

- *“If a man insisted always on being serious, and never allowed himself a bit of fun and relaxation, he would go mad or become unstable without knowing it.”*
- **Herodotus (484 BC - 430 BC)**

# Grey Matters

Volume 6

March 30 – April 3, 2009

Number 28

• While Sunday’s freezing rain was a clear reminder that winter is not completely behind us, the beautiful weather on Saturday was surely a sign of things to come. I hope everyone had a chance to enjoy the day.

As mentioned last week, “MCAS Season” has arrived! 7<sup>th</sup> graders will take the English Language Arts (ELA) Long Composition on Tuesday, March 31<sup>st</sup>. On Wednesday and Thursday (April 1<sup>st</sup> and 2<sup>nd</sup>), the 8<sup>th</sup> graders will join the 7<sup>th</sup> graders in taking the ELA Reading Comprehension tests.

• Congratulations again to the cast and crew of Alice in Wonderland for six outstanding performances. Beyond the pleasure of performing for friends, family, and the AB community, the students learned once again that hard work brings not only success, but joy.

• Term 3 ends on Friday, April 3<sup>rd</sup>. Please remind your children that they should see their teachers regarding any questions or concerns they may have regarding incomplete assignments and/or issues. Our teachers are committed to your children's success, and want to provide opportunities to clarify class requirements as needed.

• While the School Committee has recommended a budget for FY10, our District’s revenue picture is still not solidified, and it’s important for all of us to be at Town Meeting this year. I hope to see you on April 6<sup>th</sup>, 2009 at 7PM.

• Finally, I wanted to mention that last month’s Parent Forum on “Homework Strategies” was extremely well attended. RJG teachers Phil Stameris and Maureen Lin provided essential information and promoted thoughtful discussion. Copies of this presentation can be found on the RJG website.

• As a reminder, our next forum is coming right up on Tuesday, March 31<sup>st</sup> (7:00PM – 8:30PM). The topic for the evening is Student Discipline:

- *Providing each student with guided experiences which promote cooperation and mutual respect is embedded into daily life at RJG. Supporting students in their quest for independence isn’t always smooth. Hear about the approaches used at RJG to help students make good decisions and develop citizenship skills.*

- Our final parent forum for the year is on the topic of Stress Management, scheduled for April 28<sup>th</sup> (7:00PM – 8:30PM):

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- *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.*

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- Have a good week.

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