

“Education's purpose is to replace an empty mind with an open one”.

Malcolm Forbes

Grey Matters

Volume 3

October 23 – 28, 2005

Number 8

The Youth Risk Behavior Survey, with statistics compiled every other year, provides valuable information regarding the behavior and feelings of our young adults. At the middle school level, previous survey results highlighted that students struggled with eating issues, lack of sleep, stress, use of alcohol, as well as issues related to bullying and teasing.

Using the results of the Youth Risk Behavior Survey, and through discussions between parents, community, and school staff, the RJG Project Wellness Day was created 5 years ago for 7th grade students. This year, Project Wellness Day will be held on March 15 at Merrimack College in North Andover, Massachusetts. While you will hear more about Project Wellness in a future Grey Matters edition, this is a day that offers students and their parents an opportunity to participate in a day of workshops specific to the topics noted above. It is clear that as much as the school can help educate our students about good decision making, nothing is more influential than the relationship between children and their parents or guardians. Statistics and common sense has shown us that, as much as middle school aged youngsters need to start developing their independence, they still need to keep the lines of communication open with their parents or guardians. Simply put, the goal of Project Wellness is to foster the habit of open family communication around these important topics. Seventh grade parents/guardians, please remember to reserve March 15th, you don't want to miss it!

I want to inform everyone of a new transportation policy regarding food and beverages on the school buses. Due to the potential dangers of food allergies, students will not be allowed to eat or drink anything on the school buses. Drivers on every bus have been asked to strictly enforce this policy. Parents and guardians, please talk with your child to remind them of this policy and remind them that adhering to this expectation is for the well being of their peers.

This Friday, we are holding our first 7th Grade Social. From 2:30 to 4:30, RJG 7th graders will have the opportunity to dance, chat, or just hang out. Tickets are on sale all week in homeroom for \$4 which includes admission, a cookie and a drink. It will be a blast!

Parents and guardians, while we want to believe that every form and piece of paper sent home in your child's backpack is immediately given you, I realize that this is not always the case. Accordingly, I am including a copy of a letter that was sent home last week regarding the grade eight trip to Minuteman Regional High School:

Every fall the entire eighth grade class at RJ Grey visits Minuteman Regional High School in Lexington for a tour of the school and a chance to learn about their unique programs. This year's trip will take place on Wednesday, October 26. Our eighth graders and their teachers will leave RJ Grey at 10:00 AM and travel by school bus to Minuteman. Lunch will be provided. Following the tour, our students will return to the junior high by 2:00 PM. There is no cost for this trip.

This is a terrific opportunity for our students to learn about the curriculum at Minuteman and to see this school as a viable alternative to attending Acton Boxborough Regional High School. In addition, our students learn about the many Minuteman extracurricular programs that are available to them this year. Since Minuteman Regional High School does not hold classes for their students on this day, they give complete attention to our students. The brochure accompanying this letter will give you more information about the course offerings at Minuteman.

Have a great week.