 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. Youth 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 youth 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 an SYFS Clinician and will be free of charge.

The six-week session begins on Wednesday, April 12th and all sessions will be held from 3:45 to 4:45 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.

1. Please Note – Shrewsbury High School Volleyball Clinic (New)

The Shrewsbury High School volleyball program invites girls in grades 5th through 8th to join them for volleyball fun at the annual volleyball clinic on June 7th, 8th, and 9th from 5:00 to 7:00 p.m. in the Shrewsbury High School gymnasium. The clinic will be run by Head coach Brett Crandall and the rest of the Shrewsbury High School volleyball program. We will work on passing, hitting, setting, serving, defense, positioning, blocking, and digging.

Each camper gets a Shrewsbury volleyball t-shirt as part of their registration. The cost is \$85 per person with a discounted rate for siblings (\$85 for the first, \$75 for each additional sibling). Please [click here](#) to sign up. If you have any questions, please email bcrandall@shrewsbury.k12.ma.us.

2. Please Note – Shrewsbury Little League Challenger Division Looking for Buddies (New)

We are looking for “buddies” or peer athletes that can volunteer their time for both practices and games. As a buddy, you will be assigned to a player and you will attend their practice session and game. You are welcome to be a buddy for more than one player and attend multiple practices and games. This is a great volunteer opportunity to be part of the Challenger Division, a separate division of Little League designed to enable boys and girls with physical and intellectual disabilities to enjoy the full benefits of Little League participation. Learn more [here](#).

3. Please Note – Central Mass NFL Flag Football League

New England’s fastest growing Flag Football program, Central Mass Flag, has found a new home in the beautiful town of Shrewsbury! Registration is now open!

With NFL Flag games scheduled for Sundays this Spring, all games and practices will be held at Saint John’s High School. Register while you can!

Central Mass Flag Football is a co-ed NFL Flag Football league serving the Central Mass area. With locations throughout Massachusetts and now in Shrewsbury, Central Mass offers co-ed teams to girls and boys ages 3-15. Our fall, winter, spring, and summer sessions have been established to teach the fundamentals of football through a focused approach to development. Flag football is a fun and safe sport, allowing all kids to be able to come together, learn football, and most importantly have fun!

For more information, please [click here](#) for the flier. Please feel free to reach out to League Director Rich Archer at rich@worchesterflag.com and/or Assistant League Director James King at play@centralmassflagworchester.com.
