



# Community Bulletin

April 11th, 2022

---

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

1. [Save the Date](#) – SHS Athletic Boosters Annual Mattress Fundraiser Sale, June 4th **(New)**
2. [Save the Date](#) – Career/Trades Fair, April 14th **(New)**
3. [Please Note](#) – Cafeteria Help Needed
4. [Please Note](#) – 2022-2023 Extended Day Program Registration

## Community Items

1. [Please Note](#) – Feedback Requested on How to Support Youth Health: Public Health Survey, Plus Opportunity for One-on-One & Focus Group Conversations **(New)**
2. [Save the Date](#) – Shrewsbury's Town Takeover WooSox Game, May 22nd **(New)**
3. [Please Note](#) – Shrewsbury Town Hall "Food Truck Thursdays" **(New)**
4. [Save the Date](#) – Full Moon Walk, April 15th **(New)**
5. [Save the Date](#) – Shrewsbury Historical Society Program, April 27th **(New)**
6. [Please Note](#) – Shrewsbury Parks & Recreation Offerings **(New)**
7. [Please Note](#) – Shrewsbury Parks & Recreation Summer Playground
8. [Please Note](#) – Shrewsbury Public Library April Events for Tweens & Teens
9. [Please Note](#) – Shrewsbury Public Library April Events
10. [Please Note](#) – Shrewsbury Rotary Club Community Recycling Event, April 24th

## Youth Athletics and Activities

1. [Please Note](#) – Central Mass Youth Flag Football
2. [Please Note](#) – Shrewsbury High School Varsity Baseball Blue & Gold Clinic
3. [Please Note](#) – Shrewsbury Girls Youth Lacrosse Clinic
4. [Please Note](#) – Shrewsbury Youth Football & Cheer

---

## **School District Items**

### **1. Save the Date – SHS Athletic Boosters Annual Mattress Fundraiser Sale, June 4th (New)**

Need a new mattress? According to a leading research journal for the mattress and furniture business, 1 in 10 people buy a mattress every single year. If this is you in 2022, we have the perfect solution! Purchase the new mattress you need while at the same time supporting the student athletes of Shrewsbury High School and Oak Middle School. Our 2nd Annual SHS Athletic Boosters Mattress Fundraiser is being held in the Fieldhouse at Shrewsbury High School on Saturday, June 4th from 10:00 a.m. to 4:00 p.m. See the [flyer](#) for additional details. Thank you in advance for your anticipated support!

### **2. Save the Date – Career/Trades Fair, April 14th (New)**

If you have a child who is in grade 7th-11th and is or will be looking for an alternative to a 4-year college, we invite you and your student to attend the Career/Trades Fair event at Shrewsbury High School on Thursday, April 14th from 6:30 to 8:00 p.m. You will have the chance to speak personally with businesses, schools, and alumni who can offer more information about the variety of options available to your student after high school. All details can be found in the [flyer](#). If you have any questions, please contact SHS School Counselor, Jess Rice, at [jrice@shrewsbury.k12.ma.us](mailto:jrice@shrewsbury.k12.ma.us).

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

The Shrewsbury Food Service is looking for full, part-time, and substitutes to work in the school cafeterias. Duties include: Prepping 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). Questions? Please call Heidi Doyle, Monday-Wednesday, at (508) 841-8855.

### **4. Please Note – 2022-2023 Extended Day Program Registration**

The Extended School Care program is now accepting registration for the 2022-2023 school year. We offer before-school and after-school programs for students in grades K-4 at all elementary schools (Beal, Coolidge, Floral, Paton, and Spring), as well as an after-school program at Sherwood Middle School for students in grades 5 and 6.

Enrollment is limited and registrations will be accepted on a first-come, first-serve basis.

Information about the program, including hours of operation, tuition fees, and registration instructions can be found on our [website](#). If you have questions, please contact Karen Isaacson, Director of Extended Learning, at (508) 841-8727 or [kisaacson@shrewsbury.k12.ma.us](mailto:kisaacson@shrewsbury.k12.ma.us).

---

### **Community Items**

#### **1. [Please Note](#) – Feedback Requested on How to Support Youth Health: Public Health Survey, Plus Opportunity for One-on-One & Focus Group Conversations [\(New\)](#)**

Worcester Department of Public Health is currently completing an assessment under the Massachusetts Collaborative for Action, Leadership, and Learning 3 (MassCall3) grant. This is a prevention grant focused on using evidenced-based strategies to prevent and delay first use of alcohol, tobacco, and marijuana. This funding source supports work in Worcester, Shrewsbury, Grafton, and Millbury. In the last few months, as part of the assessment process, we have administered the regional youth survey in all towns. We are now starting the next phase of the assessment process, which is conducting focus groups and one-on-one interviews with stakeholders within the four identified towns.

Your voice matters! We would love to hear from you and get your input on ways we can help our youth in Shrewsbury continue to build the skills they need to thrive. If you live, work, and/or attend school in Shrewsbury, you could play a role in helping our youth become healthy, thriving adults. Please complete the survey to sign up to have a one-on-one conversation or join a focus group - click [here](#) to take the survey in English and [here](#) to take the survey in Spanish. Let's have a conversation!

If you have any questions or would like more information, please email Jennifer Nakijoba at [nakijobaj@worcesterma.gov](mailto:nakijobaj@worcesterma.gov).

#### **2. [Save the Date](#) – Shrewsbury's Town Takeover WooSox Game, May 22nd [\(New\)](#)**

Join in the fun at Shrewsbury's Town Takeover Game at the WooSox on Sunday, May 22nd, at 1:05 p.m.! \$5 from each ticket purchased will be donated to Shrewsbury Youth and Family Services. Click [here](#) to purchase tickets.

Throughout the season, the WooSox will host different towns in Central and Western Massachusetts at Polar Park for "town takeover" nights. Tickets purchased for each "town takeover" night will benefit a non-profit from that town. At the end of the season, the town with the largest turnout will be rewarded with a trophy and special recognition!

### **3. Please Note – Shrewsbury Town Hall “Food Truck Thursdays” (New)**

“Food Truck Thursdays” are back at the Shrewsbury Town Hall (100 Maple Ave) starting on Thursday, April 14th from 4:00 - 8:00 p.m. Each week, up to four food vendors will be serving entrees and dessert items for sale. Bring a lawn chair or get food to go. Click [here](#) for the food truck schedule.

### **4. Save the Date – Full Moon Walk, April 15th (New)**

An early spring night under a full moon - perfect for a stroll around Jordan Pond with local amateur astronomer Chris Williams (who will bring his telescope). The Shrewsbury Trails Committee will be presenting a little information on the other moons in the solar system as well as our own near neighbor. The walk is suitable for all ages and the path is paved. Join us on Friday, April 15th from 7:30 to 8:30 p.m. Parking is available behind Calvin Coolidge School on Florence Avenue off South Quinsigamond. The rain date, which will apply if Friday night is too cloudy to see the moon, will be Saturday, April 16th.

### **5. Save the Date – Shrewsbury Historical Society Program, April 27th (New)**

Shrewsbury Historical Society presents “Major Taylor: The Worcester Whirlwind” by Lynne Tolman on Wednesday, April 27th at 7:00 p.m. It will be available as a virtual program and taped rebroadcast on Shrewsbury channels 28 and 328 and available on demand online at [www.shrewsburymediaconnection.org](http://www.shrewsburymediaconnection.org).

Learn the story of the 1899 world cycling champion's remarkable life on and off the racetracks of the world at the turn of the 20th century, and how the legacy of this African American pioneer is shaping cycling and our communities today.

Lynne Tolman is president of the Major Taylor Association. She is a cyclist herself, an editor - retired from the Telegram & Gazette - and president of the nonprofit Major Taylor Association,

based in Worcester. Lynne bikes with the Seven Hills Wheelmen and has written about cycling for VeloNews, USA Cycling, and other publications.

## **6. Please Note – Shrewsbury Parks & Recreation Offerings (New)**

Online Registration - Currently accepting registration for programs listed. New programs will be added throughout April/May based on space availability. Pre-registration is required for all of the parks & recreation programs. Space is limited.

Crew Rowing (Learn to Row) - For grades 8th-12th, four days each session. There are four sessions offered during the weeks of 6/21-6/24 and 7/18-7/22 . Choose between the 8:00 a.m. or 11:00 a.m. class. This program is being offered through a partnership with the Regatta Point Community Sailing and Parks & Recreation! Cost is \$225.

Youth Flag Football - Wednesday evenings starting June 22nd at Sherwood field. Cost is \$65.

Youth Summer Tennis Sessions - Visit our website for fees, times, dates, and schedules. Classes start the week of June 20th.

Youth Summer Basketball League - Tuesday evenings starting June 21st at Shrewsbury High School Gym. Cost is \$74.

Junior Golf Spring/Summer - Visit our website for fees, times, dates, and schedules.

Teen Interview Prep Workshop - Grades 8-12th on Tuesday, May 10th from 5:00 to 6:30 p.m. at the Senior Center. Cost is \$65.

Babysitting Course - Thursdays, April 14th and 28th for grades 6-8th from 4:00 to 6:30 p.m. at Oak Middle School Cafeteria. Cost is \$57.

Restaurant Ready Workshop - Tuesday, May 17th for grades 2nd-7th from 5:30 to 6:30 p.m. at Oak Middle School Cafeteria. Cost is \$45.

Archery Spring & Summer Sessions - Visit our website for fees, dates, and schedules.

Teen Archery Spring Sessions - Thursdays for grades 6th and up starting April 28th from 5:40 to 6:40 p.m. Cost is \$145.

Adult Summer Tennis Sessions - Visit our website for fees, times, dates, and schedules.

Adult Bodyweight Boot Camp - Tuesdays starting May 3rd from 6:00 to 6:50 p.m. at Dean Park. Cost is \$60.

Adult Golf Spring/Summer Sessions - Visit our website for fees, times, dates, and schedules.

Adult Rhythm & Ride Spin Classes - Visit our website for fees, times, dates, and schedules.

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

## **7. Please Note – Shrewsbury Parks & Recreation Summer Playground**

We are currently accepting registration for all 6 weeks of Summer Playground this summer, starting on June 27th. Parents have weekly options and AM/PM add-ons to each week! Please make sure you have an active account in our new system. Click [here](#) for our website. Contact us with any issues at [parkrec@shrewsburyma.gov](mailto:parkrec@shrewsburyma.gov).

## **8. Please Note – Shrewsbury Public Library April Events for Tweens & Teens**

We have tons of great events for tweens and teens happening in April at the Library!

- Monday, April 11th - SAT, ACT, or Both? - 6:00 p.m. virtually. Grades 9-12 and parents. Register [here](#).
- Friday, April 15th - Teen Take & Make: Egg Carton Seed Starters - all day in the Teen Room. Grades 5-12. No registration necessary - grab a kit to take home.
- Tuesday, April 19th - Scrape Painting Cards - 10:00 a.m. in Meeting Room A. Grades 5-12. Register [here](#).
- Tuesday, April 19th - Escape from the Ice Fortress - 3:00 p.m. in Meeting Room B. Grades 5-12. Register [here](#).
- Wednesday, April 20th - Escape from the Ice Fortress - [10:00 a.m.](#) and [3:00 p.m.](#) in Meeting Room B. Grades 5-12. Click on a time to register.
- Wednesday, April 20th - Cactus Rock Gardens - 12:00 p.m. in Meeting Room A. Grades 7-12. Register [here](#).
- Friday, April 22nd - Escape from the Ice Fortress - [11:00 a.m.](#), [12:15 p.m.](#), and [3:00 p.m.](#) in Meeting Room B. Grades 5-12. Click on a time to register.
- Monday, April 25th - Teen Advisory Meeting - 8:00 p.m. in the Teen Room. Grades 5-12. Register [here](#).

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

## **9. Please Note – Shrewsbury Public Library April Events**

### The Power of Meditation

Take control of your life! Meditation is a simple way to deal with the daily stress we're all familiar with. Join the Shrewsbury Public Library and Eileen Carlotto for an engaging virtual workshop on Tuesday, April 12th at 7:00 p.m. on Zoom. By incorporating a simple technique into your busy schedule, you can make meditation work for you. Eileen will demonstrate how, in the middle of a jam-packed, daily schedule, you can integrate your meditation practice into your own busy life to connect you with the source of peace and joy already within you. Eileen Carlotto is a middle-school art teacher, author, and illustrator. With 35 years of meditation experience to draw on, Eileen offers workshops on various aspects of meditation and spirituality. Please register to attend [here](#).

### Spring Cleaning with Jenna Elliott

On Thursday, April 14th at 6:30 p.m., join the Shrewsbury Public Library and Jenna Elliott, the founder of The Naked Flower Professional Organizers, for a workshop on spring cleaning. She has been an organizer and re-designer for more than 17 years and works with a variety of clients, both in the office and in the home. This workshop will give you a step-by-step approach to a cleaner house and a little less clutter. Jenna will share tips on:

- The best products she's used
- 10 things that probably need a good cleaning
- Tackling the paper trail
- Resources such as websites, stores and literature on cleaning your space

Sponsored by the Friends of the Shrewsbury Public Library. This program will take place at the library. Please register to attend [here](#).

### The History of Blues in America

On Thursday, April 19th at 7:00 p.m. on Zoom, join acclaimed guitarist and music historian Joey Leone and the Shrewsbury Public Library for "The History of Blues in America." This one-hour virtual program covers the history, influence, and social impact of American blues music through songs, stories, and historical facts. Joey highlights the influence of blues on virtually all styles of contemporary music over the past 7 decades, playing a variety of songs on multiple guitars from his personal collection. In addition to the live music segments, he touches on recurring themes of how the blues transcended racial boundaries and brought people together in times of celebration and times of healing. This program is brought to you with federal funds provided by the Institute of Museum and Library Services and administered by the Massachusetts Board of Library Commissioners. Please register to attend [here](#).

### Climate Change Challenge Kickoff

Climate Change Challenge is a new library group meeting quarterly. It was created to challenge Shrewsbury residents to learn more about climate change, to challenge ourselves to mitigate and prepare for its consequences, and to challenge ourselves to support each other and our community. Experts have indicated those who are active in making efforts to mitigate climate change and talk with others about it experience less climate-related anxiety. There will be group book readings, group discussions, films, speakers, and activities, with groups for adults, young

adults, and children. Activities will be in person or virtual depending upon health and safety needs. A kickoff event will take place at the library on Thursday, April 21st, with an afternoon and evening of activities. A children's film, *Tomorrow*, and an all-ages film, *Life on Our Planet* (with David Attenborough, rated PG), will be shown beginning at 4:30 p.m. Registration not required.

#### Women in Music: Folk, Rock, Soul, and Blues

Join the Shrewsbury Public Library on Thursday, April 21st at 7:00 p.m. for this fun and informative virtual music program about the impact of women on music in America. From their musical contributions to their struggle for equal pay and recognition, Kirsten Thien covers the early innovators and pioneers, as well as contemporary stars of today, along with sharing some of her personal journey as a professional touring and recording musician. Part concert, part history, and part folklore, Kirsten will be accompanied by Eric Boyd on bass and guitar for this one-hour program on Zoom. Sponsored by the Friends of the Shrewsbury Public Library. Please register to attend [here](#).

#### **10. Please Note – Shrewsbury Rotary Club Community Recycling Event, April 24th**

Gather your junk and join the Rotary Club for an Earth Day electronics recycling fundraiser on Sunday, April 24th from 12:00 to 3:00 p.m. at the Shrewsbury Town Hall. The cost is \$40 per car load and low single-item fees. Just about anything with a cord or made of metal is accepted. For a complete list of accepted items, view the [flyer](#). Contact Beth Casavant with questions at [bethcasavant@gmail.com](mailto:bethcasavant@gmail.com).

---

### **Youth Athletics and Activities**

#### **1. Please Note – Central Mass Youth Flag Football**

Central Mass Flag Football is coming to Worcester this Spring! With two new locations at Worcester State University and Lake Park, Central Mass offers co-ed teams for children ages 3-15.

Central Mass Flag Football is a NFL Flag Football league serving the Central Mass area. Games this spring season will be held on Sundays. Spring and fall leagues have been established to teach the fundamentals of football through a focused approach to development; flag football is a safe and effective option to tackle.

Register today at [www.worcesterflag.com](http://www.worcesterflag.com). Please email [rich@worcesterflag.com](mailto:rich@worcesterflag.com) or call (978) 504-2120 with any questions.



## **2. Please Note – Shrewsbury High School Varsity Baseball Blue & Gold Clinic**

The Shrewsbury High School Varsity Baseball Team will be holding its Annual “Blue & Gold Baseball Clinic” on Wednesday, April 20th at the Shrewsbury High School Baseball Field. The clinic is for kids grades 1-8. Attendees will participate in drills and receive instruction from the SHS coaching staff and SHS players. The cost is \$40 and will run from 9:00 to 11:30 a.m. Please click [here](#) for the flyer. For questions and further information, please call Lee Diamantopoulos at (508) 560-2124 or email at [ldiamantopoulos@shrewsbury.k12.ma.us](mailto:ldiamantopoulos@shrewsbury.k12.ma.us).

## **3. Please Note – Shrewsbury Girls Youth Lacrosse Clinic**

Shrewsbury Girls Youth Lacrosse League is offering a girls youth lacrosse clinic this spring for girls in grades K-4. The clinic is designed to introduce girls to the game of lacrosse and have them learn the fundamentals while developing an understanding of the game. The sessions will progress to scrimmage-like games. The girls will need a stick, goggles, and mouthpiece to participate. The clinic will run over 6 sessions on Sundays, May 1st, 8th, 15th, 22nd, 29th, and June 5th from 3:00 to 4:30 p.m. at the Oak Middle School fields. The cost is \$90 per child. Register at [shrewsburygirlslax.usl.la](http://shrewsburygirlslax.usl.la) and contact Breana Hogan at [breanahogan@gmail.com](mailto:breanahogan@gmail.com) with any questions.

## **4. Please Note – Shrewsbury Youth Football & Cheer**

Shrewsbury Youth Football & Cheer registration is now open. As a member of AYF and Central Mass Youth Football and Cheer Conference (CMYFCC), Shrewsbury American Youth Football and Cheer Organization (SAYFCO) provides an opportunity for all children to participate in a safe, competitively balanced, and organized setting. The lessons and values being instilled through football and cheer will last a lifetime – lessons like hard work, discipline, commitment, and teamwork. These are the vital character traits we are trying to engrain in the participants that come through our program while making sure each participant is having fun. Click [here](#) for football season details and [here](#) for cheer season details. Please register by May 31st for Shrewsbury American Youth Football & Cheer at [www.SAYFCO.org](http://www.SAYFCO.org) to receive the early registration discount. Contact us at [marketing@sayfco.org](mailto:marketing@sayfco.org) if you have additional questions.

New Flex Flag Football Program for Grades K-1: Flex Flag Football is a growing alternative to full contact football and teaches basic skills and concepts of the game. SAYFCO Flex Flag Football provides boys and girls in grades K-1 a fun and exciting opportunity to engage in light contact (blocking is allowed) and continuous action while learning lessons in teamwork. Flex Football is a variation of flag football that provides young players a "bridge" to tackle football. The SAYFCO program is designed to educate young people about the techniques and skills of

youth football while emphasizing participation and sportsmanship. Our team will be competing with towns across Central Mass. Click [here](#) for an overview of the flex program.

