

“Spring is when you feel like whistling even with a shoe full of slush.”

Doug Larson

Grey Matters

Volume 4

March 19 – 23, 2007

Number 26

Last Wednesday was our 6th annual Project Wellness and once again, the day proved to be a tremendously valuable experience for all involved. Acknowledging the terrible morning traffic and delay on Route 495, I was relieved to see all parents and students arrive safely at the Merrimack College campus, ready to participate in a full day of workshops focused on enhancing communication and healthy decision making. From an initial review of the feedback forms and the many conversations and emails, it is clear that this year’s wonderful group of presenters provided a great deal of important information and opened the door for many interesting parent/child discussions. The climate in which we are trying to raise and educate our adolescents is full of challenges and I hope these discussions are just the beginning of more frequent and meaningful connections with your young adults as they learn and grow.

The planning for Project Wellness begins in September and continues right through to March. Organizing an event which moves 1,000 people through over 30 workshops and multiple lunch periods could not have occurred without the tremendous commitment of a dedicated team of people, putting in untold hours of time and energy. This year’s Project Wellness Committee included: Jan Couch, Carolyn Imperato, Chris Renzi, Pam Rogers, Wendy Oltsik, Deborah Berger, Linda Minkoff, Jean Pilecki, Margaret Gibbs and Megan Hatt. I would also like to thank the following parent/guardian volunteers: Barbara Skaggs, Barbara Raab, Susan Flynn, Yaso Aravintan, Karen Herther, and JoEllen Baird.

Thank you to everyone!

This Wednesday evening, from 7 – 9PM in the RJG Library, CAFY, RPTSO, and NAMI are co-sponsoring a parent forum titled: "Pre-adolescent and Adolescent Mental Health: Some Common Disorders - Anxiety, Depression, Bipolar Disorder, Eating Disorders." This forum will feature a panel of students, parents, and professionals discussing some common mental health disorders that often surface during pre-adolescence or adolescence, but often go unrecognized and untreated until a crisis occurs. Some past and present AB students and their parents will share their stories. The professionals will discuss the signs and symptoms and how to tell when behaviors are part of normal adolescence and when professional help should be sought. The panel discussion will be followed by a Q&A session.

This coming Friday is our next 7th grade Social. Tickets will go on sale in homeroom and will not be sold at the door. As always, our dances are for RJG students only.

Have a great week!

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