



# Community Bulletin

August 29th, 2022

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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](#).

## School District Items

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## Community Items

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## Youth Athletics and Activities

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## **School District Items**

### **1. Please Note – Paraprofessional Support Staff Needed (New)**

If you or someone you know is interested in making a positive difference in the life of a child, please consider joining us as a paraprofessional in our schools. We are in need of: *child-specific aides* who work to support individual students with special learning needs; *applied behavior analysis technicians* who typically work to support individual students on the autism spectrum; and *special education instructional assistants*. Experience working with children is a plus but not required, and we will provide training. There are positions open at all grade spans, both full-time with benefits and part-time, and the hours are great for parents with children in school. **For more information and to apply, please go to <https://schools.shrewsburyma.gov/hr/currentopenings>.** If you have questions, please email Lindsey Stasiowski, Human Resources Manager, at [lstasiowski@shrewsbury.k12.ma.us](mailto:lstasiowski@shrewsbury.k12.ma.us) or call her at (508) 841-8483. Thank you!

### **2. Please Note – Cafeteria Help Needed (New)**

Shrewsbury Public Schools' food services department is looking for full-time, part-time, and substitutes to work in the school cafeterias. Duties include preparing food, setting up serving lines, serving students, and breakdown and clean-up. Lunch and refreshments are provided.

Please click [here](#) to obtain an employment application. Please forward this application to the Food Service Department C/O Shrewsbury High School, 64 Holden Street, Shrewsbury MA 01545 or email it to [hdoyle@shrewsbury.k12.ma.us](mailto:hdoyle@shrewsbury.k12.ma.us). If you have any questions, please call Heidi Doyle, Monday-Wednesday at (508) 841-8855.

### **3. Please Note – Thank You to Staples and Danielson Flowers (New)**

Thank you to Staples of Shrewsbury for donating a multitude of essential school supplies to SPS students and staff! Our school communities are incredibly fortunate to benefit from the continued generosity of Staples, and are grateful for the support from community members who give so generously to our schools while visiting Staples.

Thank you to Danielson Flowers for donating beautiful flowers to the Shrewsbury High School community on Opening Day for SPS staff! SHS staff enjoyed a "flower bar" that offered an opportunity to create unique arrangements of flowers for all learning spaces and offices, while interacting with one another and catching up following summer vacation.

### **4. Please Note – National School Lunch and School Breakfast Programs**

Shrewsbury Public Schools will be participating in the National School Lunch Program and the School Breakfast Program. As part of this program, Shrewsbury Public Schools will offer healthy meals every school day. All meals will be available to all students at no charge this year, regardless of household income. For more information about these programs and for additional Food Services information, please [click here](#) for the Food Services webpage and [click here](#) to see a document with details about the free & reduced lunch program.

#### **5. [Save the Date](#) – Music Drive by the Shrewsbury Schools Music/Theater Association**

Please save the date for the 67th annual SSMA Music Drive, taking place the morning of Saturday, September 10th. All high school theater and music students should plan to participate in this one-time, four-hour event to sell season concert tickets in our neighborhoods and help raise funds for our theater and music departments. This one event alone earns as much as \$16,000 for use by our performing arts directors and teachers, and we need full community support to accomplish this!

We are in great need of adult drivers! Each year we need 40 to 50 parents to help drive the students out on their routes. It is a tremendous task to find enough drivers to help us in this event. Please consider helping this year! Visit [myssma.com](http://myssma.com) to learn more and volunteer to drive!

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### **Community Items**

#### **1. [Save the Date](#) – Pack 62 Cub Scout Hike/Scouting Information (New)**

You're invited to enjoy a short hike with the Cub Scouts and learn more about what scouting is all about! On Saturday, September 10th from 9:00 to 11:00 a.m., Scouts from Pack 62 will be leading interested families on a nature scavenger hunt at the Lake Street Park (430 Lake Street). Hikes start every half hour and go for about one mile. Pack 62 leaders will be on-site to answer any questions you might have about Cub Scouts. This is a great fall activity for children in grades K-5 and their families and a chance to learn more about scouting. Email [pack62shrewsbury@yahoo.com](mailto:pack62shrewsbury@yahoo.com) for more information and go to our [website](#) to learn more about our organization.

#### **2. [Please Note](#) – Dean Park Playground Closing for Renovations (New)**

The Town of Shrewsbury's Parks & Recreation Department has hired a contractor to do renovations and refurbishments to the Dean Park Playground area located at 805 Main Street. The playground area will be closed to the public beginning on or around August 29th until the completion of the project in late fall.

The improvements include a new swing set, sandbox, merry-go-round, and climbing features; improvements also include accessibility enhancements, fencing, and regrading the surface.

### **3. Please Note – Shrewsbury Public Library Events (New)**

#### Introduction to Personal Finance

Join the Shrewsbury Public Library on Wednesday, September 7th at 7:00 p.m. for this workshop. Presenter Merwyn Figueiredo will help attendees learn about the financial planning process and how to use financial statements and budgets to help increase their savings and net worth. Merwyn worked for Digital Equipment and Millipore for a combined 25 years and then retired at the age of 50. For 12+ years he taught courses at QCC, including Micro and Macro Economics, Introduction to Business, Personal and Corporate Finance, Principles of Real Estate, and Principles of Management. This event will take place in person at the library; please [register to attend](#).

#### How to Stress Less & Thrive

Are you:

- Troubled with ongoing stress and anxiety?
- Feeling fear and worry about the present or future?
- Experiencing chronic pain or tension in your body?

Then attend this dynamic workshop to learn to:

- Calm your emotional stress in the moment.
- Clear triggers causing your emotional stress.
- Strengthen your immune system and reduce chronic pain.

Join presenters Brad and Pamela Thompson, Certified Emotional Freedom Techniques (EFT) Practitioners, for this workshop on Thursday, September 8th at 6:30 p.m. They will share knowledge and tools on how to release stress, anxiety, feelings of being overwhelmed, fear, worry, chronic pain, and more. Participants will be able to immediately use a powerful self-help technique to reduce the harmful effects of stress. Sponsored by the Friends of the Shrewsbury Public Library. This event will take place in person at the library; please [register to attend](#).

### **4. Please Note – Shrewsbury Parks & Recreation Fall Program Offerings (New)**

Fall Online Registration - Currently accepting registration for fall programs listed below. Additional programs will be added throughout September/October including pickleball, basketball, and volleyball. Pre-registration is required for all of the parks & recreation programs. Space is limited.

Youth Basketball League - Registration starting in September (TBA). Leagues by grade: Boys 3rd & 4th, Girls 3rd & 4th, Boys 5th & 6th, Girls 5th & 6th, Boys 7th & 8th, Girls 7th-9th, and Boy's 9th-12th.

Preschool/Tots Activities - Now accepting registrations for Bitty Basketball, Tiny Soccer, All Sports, Baseball, and lil Dragons Karate.

Adult Bodyweight Bootcamp - Starting Tuesday, September 6th.

Adult Yoga - Offerings on Tuesdays starting September 13th and Thursdays starting September 29th.

Adult Tai Chi - Starting Wednesday, September 28th.

Youth Archery - Starting Thursday, September 1st.

Crew Rowing - Grades 7th and 8th, starting the week of August 29th.

Visit our website! [shrewsburyma.myrec.com](https://shrewsburyma.myrec.com) Create a new account if you have not done so within the past year.

## **5. Please Note – Shrewsbury Youth and Family Services Group Programs (New)**

### Parent Support Group

Enrollment is now open for a new session of our 6-week support group for parents of children who are struggling with depression, anxiety, or other mental health challenges. 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 parental self-care and parental social support, parental feelings of guilt, grief, and shame, as well as accessing and navigating the treatment system. This group will be co-led by a licensed clinical therapist and Masters level intern and will be free of charge. The six week session begins on September 23rd and all sessions will be held virtually from 12:00 to 12:45 p.m. For questions and registration, please email [ARobinson@syfs-ma.org](mailto:ARobinson@syfs-ma.org). Please note that we will not be able to accept new group members after the second session.

### Art Therapy

Enrollment is now open for our NEW 6-week Art Therapy group for 5th and 6th graders! The intention of this group is to create a safe place for children to experience and creatively express their emotions, as well as cultivate opportunities for self-expression, mindfulness, acceptance and self-compassion. The art therapy exercises will include a variety of techniques ranging from collaging and textiles to drawing, painting, sculpting and writing. Kids will walk away with some really cool artwork, but the focus will be on the process not the product. They will learn to let go of critical thoughts and judgements that could impede the creative process. Navigating the challenges of adolescence today is hard and this group will be a place where kids can increase coping and social skills through creative expression. No artistic expertise necessary! The group will be led by a local Visual Arts Educator/Certified Therapeutic Art Life Coach and a Masters level intern and will be free of charge. The six week session begins on September 19th and all sessions will be held from 4:00 to 5:00 p.m. For questions and registration, please email [ARobinson@syfs-ma.org](mailto:ARobinson@syfs-ma.org). Please note that we will not be able to accept new group members after the second session.

#### **6. Save the Date – “Bad Guys” Movie Night in the Park, September 17th**

Come to the Dean Park Bandstand on Saturday, September 17th for a viewing of "Bad Guys" - a great new kids movie for the entire family! Fresh popcorn will be made on site. The movie begins at 7:30 p.m. Bring a blanket or a lawn chair and enjoy the movie with family and friends! This event is sponsored by SELCO and Shrewsbury Parks & Recreation.

#### **7. Save the Date – Reliant Foundation 5K Road Race, October 1st**

On Saturday, October 1st, Reliant Foundation will hold the annual Reliant Foundation 5K Road Race at Shore Park in Worcester. The event attracts hundreds of runners, walkers, and spectators to raise funds in support of the Foundation's Community Grants Program.

The road race begins at 10:00 a.m., with race day registration opening at 8:30 a.m. The event features free, family-friendly entertainment and great raffles.

Early bird registration rates are available until August 31th, and registration remains open through September 29th. There is no cost for spectators to attend. To register or for more information, visit the [Reliant Foundation website](#) or view the [event flier](#).

#### **8. Please Note – Spirit of Shrewsbury Event Details & Volunteers Needed**

The Spirit of Shrewsbury Fall Festival will take place on Saturday, September 24th at Oak Middle School. There will be many different activities for everyone - craft shows, exhibitions, costume competitions, activities for kids, Shrewsbury Got Talent competition, food vendors, and more. A parade will be held on Sunday, September 25th. More details to follow soon!

Spirit of Shrewsbury is looking for volunteers to help with this year's celebration. We will need approximately 50 volunteers on Saturday, September 24th from 7:00 to 10:00 a.m. and 2:00 to 3:30 p.m. We will also need volunteers on Sunday, September 25th to help with the parade route from 12:00 to 2:00 p.m (approximately 20 volunteers needed) and the senior tea from 2:30 to 3:30 p.m. (approximately 6 volunteers needed).

Those who volunteer on September 24th will receive a free t-shirt, pizza, and a volunteer certificate. If you are interested in volunteering, please [click here](#) to sign up or email Shyla Ram at [shyla.ram09@gmail.com](mailto:shyla.ram09@gmail.com). Thank you for your help!

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### **Youth Athletics and Activities**

#### **1. Please Note – Shrewsbury Travel Basketball Registration (New)**

Registration for travel basketball teams through the Shrewsbury Basketball Association will open in early September. Teams will be available for girls and boys in grades 4th through 8th. Mandatory tryouts for new and returning players are set for Saturday, October 1st and Sunday, October 2nd.

#### **2. Please Note – Shrewsbury Little League Fall Softball Registration**

Now open for a limited time - registration is open for the fall 2022 softball season! Join the tradition of learning the game of softball in a competitive and fun program. Players preschool through high school age can register [here](#); no prior playing experience is necessary. The season runs from September 11th through October 23rd. Practices and games are on Saturdays and Sundays. A five week clinic is included in your registration price. Non-Shrewsbury players are welcome if your town does not offer a fall program. If you have any questions, please email us at [shrewsburygsb@gmail.com](mailto:shrewsburygsb@gmail.com).

#### **3. Please Note – Shrewsbury Youth Soccer Fall Programs**

Registration is now open for the fall season for all Shrewsbury Youth Soccer age groups (pre-kindergarten through grade 12). Our travel games are currently scheduled to start on September 10th and our in-town games on September 19th, with practices starting 1-2 weeks before. Click [here](#) to register.

We have migrated our registration system to Sports Connect. Some important points for registration:

- If you do not currently have a Sports Connect account, you will have to create one and add each of the players you would like to register for the fall.
- You do not have to upload a birth certificate.
- If you are ordering a travel uniform, please be sure to select the corresponding fee buttons under Additional Registration Information.
- The Fan Wear Clothing Store that Sports Connect forces you into at the end of the registration process, much like an amusement park where you are dropped into the souvenir shop at the end of the ride, does not offer travel uniforms. Travel uniforms have to be selected at the top of the registration form.

Shrewsbury Youth Soccer is running additional “Tiny Tykes” weekend training sessions this fall for our younger players with coaches from Challenger Soccer. The 2-5 year old session is on Sundays at 4:00 p.m. and the 6-8 year old session is on Sundays at 5:00 p.m. These sessions are separate to our regular program and you can register [here](#).

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