



A Message To Our Alumni

When we started planning for a new type of alumni program over a year ago, we never imagined this would be the content of our first message to you. But now that connecting remotely is the day-to-day reality for most of us, we're so glad you've chosen to reconnect with Shrewsbury Public Schools.

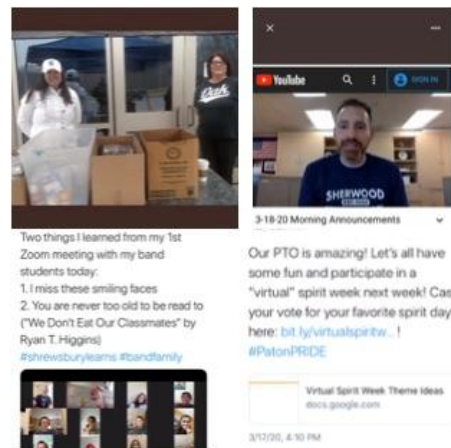
As we navigate these unprecedented times in our community and in our world, we are inspired by the evidence of comraderie and neighbor-helping-neighbor that we are seeing here in Shrewsbury. Residents are posting advice to social media about where to purchase hard-to-find items, volunteers are delivering meals to homebound seniors and collecting money and supplies for critically needed personal protective equipment. While we can't dine out, people are making the effort to order take out from locally owned restaurants. We see evidence every day that, *together, we will get through these challenging times.*

Nowhere is that spirit of collaboration stronger than in our school community. The Shrewsbury Public Schools have been working tirelessly, almost overnight, to create innovative ways to connect with over 6,100 students and families. The school district and local agencies are supporting families with food insecurity and other life challenges. Teachers are checking in on their students, making sure they are ok and keeping their spirits up with positive messages. Educators are trying new ways to offer optional learning

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Stay safe, stay healthy



Clockwise from top left: Cafeteria staff Lisa Phipps and Patti Saniuk ready for food distribution to families; Sherwood Middle School Principal Johnathan Kelly making his morning announcements on his YouTube channel; Twitter post from Paton Elementary School Principal Wendy Bell about upcoming Virtual Spirit Week sponsored by the Paton PTO; Twitter post from Band Director Brian Liporto.

opportunities through YouTube, Zoom, and digital media. One elementary school PTO is even planning a virtual spirit week for their school community!

The work we see happening in our town and in our schools is truly inspiring. If you have similar stories to share from your community, even here in Shrewsbury, please share them with us. Email us at alum@shrewsbury.k12.ma.us and we will post your stories on our website under [Alumni News](#). If you want to hear more about how Shrewsbury teachers are reimagining learning while schools are closed, follow [#ShrewsburyLearns](#) on Twitter. Keep checking in on your home town - now, more than ever, Shrewsbury Pride is strong!

Managing Stress & Emotions

Since September, Shrewsbury Public Schools has been working with [Mindfulness Director Initiative](#) (MDI) to offer mindfulness courses to parents, students, staff, and alumni of Shrewsbury Schools.

In this challenging time, **MDI will offer free online *Introduction to Mindfulness* classes to our community starting the week of March 23** . Classes will meet virtually for one hour 1x/week for 8 weeks starting the week of March 23rd.

Participants will learn the basics of mindfulness meditation in order to learn how to reduce stress, manage emotions, and gain greater control over thoughts and actions—all more important now than ever. Classes will be led by Marc Waxman, the co-founder of MDI. Marc has 20+ years of public school experience as a teacher and administrator, and has been leading mindfulness classes in Shrewsbury for staff and students.

To register for the Wednesdays @ 8 PM Mindfulness Course, click [here](#).

To register for the Thursdays at 7:00 p.m. Mindfulness Course, click [here](#).

If you have any questions, you can reach out to Marc at mwaxman@mindfulnessdirector.org.

Can't commit to a class? Try these **[11 Things You Can Do To Manage Your Coronavirus Anxiety](#)**

Activities For Students K-12

Recognizing the challenge of managing children at home while limiting contact with friends and neighbors, the Shrewsbury Public Schools curriculum team has developed a list of resources that can be used as learning opportunities for children. Click [here](#) for a list of those resources organized by grade level. You will find a variety of activities to engage students as diverse learners, citizens, and community contributors.



Thank you for re-connecting with Shrewsbury Public Schools



Michelle Biscotti & Kathleen Keohane

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