

All great work is preparing yourself for the accident to happen.”
Sydney Lumet

Grey Matters

Volume 3

January 30 – February 3, 2006

Number 22

Last Friday the Student Council sponsored the 8th grade “Blast From the Past” dance. Outfits ranged from 50’s poodle dresses to 80s’ leg warmers, 60’s mods to 90’s retro-punk. Everyone clearly had a good time but when I looked at some of the fashion of the past I did find myself asking, “What were we thinking!” As always, such a wonderful event would not have happened without the help of the chaperones. Please join me in thanking staff members Mike Balulescu, Carmen Comella, Liza Huber, Audra Kaplan, Joyce Kelly, Tim Nolan, Brandy Schmirer, Allen Warner, Vicki Weeks, Holly Vlajinac and parents Bonnie Maserang, Michele Gaboury, and Michelle Pruett.

As I have said in the past, Project Wellness is one of the most significant and important events of the year. This event, however, does not happen by magic. Project Wellness is in its fifth year, and its success has been largely due to the support of parent and community volunteers, many of who have served on the committee before and after their children were in 7th grade. For Project Wellness to continue into the future, we need new volunteers for the start of the 2006-07 school year. Please take the time to review the list of positions below to find ways in which you can contribute. Any time you are able to give would be appreciated.

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Project Wellness Steering Committee Positions opening up for the 2006-07 Project Wellness Steering Committee include Fundraising Coordinator(s), and Facilities Coordinator(s).~ These positions involve attending regularly scheduled steering committee meetings beginning in the fall of each school year and continuing through to the actual event (Every 2-4 weeks for 1- 1.5 hours).~ Most of the systems and procedures are in place with all current steering committee members willing to train any future members. The majority of the work can be done at home with a computer and phone. If you, or you and a friend would be willing to take on a 2 year commitment to this very important activity, please contact me and I will provide you with more information.~ Current steering committee coordinators are also available to answer any questions. To volunteer or for more information, please contact Jan Couch at: jccouch@comcast.net

On February 8th, from 7-9PM, in the RJ Grey Library, RPTSO, CAFY, Junior High Staff, and NAMI are co-sponsoring a forum titled, “Recognizing Preadolescent/Teenage Depression and Anxiety.”

*Is your child or teenager often irritable,
moody, withdrawn, or does he/she have*

difficulty coping? How can you tell the difference between moods that are normal and moods that may be an indication of a more serious problem?. What are the symptoms of depression and anxiety in youth? It may not look the same as it does in adults. How prevalent are depression and anxiety disorders in this population? If you think you may possibly have a child who needs professional help, where do you start? What causes these disorders? How are they treated?

These and other questions will be dealt with in this forum. Among the speakers will be an AB student who will provide insights into these disorders by sharing her personal story. Dr. Carolyn Imperato, school psychologist, and Dr. Cathy Schen, a local psychiatrist, will lend their expertise to the presentations and also answer questions from the audience.

One of the impressive features of RJG is the multitude of events and activities held in our school. Night after night, parents, guardians, and community members come to the building. The occasional downside, however, is the limited number of parking spaces immediately adjacent to the building. As a result, people periodically choose to park in handicapped parking spaces and in fire lanes. While I recognize the inconvenience of parking in the lower lot or across the street, I think we all understand inherent dangers of parking in these restricted spaces. Please help keep RJG a safe environment day or night.

Have a good week.

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<http://ab.mec.edu/rjweb/index.html>