

Newsletter ~ February 1, 2019

Superintendent Goguen

Dear Students, Families and Staff,

Transitions....

1. Today 8th grade students visited BHS to learn more about the high school programming and opportunities!
2. On February 12th, parents/guardians are invited to BHS for the "Best of Bartlett" presentation at 6:00 p.m.

We are in the midst of planning some GREAT community wide events... Save the dates!!

1. We will be showing a documentary titled, "If They Had Known," on March 14th at 6:00 p.m. This is about the dangers of prescription drugs and drinking and addresses the "party culture" that exists in our society.
2. We are in the initial planning phases of obtaining a documentary through the Federation for Children with Special Needs to bring a screening of the documentary "Resilience: The Biology of Stress & the Science of Hope. The movie delves into the science of Adverse Childhood Experiences (ACEs) and a new movement to treat and prevent toxic stress, and illustrates how professionals in pediatrics, education, and social welfare are working to protect children from the effects of toxic stress.
3. We are in the midst of planning a Webster Community Safety Day, on May 18th. If you are interested in participating in this event, please contact either Monique Pierangeli or myself. More information will be forthcoming.

Attendance Matters!

Congratulations to Mrs. Cournoyer's classroom at Park Avenue Elementary School for perfect attendance this week!
They earned an extra 15-20 minutes of recess today!
Great JOB!

STRONGER THAN ~ CrossFit Clean State

SEE FLYER

Congratulations to Abbi Poplawski and Barry Kane who earned the Judge's Choice Award at the Berklee Jazz Festival!



The BHS Jazz Band – in Boston- for the Berklee Jazz Festival!



Best Wishes to our Show Choir who will be competing tomorrow at Shephard Hill!



Webster Middle School Announcement

WMS National Junior Honor Society and Student Council will be holding a Snowflake Semi-Formal Dance for 7th and 8th graders on February 8th from 6:00 p.m. to 9:00 p.m.

Student tickets will be on sale during lunch. Tickets purchased before the dance are \$5.00. Tickets purchased the night of the dance will be \$7.00.

This is a semi-formal event and students are asked to follow the dress code.

All profits from the dance will benefit the NJHS, Student Council and WMS student activity fund.

Food Service Updates...

Breakfast in the Classroom is running smoothly at both Park Avenue Elementary and Webster Middle School. We have recently started Fresh Fruits & Vegetable program two days a week at Park Avenue! This program is supported by grant funding.

This week our food service staff provided both the middle and high school students the opportunity to participate in a food tasting sessions. The middle and high school students tested: Chicken Teriyaki, General Tso's Chicken and Vegetarian Lo Mein Noodles! Students participated in a survey and the results are being tallied! Looks like fun!





From our office to your homes....GO PATRIOTS!



In Webster...Kindness Matters,
Ruthann Petruno-Goguen



CLAY SOPER MEMORIAL FUND PRESENTS

“If They Had Known”



A documentary spoken

BY kids TO kids

about the risks of current party culture

.....

They had no idea that combining prescription drugs with alcohol could kill them or their friend.

* Save the date ~

March 14, 2019 *



STRONGER THAN STIGMA

26,000 PEOPLE
HAVE FOUND THE STRENGTH TO
RISE AND RECOVER

The Phoenix answers the question of "what's next?" for those leaving treatment or pursuing a sober life by fostering a free, sober, active community where individuals can find a healthy, positive and welcoming environment.

Please join us for **CrossFit!**

Where:

CrossFit Clean Slate
26 Poland Street
Webster, MA

When:

Saturdays @ 10:30 AM

Events begin **February 16th**

Since 2006, **The Phoenix** has harnessed the transformative power of community to give people in recovery the support they so desperately need, whether you're 10 years sober or just starting down the path to recovery.

CrossFit classes are open to all skill levels. The class will consist of a warm-up, stretch (mobility), movement skill with instruction and a WOD (Work Out of the Day). Great class to have fun and work up a sweat. Please wear gym clothes if you have them - sneakers, sweat pants, yoga pants, shorts and t-shirts.

Are you ready to join **The Phoenix** community?

The only membership fee is 48 hours of continuous sobriety!

Stay up to date on all that is happening with
The Phoenix - Massachusetts by visiting
<https://facebook.com/thePhoenixMassachusetts>



THE PHOENIX
RISE RECOVER LIVE

For a complete listing of all our events
please visit - www.thePhoenix.org

For more information contact Chris | chris@thePhoenix.org