

“Perhaps our heart is made of the answer that is never given.”

Rene Char

Grey Matters

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While I hope everyone has enjoyed a relaxing week, I know we have all been affected by the recent tragedy at Virginia Tech. Our thoughts and prayers go to all those directly impacted by this terrible event.

It is during these frightening times that we can't help but think about the security of our own children. Please be assured that at RJG, student safety is our highest priority. While our emergency management systems are in place and well rehearsed, studies continue to show that what makes schools safe are the connections between students and caring adults. We continue to strive to make sure that all students can identify at least one adult who they feel comfortable reaching out to with a question or concern. We have tremendously caring teachers, counselors, and administrators who are available to support students, not only during national crises, but day to day as well. Please contact any of us if there are issues we should be aware of or any other ways we can provide support.

Tonight (7:00PM – 8:30PM) is the fourth and final Parent Forum for the year and the topic is on Stress Management.

Managing multiple responsibilities and daily stressors can be hard on students. Staying on top of academic requirements, participating in extra-curricular clubs and activities, while maintaining friendships are all part of a young adolescent's day. Informative communication is vital to an environment that supports our students in making good choices related to school, and problem solving various situations that arise. Strategies for helping our students meet their own stress management and wellness needs, with the support of their families, will be the focus for this discussion.

Before the break, I mentioned the results from the last Youth Risk Behavior Survey, concerning choices our children are facing, and local supports available. I am excited to announce that this Tuesday night, April 24, there will be a forum for parents on underage drinking co-sponsored by the A-B Community Alliance for Youth (CAFY), ABRHS SADD, and the Acton Police Association. The purpose of the forum will be to:

- present the latest medical research about the adolescent brain and the negative impact that alcohol has on the brain
- increase awareness of the seriousness of the problem ~ of underage drinking from a social and legal perspective

- help parents understand what they can do to address this issue ~ at home, and help our community to begin shaping more proactive strategies designed to reduce underage drinking.

The forum will be held in the RJ Grey Junior High School Auditorium, 7:30-9:00 PM. Parents and teens are encouraged to attend and participate. More information will be provided later. To learn more about CAFY or if you would like to help with this on-going community initiative, please contact Linda Minkoff, CAFY Chair, at MinkoffLS@aol.com.

As you are updating your calendars for the last nine weeks of school, some additional reminders include:

8th grade Class Picture	May 1	1:00 PM, weather permitting
7th grade Dance	May 4	6:30 - 8:30PM
Spring Band Concert	May 15	7:30PM
Spring Chorus Concert	May 22	7:30PM

Have a good week.