

**Community Bulletin** 

February 5th, 2024

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 <u>School Committee policy</u>.

## **School District Items**

1. Please Note – Friday Lunch and Learn Sessions for Shrewsbury High School Students (New)

- 2. Save the Date Career Fair for Shrewsbury High School Students, February 6th (New)
- 3. Save the Date Sports Management Summit for SHS Students, February 23rd (New)
- 4. Save the Date Special Education Services Panel Discussion, February 8th (New)
- 5. Save the Date Shrewsbury High School Crew Fundraiser, February 8th (New)
- 6. Please Note Cafeteria Help Wanted
- 7. Please Note February Vacation Enrichment Classes
- 8. Please Note News from the Shrewsbury Public Schools Art Department
- 9. Please Note SAT Prep Course
- 10. Please Note Families Needed for Culture Night, February 9th
- 11. Please Note Judges Needed for SHS Annual Science Fair, February 12th

## **Community Items**

- 1. Please Note Shrewsbury Town Hall Winter Drive (New)
- 2. Save the Date Shrewsbury Youth and Family Services "Evening of Giving," May 18th (New)

3. Save the Date – Grafton/Shrewsbury League of Women Voters Book Club Discussion, March 28th (New)

- 4. Save the Date Scout Bottle & Can Drive, February 17th (New)
- 5. Save the Date Shrewsbury Youth Soccer Fundraiser, February 10th (New)
- 6. Please Note Shrewsbury Public Library Events (New)
- 7. Please Note Shrewsbury Public Library Events for Tweens & Teens
- 8. Please Note Friends of the Shrewsbury Public Library Foreign Film Festival

- 9. Please Note Shrewsbury Parks & Recreation Programs
- 10. Please Note Shrewsbury Historical Society Events
- 11. Save the Date Boy Scout Troop 227 Camping Event, February 17th
- 12. Please Note Shrewsbury Youth and Family Services Parent Support Group
- 13. Save the Date Shrewsbury Town Meeting Member Interest Forum, February 8th

#### Youth Athletics and Activities

- 1. Please Note Take Charge Hoops Basketball Clinic
- 2. Please Note Shrewsbury Little League Girls Softball Winter All-Skills Clinic

## School District Items

# 1. Please Note – Friday Lunch and Learn Sessions for Shrewsbury High School Students (New)

Do you have a student interested in learning more about Engineering, Construction Engineering and Virtual Design?

This week, on February 9th, the SHS Lunch and Learn guest speaker is Mr. Tim Agurkis. Mr. Agurkis is a Professional Land Surveyor and Vice President of Feldman Geospatial, a firm specializing in using the latest technology for Land Surveying, Construction Engineering, Virtual Design Construction (VDC), Building Information Modeling (BIM), Subsurface Utility Engineering (SUE) and 3D laser scanning/Reality Capture. With 23 years of field and office experience, his current role involves the day to day operations of the company as well as mentoring staff and business development. Please visit <u>www.feldmangeo.com</u> to see pictures of the amazing projects they have worked on around Boston (Logan Airport, Boston Public Library, Bentley College, John Hancock Tower, etc.) as well as the careers that Feldman Geospatial has to offer.. Registration is required and students can register <u>here</u>.

Are you interested in being one of our guest speakers? An overview of the Lunch and Learn program can be found <u>here</u>, and the schedule of future speakers with newly added time slots for March and April, can be found <u>here</u>. Contact <u>kkeohane@shrewsbury.k12.ma.us</u> if you are interested.

#### 2. Save the Date – Career Fair for Shrewsbury High School Students, February 6th (New)

Sophomores, Juniors and Seniors are invited to the SHS Career Fair during the Early Release day (8:45-11:00 am) on February 6th. Students can register through Schoology or contact their

Counselor. See <u>this flier</u> for a listing of the 41 different careers, businesses and people, who are attending, many of whom align with our Career Pathway programs.

## 3. Save the Date – Sports Management Summit for SHS Students, February 23rd (New)

Do you have a student interested in a career in Sport, Sport Management or working with a local sports team? The Nashua Sport Management Summit will be held on February 23rd, 9:30-3:00pm at Rivier University in NH. Anyone interested in a career in Sports or a job with a local sports team should attend this event. Students will have the chance to meet with representatives from Celtics, Patriots, Bruins, Red Sox, Woo Sox and others. SHS Students who attended last year really enjoyed the event. Registration is required, please see this flier. Because this event will be held during February vacation, students must find their own transportation.

## 4. Save the Date – Special Education Services Panel Discussion, February 8th (New)

If you have questions about special education services in Shrewsbury, join us on Thursday, February 8 at 6:30 pm in the Beal School cafeteria for a panel discussion with administrators throughout the district to ask questions about how special education services are delivered in Shrewsbury. Please note this panel is for general questions. For student-specific questions, please reach out to the special education team chair at your school.

## 5. Save the Date – Shrewsbury High School Crew Fundraiser, February 8th (New)

Visit Dean Park Grill and Pizza on February 8th for dine-in or take-out from 4:30 pm until close (9:00 pm) and support the Shrewsbury High School crew team. Dean Park Grill and Pizza is donating 20% of sales to Friends of Shrewsbury Crew (FOSC) that evening. FOSC is the booster organization for the SHS crew team. Please mark your calendars for February 8th and come down to Dean Park Grill and Pizza to support our historic 85-year-old SHS crew program.

#### 6. Please Note – Cafeteria Help Wanted

The Shrewsbury Food Service is looking for part-time employees, 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 <u>click here</u> to obtain an employment application.

Please forward this application to the Food Service Department C/O Shrewsbury High School, 75 Cypress Avenue, Shrewsbury MA 01545 or email to <u>hdoyle@shrewsbury.k12.ma.us</u>. If you have any questions, please call Heidi Doyle at (508) 841-8855.

## 7. Please Note – February Vacation Enrichment Classes

Shrewsbury Public Schools is pleased to be offering enrichment classes for students in grades K-6 during February vacation. These classes are open to the community. <u>Registration</u> is now open.

Program Information Dates: Tuesday, February 20th - Friday, February 23rd Location: Beal School Morning Class: 8:30-11:30 - \$100week Afternoon Class: 12:00-3:00 - \$100/week Early Drop-Off: 7:00-8:15 - \$40week Extended Hours: 3:00-6:00 - \$85/week

Families who qualify for free or reduced meals are eligible for a 50% discount.

View program details and register for classes here.

Each class runs Tuesday-Friday, so students may select one class for the morning session and/or one class for the afternoon session. Students who wish to enroll in both AM and PM classes can bring lunch from home and will be supervised in the cafeteria from 11:30-12:00.

Preview the catalog <u>here</u>. If you have any questions about the program, please contact Karen Isaacson, Director of Extended Learning, at (508) 841-8727 or <u>kisaacson@shrewsbury.k12.ma.us</u>.

## 8. Please Note – News from the Shrewsbury Public Schools Art Department

The Visual Arts Department at Shrewsbury High School welcomes you to view the <u>2024 Winter</u> <u>Art Exhibit (Virtual)</u> from students in semester one art classes. There will be an in-person art exhibition on May 16th at SHS to highlight semester two students...save the date!

During the month of February, SHS students in semester one will have their artwork on exhibit at the Shrewsbury Credit Union. A reception will be held on Thursday, February 15th from 4:30-5:30pm at Shrewsbury Federal Credit Union (489 Boston Tpke). The exhibit will run during business hours through February 29th.

On February 8th, a selection of art from students at Sherwood and Oak Middle (Cycles 1-3) schools will be on exhibit outside the auditorium at OMS. Viewing times are from 4:30pm-6:30pm. There will be a virtual art show in the spring to highlight students in Cycles 4-6.

## 9. Please Note – SAT Prep Course

The SHS Spring SAT Prep Course will be offered once again through Shrewsbury High School. The course will begin the week of February 12th and run through the week of April 1st. Participants may choose between Monday or Wednesday evening classes. Classes will meet remotely from 5:30pm to 7:40pm for a total of seven night sessions. Test taking strategies will be emphasized in this class and will focus on the new digital SAT. Class size will be kept small, allowing for a great deal of individual attention. Enrollment is strictly on a first-come first-served basis; the course is open to juniors and seniors. Students will also take two full-length SAT exams, which provides reinforcement for skills taught during the course and test-taking experience. The cost of the program is \$270 for Shrewsbury residents and \$300 for non-Shrewsbury residents. This class will run only if there is sufficient demand. Additional information and registration forms are located at SHS in Mrs. Monopoli's office on the third floor, the School Counseling office, or can be downloaded from the SHS School Counseling webpage (under "College Related Testing" on the SHS website). Please contact Jen Lundsten if you have any questions at jalundsten@shrewsbury.k12.ma.us or 508-841-8810.

## 10. Please Note – Families Needed for Culture Night, February 9th

Sherwood Middle School Families: Join us for Culture Night at Sherwood Middle School on Friday, February 9th, from 6 to 8 pm! Sherwood Middle School is inviting their families to participate in this special event. We're looking for individuals who are eager to showcase their culture through various means such as food, entertainment, music, dance, games, and more. Tables will be available for participants to set up their displays. If you're interested in presenting and bringing elements like food, traditional dress, music, books, games, or stories to share with others, please register <u>here</u>. Let's come together to celebrate the diverse cultures within the Sherwood community. Thank you for your participation!

## 11. Please Note – Judges Needed for SHS Annual Science Fair, February 12th

Forty projects are scheduled to be presented in-person on Monday, February 12 in the Shrewsbury High School Media Center. Please complete <u>this form</u> to express your interest and availability in helping us evaluate projects this year. Your effort is greatly appreciated. If you have any questions, please contact Dave Hruskoci, Director of Science & Engineering at 508-841-8836 or <u>dhruskoci@shrewsbury.k12.ma.us</u>.

## Community Items

#### 1. Please Note – Shrewsbury Town Hall Winter Drive (New)

The Shrewsbury Town Hall is hosting a winter drive organized by Migrant Alliance, a local student-led team, to fundraise for newly settled migrants of Shrewsbury. The bin is located in the front of the Town Hall. For our community's migrant families, the following is appreciated:

- Winter coats, boots, hats, mittens/gloves
- Anything for babies: clothing, formula, diapers, etc.
- Hygiene supplies for adults

# 2. Save the Date – Shrewsbury Youth and Family Services "Evening of Giving," May 18th (New)

Join Shrewsbury Youth and Family Services for our "Evening of Giving" annual fundraiser for mental health. This will be an evening of purpose in raising money and awareness to combat the mental health crisis in our community. The fundraiser will take place at The Haven Country Club (369 Cross St, Boylston, MA) on May 18th at 6:30 pm. Please visit our <u>website</u> for more information.

## 3. Save the Date – Grafton/Shrewsbury League of Women Voters Book Club Discussion, March 28th (New)

Please join the Grafton/Shrewsbury League of Women Voters for a book club discussion of professor Heather Cox Richardson's new book, *Democracy Awakening: Notes on the State of America*. The meeting will take place on Thursday, March 28th at 7:00 p.m. at the Shrewsbury Public Library in meeting room B. All are welcome.

#### 4. Save the Date – Scout Bottle & Can Drive, February 17th (New)

On Saturday, February 17th, Scout Troops 114 and 7114 will be hosting a bottle and can drive at Shrewsbury Town Hall from 9:00 a.m. to 12:00 p.m. Scouts will be happy to accept your redeemable bottles and cans. Proceeds from the drive will go towards supporting their scouting activities throughout the year. Thank you!

## 5. Save the Date – Shrewsbury Youth Soccer Fundraiser, February 10th (New)

Shrewsbury Youth Soccer will be holding a fundraiser at Chipotle in Shrewsbury on Saturday, February 10th from 4:00 to 8:00 p.m. You can support SYS with eat-in or take-out and even online ordering. Use code: MDWBK8C when ordering or get more information <u>here</u>.

## 6. Please Note – Shrewsbury Public Library Events

## 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 <u>here</u> for morning sessions; register <u>here</u> for evening sessions). This group is sponsored by more than 60 Massachusetts public libraries. Find the full list of topics and registration <u>here</u>. This group is sponsored by more than 60 Massachusetts public libraries.

#### 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 <u>events calendar</u> to check dates.

¿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 <u>calendario de eventos</u> para verificar citas.

#### SPL Spanish Culture Club

The Spanish Culture Club provides an open and casual learning environment outside of the classroom for adults to learn and practice the language as well as to celebrate the cultures of Spanish-speaking countries around the world. This club is not only about learning Spanish, but learning about Hispanic culture: cuisine, idioms, movies, food, and more. The group will meet every other Wednesday at 6:00 p.m. at the Shrewsbury Public Library; no registration required. Visit the library's <u>events calendar</u> to confirm dates.

#### Tech Tuesday: Digital Privacy and Security

Join the Shrewsbury Public Library at 6:00 p.m. in the Learning Lab for Tech Tuesdays! This program is intended for proficient computer users aged 13+ who are familiar with navigating the internet. Laptops will be provided. Space is limited, so <u>registration</u> is required.

#### Writing Workshop

Join the Shrewsbury Public Library for a writing workshop on Saturday, March 2nd at 2:00 p.m.! A writing workshop is a place where writers can gather together, share writing, and receive feedback. A writing prompt will be given for the workshop, and time will be set aside for participants to write in response to said prompt. Afterwards, share and discuss your work with peers to improve your writing! Writing workshops are facilitated by Ashton Hooley, a published writer.

Sponsored by the Friends of the Shrewsbury Public Library. This program will take place in person at the library; please <u>register</u> to attend.

## Shrewsbury Public Library Makerspace Survey

Calling makers of all ages! Shrewsbury Public Library is looking to start a makerspace and we would like your input. <u>Click here</u> to complete a survey to help us build the best makerspace possible.

## Meditation for Health and Wellness

Join the Shrewsbury Public Library on Tuesday, February 6th at 7:00 p.m. for this lively and engaging workshop with Arlene Samsel. Meditation is being prescribed by many medical practitioners and has been widely recognized as a means to enhance one's health and reduce stress. Throughout the nation meditation has become a positive force for health and wellbeing. There will even be a chance to practice this technique.

Arlene Samsel is uniquely qualified and experienced in meditation, public speaking, and the performing arts. She has been an elementary school teacher and has also performed publicly as a musician for many years. In addition, Arlene was director of a camp where she taught children how to meditate. She has been meditating for 25 years and has given many meditation workshops and retreats.

This program will take place on Zoom; please <u>register</u> to attend.

#### Cycle of Memory Screening

Join the Shrewsbury Public Library on Thursday, February 8th at 7:00 p.m. for this film, followed by a Q+A with the filmmaker.

Mel Schwartz escaped the Great Depression on a bicycle adventure he'd remember for the rest of his life. But when Alzheimer's takes Mel's memories away, it's left to his grandkids to recreate the life-changing bike trip and find those memories. With the help of a grandmother learning to live alone for the first time, Mel's lifelong friend and co-adventurer on the bike trip, and a family collection spanning 1950s film reels to 1990s video tapes, Cycle of Memory explores the importance of intergenerational connection, healing painful pasts, and leaving a meaningful time capsule for the future.

Sponsored by the Friends of the Shrewsbury Public Library. This program will take place in person at the library; please <u>register</u> to attend.

## Sound Healing Presentation

Join the Shrewsbury Public Library on Monday, February 12th at 6:30 p.m. for a Sound Healing Presentation with Julia Nadolny. What is sound healing? Sound healing is an ancient practice that has been around for thousands of years that promotes balance and total bliss throughout the body.

It will be important to bring a yoga mat or towel, something to lay on during the program and a blanket to cover yourself up in. Pillows are a personal preference but you are more than welcome to bring one, whatever makes you feel most comfortable. Chairs will be available if anyone prefers them.

Sponsored by the Friends of the Shrewsbury Public Library. This program will take place in person at the library; please <u>register</u> to attend.

## Lions, Tigers, and...Bulldogs? An Ivy League Writer's Road to Publishing

Join the Shrewsbury Public Library on Tuesday, February 13th at 7:00 p.m with Ivy League alumnus and professional writer and educator Matt Robinson. He will discuss his book, Lions, Tigers, and... Bulldogs? An unofficial guide to the legends and lore of the Ivy League and the lessons he learned while writing and publishing it.

A graduate of the University of Pennsylvania who is married to a Dartmouth graduate and the son of a Brown graduate, Matt Robinson has been steeped in Ivy League culture for most of his life. Matt has had an interest in the history and traditions of the "Ancient Eight" and a knack for remembering the mascots of many schools for far longer than that.

Sponsored by the Friends of the Shrewsbury Public Library. This program will take place in person at the library; please <u>register</u> to attend.

#### Music of the Beatles

Join the Shrewsbury Public Library on Wednesday, February 14th at 7:00 p.m. for this one hour concert with Melodious Zach. He will perform Beatles songs written jointly by John Lennon and Paul McCartney, and entertain you with Beatles trivia.

Melodious Zach has been performing music professionally since 2004. In 2015, he received the ASCAP Plus award for songwriters and independent recording artists. His music video "Hum It"

was featured on NH Chronicle, followed up by NH Magazine's featuring his "20 Greatest Hits!" which was a #1 album on Amazon's new Bubblegum CD chart.

This program has applied for support from the Shrewsbury Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. This program will take place in person at the library; please <u>register</u> to attend.

## Exploring Identity, Love, and Being Black in America in Fiction Writing

Join the Shrewsbury Public virtually on Tuesday, February 20th at 4:00 p.m. with New York Times bestselling author Jason Mott about his recent novel Hell of a Book. This magnificent work of fiction is deeply honest, at times electrically funny, and is a book that goes to the heart of racism, police violence, and the hidden costs exacted upon Black Americans and America as a whole.

Unforgettably told, with an electrifying plot and characters who burn into your mind, Hell of a Book is the novel Mott has been writing in his head for the last ten years. And in its final twists, it truly becomes its title.

This program, brought to you by the Shrewsbury Public Library Foundation with the Library Speakers Consortium, is free and open to the public. This program will take place virtually; please <u>register</u> to attend.

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

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

Please remember that program attendees in grades 5-6 must be accompanied to the library by a parent/parent's representative who will remain in the building during the program and rejoin the attendee at the conclusion of the program.

Check our digital calendar and online calendar for more details and registration!

## 8. Please Note – Friends of the Shrewsbury Public Library Foreign Film Festival

The Friends of the Shrewsbury Public Library are pleased to announce our annual Foreign Film Festival, presented each Sunday in February at 2:00 pm.

<u>Faubourg 36, February 11</u> 2008 - French with English subtitles, PG-13 When Pigoil's wife leaves with his beloved son, he gambles everything to get him back. As the previous manager of the now closed Chansonia Theatre, he makes a deal with the new owner to give him one month to turn the theater around and make a profit.

## The Sea Inside, February 18

2004 - Spanish with English subtitles, PG-13

The story of a man who was left quadriplegic after a diving accident, and his 28-year fight in support of euthanasia and the right to end his life. Academy Award Winner 2004 Best Foreign Language Film.

## Life Is Beautiful, February 25

1997 - Italian with English subtitles, PG-13

During World War II an Italian Jewish man must use his will, imagination and sense of humor to protect his wife and son from the dangers around their concentration camp. Winner of 3 Academy Awards including Best Actor, Best Foreign Film and Best Music.

## 9. Please Note – Shrewsbury Parks & Recreation Programs

Pre-registration is required for all of the Parks & Recreation programs. Space is limited. Visit our <u>website</u> for more information and registration and follow us on Facebook or Instagram for updates and photos!

#### Winter Program Guide

Registration is now open for winter programs! Click <u>here</u> to check it out.

#### Summer Youth Program Update

The program guide will include our Summer Playground program, Half Days at Dean, Playground Adventures, and vendor camp opportunities. Summer Youth Program registration above opens on Saturday, February 3 at 10 am.

#### Become a Community Partner

We are planning more events than ever before, and are seeking community partners to help support our initiatives. Do you or someone you know enjoy our free or low cost events - like Summer Concerts in the Park, Truck or Treat, and the Food Truck Festival - and would like to take advantage of the opportunity to give back to your community while also promoting their business or organization? Take a look at our <u>Sponsorship Packet</u> and see how we can work together!

## Youth Programs

- Babysitting Courses
  - March 9, Ages 12-15, 10 am 12:30 pm, \$60/person
  - Option to add CPR & AED Certification from 1-3 pm on each date, \$70/person

- February Break Camps
  - Minds In Motion STEM Programs Tuesday 2/20-Friday 2/23, Floral St. School
  - Chemical Creations for ages 6-10, 9am- Noon
  - CSI for ages 7-11, 12:30-3:30 pm

## Family Programs & Events

- A Syrup Soiree, March 23, 10-11 am, Pure BS Maple Shack in Auburn, \$25/family
- Eggstravaganza, Saturday, March 30, 10 am -Noon, No Registration or Fee!

## Adult Programs

- Meditation
  - Wednesdays, 6:45-7:45 pm, begins February 7, \$95, Senior Center
- CPR & AED Certification
  - March 9, 1-3 pm, \$70
- Pickleball
  - Sunday Lunch Hour Open Play, 11:30-1:30 at Beal Elementary

Please <u>click here</u> for the Parks & Recreation website.

## **10. Please Note – Shrewsbury Historical Society Events**

## Shrewsbury Historical Society Upcoming Programs

- February 28th at 7:00 p.m. at Hebert Candy Mansion: "Hebert Candies, Past to Present: Creation of the Candy Mansion" by Paul Smith
  - In this Powerpoint presentation Paul Smith, Hebert Candies Vice President of Operations, walks you through the years of the famous Hebert's Candy Mansion, its mark on New England, and how the Hebert Legacy lives on. The Society has pre-purchased a chocolate bar for each attendee.
- March 27th: "Needle & Thread: The Art and Skill of Clothing an Early 19th-Century Family" by Rebecca Beall
- April 24th: "Spectacle and Substance: Tracking a Tale of Victorian America" by April Jones Price
- May 22nd: Annual Meeting and "Having Fun: Wish You Were Here: Historical Society Game Night!" by Erik Larson, President

## Mission Statement

The Shrewsbury Historical Society was organized on January 7, 1898, and incorporated on June 23, 1902. The purpose of the Society shall be to keep alive and increase interest in the history of the Town of Shrewsbury; to collect and preserve items of special value, traditions, and curiosities; to encourage general public interest in its work; and to maintain such personal properties and real estate that may come under the control of the Society. Questions? Email shrewsburyhistory@townisp.com.

## 11. Save the Date – Boy Scout Troop 227 Camping Event, February 17th

Calling all Arrow of Lights (AOLs), 5th graders & 11 year olds! Join BSA Troop 227 on Saturday, February 17th for Cabin Camping at Treasure Valley Scout Reservation Camp in Rutland.

Arrive Saturday at 1:00 pm for capture the flag, board games, and crock pot cook off! AOLs can camp overnight; 5th graders and 11 year olds who are not registered with the BSA can spend the day full of fun!

## 12. Please Note – Shrewsbury Youth and Family Services Parent Support Group

Shrewsbury Youth and Family Services has partnered with your child's school to offer a free Parent Support Group! Parents are often focused almost entirely on the needs of their children, sometimes to the point that they ignore their own needs and feelings. This group is a chance to address your needs. We will cover topics including the importance of managing parental stress, self-care and social support, child mental health, and finding joy in parenting. There will also be two sessions focused on managing screen time as this group is part of our Screen Time Reduction and Education Program (STREP). This group will be co-led by a licensed clinical therapist and Masters level intern and will be free of charge.

Two cohorts will be offered- a Monday group and a Wednesday group. The six week sessions will begin Feb 5 (Monday Group) and Feb 7 (Wednesday Group) and all sessions will be held virtually from 12-12:45pm. We will not meet during February break. For questions and registration, please email ARobinson@syfs-ma.org. Please note that we will require cameras to be on to promote a positive and cohesive group experience.

This group is made possible through the generous support of the Reliant Foundation.

## 13. Save the Date – Shrewsbury Town Meeting Member Interest Forum, February 8th

Join the Town of Shrewsbury for our second annual Town Meeting Member Interest Forum!

Interested in becoming a Town Meeting Member? Join us February 8th at 7PM at Oak Middle School for our second annual Town Meeting Member Interest Forum. Representatives from Town Meeting and other Town Officials will be present to answer questions and help the community learn more about its legislative body. We hope to see you there!

Click here to learn more about Town Meeting!

# Youth Athletics and Activities

## 1. Please Note – Take Charge Hoops Basketball Clinic

The Shrewsbury High School boys varsity basketball coaches Adrian Machado and Gerry Nowosacki will be sponsoring a three-day basketball clinic for boys and girls in grades 3-12. The focus will be on individual skills through the use of time-oriented drill stations. The goal will be to learn, relearn, and execute the fundamentals of basketball, enhance one's skills, and be a better player and teammate.

<u>Where</u>: Shrewsbury High School Field House <u>When</u>: Tuesday, February 20 through Thursday, February 22 <u>Time</u>: 10:00 a.m. – 1:00 p.m. <u>Cost</u>: \$150.00 (\$10.00 discount for siblings; financial assistance can be considered)

Please contact Gerry Nowosacki at (508) 842-6014 or gym21rat@aol.com to sign up.

## 2. Please Note – Shrewsbury Little League Girls Softball Winter All-Skills Clinic

Whether you are just beginning softball or are a veteran, this clinic will sharpen your skills and give you a head start on the spring season. <u>Click here</u> to register today.

The program runs for 7 weeks (Saturdays) beginning February 24 as follows: Tee and Rookie: 2:00-3:00 p.m.; Minor: 3:00-4.30 p.m.; Major and Seniors: 4.30-6:00 p.m. Location: Sherwood Middle School Cost: \$155