

Superintendent’s Corner

Live lives of purpose, on purpose

DR. JOSEPH M. SAWYER
SUPERINTENDENT

I shared the following remarks with the SHS Class of 2017 at their graduation ceremony.

It is inspirational to me to look out at you and consider both how much you’ve accomplished and how much potential you have to live interesting, meaningful lives in the decades ahead. As I’m sure is already happening now, and will more so at upcoming graduation parties, you will be asked lots of questions about your future. *What* are you doing next year? *Where* are you going to school, and *when* do you leave? Do you know *what* you plan to major in? *Where* do you want to travel or live? *What* do you want to be when you “grow up?”

However, there are other interrogatives that you are likely to hear less frequently, but I think are more important: namely the queries “How?” and “Why?” Heather E. McGowan, an author who focuses on the future of education and work, suggests that in a rapidly changing future, for many of you it is difficult to know *what* you might be doing for work, as many jobs will become

CONTINUED, see page 2

inside • pages 2, 3 & 4

- Retirees recognized for their service
- Sculpting creative thinkers
- The Campaign for Shrewsbury Athletic Fields receives transformational gift
- Food Service Department information
- Oak Select Choir is gold medalist

inside • pages 5, 6 & 7

- “Profile of a Graduate”
- Farmers Market scheduled for November
- Advice for 2017 SHS graduates
- Student reflects on ceramics class



Student work by Sarah Weagle, Shrewsbury High School Ceramics class. See page 2.

“All who have meditated on the art of governing mankind have been convinced that the fate of empires depends on the education of youth.”
~ Aristotle

Non-profit Org.
U.S. Postage PAID
Permit NO. 101
Worcester, MA.
01613



The team representing Shrewsbury Public Schools poses with their set in the prop room at Global Finals. “The 7 Fireball Winners” placed 15th (out of 135) in the Destination Imagination Global Finals at Knoxville, TN in the Scientific Elementary division. From left, team members: Yerin Kim, Anika Karre, Katie Phipps, Aashi Gupta, Nidhi Vidyaprakash, Varsha Swaminathan, and Cassidy Astorino

Invest in schools for the health of the community

DR. B. DALE MAGEE
SCHOOL COMMITTEE CHAIR

These are Dr. Magee’s remarks given at the graduation of the SHS Class of 2017.

Some may wonder what a physician in his late 60’s is doing on the school committee. The reason may surprise you, but four decades of medical practice and two of working in public health have left me with the unmistakable conclusion that there is no better investment that a community can make in the health of its residents than good public schools. A good education actually improves your health and adds more years to your life than much of the preventive medicine that we routinely offer patients. Clearly, your education is one of the most important investments that we make as a community.

Recently the School Department sent out an annual report on the district. In it were quotes from previous graduates and one said that the district and her parents both worked together to give her a good education. It got me thinking about this partnership that we have and that we celebrate here today.

For many, the partnership started when your parents were looking for a place to live and they chose Shrewsbury, not only because it is a great place to live, but also because they were concerned about your education and our community is committed to providing the best education to our students. Often they made these judgments based on reports such as test scores and graduation rates.

The district has standardized testing down to a science and you consistently score near the top. But the most important thing that you got here was

CONTINUED, see page 3

Superintendent's Corner
CONTINUED from page 1

obsolete, others will evolve, and many haven't yet been invented. Because of this, she says we shouldn't be asking "*What* do you want to be when you grow up?" but rather "*How* do you want to be when you grow up?"

Despite uncertainty about the *what*, you do have control over *how* you will be in the future. *How* represents the choices you make regarding the ways in which you act. Thanks to the values you have learned from your families and from your education in Shrewsbury, I hope that you make...

- the choice to be ethical;
- the choice to be kind;
- the choice to be respectful;
- the choice to be charitable;
- the choice to be empathetic;
- the choice to be industrious;
- the choice to be grateful;
- the choice to be humble;
- the choice to be purposeful; and
- the choice to be loving.


While not always easy, these choices are yours to make, and no matter how the future evolves these aspirational characteristics, this "human touch," will never become obsolete. No matter what you do, if you do it in

“Despite uncertainty about the what, you do have control over the how you will be in the future.”

these ways, your lives will make a positive difference for others and will be satisfying for yourselves.

The more difficult question than "How?", I think, is "Why?" This is a question I encourage you to embrace as you enter what can be an exciting, but also unnerving, phase of your lives. Of course, as adolescents you have asked your parents "Why?" many times, and I'm sure, like I often do at home, your parents have answered this query with a bit of deep wisdom handed down, generation to generation, through the ages: "Because I said so." (You may laugh, but I promise most of you will utter

CONTINUED, see page 4



The non-profit Shrewsbury School Journal is published three times a year and reaches every household in the diverse and growing town of Shrewsbury. It is published by the central office of the Shrewsbury Public Schools with the help and expertise of many individuals. The mission of the Shrewsbury School Journal is to provide an accurate source of information about our school system and the town in which we live. We hope to foster a community of continuous learners.

Dr. Joseph M. Sawyer
Superintendent

Elizabeth McCollum
Project Coordinator

Cristina Luther
Designer

Retirees recognized for their service

BARBARA A. MALONE
DIRECTOR OF HUMAN RESOURCES

Eleven educators are ending their education careers with a well-deserved retirement. In combination, they have served the students of Shrewsbury for 242 years. This total represents an average of 22 years of service in Shrewsbury and does not include prior educational experience in other districts. Each of these talented educators is recognized for their commitment and dedication to the children of Shrewsbury. Listed below are the names, positions, schools and years of service to Shrewsbury. We wish them a healthy, happy and fun retirement.

Teachers:

Ms. Deborah Bonneau has served 21 years as an educator with 14 of those years here in Shrewsbury. She is retiring as a Music Teacher from Sherwood Middle School.

Ms. Jean Brunell has served 36 years as an educator with 32

of those years here in Shrewsbury. She is retiring as a Family Consumer Science Teacher from Shrewsbury High School.

Ms. Barbara DePalo has served 25 years as an educator in Shrewsbury. She is retiring as a Grade 7 Science Teacher from Oak Middle School

Ms. Ann Early has served 29 years as an educator with 19 of those years here in Shrewsbury. She is retiring as a Second Grade Teacher from Walter J. Paton Elementary School.

Ms. Kristine Gustafson has served 39 years as an educator in Shrewsbury. She is retiring as a Second Grade Teacher from Walter J. Paton Elementary School.

Ms. Elyse Malins has served 29 years as an educator with 28.5 of those years here in Shrewsbury. She is retiring as a Special Education Teacher from Walter J. Paton Elementary School.

Ms. Virginia Rekemeyer has

served 16 years as an educator in Shrewsbury. She is retiring as a Grade 6 Mathematics and Science Teacher from Sherwood Middle School.

Ms. Jill Wensky has served 20 years as an educator in Shrewsbury. She is retiring as the School Nurse from the Beal Early Childhood Center.

Paraprofessionals:

Ms. Nancy Chabot has served 15 years as an educator in Shrewsbury. She is retiring as a Child Specific Aide from Oak Middle School

Ms. Amy Lenardson has served 13.5 years as an educator in Shrewsbury. She is retiring as a Child Specific Aide from Floral Street Elementary School.

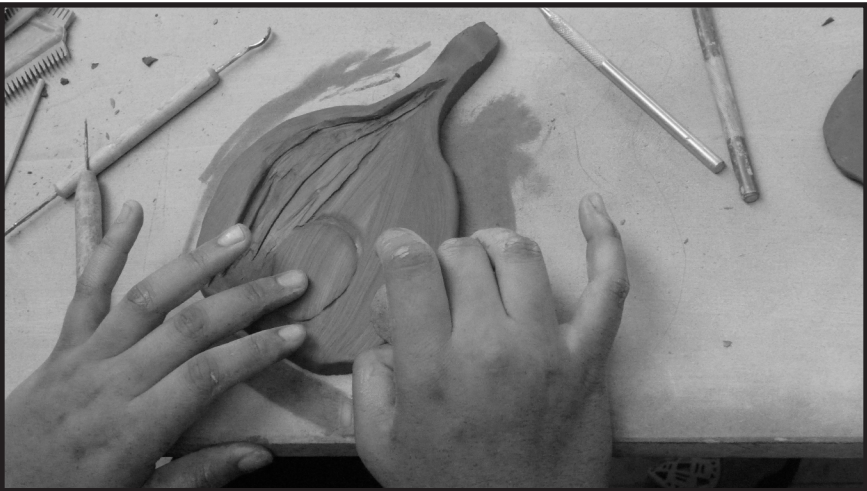
Ms. Aileen Daley has served 25 years as an educator with 20 of those years here in Shrewsbury. She is retiring as a Media Center Aide from Floral Street Elementary School.

Sculpting creative thinkers

PAMELA LeBLANC
K-12 VISUAL ARTS DIRECTOR

The Shrewsbury High School Visual Arts Program prides itself on knowing that our students are introduced to a wide variety of opportunities to be problem solvers and creative thinkers. With that, the students have been recognized each year in various local- and state-wide art competitions and exhibits. The interest in students taking Ceramics classes continues to rise.

Historically, Shrewsbury High School did not always offer a separate Ceramics class; instead the Art Department offered Sculpture. The course at the time was primarily based on using wood, found materials, plaster and some clay. Taking a look at the offerings and the needs of the students, the department revised the Program of Studies to add a Ceramics course,



Student working with clay in Shrewsbury High School Ceramics class

while still offering Sculpture, yet with different concepts and content. In doing so, it would help foster the need for hands-on courses that provided students with the skills to problem solve, express and create. Before long, the numbers and sections increased. Each semester there were at least two sections of Ceramics being offered. Students developed an understanding of the history, methods of construction (pinch, slab, coil and throwing), and glazing techniques.

Ten years later, the Visual Arts Department has increased the staff by two, and added additional course offerings to accommodate the interests of our students. Ms. Brooke Butler is our primary Ceramics and Sculpture teacher, while Ms. Sarah Williams also teaches Ceramics to meet the demand. However, even with the two additional staff members, it is not possible to cover all who selected Ceramics given the space and staffing.

In 2008-2009 when Ms. Butler joined SHS, a total of 184 students

signed up for Ceramics and 13 students signed up for Sculpture. For the 2016-2017 school year, Ceramics I had 277 students sign up as their primary choice, while 466 selected the course as an alternate. Ceramics II and Sculpture had 48 primary signups (alternate 40), while Ceramics III and Sculpture had 16 (alternate 10). Next year the numbers continue to increase for our entry Ceramics I course with 319 students selecting it as their primary first choice and 501 students selecting it as an alternate.

It is not uncommon to go into a Ceramics class and see students are working on various stages of a

CONTINUED, see page 4



“Under the Tea” Autumn Dauksz, Class of 2017, Gold Key Scholastics Award



Students, wheel throwing

The Campaign for Shrewsbury Athletic Fields receives transformational gift

MICHELLE BISCOTTI
KATHLEEN KEOHANE
CO-COORDINATORS OF
DEVELOPMENT & VOLUNTEER
ACTIVITIES

The Campaign for Shrewsbury Athletic Fields took a huge step forward when Central One Federal Credit Union announced it would make a sponsorship gift of \$750,000 towards the Shrewsbury High School synthetic turf field project. Upon completion of the project, the stadium will be named Central One Federal Credit Union Stadium and the COFCU logo will be stitched on the field. This transformational gift is the largest gift to the School Department in Shrewsbury to date.

“We are very excited about this gift which will spark our fundraising efforts as a catalyst for more donors to help this project become a reality in the very near future. This sponsorship fortifies an already strong model of public-private partnership between our organizations, and it will be an important milestone in significantly improving our athletic facilities for our students.”

~ Joseph Sawyer Ed.D., Superintendent of Schools

Central One is a long-time supporter of the Shrewsbury Public Schools, providing significant financial support for Shrewsbury High School athletics, as well as other school programs and classroom projects.

“The Central One team is extremely excited to support the Campaign for Shrewsbury Athletic Fields and to help student athletes better achieve their goals on and off the field. This gift is part of Central One’s larger effort to support Shrewsbury students and their families. As part of our community commitment, every graduating student attends a multi-class financial literacy bootcamp to help them better prepare for life after school.”

~ Dave L’Ecuyer, President and CEO



Rendering of the artificial turf field and resurfaced track to be installed at Shrewsbury High School. Plans are to have both ready for use by the fall of 2018, assuming all necessary dollars can be raised.

In November 2016, the Shrewsbury School Committee approved a recommendation to replace the stadium field at Shrewsbury High School with a synthetic turf field, repave the surrounding track and make other general repairs to the field area. This will benefit the entire community, including over 1,800 students and athletes at Shrewsbury High School and over 3,000 children who participate in community youth sports programs.

Currently, the existing athletic fields do not meet the current or future demands for playing space. Rain and snow make the natural grass fields unusable for extended periods of time. Games and track meets often get moved to other schools that have artificial turf fields so that the schedule does not get delayed. In the spring, teams compete for indoor gym space in order to begin practices; they are then forced to run modified drills because the indoor space is nothing like regular playing fields. Even in good weather, play is often limited, particularly on the stadium field, to allow for maintenance and repairs. As a result, there are a limited number of home games in the fall, spring sports have no stadium field access at all, and there is no access for physical education classes and local youth sports leagues. As natural grass, our stadium field can’t satisfy the demand for its usage.

The total cost for renovating

the stadium field and track is just over \$2 million. The Town of Shrewsbury previously approved and appropriated \$285,000 to fund the resurfacing of the track. The remaining \$1.8M balance for the synthetic turf project will be raised through corporate sponsorships and private donations from individuals and companies.

Leading and coordinating The Campaign for Shrewsbury Athletic Fields is a group of committed Shrewsbury residents who have volunteered their time for this worthy project. As co-chairs of this campaign, Jim and Paula Buonomo offered the following reaction to this sponsorship gift.

“As longtime residents of Shrewsbury, we have always taken great pride in being a family of Colonials and being dedicated supporters of Shrewsbury Athletics. As co-chairs of the Fundraising Committee, we are thrilled that Central One Federal Credit Union has brought us one step closer to our dream of creating a state-of-the-art athletic complex for our community and a much-needed asset for our town.”

For more information about Central One, visit www.centralfcu.com. For more information on how you can support The Campaign for Shrewsbury Athletic Fields, please visit www.turf4shrewsbury.org.

Invest

CONTINUED from page 1

not subject content. It was the teachers who looked at you and saw you as an individual, built your self-awareness and inspired you to become more. It was the culture that showed you that working with others, developing your critical thinking skills and contributing to your community were measures of success that were not measured on the tests.

We all hear a lot about life-long learning and it is true, you will continue to evolve and you will continue to learn new things. But, for many of you, you will never have the personal focus on

“A good education actually improves your health and adds more years to your life than much of the preventive medicine that we routinely offer patients.”

the importance of culture, your learning and your character that you got during your years with your parents and their partners in our schools. You have been well prepared, and you will thrive and you will contribute as you leave us and go out into the world. And when you hit bumps, when things don’t go as planned, you will have the resilience and judgment to recalibrate and deal with it. There are plenty of second acts in life and you have been prepared for those as well.

And as for your families, even after the nest is empty, they will still be making Shrewsbury a great place to live and taking care of the next generations of students, because that is what our community is about.

As a school committee, we are constantly challenged to show the community, especially those who do not have children in the schools, the value of our district. But all they have to do, really, is look at you and all that you have accomplished. All that they have to do is

“But the most important thing that you got here was not subject content. It was the teachers who looked at you and saw you as an individual, built your self-awareness and inspired you to become more.”

look around this hall and see the pride that your families and friends are feeling tonight. Our community has invested in your education and we have invested well.

Wherever you finally settle, I know that that place will be a little bit better because you are there.

On behalf of myself and my partners on the school committee, Erin Canzano, Sandy Fryc, Jason Palitsch and Jon Wensky, I congratulate you.



Aerial photos of the stadium field at Shrewsbury High School. Notice significant depressions along the sides and bare spots that limit traction for our athletes.



Superintendent's Corner
CONTINUED from page 2

that phrase someday to your own children...).

Figuring out *your why* is a crucial part of your transition into adulthood. The author Simon Sinek defines *why* as one's personal purpose, cause, or belief; it is what gets you out of bed in the morning and motivates you to navigate your life in the direction you've determined. He writes: "Most of us live our lives by accident – we live as it happens. Fulfillment comes when we live our lives on purpose."

It is my hope that what you've learned during your time in school has been an important foundation for the development of your sense of purpose, and I challenge you to build upon this in the coming years so that you can

"Figuring out your why is a crucial part of your transition into adulthood"

clearly articulate your own *why*. Sinek says that the values that express our *why* should be verbs, as our actions ultimately demonstrate our values. Each day for the past four years you have passed under the banner in the SHS lobby with the school's mission statement emblazoned across it. My wish for you is that you convert that mission into verbs that will help you find your purpose. Challenge yourself to improve; create ideas, and solutions, and art, and music; think independently; keep learning in order to build your capabilities; care for others and yourselves; and contribute your talent and time to others in order to make a difference. Live lives of purpose, *on* purpose.

On behalf of everyone in the Shrewsbury Public Schools, please accept my very best wishes and hopes that you choose to lead purposeful, fulfilling lives. Congratulations.

Sculpting
CONTINUED from page 2

project; both Ms. Butler and Ms. Williams do an amazing job juggling the various needs of each student. Throughout the day and after school students access the Ceramics studio to continue their work. The nature of the class is that all students work together. Student interns are present most periods offering their expertise to both the teachers and their peers. It is certainly a collaborative environment.

SHS students are fortunate to have the studio equipped with 14 potter's wheels and two kilns. Both Ms. Butler and Ms. Williams pride themselves on challenging the students to experiment with the clay form, as well as the glazing application and techniques that give a feel of high fire ceramic ware. Whether a student chooses to take one semester of Ceramics or three semesters, students are able to demonstrate technical skill, producing a well-crafted, sound structure.

CONTINUED, see page 6

Shrewsbury Food Service Department information 2017-2018

BETH NICHOLS
FOOD SERVICE DIRECTOR

Welcome Back! We look forward to seeing you!

Breakfast Program
A Breakfast Program is offered daily at the High School, Oak and Sherwood Middle Schools and Coolidge Elementary School before the school day begins. Breakfast is not served at the other elementary schools. A variety of cereals, fruits, morning breads, juice and milk are offered daily. All meals meet the USDA requirements for good nutrition. The cost of breakfast is \$2.00. Families with financial need may qualify for a reduced-price breakfast at \$.30 or a free breakfast.

Lunch Program
A Lunch Program is offered daily at all schools. A variety of entrees are offered daily. In addition, a variety of sandwiches, milks, 100% juices, fruits, vegetables and a salad/fruit bar are offered daily. All meals meet the USDA nutritional guidelines. The cost of lunch is \$3.25 at the elementary schools, \$3.50 at the middle schools and \$3.75 at the high school. Families with financial need may qualify for a reduced-price lunch at \$.40 or a free lunch.

Allergies
The Food Service Department will try to accommodate allergies related to food. A student

will be considered having a food allergy upon notification by the school nurse that a receipt of medical evidence for a child has been submitted. The parent should contact the Cafeteria Manager at the school their child attends to plan menu modifications to accommodate their child's allergy.

Meal Magic Point of Sale System
The Meal Magic Point of Sale System is available at all schools in the District. This system allows parents to put money on their child's account for meal or a-la-carte purchases. Any amount of money can be added to a student's account. Cash can also be used for purchases. Parents can send a check or cash with their child to give to the cafeteria cashier at their school. The cashier will add this money to the student's account. Checks should be made out to the Food Service Department. In the check memo section note the child's name whose account should be credited. Parents can also send a check directly to the Food Service Department. To take advantage of monthly promotions offered by the Food Service Department checks must be mailed to the Food Service Department, 64 Holden Street, Shrewsbury, Ma. 01545. Monthly promotions cannot be applied at the schools. Checks or cash will be credited at face value at the schools. Parents can also use the online system: School Pay to add money to their chil-

dren's accounts.

Kindergarten Snack Program
A kindergarten snack program is available to Full Day Students. Both a snack and a beverage are delivered to your child's classroom daily. The cost of the snack and beverage is \$153.00 for the year. The snack enrollment form is posted on the Shrewsbury Home Page website at schools.shrewsbury.ma.gov under Food Service Department.

High School Meals to Go
An after hour meal program is available daily for students. Students must order their meal by 8AM of the day the meal is requested. Bag Meals include a sandwich, beverage, snack and fruit. Bagged Meals cost \$4.00. Order forms are available at the school store, the cafeteria, and in the serving area.

Free and Reduced Breakfast/Lunch Applications
Free and reduced price meals are available to students if there is financial need. Applications are available online at: <https://www.lunchapp.com/>. Applications must be submitted this school year by October 13, 2017 to continue eligibility. If you received a letter from the Food Service Department stating your children were eligible for free meals in school year 2016-2017 as a result of a Direct Certification from the Department of Health and Human Services for school year

CONTINUED, see page 5

Oak Select Choir is gold medalist for two years running

BRYANT CLARK
MIDDLE SCHOOL
CHORUS/MUSIC TEACHER

The Oak Middle School Select Choir, under the direction of Bryant Clark, is an auditioned extra-curricular ensemble offered to 7th and 8th grade students of Oak Middle School. The ensemble meets after school once per week and is comprised of a mix of students from all performing ensembles at Oak- band, chorus, and orchestra.

One of Select Choir's main objectives each year is to participate in the Massachusetts Instrumental and Choral Conductor's Association (MICCA) Festival. MICCA provides an opportunity for ensemble directors from all around Massachusetts to bring their band, chorus, or orchestra ranging from elementary school through high



Oak Middle School Select Choir, performing at Mechanics Hall in Worcester

school to perform for three adjudicators. The adjudicators score each ensemble against a rubric and then offer a clinic with the ensemble following the performance to give the students some immediate feedback.

The rubric includes categories such as repertoire, technique, balance & blend, tone quality, and expression. These scores are totaled

CONTINUED, see page 7

“Profile of a Graduate” is a vision for our students

HANNAH HOPKINS
SHERWOOD MIDDLE SCHOOL
GRADE FIVE TEACHER

Beginning in January, parents, community members, and educators began working together on a very important project: Shrewsbury’s Profile of a Graduate. The Profile of a Graduate is, above all, a vision for our students: It outlines the qualities and mindsets we want our students to embody as graduates of the Shrewsbury Public Schools.

One of the earliest conversations we had as a working group concerned today’s workforce and what skills students need in order to be successful. Before the group met for the first time, we all read Seth Godin’s *Linchpin*, which paints a picture of the qualities one must possess in order to remain essential in any field. We listened to community members from our working group, hailing from the engineering, marketing, finance, manufacturing, and biotech fields, who spoke about the type of people who were successful in their respective industries, and the skills and knowledge that were most valued. We heard from Rob Martell, Associate Dean for Curriculum and Academic Programs at Olin College, a top engineering school, about the elements they see as the

biggest determinants of success.

A single message was underscored by each of our conversations and investigations: The working world is changing. The abilities to effectively collaborate and innovate are prized above all. People are being asked to switch gears between multiple tasks and become leaders in their fields, in big and small ways. And as a school system, it is our job to prepare students for this changing work world.

Our conversations took us in other directions as well. Because work does not encompass one’s entire life, we talked about skills that students may need to be successful either in their jobs, or in other spheres of their lives. We heard from Brenda Fingold from the University of Massachusetts Center for Mindfulness, who spoke to us about resiliency and its relationship to the practice of mindfulness. Ann Marie Gleeson, from Primary Source, visited our group along with Jenn DiFrancesca, the Director of Social Sciences at SHS, and Rob Dunn, the Middle Level Social Studies Curriculum Coordinator, to talk about the impacts of our globalized world, and the new types of literacies that we need to navigate between different communities, cultures, and countries. We

also read excerpts from Thomas Friedman’s *Thank You For Being Late* as a jumping off point for discussions about our environment, and the importance of citizenship at various levels. In addition to these speakers and readings, we examined profiles that other districts have adopted, read shorter articles and watched videos about 21st century skills and innovation in schools, and heard from Shrewsbury High School students and graduates themselves about what they thought was most valuable in their school system, and what they thought could change.

By the end of our working group sessions, we came up with a draft of a Profile of a Graduate for the Shrewsbury School District. We identified six skills or mindsets that we felt were integral for success, and descriptors for what these skills encompass. But one of the important factors about the Profile of a Graduate is that it’s the vision for our school system of the entire community: parents, students, educators, and town residents—not just our small working group. As we end this school year and look forward to the next, we are hoping to begin a broader conversation about our students and the skills and qualities they should possess as graduates of the Shrewsbury Public Schools.

Fourth Annual Farmers Market & Artisan Fair scheduled for November

MICHELLE BISCOTTI
KATHLEEN KEOHANE
CO-COORDINATORS OF
DEVELOPMENT & VOLUNTEER
ACTIVITIES

On November 19th, 2016, we held our third Annual Farmers Market & Artisan Fair to kick-off the holiday food and shopping season and to provide another opportunity for the Shrewsbury Farmer’s Market vendors to interact with the Shrewsbury community. The Annual Farmers Market & Artisan Fair helps to promote local small businesses and raise funds for the Colonial Fund. Over 30 artists and local growers offered unique food and gift items to more than 350 shoppers. The event was held in the Sherwood Middle School gym, 2:30-6:30 pm. Popular vendors such as Peg’s Preserves, Backyard Ceramics, Ackerman’s Maple Syrup, Plainview Alpacas, MH Parson’s Jewelry, Marion’s Workshop and Crafty Girl Studios, joined newcomers like Giacomo’s Gourmet, Harper’s Farm

and Simple Church breads. Over the last three years, the Annual Farmers Market & Artisan Fair has become a highlight of the town’s fall events, eagerly awaited by dedicated supporters of the summer Farmers Market. If you are interested in being a vendor at this year’s event, scheduled for No-

vember 18th, 2:30-6:30pm, please email Michelle Biscotti and Kathleen Keohane at development@shrewsbury.k12.ma.us. Don’t forget to mark the date on your calendar and like the Shrewsbury Public Schools Colonial Fund Facebook page for updated information on our next event.



Customers and vendors interact at the 3rd annual Farmers Market & Artisan Fair

Food Service CONTINUED from page 4

2017-2018, you do not need to fill out an online application.

Applications will be accepted at any time during the school year for new applicants as the need arises for families. If you need an application at any time during the school year visit our web pages at: schools.shrewsburyma.gov and fill out the online application: <https://www.lunchapp.com/>. Eligibility is governed by guidelines set by the Federal Government. A notification will be sent to all families stating what program they qualify for. If you need help filling out the application, or have questions about the Free and Reduced Meal Program, please call the Food Service Department at 508-841-8819 or email Beth Nichols the Food Service Director at bnichols@shrewsbury.k12.ma.us.

Menus

The menu is posted on the Shrewsbury Home Page website at schools.shrewsburyma.gov under Food Service Department. We are committed to serving what is on the printed menu.

Food Service Department Contacts

Please contact the Food Service Department with any questions, suggestions, or ideas. The Food Service Department is located at Shrewsbury High School, 64 Holden Street, Shrewsbury, Ma. 01545. The telephone number for the Food Service Director, Beth Nichols is 508 -841-8819. Each school site has a manager also available to speak with you. The numbers are as follows.

Beal Elizabeth Conway	841-8874
Coolidge Charlene Campbell	841-8889
Floral Street Sheila Tomaiolo	841-8723
Paton Patti Saniuk	841-8635
Spring Street Michelle Kehoe	841-8708
Sherwood Sandy Litchfield	841-8681
Oak Lisa Phipps	841-1217
High School Mary Ricker	841-8848

Please visit our web page on the Shrewsbury Home Page website at schools.shrewsburyma.gov for forms, menus and Food Service information.

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex ,gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual’s income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

Sculpting
CONTINUED from page 4

We are fortunate to have the support of Mr. Bazydlo, Dr. Sawyer and the School Committee allowing us to expand offerings, skills and an appreciation for the arts.

Please visit the Visual Arts Department (Page 66) in the Program of Studies for more information on our courses:
<http://schools.shrewsburyma.gov/high/documents/4SHSPOS17-18.pdf>



Ellie Winslow, Class of 2017, First Place Sculpture and Best in Show, Anna Maria College High School Art Competition.



“TeaKi Set” Parker Quirion, Class of 2017, Honorable Mention Scholastic Award



Hand building



Julia Naras, Class of 2017, miniature wheel thrown vases - size comparison to coffee bean

Advice for 2017 Shrewsbury High School graduates

ANNEMARIE DUGGAN
SHS SCIENCE TEACHER

The following remarks are edited from those given by Annemarie Duggan, SHS Science Teacher, at the Class of 2017 Commemoration, which was held on Tuesday, May 30, 2017 at Mechanics Hall in Worcester.

So, Class of 2017, one of the last times I was in this room here was for my senior prom. Let’s just say that this was well before any of you were born; clearly, I am easily old enough to be your mom and many of you know that I think of you as if you are my own kids! In fact, when people happen to ask me, “How are your kids doing?” Many times I have to pause and say, “Do you mean ‘my student kids’ or ‘my kid kids’ (i.e., my biological kids)?

Over the years, I have heard some of you lament to each other, “Oh my gosh, I can’t believe this, I just called my teacher “Mom” by accident! I have to say I have heard this in my own classroom (I’m sorry but that is just adorable).

Now, I have to admit that I do some of the typical mom things. For example,

- When I text people, I only use one finger

- I have found myself saying “snapfish,” “snapface,” “insta-face”, or “instachat” instead of Snapchat or Instagram

- And I am starting to embarrass my own boys with my behavior; for example, singing in the car is now totally unacceptable. I get that look, that glare that says, “Mom, please, no!” And I get the slow horizontal head shake from them, meaning, “Not cool, mom!”

Many of you know that I live in Shrewsbury, too, and to be completely honest, at first I wasn’t sure about how I was going to feel about living in and raising

“It may take you some time to find it (as it did for me), but once you do find your purpose, your true north, whatever it is that lights you up inside, you start to see the world in a different way.”

my family in the same town in which I teach. But, over the years, I have realized that sharing the same community with my own beloved family and my students (my “other” kids) has been an extremely enriching experience for me. I’ve got kids all over the place! (That sounds a little weird, but you know what I mean.)

Speaking of kids, do you remember when you made babies (babies on paper) in biology class? Remember how you cut out, folded, and flipped the blue and pink chromosomes to see which traits your baby was going to inherit? Some of you may remember that you were hoping that your baby was not going to inherit the unibrow or the hairy ears? Watching your reactions to things like that was priceless and absolutely hilarious! If you recall from that activity, there were no two babies that looked alike. Which leads us to our next thought: The probability of you! The probability of you existing in the first place!

According to a Harvard blogger, Ali Binazir, the probability of you successfully coming into this world is 1 in 400 trillion! That’s right, folks! That’s 1 in 4 x 10 to the 14th power! That’s an impressive order of magnitude!

For you to enter into this world, there are a multitude of processes that have to align ever so precisely along the way. Here’s the take home message: There is no one like you; there never has been

“The path to anything worthwhile can be difficult but it is so sweet when you get there, when you reach your goals.”

anyone like you; and there never will be anyone like you! Let’s face it: That is something to be celebrated!

Due to the fact that you are so unique, you have a unique purpose in this life. And it is my hope as your “mom” that you find that distinct purpose for your life.

It may take you some time to find it (as it did for me), but once you do find your purpose, your true north, whatever it is that lights you up inside, you start to see the world in a different way. You find meaning to your life and you feel fulfilled. It is such a beautiful thing.

Now, trying to find your purpose can be like a roller coaster ride. We experience the ups and downs, the tribulations and trials, and as they say in the sports world, the thrill of victory and the agony of defeat. All of this is part of the reality of this world. The path to anything worthwhile can be difficult but it is so sweet when you get there, when you reach your goals. The difficult path to something worthwhile is also known as a productive struggle, and I know that you may have heard this phrase before from some of your teachers over the years.

One of the best local examples of a productive struggle is the

running of the Boston Marathon, (one of the most prestigious races in the world)! There are such resilient people who are able to persist through a productive struggle such as training for and running 26.2 miles! Boston strong, right? Just over a month ago (when this race was televised), we learned of the following amazing stories:

- a man who was a heroin addict decided to finally get clean by setting a goal to train for and finish the marathon. Impressive!

- another man (a veteran who lost his leg in the line of duty) trained for and finished the marathon. How inspiring!

- a number of marathon bombing survivors have trained for and finished the marathon! These people have such grit and determination! I love that word “grit”!

- a 70-year-old woman also trained for and finished the marathon. This was the same woman who first ran the Boston marathon 50 years ago when women were not allowed to participate. How motivating is that lady?!

There are so many examples like this. If you have never gone to or watched this race, try to fit it in next year. It is such an inspiration to watch. And so, please remember: Productive struggles build so much character.

I’d like to share with you a few other thoughts – and we have to admit that sometimes it’s easier to take motherly advice from someone who is not your actual mother.

Number one: Often, a good predictor of how successful you can be is how well you can roll with

“Persevere. Whatever it is you may be going through, it doesn’t last forever – and ask for help if you need it.”

the punches when things are not going your way. Persevere. Whatever it is you may be going through, it doesn’t last forever – and ask for help if you need it. And remember, “You cannot control the wind, but you can adjust the sails.” (To give proper credit here, I saw that saying on a piece of wall décor at A.C. Moore and I thought it was so appropriate for tonight.)

Number two: The ability to recognize your own faults is also imperative. Be sure to seek out constructive criticism. Be able to take the advice you’ve been given and implement it. It is meant to help you; do not be insulted by it and start complaining. I was an athlete for many years and I have

CONTINUED, see page 7

A student's experience in ceramics class

TK HORTON
STUDENT, SHREWSBURY HIGH
SCHOOL CLASS OF 2020

When you think about the word ‘art’ you probably think about drawing and painting, but do you think about ceramics? During my freshman year at Shrewsbury High School I took the Ceramics I class. My inspiration to take the class was because to graduate you need one semester of an art elective. I knew that I could not draw or paint... like, at all. When I was looking through the art electives I came across ceramics. I thought that it would have been a fun way to get my art elective out of the way. I never would have thought I would have so much fun that I would want to take the class again.

The atmosphere of the class was not what I was expecting. I thought that the class would have been filled with people just trying to find an easy way to get their art class out of the way. After the first few weeks I realized that not everyone was like that. What I really liked is that the kids helped the kids. I took the class every day during Period 2. My teacher always had way too much energy for so early in the morning. She helped create a good atmosphere with her cheery attitude. My overall favorite part of the

class was creating the projects in a new material. For almost every project I took a creative story I wrote, and made it into a real object. The first project we did was a tile triptych. This was my favorite project because it almost looked like a drawing or painting, but using clay to give layers and textures. We also made teapots, a bowl, a vase, and a cylinder, that were thrown on the potter's wheel. The last project we created was to be an object from everyday life and the challenge was to make it look as realistic as possible. This was called trompe l'oeil (meaning trick the eye) because of its realistic quality. I also really liked how challenging but fun this project was. My least favorite part and the biggest challenge of the

class was when we were on the potter's wheel. I did not hate it, but it was only my least favorite part, because I wasn't very good at it. It did require a lot of patience; some of my peers made it look so easy. Although I would like to have given up, that wasn't an option, I needed to practice more to get better at it. Both my teacher and classmates offered help when I was struggling - with their help I did get better at it.

Overall my experience in the class was amazing and I enjoyed taking an art class. I plan to take Ceramics II and Sculpture in the future because of how much fun it was. I would highly recommend Ceramics to anyone.



Student practicing on a potter's wheel in Shrewsbury High School Ceramics class

Oak Select Choir CONTINUED from page 4

and averaged to determine bronze, silver and gold medal winners. Any ensemble that scores an overall superior rating (gold) is then invited to perform in the MICCA Gold Medal Showcase at Mechanics Hall in Worcester.

The Oak Middle School Select Choir has been participating in the MICCA Festival since 2012. The choir earned their first gold medal in the Spring of 2016 resulting in their first ever gold medal showcase performance at Mechanics Hall. They repeated their effort again in the Spring of 2017 with another superior rated performance at the MICCA Festival allowing them to perform at the Gold Medal Showcase for a second year in a row. Through the MICCA experience, students learned that their patient and diligent support of one another were important elements of a successful performance ensemble. They look forward to building on their accomplishments in 2017-2018 school year.

Advice for graduates CONTINUED from page 6

had many coaches tell me that you should start to worry when you don't receive criticism anymore – so, be coachable!

Number three: Try to spend some time unplugged, in nature. Listen to the birds, listen to the trees move as the wind blows. Go running in the rain (warm rain is bet-

“Try to find your own inner happiness first and then share that with someone.”

ter): It is incredibly therapeutic! It makes you feel so grounded.

Number four: Our society has become so “me-centered”; my husband likes to use this term to describe this phenomenon: “allaboutme.com.” Humans are not built to thrive this way. We are a communal species and do much better when we have strong relationships with each other.

Number five: Speaking of relationships. Don't depend on other people to make you happy. Try to find your own inner happiness first and then share that with someone!

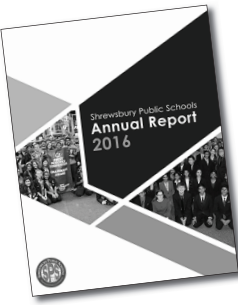
Finally, number six: Surround yourself with good, supportive people – and please remember this: Supportive people do not always tell you what you want to hear; they tell you what you need to hear – in a loving way.

In closing, I would like to communicate to you something I realized a few weeks ago: Your class color, the purple that you have worn so proudly for the past four years, will be passed on to the current 8th graders when they become freshmen next year. It dawned on me that my two boys will be receiving your purple class color to represent their class, the class of 2021. Many of you know that my two boys are the wonderful result of a productive struggle for me, as it took me 24 weeks of bedrest to successfully bring them into this world! Because of this, I will forever feel connected to you, Class of 2017!

I hope and pray that my own kid kids turn out to be just like you: my student kids. I will miss you. Good luck and may you be blessed!



At the School Committee meeting on June 14, 2017, State Senator Michael O. Moore presented Shrewsbury High School Student Jared Sarnie, Class of 2017, with the Thomas M. Reilly Memorial Scholarship Award for an essay submitted by Mr. Sarnie. Senator Moore sponsors the scholarship, which is named in memory of Mr. Reilly, who possessed a strong passion for writing, trivia and literature. From left, Jon Wensky, Erin Canzano, Senator Moore, Jared Sarnie, Sandra Fryc, Dr. Dale Magee, Jason Palitsch



To view the Shrewsbury Public Schools 2016 Annual Report (with performance data for the 2016 calendar year, and profiles of students, educators, and alumni), please go online to:

<http://schools.shrewsburyma.gov/district/documents/finalreport2016.pdf>





We can help your high school student build strong financial habits

Visit our Shrewsbury Branch to learn more or open a **Student Sense Draft Account**

Students may request an account-opening kit to take home at the SHS branch



CENTRAL
ONE FEDERAL CREDIT UNION
We're not a bank. We're better!

714 Main Street, Shrewsbury
www.centralfcu.com
508-842-7400



Central One is a local **NOT-FOR-PROFIT** financial institution.

Checking Account (Share Draft) Disclosure: Dividend rates are accurate as of the last dividend declaration date. All checking accounts are considered variable rate accounts and rates are subject to change at any time without notice. Fees or other conditions may reduce earnings on the account. Refer to Central One Federal Credit Union's Truth-In-Savings Disclosure and Schedule of Fees. Federally Insured by NCUA.



KIM DR. MESSINA MARIE



SONGBIRD DENTAL

Eat, kiss, and smile with **more confidence.**

FORMERLY OF MODERN DENTISTRY

songbirddental.com

Phone: 508-842-8100
555 Main Street
Shrewsbury, MA 01545

Collins & Demac
Real Estate

Shrewsbury's
#1 Independent
Agency*



520 Main Street ♦ Shrewsbury, MA
508-842-1600 ♦ CollinsDemacRE.com

*Based on units sold per 2016 MLS statistics



HANNAH KANE
STATE REPRESENTATIVE
11TH WORCESTER DISTRICT: SHREWSBURY & WESTBOROUGH

I hope everyone has enjoyed summer vacation and has a terrific school year!

I am honored to be your State Representative and will work hard to increase education funding and local aid! Please visit my website to learn more.



Paid for by the Committee to Elect Hannah Kane
WWW.REPHANNAHKANE.COM • (617) 722-2430



little medical school.

Inspiring tomorrow's healthcare providers today!

LMS of Boston is a STEM program bringing medicine, science and the importance of health to kids ages 4-12 in an entertaining and fun way!

Contact info: www.littlemedicalschoo.com/boston
Phone: 774-275-8288 | kids@littlemedicalschoo.com

Gilmore's Driving School

** Experienced Instructors Only **
** Frequent Weekend Road Tests **
** Sensible Prices - Superior Results! **



**Shrewsbury Classroom:
Christmas Tree Shops**

Main Office: 456 Main Street
Holden, MA 01520

508-829-5500

www.gilmoreschool.org

**To advertise with us
call 508-841-8409**

**New advertisers
wanted.**

Statement of Non-discrimination

Shrewsbury Public Schools is required by the Massachusetts Department of Education to publish an annual statement of non-discrimination. This notice serves to meet that requirement. The Massachusetts Equal Educational Opportunity statute, General Laws Chapter 76, § 5, ensures that all students have the right to equal educational opportunities in the public schools. The Shrewsbury Public School District is committed to ensuring equal educational opportunities for all students, and does not discriminate on the basis of race, color, sex, religion, national origin, gender identity or expression, sexual orientation or disability. The Shrewsbury Public Schools are in compliance with state and federal laws prohibiting discrimination and harassment. The following laws apply: Massachusetts General Law Chapter 76, § 5, which states, "No person shall be excluded from or discriminated against in the admission to a public school or in obtaining the advantages, privileges, and course of study of such public school on account of race, color, sex, religion, national origin, gender identity or expression, or sexual orientation." Title IX of the Educational Amendments of 1972 is a Federal statute which states, in part, "No person in the United States shall on the basis of sex be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program receiving federal assistance." This requirement not to discriminate in educational programs and activities also extends to employment. Ms. Barb Malone, is the Title IX Coordinator, Director of Human Resources at (508) 841-8400. Title VI of the Civil Rights Act of 1964, provides that no person in the United States shall, on the grounds of race, color, or national origin, be excluded from participation in be denied the benefits of or be otherwise subjected to discrimination under any program or activity receiving federal financial assistance. Title VI provided for equal access and prohibits discrimination in the assignment of students to classes. It also prohibits discrimination in ability grouping or tracking students. The Shrewsbury School Committee's Policies #316 and #645 deal directly with the issues of harassment. Copies of these policies are available in the Principal's Office at each school or through the Superintendent's Office, located at 100 Maple Avenue, Shrewsbury, MA 01545. Further information may be obtained by contacting Ms. Barb Malone, Director of Human Resources @ 508 841-8400. The following grievance procedure, which was approved by the Shrewsbury School Committee, is to be used for all issues relating to harassment or discrimination involving student and/or staff: 1. The Shrewsbury Public Schools does not and will not knowingly discriminate against any student or employee on the basis of race, color, sex, religion, national origin, sexual orientation or disability. All reports of harassment or discrimination will be taken seriously and investigated in a timely fashion. Reports will be held in the utmost confidence. Any individual who believes he/she has been the subject of harassment or discrimination should immediately report the incident, either verbally or in writing to an administrator, adjustment counselor, guidance counselor, or teacher. The principal must be notified in all cases of harassment or discrimination. All cases of harassment involving a staff member will be reported to the Director of Human Resources. An administrator will first meet with the parties involved in an attempt to resolve the issue informally. If the complainant is unable to meet with the alleged harasser, the administrator, teacher, or counselor may assist the complainant in drafting a letter clearly describing the incident (behavior, where and when it occurred), how the complainant felt, and a request that the behavior stop immediately. Any letter should be signed by the complainant, sent to the alleged harasser and is kept on file by the school administrator. The alleged harasser may be encouraged to apologize, personally or by letter or to write a letter refuting the allegations. In cases of alleged harassment requiring formal investigations, the following shall be implemented. The complainant shall have the support of a staff member of

his/her choice and the alleged harasser will also have the opportunity to select representation (union representative, attorney, teacher, etc.). An administrator from the appropriate level will complete an investigation promptly and make a decision regarding the allegations. In serious cases, where alleged harassment does not stop following a warning, appropriate disciplinary sanction may be imposed, up to and including suspension or dismissal. If the conduct violates the law, the incident will be reported to the appropriate authorities by the school administration. Retaliation or threats of retaliation are unlawful and will not be tolerated. In all cases of harassment or discrimination, the investigating administrator will make a final disposition and issue a written report, which will be maintained in the school files. If the complainant cannot utilize the procedure detailed above because the alleged harasser is involved in the procedure, the complainant should contact the Superintendent of Schools. Complaints about the Superintendent of Schools should be made to the Chairperson of the School Committee. Section 504 of the Rehabilitation Act of 1973 is a federal statute which states, in part, "No otherwise qualified individual, shall solely on the basis of handicap, be excluded from participation in, be denied benefits of, or be subject to discrimination under any program or activity receiving federal financial assistance." This requirement not to discriminate in educational programs and activities also extends to employment. Each school has a designated Section 504 Coordinator. Initial inquiries relating to Section 504 should be directed to the building-based Section 504 Coordinator who can be contacted through the principal's office. Further information may be requested by contacting Ms. Margaret Belsito, Director of Special Education and Pupil Personnel, the district's Section 504 Coordinator at (508) 841-8400. The following grievance procedure should be used to report discrimination under Section 504 of the Rehabilitation Acts of 1973: To fulfill its obligation under Section 504, the Shrewsbury Public Schools recognizes a responsibility to avoid discrimination in policies and practices regarding personnel and students. No discrimination against a person with a disability will knowingly be permitted in any of the programs or activities of the Shrewsbury Public Schools. The school district has a specific requirement under the Rehabilitation Act of 1973, which includes the responsibility to identify, evaluate and if the child is determined to be eligible under Section 504, to afford access to free and appropriate educational services. Questions about eligibility or services should be first directed to the building-based coordinator. If a parent or guardian disagrees with the determination made by the professional staff of the school, he/she has a right to a hearing, first with the district's Section 504 Coordinator, and secondly with an impartial hearing officer. The district's Section 504 Coordinator can be reached at 100 Maple Avenue, Shrewsbury, MA 01545 or by phone at (508) 841-8400. The Director of Special Education and Pupil Personnel, the district's Section 504 Coordinator, who will provide a written report of the district's findings, will hear all grievances in a timely manner. If a parent or guardian is unsatisfied with the results of the review, they may contact one of the agencies listed below. For grievances not resolved at the Director of Special Education and Pupil Personnel level, a review by an impartial hearing officer may be scheduled. Individuals with grievances are not required to use the Shrewsbury Public School's grievance procedure. Written complaints may be filed with the following agencies: Massachusetts Department of Education, 75 Pleasant Street, Malden, MA 02148, (781) 338-3000; United States Department of Education Region 1 - Office of Civil Rights, 8th Floor, 5 Post Office Square, Boston, MA 02203 (800) 368-1019; Equal Employment Opportunity Commission, John F. Kennedy Federal Building, 475 Government Center, Boston, MA 02203 (800) 669-4000; Massachusetts Commission Against Discrimination, One Ashburton Place, Room 601, Boston, MA 02108 (617) 994-6000.



SUPERINTENDENT'S PAGE:
<https://www.facebook.com/pages/Dr-Joseph-M-Sawyer/185507388294562>

DISTRICT PAGE:
<https://www.facebook.com/pages/Shrewsbury-Public-Schools/151602471699144>



Facebook

SUPERINTENDENT'S ACCOUNT:
https://twitter.com/SPS_Supt

follow us on



DISTRICT ACCOUNT:
<https://twitter.com/ShrewsburyPS>

SUPERINTENDENT'S BLOG:
<http://shrewsburysuperintendent.blogspot.com/>