

District Bulletin



Information contained in this bulletin has been approved by the Office of the Superintendent for distribution on email listservs as a service to community organizations.

If you wish to have something posted in this bulletin, please contact John Cianciarulo at jcianciarulo@westwood.k12.ma.us. Note: Recreation, School, Scouting, Town Hall, and Westwood Sports flyers will be posted a maximum of three times. Flyers from businesses, churches, or outside groups will be posted once.

24

WEDNESDAY, JAN. 24

Early Release Day

7

WEDNESDAY, FEB. 7

Early Release Day

15

THURSDAY, FEB. 15

7pm, School Committee Meeting, High School Little Theater



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www.westwood.k12.ma.us



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[@westwood_ps](https://twitter.com/westwood_ps)



Like Us on Facebook
fb.com/westwoodschoools

Dear Westwood Community:

Over 20 years ago the Westwood Lions Club took on the initiative to raise funds and purchase children's play equipment for what became known as the Westwood Lions Tot Lot on Nahatan Street. Over the years we have helped maintain and repair the equipment. It is now time to replace many pieces of equipment that have to be removed and we are reaching out to the community to help us raise the necessary funds to do so. Along with the Westwood Lions, we are very proud to have the Westwood Rotary Club and Moms Club of Westwood also helping us this year. We will have numerous events over the course of the year, starting with a fantastic cookout on September 16th from 3pm to 6pm at the Westwood Tot Lot. Please come join us with your entire family for food, bouncy house, music, corn hole, and so much more!

Also, the Westwood Lions will be dedicating the proceeds from their annual Community Calendar and raffle fundraiser to the Tot Lot this year.

Please consider contributing to this cause. Any amount is certainly welcome, however we will be developing special recognition to donors in the following categories:

- **Platinum Sponsor** – \$5,000 – Optional Booth sponsor at the event. Your company name prominently displayed on a plaque at the playground. Thank you in the year long fundraiser drive as a main sponsor.
- **Gold Sponsor** – \$2,500 – Optional booth sponsor at the event. Your company name prominently displayed on a plaque at the playground.
- **Silver Sponsor** – \$1000 – Brick with your name at the totlot entrance.
- **Bronze Sponsor**– \$500 or donated items available for auction at the event are greatly appreciated.

Recognition will be on a plaque to be created at the Tot Lot as well as other locations.

If you are able to support us this year, please make your check payable to "WESTWOOD Lions Club" with "TOTLOT" noted in the memo field and mail to:

The Westwood Lions Club
PO BOX 432
Westwood, MA 02090

OR SEND PAYMENT VIA CREDIT CARD AT www.facebook.com/wwtotlot

If you would like more information about this event, please call Alex Jowdy at (781) 706-1394.

Sincerely,
Alex Jowdy
Chair of Totlot Fundraiser

Tax ID No.: 04-6086440

WESTWOOD NURSERY SCHOOL



ROLLING ADMISSIONS STARTING: SATURDAY JANUARY 6TH



AT 10AM & OPEN HOUSE

COME REGISTER FOR 2018-2019 SCHOOL YEAR

- CLASSES MEET 2, 3, 4 DAYS A WEEK FROM 9-1
- AGES 2.9 - 5.5 YEARS OLD

WESTWOOD NURSERY SCHOOL

808 High Street Westwood, MA 02090

Contact us at: westwoodnurseryschool@gmail.com or 781-326-4659

Westwood Early Childhood | Winter 2018

Monthly Activities

Registration is required for most programs and available to all Westwood residents.

Please register for only the programs you are committed to attend.

Musical Mondays: (all ages) Join Tina Stone for a fun, interactive children's sing-a-long. Children and parents/caregivers find themselves clapping, singing, and dancing to Tina's lively performances!

Westwood Public Library: Mondays, Jan. 8, Feb. 5, March 5 @ 10:30 AM

Register: <http://tinyurl.com/weccmmon>

Fun with Friends: (ages 2-5) Join Lizzy McGovern and Janet Lucey for a playgroup as they introduce families to books and activities that help children learn about feelings, differences, and caring about others. Each session features stories and hands on learning related to social/emotional development.

Westwood Public Library: Mondays, Jan 22, Feb 12, March 12 @ 10:30 AM

Register: <http://tinyurl.com/weccfwf>

Walk, Talk, Read: (all ages) Hannah Gavalis, and a Naturalist from Hale Reservation will read a story about nature followed by a short walk through Hale discussing the theme.

Hale Reservation: Mondays, March 26 @ 10:00 AM

Register: <http://tinyurl.com/weccwtread>



WESTWOOD
EARLY
CHILDHOOD
COUNCIL

New Registration Policy

Families may register for programs monthly.
Registration opens for all programs on the 1st of each month.

This process will maximize attendance and allow more families to participate.

Family Playgroup: (all ages) Create, build, and pretend with other children and their families. Tarynne Steenkamp will provide activities that enhance language development, motor coordination and social interaction in a preschool environment.

Westwood Integrated Preschool: Wednesdays, Jan 10, Feb 7, March 7 @ 10:00

Register: <http://tinyurl.com/weccfpg>

STEM Investigations: (ages 3-5) Bubbles, building structures, numbers, counting and more! Join Meghan Cullen to explore hands on parent/child activities related to Science, Technology, Engineering, and Math. Observe, Investigate, Experiment!

Westwood Public Library: Thursdays, Jan 18, Feb 15, March 15 @ 1:30 PM

Register: <http://tinyurl.com/weccsteminv>

Toddler Active Play: (12mo-3 years) Join Deb Arscot, WPS PT, for an obstacle course, beanbag toss, bowling and other gross motor activities. Parents assist their child with motor development and come together as group for parachute play, singing and dancing!

Westwood Public Library: Fridays, Jan 19, Feb 9, March 16 @ 10:30 AM

Register: <http://tinyurl.com/wecctap>

Saturday Active Gym: (Ages 3-4) Gym teacher Pat Foley organizes fun, non-traditional games and activities. Children and their parent/caregiver participate in group games using balls, hoops and parachute. Join him for the famous Cat and Mouse game!

Deerfield Gym: Saturdays, Jan 20, March 17 @ 10:00 or 11:00

Register: <http://tinyurl.com/weccsagplay>

Little Yogis: (Ages 3-7) Children and their parents will learn simple yoga poses as they act out animals or characters from familiar stories. Erin Mann is a certified yoga instructor. Please bring a yoga mat or towel.

Westwood Public Library: Saturdays, Jan 6, Feb 3, March 3 @ 10:30 AM

Register: <http://tinyurl.com/weccly>

The Westwood Early Childhood Office is home of the Coordinated Family and Community Engagement Program (CFCE). We serve families with young children. In an effort to support parents in their role as their child's first teacher, we have coordinated these programs to provide enriching interactions between parents/caregivers and children.

Our goal is to provide programs that are inclusive and supportive of children of all abilities and their families. All Westwood residents are welcome and encouraged to attend. If access to or participation in a program or event presents a concern for any reason, contact Janet Lucey

Contact Information:

Janet Lucey, Coordinator Westwood Early Childhood Office
Hanlon School 790 Gay St. Westwood, MA 02090 (781) 461-9548

www.westwood.k12.ma.us/early-childhood-council/

email Janet Lucey jlucey@westwood.k12.ma.us or find us on



We rely 100% on fundraising and donations to provide these programs free of charge. This winter we have partnered with elephant books for a seasonal fundraiser. Using the promo code WECC, go to ELEPHANT-BOOKS.COM and sign up for a book club subscription for your child. Elephant Books provides unique high quality books that help to create lifelong reading memories for families. Thank you for supporting Westwood Early Childhood Council.

Join the Early Childhood Council!

Meet great people and make a difference for children in Westwood.

**Meetings are held every
1st Tuesday of the month @ 7pm
Westwood Library**

DCD *Connects*

A focused initiative bringing speakers, films, and discussions to the community to explore with distinguished experts the tools for navigating our complex world and building well-being in school-aged children

Coed • Pre-K to Grade 8

January 17 at 6:30 p.m.

PLAYFUL PARENTING: TECHNIQUES FOR MANAGING BEHAVIOR AND ANXIETIES, AND BUILDING CONFIDENCE

Dr. Larry Cohen

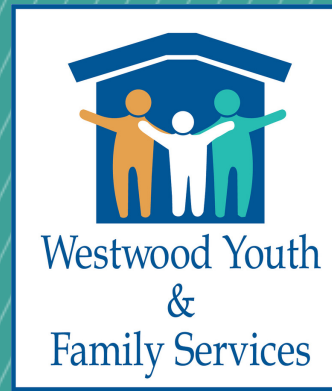
Psychologist and author of *Playful Parenting* and *The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties and Fears*

Free and Open to the Public

Visit Dedhamcountryday.org/DCDconnects for registration and event details

DCD
Dedham Country Day

**90 Sandy Valley Road
Dedham, MA 02026**



Thurston Middle School

dances

FRIDAY, 7:30 - 10:00 PM

January 19: Minute to Win It Games

Entrance fee: \$10

Proceeds go toward WY&FS Mentor Scholarship
and TMS 8th Grade field trip.

Questions?

Nina Banozic, Youth Services Counselor
youth@townhall.westwood.ma.us

Matt Kuklantz, TMS Assistant Principal

Math Magic Show

with fun games, prizes, and face painting!

What: RSM-Newton Math Magic Show

When: Saturday Jan. 20th, 2018 | 5:00 - 7:00 p.m.

Where: 200 Wells Ave., Newton, MA 02459

Contact: 617-332-8243





Neighbors in Action

Meeting

Arrive at 7pm for networking and to settle in.

The meeting will run from 7:30-8:30pm. Participants are invited to share updates on work they have been involved in and also share new ideas or concerns.

We will also hear from members of the Westwood School Committee regarding the work they do, the time commitment required and some Q&A. Have you ever thought about running for School Committee or wondered what exactly the committee is responsible for? Here's your chance to learn more.

Register at: www.eventbrite.com

Search for: [Neighbors in Action](#)

Jan. 24th 7:30-9pm

Westwood Public Library Community Room
660 High Street, Westwood, MA

[Neighbors in Action](#) is a grassroots civic engagement organization that offers residents of Westwood and surrounding areas a forum for dialogue and activism on local issues of common concern. ***New participants welcome!***

If you have any questions or want more information, contact us at neighbors.in.action.ww@gmail.com

Westwood Little League

REGISTRATION FOR THE WESTWOOD LITTLE LEAGUE SPRING 2018 SEASON IS NOW OPEN!

Who: For Westwood Boys and Girls in Kindergarten through 6th grade

What: 2018 Spring Registration for Westwood Little League

Where: www.westwoodlittleleague.com

When: Registration is now open! **Early-bird registration in effect until January 31, 2018**

Registration for each player covers hat & jersey, games & practices, and additional free indoor & outdoor clinics starting on Saturdays in February / March.

KBALL: Composed of both boys and girls in kindergarten, the entire focus is development. Kids are taught the basics of proper fielding & throwing mechanics, & they learn to hit by hitting off a tee. Games are typically 3-innings where each team bats once through the line-up each inning.

ROOKIE BALL: This division is composed of 1st graders. Coaches pitch to batters and each team bats continuously through the lineup. All players are positioned and play on defense. The kids play games, but 100% of the focus is on player development. Games typically begin in late-April and run through mid-June. All games are played at Hanlon School Field and are held Monday - Friday 5:45PM start times and some games on weekends.

INSTRUCTIONAL LEAGUE: This division is composed of 2nd graders. The emphasis at this level is on player development and sportsmanship. This is the first year of kids learning to pitch to each other. The goal is to ensure kids are learning proper skills and mechanics. Games typically begin in late-April and run through mid-June. All games are played at Downey School Field and are held Monday - Friday 5:45PM start times and occasionally on weekends.

INTERNATIONAL LEAGUE: This division is composed of 3rd graders. The emphasis at this level is on player development and sportsmanship. Games typically begin in mid-April and run through mid-June. Games are played at Martha Jones School Fields and are held Monday - Friday 5:45PM start times and occasionally on weekends.

MINOR LEAGUE: The Minor League Division is composed of 4th, 5th, & 6th graders. Focus is on teaching & learning baseball skills along with good sportsmanship in a competitive game scenario. Games typically begin in mid-April and run through mid-June. Most games are played at Sheehan School Fields and are held Monday - Friday 5:45p start times and on weekends. Some games played at Morrison Park will have a different start time.

MAJOR LEAGUE: The Major League is composed of 5th and 6th graders, primarily. By Little League International rules all 12 year olds (born May 2005 - Aug 2006) must play in the Majors. The balance of the league is comprised of 11 year olds and occasionally some 10 year olds that have already played a year in Minors. Every player plays at least 3 innings per game. Games typically begin in mid-April and run through mid-June. All games are played at Morrison Field and are held Monday - Friday 5:30p and 7:00p start times and weekends.

WESTWOOD YOUTH SOFTBALL

Spring Softball Registration is Now Open!

For: Girls Grades 1 - 8

When: Early Bird Registration through 1/31/18

Where: Online at www.westwoodyouthsoftball.org

Grades 1-2

\$100 Registration Fee

Grades 3- 8 (some travel will be required)

\$120 Registration Fee until 1/31/18

\$145 Registration Fee starting 2/1/18



The season will begin in mid or late April and ends by mid-June. Registration includes a uniform (t-shirt, hat/visor) if needed.

Visit the WYS web at www.westwoodyouthsoftball.org for more details about practice and game schedules by grade as well as upcoming programs such as pitching, hitting and catching clinics. If you are interested in being a coach or assistant coach, please complete the volunteer information when you are registering your daughter online.

Harry Potter NIGHT 2018

Come to Westwood Library to experience the magic of Hogwarts, play games, make crafts and participate in the trivia!

**THURSDAY, FEBRUARY 1
@ 6:30 PM**

**REGISTRATION
BEGINS JAN. 8**

Kids in grades K & up & a parent/caregiver. Costumes very welcome -- but not required. (That goes for parents/caregivers, too!)



Westwood Public Library



Open Space and Recreation Visioning Session

February 1, 2018 at 7:00 pm
Thurston Middle School Cafeteria

Westwood is updating its Open Space and Recreation Plan (OSRP) for approval by the Massachusetts Division of Conservation Services (DCS).

An updated OSRP will serve two primary purposes:

- It will provide a document to guide future Town decisions pertaining to open space and recreation, and
- It will help the Town gain eligibility for grants that can be used to purchase open space and develop recreation facilities.

Public participation is a key aspect of writing the plan. We want to hear what residents love about Westwood's open spaces, recreational facilities and recreation programs. We also want to hear where there is room for improvement.

Please join us at an Open Space & Recreation Visioning Session on February 1st and let us know how you feel about open space and recreation facilities in Westwood.

Westwood SEPAC

SPECIAL EDUCATION PARENT ADVISORY COUNCIL



"Just Talk About It"

Recognize the warning signs of a mental health crisis and learn how to help. A complement to Mental Health Awareness Week at the High School. All community members are welcome!



Guest speaker Jon Mattleman is a clinician with more than 35 years of experience working with adolescents and teenagers. He will lead an interactive presentation as an introduction to mental health awareness that is designed to train parents and caregivers on how to recognize the warning signs of stress, anxiety, depression, and crisis. Jon will cover topics such as self harm, suicide and the emotional consequences of technology/ social media.

At the completion of the training program parents will know how to help a child, student and/or friend who is experiencing a mental health issue or crisis.

For more information visit: www.jonmattleman.com | www.mindingyourmind.org

Date: Tuesday, February 6th, 7:00-9:00pm

Location: Westwood High School, Little Theater, 200 Nahatan St. Turn into the High School entrance and park in the lot closest to the Football Field. Enter at entrance labelled "Auditorium". The Little Theater is just inside the doors.

Join our closed Facebook Group: Westwood SEPAC-Special Education Parent Advisory Council

To volunteer, questions, or submit ideas on forum topics email: westwoodsepac@gmail.com

SEPAC Board: Megan Brenk & Meggan Flaherty, Co-chairs • Angela Pomarole, Secretary • Kelly Anderson, Treasurer



Please join us for a

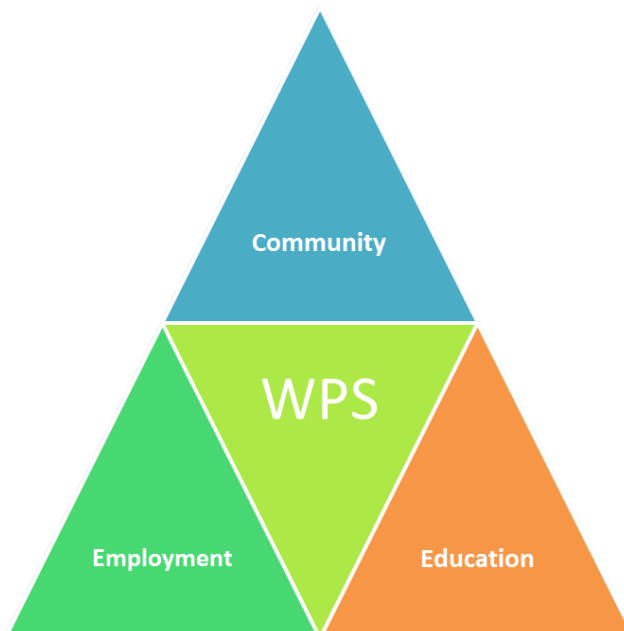
TRANSITION FAIR

Gain valuable information for parents and students, during the transition years (14-22), bringing together representatives of services and programs serving students in our local and surrounding community.

FEBRUARY 7, 2018

6:00-8:00 PM

**WESTWOOD HIGH SCHOOL
CAFETERIA**



Participating Groups:

Massachusetts
Advocates for
Children

MA Department of
Developmental
Services

Massachusetts
Rehabilitation
Commission

The Arc of South
Norfolk

Jewish Family and
Children's Services

Asperger/Autism
Network

The Price Center

Lifeworks

NuPath

Amego

Curry College

SPONSORS

Wegmans, Roche Bros.

TECH HELP

MONDAYS

- * **INDIVIDUAL COMPUTER CLASSES** : 2:30 - 5:30 PM
- ** **TECHNOLOGY HELP DROP-IN** : 6:00 - 8:00 PM

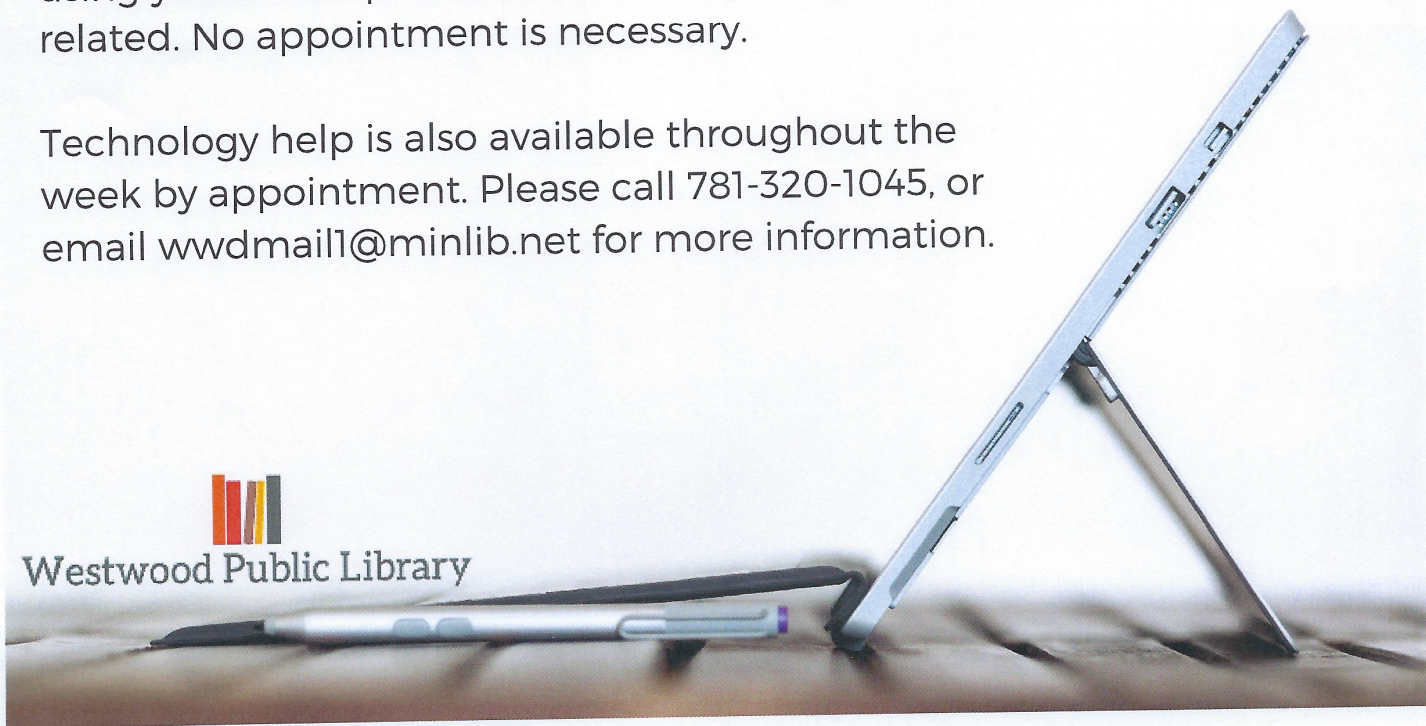
* **INDIVIDUAL COMPUTER CLASSES:** Register for a 40 minute appointment with Kristen. To sign-up call 781-320-1045 or stop by the Information Desk on the 2nd Floor.

** **TECHNOLOGY HELP DROP-IN:** Come to the Information Desk on the 2nd Floor between 6:00-8:00 PM for help with downloading eBooks, using your smart phone/tablet, or anything else tech related. No appointment is necessary.

Technology help is also available throughout the week by appointment. Please call 781-320-1045, or email wwdmail1@minlib.net for more information.



Westwood Public Library





Come experience Hale's female outdoor leadership program for 6th-8th graders.

The Girls with Altitude program creates a strong community for middle school girls to be themselves, take on new challenges, and build their potential as young leaders.



Sign up for winter sessions today!

*Mid-session enrollments are pro-rated.

Outdoor Living Skills • Team Leadership • Identity and Self-Esteem
Games and Sports • Physical Wellness and Body Image • Cooking
Emotional Health • Art and Media • Challenge Course
Friendships and Communication • Teambuilding
Goal Setting • Stress Management



For questions or to register, contact Emily Rivard
(Program Coordinator) at erivard@halereservation.org.

www.halereservation.org

spread a message of love, compassion, and acceptance of LGBTQ youth in our community



The "W" rainbow heart bumper sticker was created to address the need for visible support for LGBTQ kids and families in Westwood. I know that it warms my heart every time I see one proudly displayed around town!

If you would like to show your Westwood Pride, please use

<https://www.paypal.me/jenatkins> to send \$3 per sticker and email jenatkins88@gmail.com with your name and address so I can mail the sticker(s) to you. All money received will be used to print and deliver stickers. Any excess funds will be donated to OUT Metrowest, an organization that supports Massachusetts LGBTQ youth through social groups and community building. Please check out <http://outmetrowest.org/about-mission-history/>.

Thank you for your support!

<https://tinyurl.com/wrainbow>