



# Community Bulletin

April 4th, 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](#).

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## Community Items

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## School District Items

1. [Please Note](#) – Cafeteria Help Needed **(New)**

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.

## **2. Please Note – 2022-2023 Extended Day Program Registration (New)**

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).

## **3. Please Note – SHS Career Exploration Program Searches for Local Partnerships**

The following is a request from Dr. Jane Lizotte, Acting Principal of Walter J. Paton Elementary School and Assistant Superintendent for Community Partnerships and Well-Being:

Shrewsbury High School students are seeking opportunities to engage in career exploration through job shadowing and internship opportunities during the upcoming spring and summer months, in addition to the April Vacation week. The new SHS Career Exploration Program endeavors to partner with local businesses and community organizations by providing students with learning experiences in fields and occupations in which students are interested in learning more. Coordinators of this innovative program include SHS Director of School Counseling, Ms. Angie Flynn, School Counselor, Mr. Sean Russell, and Orchestra and General Music Teacher, Ms. Kate Mercadante. The coordinators are working diligently to provide career exploration opportunities to juniors at SHS, and are actively pursuing community members and SHS alumni who are willing to partner with students, staff, and families. Over 260 students in the junior class have expressed interest in these job shadowing and internship experiences. Please help if you can!

If you have any questions and/or are seeking additional information, please reach out to Ms. Angie Flynn ([aflynn@shrewsbury.k12.ma.us](mailto:aflynn@shrewsbury.k12.ma.us)), Ms. Kate Mercadante ([kmercadante@shrewsbury.k12.ma.us](mailto:kmercadante@shrewsbury.k12.ma.us)), and/or Mr. Sean Russell ([srussell@shrewsbury.k12.ma.us](mailto:srussell@shrewsbury.k12.ma.us)). Thank you for your consideration!

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### **Community Items**

#### **1. Please Note – SYFS LeadHERship April Vacation Camp (New)**

Welcome to LeadHERship Camp (formerly You Go, Girl), one of Shrewsbury Youth and Family Services' most popular programs. This program focuses on the concerns, hopes, dreams, and goals of 4th grade girls by discussing the important changes they are experiencing during this critical time in their lives. They will learn how to strengthen their self-confidence, manage emotions, and communicate better with friends and family members. There will be plenty of practice in decision-making and problem-solving, too! They will learn how being healthy will help them become the person they are meant to be. We have included ways to stay drug-free and help others stay drug-free. Finally, they will practice setting goals and thinking about ways to make the most of themselves!

This program will run during the April vacation week, Tuesday-Friday, 9:00 a.m. to 2:30 p.m. at the First Congregational Church.

Spring Session: April 19-22

Cost: \$150.00 per session

Registration: <https://give.classy.org/LeadHership2022>

Be the girl who fixes another girl's crown without telling the world that it was crooked!

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

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

- Thursday, April 7th - Paper Quilling: Spring Scenes - 3:30 p.m. in Meeting Room B. Grades 5-12. Register [here](#).
- 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!

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

#### Jellyfish: How to Pastel Paint

On Monday, April 4th at 7:00 p.m., join the Shrewsbury Public Library for a fun, two-hour virtual workshop with experienced painting instructor Greg Maichack. Greg will guide participants in producing their very own original pastel of a stunning jellyfish. The possibilities are bottomless! Those who sign up will become experts in the exciting practice of blending and utilizing pastel paints, with the emphasis in this workshop on creating jaw-dropping translucency effects in their work! All necessary pastels, pencils, paper, blending materials, and photographic references will be provided, and as always, at the conclusion of the workshop, all participants will get to keep their 12x18 painting. Sponsored by the Friends of the Shrewsbury Public Library. Please register to attend [here](#) and click [here](#) for the flyer.

#### The History of Chinese Americans in Massachusetts

On Tuesday, April 5th at 7:00 p.m., join the Shrewsbury Public Library and Michael Liu, a lifelong activist and scholar of the Boston Chinatown community, who will present a talk on the history of Chinese Americans in Massachusetts and its relationship to anti-Asian attitudes that continue into the present. Dr. Liu is the author of *Forever Struggle: Activism, Identity, and Survival in Boston's Chinatown, 1880–2018* and former senior research associate at the Institute for Asian American Studies at the University of Massachusetts Boston. This event will take place virtually on Zoom. Please register to attend [here](#) and click [here](#) for the flyer.

#### 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](#).

#### **4. 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.

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](http://shrewsburyma.myrec.com) Create a new account if you have not done so within the past year.

## **5. 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).

## **6. 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).

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## **Youth Athletics and Activities**

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

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.

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