



# Community Bulletin

April 8th, 2024

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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. [Save the Date](#) - Lunch and Learn at SHS (New)

TWO SHS Lunch and Learn Guest Speakers, April 12, 2024

*Do you have a student who is interested in a career in Information Technology and/or cybersecurity?*

Mr. Greg Oronato and Mr. Joe Sherry from SELCO are eager to discuss their career paths, what does it mean to have a career in Information Technology. They would like to share with students, who they are, what they do at SELCO (provide contracted IT services to town departments), give a brief discussion on cybersecurity practices and protocols, and an overview of a recent project, opening the new Shrewsbury Police Station. Stop by and say hello! Registration is required and students can register [here](#).

*Do you have a student interested in Engineering?* The second guest speaker this week is Ms. Faith Lawless, an engineer at SELCO. Ms. Lawless is excited to discuss her personal journey toward becoming an engineer at SELCO, the significance of a career in Engineering, and the responsibilities of her role at SELCO. Registration is required and students can register [here](#).

### 2. [Please Note](#) – Invitation to Support Our RISE Program and Maple & Main

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

### 3. [Save the Date](#) – SHS Job Fair, April 25th

*Do you have a business that is looking for student employees or summer staff?* SHS is hosting its 4th semi-annual “Job Fair for Students”, April 25, 2:30-3:30 pm in the SHS Commons (cafeteria). If you are interested in offering summer employment to High School students fill out [this registration form](#). Be prepared to interview students on the spot and hire new employees immediately!

Can't make the Job Fair, but want to get your job description in front of our students? Fill out [this form](#) so we can post it on our [Jobs for Students](#) site. Questions? Contact Kathleen Keohane at [kkeohane@shrewsbury.k12.ma.us](mailto:kkeohane@shrewsbury.k12.ma.us). Thank you for supporting our students!

#### **4. 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 [survey](#). We look forward to welcoming members of our community to Oak Middle School for this event!

#### **5. 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. [Visit their website](#) for more information.

#### **6. 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 [here](#) 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](mailto:ptoti@shrewsbury.k12.ma.us) or call 508-847-1871.

## **7. 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 [here](#).

## **8. 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 [Jobs for Students website](#). 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.

## **9. 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 [here](#).

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 [here](#).

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.

## **10. 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 [here](#).

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## **Community Items**

### **1. Please Note - 2nd Annual Shrewsbury Youth Police Academy (New)**

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- June 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 [here](#) to view the flier.

### **2. Save the Date - DEIB Committee Forum at Shrewsbury Public Library (New)**

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 4/25/24 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.

### **3. Please Note - Shrewsbury Public Library Events for Kids (New)**

Pokemon Trading Monday, April 8, 6:00—7:00 PM - Bring your cards and let's start trading! For kids of all ages. No registration required.

Choose Your Own Adventure® Library Read-Aloud Book Club Tuesday, April 9 6:00—7:00 PM - We'll be reading one Choose Your Own Adventure® book and everyone will help decide which path we will take. You won't need to read the book ahead of time. Books will be available at the meeting. Participants will receive an Adventurer's Passport to collect badges. For children in grades 4 through 6. We will be having Pizza at each meeting. This program is sponsored by the Friends of the Shrewsbury Public Library

Let's Put the TEAM in STEAM! Saturday, April 13 2:00—4:00 PM - Hands-on learning that is fun for all! Teams will be formed and compete in four low-tech engineering challenges. There will be prizes for the winning teams! This program is for kids in grades 3-5. To keep competition fair, please adhere to the grade level parameters. Parents/guardians are invited to watch the competition or remain in the building.

Kid's Science Class with ScienceLive! 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. [Register here!](#)

Kid's Science Class with ScienceLive! 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. [Register here!](#)

Passover Storytime 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 here!](#)

Taylor Swift Party 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.

Ska! with Chamber Music Metrowest 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.

Earth Day Yoga for Kids 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. [Register here!](#)

Mud Storytime 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. [Register here!](#)

Build It Club 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.

#### **4. Save the Date - Shrewsbury Trails Committee (New)**

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](mailto:trails01545@gmail.com)

## **5. Please Note – Shrewsbury Public Library Events**

### Climate Change: SIMPLE. SERIOUS. SOLVABLE.

Join the Shrewsbury Public Library on Monday, April 8th at 7:00 p.m. with beloved local meteorologist Harvey Leonard as he explains the difference between weather and climate, and why climate change is simple but real, which is what makes it so serious. He will go on to explain how we can mitigate or solve some of our problems caused by climate. His talk will be followed by a Q&A.

Harvey Leonard is WCVB Channel 5's chief meteorologist emeritus. After a fifty-year career in meteorology, Harvey retired from the helm of StormTeam 5 in May 2022 and transitioned into his emeritus role. In this new position, Harvey continues to serve the community with important information as a periodic contributor to StormTeam 5 coverage and engage in community speaking appearances.

This program will take place in person; please [register](#) to attend.

### Chocolate and the Environment Presented by Cocoa Beantown

Join the Shrewsbury Public Library on Wednesday, April 10th at 7:00 p.m. with Cocoa Beantown. With concerns about climate change increasing by the day, cacao producers around the world are working to ensure their farms survive the changing growing seasons. Likewise, small batch chocolate makers find themselves a surprisingly large piece of the puzzle—supporting farmers by purchasing beans that were farmed in a sustainable way and employing their own green practices to chocolate production, packaging, and delivery chains.

We'll also talk about the fabled history of the Arhuacos, an indigenous tribe in the Sierra Nevada region of Colombia that considers themselves stewards of the environment, and have raised cacao for over 500 years. Participants will also have the opportunity to taste different varieties of chocolate from Cocoa Beantown.

This program will take place in person; please [register](#) to attend.

### Music of the Beatles

Join the Shrewsbury Public Library on Saturday, April 13th at 2:00 p.m. for a one hour concert with Melodious Zach, who 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; please [register](#) to attend.

#### 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 [register](#) 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!
- Monday, April 8th - Eclipse Party - 2:00 p.m. in Meeting Room A. All ages. No registration necessary. Celebrate the eclipse with the Shrewsbury Public Library! We'll have crafts, live stream of the total eclipse, and eclipse viewing glasses to use!
- Thursday, April 11th - Teen Writing Club - 7:00 p.m. in the Teen Room. Grades 5-12. [Registration](#) required. Writers and aspiring writers are invited to join this new club for teens. Bring a work in progress or try something new. Over the course of the hour we'll write, brainstorm, work with prompts, and enjoy snacks. Writers of all skill and experience levels welcome - we're here to have fun! This club will meet on the second Thursday of each month during the school year
- Friday, April 12th - Friday Snack Craft - 3:30 p.m. in Meeting Room B. Grades 5-12. No registration necessary. What's more fun than food? School is over - come hang out and create something delicious. A new seasonal snack creation each month! This month we will make dirt cups! Those with food allergies should please exercise caution.
- Wednesday, April 17th - Escape the Haunted Library - [10:00 a.m.](#) and [2:00 p.m.](#) 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 - [9:00 a.m.](#) and [12:00 p.m.](#) 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 - [10:00 a.m.](#) and [11:30 a.m.](#) 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. [Registration](#) 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. [Registration](#) 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 Parks & Recreation Programs (1 New)**

Pre-registration is required for all of the Parks & Recreation programs. Space is limited. Visit our [website](#) for more information and registration and follow us on Facebook or Instagram for updates and photos!

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

Click [here](#) for more information about this new Dungeons & Dragons program for kids ages 12-16. View the flier [here](#).

### Summer Youth Program Update

Registration for week-long Summer Programs is open! Check out the options [here](#) 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 [Sponsorship Packet](#) 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 [click here](#) for the Parks & Recreation website.

## **8. 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
- 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](mailto:shrewsburyhistory@townisp.com).

## **9. Please Note – India Society of Worcester Spring Programs**

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

[ISW Cultural and Language School](#) 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 [schoollead@iswonline.org](mailto:schoollead@iswonline.org) 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.

## **10. 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 [JGildea@SYFS-ma.org](mailto:JGildea@SYFS-ma.org) 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

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## **Youth Athletics and Activities**

### **1. 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 [here](#) to register. Reach out to [info@shrewsburylacrosse.com](mailto:info@shrewsburylacrosse.com) with any questions.

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