

*"It isn't easy being green."*  
**Kermit the Frog**

# Grey Matters

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Two weeks past the season's first snow fall, it was a pleasant surprise to have such a warm weekend. Saturday was a great day for raking leaves and cleaning gutters!

Students who ordered annual school photos should have received them last week from their team teachers. Any student who wishes to have a re-take can do so on Thursday, November 12. Herff Jones will be at RJ Grey on that day to provide re-takes as well as initial photos for any students who were absent on the original picture day. Students who want to have a re-take must bring in their original packet of photos to submit to Herff Jones.

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 eight 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 ninth Project Wellness Day will be held on March 10th at Merrimack College in North Andover, MA.

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' risk 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.

Tomorrow, Tuesday November 3rd, Acton and Acton-Boxborough schools will be closed for our annual Staff Professional Day. Specifically, all RJ Grey classroom teachers will be participating in required Category 1 and Category 2 training designed to provide improved instruction and support to our Limited English Proficient (LEP) students.

As a final reminder, the end of the first quarter is Tuesday, November 10th. Please encourage your children to touch base with their teachers to confirm that 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.