

Community Bulletin

April 16th, 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 – Shrewsbury Education Foundation 2024 John P. Collins Awards Nominations (New)

- 2. Save the Date Shrewsbury High School Lunch and Learn, April 26th (New)
- 3. Save the Date Shrewsbury High School Job Fair Canceled (New)
- 4. Please Note Invitation to Support Our RISE Program and Maple & Main
- 5. Save the Date Seeking Career Day Facilitators at Oak's Grade 7 Career Day, April 24th

6. Save the Date – UMass Chan Medical School Nursing Expo for Middle and High School Students, April 22nd

- 7. Save the Date SHS Athletic Boosters Comedy Night, April 20th
- 8. Save the Date SHS Job Shadowing Opportunities, April 17th
- 9. Please Note Jobs for Students Website
- 10. Please Note Summer Programs at Shrewsbury Public Schools
- 11. Please Note 2024-2025 New Student Registration Now Open

Community Items

- 1. Please Note DEIB Committee Logo Contest (New)
- 2. Save the Date Worcester Children's Chorus Auditions, May 21st & June 18th (New)
- 3. Save the Date 2nd Annual Jacob Rogers Memorial Pickleball Tournament, May 11th (New)
- 4. Save the Date Cub Scout Bottle & Can Drive, April 27th (New)
- 5. Please Note Shrewsbury Public Library Events
- 6. Please Note Shrewsbury Public Library Events for Tweens & Teens
- 7. Please Note Shrewsbury Public Library Events for Children
- 8. Please Note Shrewsbury Parks & Recreation Programs

- 9. Please Note Shrewsbury Historical Society Events
- 10. Please Note India Society of Worcester Spring Programs
- 11. Please Note Shrewsbury Youth & Family Services Meditation Challenge
- 12. Please Note 2nd Annual Shrewsbury Youth Police Academy
- 13. Save the Date DEIB Committee Forum, April 25th
- 14. Save the Date Shrewsbury Trails Committee Full Moon Walk, April 21st

Youth Athletics and Activities

- 1. Please Note SAYFCO Registration Open and Summer Flag Football League (New)
- 2. Please Note Shrewsbury Youth Lacrosse Spring Clinic Powered by Scoops Lacrosse

School District Items

1. Please Note – Shrewsbury Education Foundation 2024 John P. Collins Awards Nominations (New)

The Shrewsbury Education Foundation (SEF) is now accepting nominations for the 2024 John P. Collins Awards for Excellence. These awards honor the exemplary efforts of those dedicated individuals whose work brings to life the mission of the Shrewsbury Public Schools. The award is named for former Superintendent, John P. Collins, PhD, who served for 16 years in Shrewsbury (1978-1994) and exemplified the highest standards of professionalism and a commitment to lifelong learning.

Multiple awards will be presented in the following categories:

- Professional Educator
- Paraprofessional
- Support Staff
- Leadership
- Unsung Hero (Volunteers, PTO, boosters, supporters, fans, helpers)

Anyone who currently works or volunteers in the Shrewsbury Public Schools can be nominated. This includes any staff member or volunteer who you or your child either works with now or has worked with in the past. Just about everyone who's been touched by the Shrewsbury Public Schools at any level can nominate someone. All the nominees receive a copy of the nomination letter and a note of appreciation from SEF.

<u>CLICK HERE</u> to submit your nomination: <u>Nominations will be accepted until Friday, May 10,</u> 2024, and awards will be presented to each recipient in June. Shrewsbury Education Foundation (SEF) is an all-volunteer organization that raises money to fund grants that put resources and programs directly into the classroom. For more information about the Shrewsbury Education Foundation, please visit <u>www.SEFgrants.org</u>.

2. Save the Date – Shrewsbury High School Lunch and Learn, April 26th (New)

Do you have a student who is interested in a career in Physical Therapy? This week, on April 26th, the SHS Lunch and Learn guest speaker is Mr. Len Tocman, DPT Outpatient Physical Therapist. (He's also the father of SHS grads from 2020 and 2018). Mr. Tocman graduated from the University of Lowell with a degree in Business Administration in 1988. He started a small business in Automotive Repair. After 8 years of successful business ownership he felt uninspired and unhappy. Taking a leap of faith he decided to follow his passion for exercise and fitness. In 1999 he received my degree in Exercise Physiology and in 2001 he completed his Doctorate Degree in Physical Therapy. Today he has over 22 years of Physical Therapy experience including Hospital, Short Term Rehabilitation, Home Care, and Outpatient Sports Physical Therapy. Along the way he has continued his learning, always adding new skills like Dry Needling, Kinesiology Taping, and Therapeutic Cupping to his "Therapy toolbox". He looks forward to speaking with the Students at Shrewsbury High School regarding his passion and the possibilities of an exciting career in Physical Therapy. Registration is required and students can register here.

Do you have a student interested in a career in biologics, engineering, manufacturing, quality, and supply chain? The second guest speaker this week is Ms. Kristen Springer and her co-workers, from AbbVie's Society of Women Engineers (SWE). AbbVie's Bioresearch Center (ABC), located in Worcester, is a leading producer and developer of biologics (medications that come from living sources). Members of AbbVie SWE work in a variety of areas including engineering, manufacturing, quality, and supply chain. Guest speakers will discuss how their work helps to propel a drug from an idea to helping real patients. SWE members will discuss career paths available to SHS students in the biotechnology space and provide guidance on how they can leverage their resources now to reach their future career goals. Registration is required and students can register <u>here</u>.

3. Save the Date – Shrewsbury High School Job Fair, April 25th

Due to low registrations from businesses, the Job Fair has been canceled. However, there are plenty of local jobs and students are encouraged to visit the <u>Jobs for Students</u> site for a listing of summer and after-school jobs. This site is updated frequently.

4. Please Note – Invitation to Support Our RISE Program and Maple & Main

Shrewsbury Public Schools invites community members to donate to our <u>RISE</u> (Reaching Independence through Supported Employment) programming and <u>Maple & Main</u>, an innovative retail store located at the heart of Shrewsbury Center. Please <u>click here</u> for more information about RISE and Maple & Main. Please consider making a <u>donation</u> to support innovative programming and local retail business!

5. Save the Date – Seeking Career Day Facilitators at Oak's Grade 7 Career Day, April 24th

Grade 7 Career Day is coming soon at Oak Middle School! Please consider joining our Career Day presenters on April 24th from 8:30 a.m. to 11:00 a.m. This event is the culmination of research designed to expose our students to diverse careers. Career Day provides all Grade 7 students with an opportunity to connect with professionals from various fields, gaining insights into the world of work and allowing them to make informed decisions about their future career paths.

Here's what you can expect as a Career Day participant:

- You will have the opportunity to speak with two different groups of students, with each session lasting approximately 30 minutes.
- During the first half of each session, we encourage you to present and discuss your job. Please feel free to bring any presentation materials, brochures, or items related to your work.
- The second half of the session will be dedicated to a question and answer session with the students, where they can engage with you and gain deeper insights into your profession.

We appreciate your consideration! If you are interested and available to participate in Career Day, please take a moment to complete this <u>survey</u>. We look forward to welcoming members of our community to Oak Middle School for this event!

6. Save the Date – UMass Chan Medical School Nursing Expo for Middle and High School Students, April 22nd

On Monday, April 22, 2024 at 3:45 to 7:00 p.m, Umass Chan Medical School will host their NursingExpo. The Expo will educate middle/high school and undergraduate students about the many pathways into nursing as a career for life, and to connect students and their families with the many nursing schools in Central Massachusetts. <u>Visit their website</u> for more information.

7. Save the Date – SHS Athletic Boosters Comedy Night, April 20th

Comedy Night, April 20th from 7:00-9:00 pm at El Basha Restaurant

Join us for a night of laughs sponsored by the Shrewsbury Athletic Boosters. Doors open at 6pm. light appetizers and cash bar available. Click <u>here</u> for registration and additional details.

We encourage your support to raise money for our athletic department. If you have any questions, please reach out to Paula Toti at ptoti@shrewsbury.k12.ma.us or call 508-847-1871.

8. Save the Date – SHS Job Shadowing Opportunities, April 17th

SHS will be providing Job Shadowing opportunities for students over April break. We have 11 locations providing job shadowing across a variety of careers, such as Science, Theater, Robotics, Law, Real Estate, Town government, Finance, Police, and more. Registration is required and students can register <u>here</u>.

9. Please Note – Jobs for Students Website

If your student is looking for a job for the spring, several new positions have been added to the <u>Jobs for Students website</u>. Shrewsbury businesses now looking for part-time help include Petco, Chipotle, Napoli Deli and Seasons Corner Market. Other local jobs include Cellar Bar and Grille in Northboro, Dunkin Donuts and Nouria, plus many more! This site is updated frequently.

10. Please Note – Summer Programs at Shrewsbury Public Schools

Summer Enrichment

Registration for the Summer Enrichment program is now open. You can learn more about the program and preview the catalog <u>here</u>.

Location: Sherwood Middle School Dates: June 24-27, July 8-11, July 15-18, and July 22-25 For students who will be entering grades 1-8 in fall of 2024 All members of the community are welcome!

Half-day and Full-day options are available, with dozens of classes to choose from each week. Each half-day class costs \$100 per week. Shrewsbury Public Schools students who meet the financial guidelines for the free and reduced lunch program can use the code SUMMER50 at checkout to receive a 50% discount off their total fees.

Summer Robotics

Registration for the Summer Robotics Program is now open. You can learn more about the program <u>here</u>.

Location: Shrewsbury High School Dates: July 8-12, July 15-19, July 22-26, and July 29-Aug 2 Hours: Monday-Friday, 8:30-3:30 For students who will be entering grades 4-8 in the fall of 2024 All members of the community are welcome! Cost: \$310 per week.

Shrewsbury Public Schools students who meet the financial guidelines for the free and reduced lunch program can use the code SUMMER50 at checkout to receive a 50% discount off their total fees.

11. Please Note – 2024-2025 New Student Registration Now Open

Dear parents and caregivers: New student registration for the 2024-2025 school year is now open. If your student is not currently enrolled in Shrewsbury Public Schools and you plan to enroll your child for the coming school year, please complete the online student registration process as soon as possible. You can access the registration link <u>here</u>.

Community Items

1. Please Note – DEIB Committee Logo Contest (New)

We are calling all art enthusiasts! The Town of Shrewsbury's Diversity, Equity, Inclusion, and Belonging Committee is thrilled to announce our Logo Design Contest, and we want you to be a part of this creative journey. The winning design will become our official logo, showcased across various platforms.

The contest is open to all Shrewsbury residents. Group submissions are welcome. The contest closes on Thursday, March 30th or until we have 5 entries. <u>Click here</u> for submission details and judging criteria. Thank you for contributing to our commitment to diversity and inclusion!

2. Save the Date – Worcester Children's Chorus Auditions, May 21st & June 18th (New)

Worcester Children's Chorus auditions are open! Children and youth ages 8-18 throughout central Massachusetts are encouraged to <u>sign up for WCC's auditions</u> for the 2024-2025

concert season on May 21st and June 18th from 4:00-7:00 pm at Joy of Music Music Program (1 Gorham Street, Worcester).

Audition fee: \$25; financial assistance for audition fee & annual tuition available. Tuition ranges from \$625-\$750 depending on age level.

Worcester Children's Chorus provides professional-level choral singing instruction and an enriching program for each child. Weekly rehearsals lead to exciting performance opportunities locally throughout central Massachusetts in venues like Mechanics Hall, Polar Park, or Worcester Art Museum. The music education your child or youth will gain is meaningful, serious, and fun, or as we like to say "serious fun!" Learn more about our after-school program for youth singers in central Massachusetts.

3. Save the Date – 2nd Annual Jacob Rogers Memorial Pickleball Tournament, May 11th (New)

The 2nd Annual Jacob Rogers Memorial Pickleball Tournament will take place on Saturday, May 11th in Northborough. Last year, we raised \$18,000 through the generous support of sponsors and individual donors! 100% of the proceeds went to The Shine Initiative. This organization works with students in school settings to raise awareness and remove the stigma associated with mental illness. Please consider making a donation to this year's tournament. Donations go directly to The Shine Initiative. <u>Click here</u> to donate. With your help we can make a difference! Thank you!

4. Save the Date – Cub Scout Bottle & Can Drive, April 27th (New)

On Saturday, April 27th, Cub Scout Pack 114 will be hosting a bottle and can drive at Shrewsbury Town Hall from 10:00 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. Please Note – Shrewsbury Public Library Events

Sea Songs & Stories - Davis Bates Concert

Join the Shrewsbury Public Library on Wednesday, April 17th at 7:00 p.m. with Davis Bates. A wonderful way to bring people of all ages together, this program includes songs and stories that entertain, educate and create a feeling of community. It also encourages audiences to sing along and celebrate the diverse cultural history of a variety of maritime communities.

Sea Songs & Stories includes shanties and farming songs, ocean ballads, traditional tales, oral history narratives and stories from Davis own family, and is inspired both by childhood summers spent on in Maine and on the Cape, as well as time Davis spent as a volunteer crew member on the Hudson River Sloop, Clearwater. He is known for his humor, his professionalism, and for his ability to adapt his programs.

This program will take place in person; please register to attend.

Paranormal Hotspots with Ronny LeBlanc

Join the Shrewsbury Public Library on Monday, April 22nd at 6:00 p.m. with Ronny LeBlanc, local author, paranormal investigator, and former host of the Travel Channel's Expedition Bigfoot, who will give a presentation on paranormal hotspots in which he discusses parts of the U.S. that have had UFO, cryptid, and paranormal activity, including areas within New England . He will also provide some tips and advice for budding paranormal investigators for what to look for in older buildings such as the library!

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

The Amistad Trials: What Price Freedom?

Join the Shrewsbury Public Library on Wednesday, April 24th with Justice Dennis J. Curran (ret.).

This case pits the American government against the Spanish government, the President against his own Secretary of State, the executive branch versus the judicial branch, and abolitionists against slave traders. It even prompted a former President to appear before the Supreme Court to condemn the policies of a present Administration. This case finally received the recognition it deserved from Stephen Spielberg's 1997 Academy Award-nominated feature film, Amistad.

Justice Dennis J. Curran (ret.) served as a Massachusetts trial judge for 15 years. He is a graduate of Boston Latin School, the University of Pennsylvania (B.A. and M.A.) and the University of Virginia School of Law.

This program will take place in person; please register to attend.

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

We have some great events for tweens and teens happening in April 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.

- Monday, April 1st-Tuesday, April 30th Scavenger Hunt in the Teen Room. Grades 5-12. No registration necessary. Try our monthly Scavenger Hunt! Find all the hidden items and you're entered to win a fun prize. This month's prize is a solar powered glowing wind chime!
- Wednesday, April 17th Escape the Haunted Library -<u>10:00 a.m.</u> and <u>2:00 p.m.</u> in Meeting Room B. Grades 5-12. Registration required. It's all fun and games in the library... until the screaming starts! Come play our popular Escape Room series! Do you have what it takes to find the clues, solve the puzzles, and escape before you're trapped in the haunted library forever??? Please sign up for ONLY ONE session or waitlist. Each participant must sign up individually. Each session has room for 6 participants coordinate with your friends! Sessions may be canceled if there are an insufficient number of participants registered.
- Thursday, April 18th Escape the Haunted Library -<u>9:00 a.m.</u> and <u>12:00 p.m.</u> in Meeting Room B. Grades 5-12. Registration required. It's all fun and games in the library... until the screaming starts! Come play our popular Escape Room series! Do you have what it takes to find the clues, solve the puzzles, and escape before you're trapped in the haunted library forever??? Please sign up for ONLY ONE session or waitlist. Each participant must sign up individually. Each session has room for 6 participants coordinate with your friends! Sessions may be canceled if there are an insufficient number of participants registered.
- Friday, April 19th Escape the Haunted Library -<u>10:00 a.m.</u> and <u>11:30 a.m.</u> in Meeting Room B. Grades 5-12. Registration required. It's all fun and games in the library... until the screaming starts! Come play our popular Escape Room series! Do you have what it takes to find the clues, solve the puzzles, and escape before you're trapped in the haunted library forever??? Please sign up for ONLY ONE session or waitlist. Each participant must sign up individually. Each session has room for 6 participants coordinate with your friends! Sessions may be canceled if there are an insufficient number of participants registered.
- Friday, April 19th Taylor Swift Party 2:00 p.m. in Meeting Room A. All ages. No registration necessary. Calling all Swifties! Celebrate the release of The Tortured Poets Department with trivia, friendship bracelet making, a craft, a photo booth station, and of course, karaoke.
- Monday, April 22nd Teen Advisory Meeting 8:00 p.m. in the Teen Room. Grades 5-12. <u>Registration</u> required. What is Teen Advisory? It's a way for you to connect with the library and make your voice heard. It's a chance to see your ideas and opinions come to life. It's an easy way to earn volunteer credit by attending monthly meetings. Join us to meet some new people, eat snacks, and help us make our Teen Room (and library) THE BEST!
- Wednesday, April 24th Locker Chandelier Craft 4:00 p.m. in Meeting Room A. Grades 5-12. <u>Registration</u> required. Does your locker need a refresh? Make a unique locker chandelier that actually lights up!

• Friday, April 26th - Friday Activity - 3:30 p.m. in Meeting Room B. Grades 5-12. No registration necessary. You made it through another week of school! Try a fun craft or activity that will change each month. No crafting experience (or talent) necessary, just try it out. This month we'll make paper plate stained glass suncatchers!

Check our online calendar for more details and registration!

7. Please Note – Shrewsbury Public Library Events for Children

<u>Kid's Science Class with ScienceLive!</u> Tuesday, April 16 1:00—3:00 PM - Join Dr. Mary Pickering from UMass Chan Medical School's program ScienceLive for a lesson on macroscopic and microscopic species that are alive. Her team will bring soil and pond water from Dean Park, harvest micro-organisms from these materials, and then look at the samples under the microscope. They will talk about how scientists classify things that are alive, the relative sizes of living things, and then the students can use the materials to build/draw one of the species they see under the microscope, or create a "new species" with the attributes/traits they observe under the microscope. For kids ages 8-12. <u>Register here!</u>

<u>Kid's Science Class with ScienceLive!</u> Wednesday, April 17 1:00—3:00 PM - Join Dr. Mary Pickering from UMass Chan Medical School's program ScienceLive for a lesson on the importance of DNA in living things. They will harvest DNA from food and will illustrate what it looks like by building DNA molecules with candy and toothpicks. This class is for kids ages 8-12. <u>Register here!</u>

<u>Passover Storytime</u> Wednesday, April 17 4:30—5:30 PM - Join our community guests from Chabad of Shrewsbury and UMass Medical School in celebrating Passover with stories, songs, and activities. Ages 2-8. Admission tokens are required and will be given out at the children's service desk starting 30 minutes before the program.

MATH QUIZ BEE for KIDS Thursday, April 18 6:00—7:30 PM - The Library's Math Quiz Bee is for kids in grades 3rd & 4th. The general MATH topics will be covered in the quiz. Register <u>here!</u>

<u>Taylor Swift Party</u> Friday, April 19 2:00—4:00 PM - Calling all Swifties! Celebrate the release of The Tortured Poets Department with trivia, friendship bracelet making, a craft, a photo booth station, and of course, karaoke. All ages welcome! No registration required.

<u>Ska! with Chamber Music Metrowest</u> Saturday, April 20 3:00—3:45 PM - Join Chamber Music Metrowest for this fun reggae/ska concert! In this engaging 30-45 minute concert children will be encouraged to interact directly with performers. Families will be provided the opportunity to experience the joys of music together and to actively cultivate their child's appreciation of music. No registration required. The program is designed for kids ages 3-8 but all ages are welcome.

<u>Earth Day Yoga for Kids</u> Sunday, April 21 2:00—3:00 PM - Celebrate Earth Day with our special yoga class for kids 3-6 years old with an adult! Join us in a fun-filled session that combines mindful movements with an appreciation for our planet, fostering a sense of connection to nature through yoga poses and eco-friendly activities. Mats will be provided. <u>Register here!</u>

<u>Mud Storytime</u> Monday, April 22 10:00—10:30 AM - Join Miss Roxanne and Miss Sonja for muddy storytime fun! Activities will include songs, stories, and a take-home craft. No registration required. This program will take place at Lake Street Park in Shrewsbury.

Engineer a Story Monday, April 22 4:00—5:00 PM - Listen to a story, then follow the engineering design process to figure out a solution! You'll share your ideas, edit your design, and if time allows, you can build it! This program is for children in 1st to 5th grade. <u>Register here!</u>

<u>Build It Club</u> Monday, April 22 6:30—8:00 PM - Drop by the Children's Program Room to build with different kinds of blocks, including KEVA planks, big foam blocks, and Duplo. For kids of all ages. Caregivers, please be aware that this program has no facilitator.

8. 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!

The Dragon's Summit (Dungeons & Dragons) (New)

Click <u>here</u> for more information about this new Dungeons & Dragons program for kids ages 12-16. View the flier <u>here</u>.

Summer Youth Program Update

Registration for week-long Summer Programs is open! Check out the options <u>here</u> in our guide. This guide includes our Summer Playground program, Half Days at Dean, Playground Adventures, and specialty camp opportunities.

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!

Upcoming Seasons

Registration for spring programs is now open. Registration for summer programs and classes will open on May 22nd.

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

9. Please Note – Shrewsbury Historical Society Events

Shrewsbury Historical Society Upcoming Programs

- April 24th: "Spectacle and Substance: Tracking a Tale of Victorian America" by April Jones Price
 - What do circus showman and inventor of the term "show business" P.T. Barnum and the Brooklyn Bridge have in common? Find out as author of children's book Twenty-One Elephants and Still Standing April Jones Prince reveals the "story behind the story" of discovering a fascinating nugget of American history. You'll also get a behind-the-scenes look at how picture books are made and what makes them an engaging, unique art form. April writes for children, but her lively discussion will be enjoyed by all ages.
 - April Jones Prince is an award winning children's book author and freelance editor who has worked in children's publishing for more than 20 years. She holds a degree in journalism and mass communication from the University of North Carolina at Chapel Hill and a certificate in publishing from the Radcliffe Publishing Course.
- 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 <u>shrewsburyhistory@townisp.com</u>.

10. Please Note – India Society of Worcester Spring Programs

India Society of Worcester is offering many new programs coming up:

<u>ISW Cultural and Language School</u> continues to offer rolling admissions for several Indian languages, like Hindi, Telugu, Tamil, Kannada, Gujarati, Marathi & Online Sanskrit. We also encourage kids to attend Indian Cultural and Yoga only assembly, held on Sundays at 10:30 am.

Conversational Hindi classes for adults are also offered. Send email to <u>schoollead@iswonline.org</u> for more information.

India Center's Free Health Stop since 2005, has been providing health care and is open to all. It is held on Wednesdays 6-8 PM. Services are provided to anyone regardless of their financial, immigration and insurance status.

Sign up for ISW's free newsletter for all our activities including Showcase India, a cultural event organized by our Indian Youth Group.

11. Please Note – Shrewsbury Youth & Family Services Meditation Challenge

Join Shrewsbury Youth & Family Services for a free 14-day meditation challenge! Join live sessions or practice on your own with guided meditation videos provided.

Our meditation challenge can help you:

- Reduce anxiety and/or depression symptoms
- Change your response to stressful situations
- Get out of negative thought or belief patterns
- Overcome unhealthy habits
- Reduce wear and tear on your body from stress

Details of the challenge:

- Take 2 short surveys to document how you are feeling before and after the challenge
- Meditate for 10 minutes each day. You can meditate anytime, anywhere.
- Optional Live meditations will be offered online throughout the challenge
- As an alternative, meditations can be done independently. Jaime offers free guided meditations on her YouTube channel @JaimeGildea
- You may choose to share your experience by completing a short questionnaire at the end. Or keep your thoughts private and use the experience in any way that feels right for you

To sign up:

- Email <u>JGildea@SYFS-ma.org</u> and let Jaime know you are interested in joining
- Emails will be sent with information on accessing the surveys and meditation videos.
- LIVE online meditations will be available

12. Please Note – 2nd Annual Shrewsbury Youth Police Academy

SUMMER 2024! The Shrewsbury Youth Police Academy is a 40-hour program that runs 8 am to 4 pm Monday through Friday.

SYPA Class 2-1: June 24th-28th SYPA Class 2-2: July 15th-19th

Admission to the Shrewsbury Youth Police Academy is open to Shrewsbury residents entering grades 7-12 in the fall of 2024. Click <u>here</u> to view the flier.

13. Save the Date – DEIB Committee Forum, April 25th

As part of our ongoing commitment to fostering an inclusive and equitable community, we are excited to invite Shrewsbury residents to the Diversity, Equity, Inclusion, and Belonging (DEIB) Committee Forum that will be held at Shrewsbury Public Library on April 25th from 6-8pm in Meeting Room A.

Your voice is essential in shaping the agenda for the upcoming season, and we value your input on how the DEIB committee can better serve our diverse and vibrant community. We believe that diversity of thought and experiences is crucial in building a community that truly reflects the values and aspirations of all its members. Your presence at this forum will contribute to the collective efforts of creating an environment where everyone feels a sense of belonging.

Your perspective matters, and we look forward to hearing your ideas on how the DEIB Committee can make a positive impact in our community. Together, we can create a more inclusive and welcoming environment for all.Thank you for your participation and dedication to building a stronger, more united Shrewsbury.

14. Save the Date – Shrewsbury Trails Committee Full Moon Walk, April 21st

Bats and Lunar Phobia?

The Shrewsbury Trails Committee will lead a Full Moon Walk on Sunday, April 21, 2024, 7:30 to 8:30 p.m. at Lake Street Park. As we enjoy the light of the Pink Moon (named for an early spring flower by some Native Americans), our leaders will talk about bats-though we may not see any of these beneficial,often misunderstood and, for many species, endangered animals. There will be a telescope available after the walk for viewing other night sky features. This event is appropriate for all but the youngest folks. The Park entrance is on Lake Street next to the SAC entrance. Meet in the Park's lower parking lot. In the case of inclement weather the walk will be canceled. No registration needed. Questions? Email the Trails Committee: trails01545@gmail.com

Youth Athletics and Activities

1. Please Note – SAYFCO Registration Open and Summer Flag Football League (New)

We are excited to announce that registration is now open for SAYFCO 2024 Fall Football and Cheer Seasons and our NEW SUMMER FLAG FOOTBALL! Flag will take place during the month of June. See <u>website</u> for more details! Last year, we had an extremely successful season with all of our teams advancing deep into the playoffs. This year, we hope to build on that while continuing to provide a safe and fun environment for the kids. <u>Register</u> before May 15th to save!

- Get \$25 off Fall registration for Football or Cheerleading if registered before May 15th.
- Get \$20 off Fall registration for Football / Cheerleading when registering multiple children.
- Get \$50 credit towards Fall Football registration after registering for Summer Flag Football.

If you have any questions, comments, or concerns related to your child playing football please don't hesitate to reach out to us directly at <u>president@sayfco.org</u>.

2. Please Note – Shrewsbury Youth Lacrosse Spring Clinic Powered by Scoops Lacrosse

In partnership with Shrewsbury Youth Lacrosse, Scoops will be running a 6-week spring lacrosse clinic on Sunday afternoon, open to boys and girls ages 3-7. Scoops Clinics are designed for kids who are interested in learning as well as continuing their development of lacrosse. Kids will be broken into different groups based on age and/or skill levels. Most importantly, Scoops Clinics are designed for maximum amounts of fun, confidence building, and pure lacrawsomeness. The only equipment necessary is a lacrosse stick - no pads needed! The clinic begins on April 28th.

Click <u>here</u> to register. Reach out to <u>info@shrewsburylacrosse.com</u> with any questions.