

*“It's a beautiful day
Sky falls, you feel like
It's a beautiful day
Don't let it get away”*

U2

Grey Matters

Volume 6

November 3, 2008

Number 9

Following in the footsteps of the Acton-Boxborough Regional High School, R.J. Grey is thrilled to announce that it has a new yearbook provider this year. Our new contract with Herff Jones offers many perks including a full-color yearbook! Herff Jones' software also allows us to offer families and friends of eighth graders the opportunity to place a message of support, or an advertisement in the R. J. Grey yearbook; all of the details are outlined below at the bottom of this edition of Grey Matters. As noted on the flyer, all interested participants must send in their payment and message to R.J. Grey by November 25 at the latest. *Please be aware that these personal messages and/or advertisements are a graduation surprise for eighth graders, and students have not been told about them.*

As yearbook orders will be taken during all seventh and eighth grade lunches from November 17 through November 24 please mark your calendars. If your child would like to buy a copy of the yearbook, he should bring \$25 cash or a check made out to R.J. Grey Junior High sometime during the week of November 17. Payments will be collected during your child's lunch block. Another reminder will be provided.

Through discussions among parents, community, and school staff, and considering the results of the bi-annual Emerson Youth Risk Behavior Survey, the RJG Project Wellness Day was created seven years ago for 7th grade students.

Project Wellness is a day long conference focused on various topics pertinent to the many issues adolescents and their families face in today's world. The purpose of this important program is to promote communication and trust between students and adults, focus on a health lifestyle for families, and support the positive self-esteem of students. This year, our 8th Project Wellness Day, will be held on March 18, 2009 at Merrimack College in North Andover, Massachusetts.

While it is difficult to know everything about the challenges that our students face, nothing is more influential than the relationship between children and their parents or guardians. The transition from 6th to 7th grade is a major one. With statistics compiled every other year, the Youth Risk Behavior Survey (YRBS) provides valuable information regarding the feelings and behaviors of our young adults. At the middle school level,

previous survey results highlighted that some students have struggled with eating issues, lack of sleep, stress, use of alcohol, as well as issues related to bullying and teasing.

These statistics, coupled with our own parenting experiences, tell us that as much as middle school aged youngsters need to start developing their independence, they still need help keeping the lines of communication open with their parents or guardians. A strong relationship with trusted adults significantly reduces adolescents' risks for making poor choices and engaging in risky behaviors.

Project Wellness workshops offer you and your child an opportunity to learn some new information, improve family communication around some tough issues, share ideas with other families, and spend a day focusing on your child and their social/emotional development. In the past, workshops have addressed important topics such as Internet Safety, Anger Management, Strengthening Family Communication, Body Confidence, Healthy Meals for Busy Families, and much more. With positive feedback from both parents and students, you won't want to miss it!

Active citizenship is a major component our grade seven Social Studies curriculum. Accordingly, 7th graders have been studying the US electoral process with a clear focus on the candidates and issues on Tuesday's ballot. Taking advantage of the "real life" nature of these lessons, RJG students will participate in a mock election on Monday. We will be using a copy of the Massachusetts ballot for presidential candidates only. On the ballot will be: Barack Obama (D), John McCain (R), Ralph Nader (Independent), Bob Barr (Libertarian) Chuck Baldwin (Constitution), and Cynthia McKinney (Green). There will not be any place for a write-in candidate. The Senate and other races will NOT be on the ballot, nor will there be any referendum questions. I will let you know who wins!

Tomorrow, Tuesday November 4, Acton and Acton-Boxborough schools will be closed for our Staff Professional Day. In addition to participating in regional-wide curriculum discussions, the RJG faculty will spend a significant part of the day looking at the causes of student stress and ways in which we, as educators, can help our students reduce those stressors and enhance resiliency.

As a last reminder, the end of the first term is Friday, November 7. Please encourage your children to touch base with their teachers to confirm they are all caught up on their work or if they have any final questions as the term comes to an end.

Have a great week.

Craig Hardimon
Principal
R.J. Grey Jr. High
16 Charter Rd.
Acton, MA 01720
<http://ab.mec.edu/rjweb/index.html>

Yearbook

Grade 8 Family Messages!

The R. J. Grey Junior High yearbook is offering you the chance to send your love, pride, and congratulations to the 8th Grade R.J. Grey student in your life.

You can purchase one of two advertisement formats to relay a message that your student will cherish forever.

Option #1: A full color, 1/8th of a page message which can include both a photograph and text is \$40. Option #1 messages will appear in the same format and size as this example.

\$40

**Samantha
Grantham**

We couldn't be
prouder of you, Sam!
Good luck as you move
on to high school!
Love, Mom, Dad
Tyler & Max



Option #2: A one-line message which will appear on a "shout out" page in the yearbook is \$5.

Example: Alex Martin! Awesome job in middle school. Work hard, play hard, and enjoy each day! Remember the overnights and the Spain trip. Soccer forever!

Please follow submission instructions on the back of this form. Please tear off this portion of the order form and return with your materials.

DEADLINE for messages is Tuesday, November 25th, 2008.

I would like to buy:

1/8 page message (\$40)

One-line shout out (\$5)

Purchaser's Name: _____

Student's Name: _____

Purchaser's E-mail: _____

Purchaser's Phone#: _____