



# Community Bulletin

September 6th, 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

1. [Please Note](#) – Take Charge Hoops Mini Fall Basketball Clinic **(New)**
2. [Please Note](#) – Central Mass Fall NFL Flag Football **(New)**
3. [Please Note](#) – Shrewsbury Travel Basketball Registration

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## **School District Items**

### **1. Please Note – Shrewsbury Robotics Organizational Meeting, September 12th (New)**

It's that time of year again! The Shrewsbury Robotics team is inviting anyone interested in participating during the 2022-2023 season to join us on Monday, September 12th from 7:00 to 8:30 p.m. in the Bent Presentation Room at Shrewsbury High School for an informational meeting. The team is open to all Shrewsbury High School students; no experience required. Parents/guardians are welcome and encouraged to attend the meeting as well. For more information, feel free to contact the team at [info@shrewsburyrobotics.org](mailto:info@shrewsburyrobotics.org). Hope to see you all there!

### **2. Please Note – Employment Opportunity - Destination Imagination Coordinator (New)**

Shrewsbury Public Schools is currently accepting applications for a coordinator for the Destination Imagination program. The coordinator will be responsible for overseeing the entire program including teams, team managers, volunteers, meetings, challenges, and competitions. Stipend payment is \$2,903.

Applications will be accepted until the position is filled. We are unable to start the Destination Imagination program unless the position is filled. The previous coordinator is available to provide training. Please see the [SchoolSpring listing](#) on [our website](#) for more information and to apply.

### **3. Please Note – Paraprofessional Support Staff Needed**

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!

#### **4. Please Note – Cafeteria Help Needed**

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.

#### **5. 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.

#### **6. 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. 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. Pre-registration is required for all of the Parks & Recreation programs. Space is limited.

Youth Basketball League - Accepting registration starting September 27th for 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. Games are played at Oak and Sherwood Middle Schools on Saturdays with one weeknight assigned for a team practice. Cost is \$150.

Adult Co-Ed Volleyball - Intermediate on Mondays or Wednesdays, Advanced on Tuesdays or Thursdays. Program starts the week of September 19th. Visit our website for fees, times, dates, and schedules.

Men's Basketball - Mondays & Wednesdays starting September 26th at Oak Middle School Gym.

Freshwater Fishing Clinic - Wednesday, September 14th from 5:00 to 7:00 p.m. Registration is required for this free program.

Preschool/Tots Activities - Now accepting registration for Bitty Basketball, All Sports, Baseball, and Lil Dragons Karate.

Adult Yoga - Thursdays starting on September 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.

## **2. 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

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](#).

#### 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 our Spanish Conversation Club every Tuesday in September at the Shrewsbury Public Library at 6:00 p.m. in the Learning Lab on the second floor.

#### 50+ Job Seekers Virtual Networking Group

The Massachusetts Library Collaborative's 50+ Job Seekers Group meets on the 1st and 3rd Wednesdays of the month, from 9:30 a.m. to 11:30 a.m. on Zoom. If you are unemployed and actively looking, underemployed, seeking a new career direction, or re-entering the job market after a gap, this networking group program is perfect for you! Remember, 85% of jobs are found through networking! Each meeting features a new topic and includes activities such as presentations, hands-on workshops, guest speakers, access to hiring managers, small group breakout rooms to network, and 1-on-1 coaching guidance. Participating on a regular basis will give job seekers the many tools and strategies needed for a successful job search. Find the list of topics and registration [here](#).

#### Medicare Educational Workshop

Would you like to see a simple explanation of Medicare? Are you new to Medicare, getting ready for open enrollment, or have some burning questions? Please join the Shrewsbury Public Library with Russ Swallow, a Certified Senior Advisor™ and WCRN 830 AM Radio show host of "The Medicare Advisor," for this workshop on Monday, September 12th at 7:00 p.m. Russ will cover all the "moving parts" of Medicare with simple explanations. He will also be available after the presentation should you have questions. Attendees will receive the "Medicare Cheat Sheet" which is a snapshot of all the basics you'll need to understand. This event will take place in person at the library; please [register to attend](#).

#### Community Conversation: The Immigrant Experience

Join the Shrewsbury Public Library on Wednesday, September 14th at 6:30 p.m. for this interactive panel discussion with members of the Shrewsbury community who have all immigrated from other countries. Ashish Cowlagi, Ragoo Raghunathan, Kosmas Karadimitriou, and the library's own Shi Wen Chen will discuss their experiences leaving their countries of origin and settling in the United States, as well as their reasons for making the Town of Shrewsbury their permanent homes. The panelists will compare their experiences amongst themselves, but questions from attendees will be welcomed. As part of the library's "Radical Empathy and Community Conversations" series of programs, this panel discussion will highlight

the shared bonds of the Shrewsbury community as well as the wonderful uniqueness of all of its members. This event will take place in person at the library; please [register to attend](#).

#### SPL Foundation Distinguished Lecture Series: Dr. Sanjiv Chopra

This talk by Dr. Sanjiv Chopra, speaker, thought leader, and author of a number of bestsellers, on Thursday, September 15th at 7:00 p.m. is part of the Distinguished Lecture Series sponsored by the SPL Foundation. In this talk, Dr. Sanjiv Chopra will reflect on the four major tenets of happiness. What are the lessons we have learned from ancient and modern day philosophers? What can we glean from the longest study on what makes a good life? A study that is ongoing after almost four decades! What are the "Two Most Important Days" in one's life journey? What is the key to sustained and lasting happiness? This will be a hybrid event that will take place at the library, offered on Zoom, and live streamed by the Shrewsbury Media Connection on Facebook and recorded. [Registration](#) is required for in-person attendance and Zoom.

### **3. Please Note – Shrewsbury Public Library Events for Tweens & Teens (New)**

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

- Thursday, September 8th - Get Organized with Bullet Journal - 3:30 p.m. on Zoom. Grades 5 - adult. [Registration required.](#)
- Friday, September 9th - Friday Afternoon Movie - 3:00 p.m. in Meeting Room B. Grades 5-12. No registration necessary.
- Mondays, September 12th and 26th - Read the Rainbow Book Group - 7:00 p.m. in the Teen Room. Grades 9-12. [Registration required.](#)
- Friday, September 16th - Friday Afternoon Videogames - 3:00 p.m. in Meeting Room B. Grades 5-12. No registration necessary.
- Monday, September 19th - Teen Advisory Launch Party - 8:00 p.m. in the Teen Room. Grades 5-12. [Registration required.](#)
- Friday, September 23rd - Signing Basics - 3:30 p.m. in Meeting Room A. Ages 7-adult. No registration necessary.
- Friday, September 30th - Friday Crafternoon - 3:00 p.m. in Meeting Room B. Grades 5-12. No registration necessary.

Check our [digital calendar](#) and [online calendar](#) for more details and registration!

### **4. Please Note – Spirit of Shrewsbury Event Details & Volunteers Needed (New)**

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. Please [click here](#) for more details.

Please come and take part in the Shrewsbury Got Talent competition. Children and adults can showcase their talents, including singing, dancing, acting, juggling, magic, martial arts, playing instruments, standup comedy, doing impressions, and anything else! Solo performances only. Prizes will be awarded to the top three in each age group category. This event is organized jointly by India Society of Worcester and the Spirit of Shrewsbury Fall Festival and will take place on Saturday, September 24th at 10:00 a.m. at Oak Middle School. The last date for registration is September 18th. Please [click here](#) to register.

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!

#### **5. Please Note – Shrewsbury Senior Center “Think Ahead” Event, September 22nd (New)**

Everyone ages 50-150 are invited to Shrewsbury Senior Center's “Think Ahead” event on Thursday, September 22nd from 6:00 to 9:00 p.m. This event is a great opportunity for people ages 50-60 in particular to learn about the resources available to them as they enter this next chapter of their lives. Topics include SHINE (Medicare) counseling, financial planning, job training, healthy living, community assistance, and empowerment. We will have speakers from AARP, SHINE, and Elder Services of Worcester. Please [click here](#) for the event page.

#### **6. Please Note – Cub Scouts Pack 114 Open House, September 19th (New)**

Calling all future Cub Scouts! Pack 114 will be hosting a very fun open house at the First Congregational Church on September 19th from 6:30 to 7:30 p.m. for boys and girls in grades K-5 interested in Cub Scouts! There will be fun events planned for the kids, while adults can meet with some of the Pack leadership, ask questions, and get more information. No registration, no pressure, just an information night about who we are as a family Pack.

Families who would like to sign up with the Pack can join us on September 26th any time between 6:00 and 8:00 p.m. at the First Congregational Church for Pack 114's Registration Night. Parents interested in learning more are encouraged to contact Pack 114 Chairperson Sue Scott and Cubmaster John Conlin at [cubmaster114.fcc@gmail.com](mailto:cubmaster114.fcc@gmail.com) and to visit the Pack on [Facebook](#).



## **7. Save the Date – Pack 62 Cub Scout Hike/Scouting Information**

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.

## **8. Please Note – Dean Park Playground Closing for Renovations**

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.

## **9. Please Note – Shrewsbury Youth and Family Services Group Programs**

### 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.

#### **10. 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.

#### **11. 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.

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](#).

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### **Youth Athletics and Activities**

#### **1. Please Note – Take Charge Hoops Mini Fall Basketball Clinic (New)**

The Shrewsbury High School boys varsity basketball coaches Adrian Machado and Gerry Nowosacki will be sponsoring two Saturday morning basketball clinics for boys and girls in

grades 3-12. The focus will be on individual skills to be incorporated within the game/scrimmage process. The daily routine will consist of warm up techniques and conditioning, drill stations for skill development, and group instruction and demonstrations for individual and team strategies.

Where: Shrewsbury High School Field House

When: Saturdays September 24th and October 1st

Time: Daily sessions will run from sign-in at 8:30 a.m. and program from 9:00 a.m. to 12:00 p.m.

Cost: \$75.00 (\$10.00 discount for siblings)

Please [click here](#) for the complete flier and application. If you have any questions, please contact Gerry Nowosacki at (508) 842-6014 or [gym21rat@aol.com](mailto:gym21rat@aol.com).

## **2. Please Note – Central Mass Fall NFL Flag Football (New)**

Central Mass Flag Football is excited to announce that fall registration is open! Our NFL-sponsored league will offer youth an NFL flag football opportunity and experience this fall. Central Mass Flag Football offers three programs a year including a fall, spring, and summer flag football season.

Central Mass Flag is the fastest growing flag football program in Massachusetts and New England. With several locations throughout Massachusetts and Worcester county, Central Mass Flag offers co-ed teams to girls and boys ages 3-15. Our Worcester league will be back at Worcester State University this fall with games played on Sundays.

The deadline for fall registration is September 11th - please register at [worcesterflag.com](http://worcesterflag.com). If you have any questions, please feel free to contact our Worcester League Director, Rich Archer, at [Rich@WorcesterFlag.com](mailto:Rich@WorcesterFlag.com) or call/text at (978) 504-2120. Our Assistant League Director, James F. King, may be reached at [James@WorcesterFlag.com](mailto:James@WorcesterFlag.com) or call/text at (508) 864-5615.

## **3. Please Note – Shrewsbury Travel Basketball Registration**

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.

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