

*“And even if time ain't really on my side
It's one of those days for taking a walk outside.
I'm blowing the day to take a walk in the sun,
And fall on my face in somebody's new mowed lawn.”*

John Sebastian - Lovin' Spoonful

Grey Matters

Volume 5

March 31 – April 4, 2008

Number 28

With minimal traffic issues and great weather, our 7th annual Project Wellness Day proved to be a tremendously valuable experience for all involved. 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 1000 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: Allison Warren, Jan Couch, Carolyn Imperato, Becca Capodilupo, Wendy Oltsik, Deborah Todisco, Pam Rogers, Chris Renzi, Kim Montella, Michelle Christensen, Cathy Utt, Jean Smith Pilecki, and Margaret Gibbs.

I do want to take this opportunity to give special recognition to Jan Couch and Allison Warren. This important day would not have happened without their comprehensive planning, and on-going vigilance in making sure every detail was addressed!

It also may be of interest for parents to know how many clinicians and specialists from both the junior high and high school participated in Project Wellness as presenters. There is tremendous expertise in our counseling department, Grades 7-12, and we sincerely appreciate their time commitment as well as their level of expertise.

Finally, I'd like to thank the many members of the RJG 7th grade staff who assisted with morning registration, provided supervision for students, and managed the various logistics of the day.

Thank you to everyone involved!

Last Thursday and Friday, the students of RJG completed the Reading Comprehension portions of this year's MCAS. Our 7th and 8th graders worked extremely hard; and while somewhat exhausted at the end, they walked away from their test booklets looking confident. As a reminder, 7th graders are scheduled to take the long composition this coming Wednesday, April 2nd, with the make-up day scheduled for Thursday, April 3rd. The next portion of the MCAS testing will resume in May.

Have a wonderful week.

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