

*"It's kind of fun to do the impossible."*  
Walt Disney

# Grey Matters

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Welcome back! I hope everyone had a chance to kick back and enjoy family, friends, and the occasional household chores. With the February break behind us, there are several informative meetings and presentations on the horizon.

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, survey results have provided us with important insights regarding the various health and wellness challenges that our children face during their adolescent years. This Tuesday, February 24th, the results of the 2008 Youth Risk Behavior Survey will be presented at 7PM in the RJG Library. Statistician Jim Byrne will provide an introduction, followed by a panel discussion with Jessica Rubinstein, Pediatrician, Stephen Hitzrot, ABRSD Counseling/Psychological Services Chairperson, Dr. Carolyn Imperato, AB Wellness Coordinator, Keith Campbell, Acton Youth Officer, Martha Frost, ABRSH Social Worker, Bob McGowen, CAFY, and Craig Hardimon, RJG Principal. I hope to see you there as the YRSB results are important for us to discuss and think about together.

As a point of information, it is using the results of the Youth Risk Behavior Survey, and through discussions between parents, community, and school staff, that the RJG Project Wellness Day was created 8 years ago for 7th grade students. This year, most of us are aware that Project Wellness Day will be held on March 18 at Merrimack College in North Andover, Massachusetts; a day that offers students and their parents an opportunity to participate in a day of workshops specific to a range of adolescent health and wellness topics addressed in the YRBS. 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.

On Wednesday, February 25 (7PM – 8:30PM), we are holding our first Parent forum in the RJG Library, titled, "Haggling About Homework," presented by our own Phil Stameris, 8th grade Math teacher and Math Building Department Leader, and Maureen Lin, 7th grader English Teacher:

*Studying and meeting deadlines is always a part of school. Parents often ask, "What's the best way for me to help my child with homework?" Students often ask for help and advice on how to organize their homework time, how to balance homework with their other activities and what to do if they find themselves stuck on a homework assignment. A toolbox of*

*study skill and time management ideas will be shared by experienced RJG teachers that will help your child sail through school.*

While the second semester has only just begun, planning for the Grade 8-9 transition is already underway. To help parents and guardians of 8th graders begin the process of learning about the Acton-Boxborough Regional High School, a High School Transition Night has been planned for March 11 at 7PM in the AB High School Auditorium. Similar to the RJG Curriculum night many of you attended in the past, the High School Transition Night is an opportunity to hear from the high school administration and staff about the wonderful curricular offerings available.

Finally, I want to remind everyone about our First Annual Staff vs. Student Basketball Challenge scheduled for this Friday, February 27th, from 2:30-4:30 in the RJ Grey Gymnasium. Our very own RJ Grey Teachers and Administrators will take on our 7th and 8th grade basketball teams. This will be a fun event for all – spectators and players alike – and all ages are welcome. Tickets will be \$5.00 and pizza, drinks and snacks will also be available for purchase. All proceeds will help fund our 7th Grade Project Wellness program. If you would like to donate food items or help with this event, please contact Kate Murray at (978) 264-4700, ext. 3287.

Have a good week.