

# 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](mailto: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.

**6**
**WEDNESDAY, FEB. 6**
**Early release day**
**7**
**THURSDAY, FEB. 7**
**School Committee Mtg.,  
District Admin. Prof.  
Development Room, 7pm**
**12**
**TUESDAY, FEB. 12**
**SEPAC: Basic Rights in  
Special Education, High  
School, 7pm**


[www.westwood.k12.ma.us](http://www.westwood.k12.ma.us)



**Twitter**

[@westwood\\_ps](https://twitter.com/@westwood_ps)  
[@PerfArts\\_02090](https://twitter.com/@PerfArts_02090)  
[@westwoodhs](https://twitter.com/@westwoodhs)  
[@whsathletics1](https://twitter.com/@whsathletics1)  
[@whsvvisualarts](https://twitter.com/@whsvvisualarts)  
[@deerfield\\_ps](https://twitter.com/@deerfield_ps)  
[@downeyschool](https://twitter.com/@downeyschool)  
[@hanlonschool\\_ps](https://twitter.com/@hanlonschool_ps)  
[@marthajones\\_ps](https://twitter.com/@marthajones_ps)  
[@sheehan\\_ps](https://twitter.com/@sheehan_ps)



**Facebook**

[westwoodschoools](https://www.facebook.com/westwoodschoools)



**Instagram**

[westwood\\_ps](https://www.instagram.com/westwood_ps)  
[westwoodhs](https://www.instagram.com/westwoodhs)



**REGISTRATION IS NOW OPEN!**

**LITTLE LEAGUE SPRING 2019 SEASON**

**EARLY-BIRD REGISTRATION UNTIL JANUARY 31, 2019**

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

**What: 2019 Spring Registration for Westwood Little League**

**Where: [www.westwoodlittleleague.com](http://www.westwoodlittleleague.com)**

**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.

# *Peace of Mind Meditation*



Are you stressed out, tense or struggling with maintaining your peace of mind? This meditation session will calm the mind, while awakening and deepening your spiritual self-awareness. As the muscles of the mind are flexed and strengthened, the increased concentration enables us access to deeper and richer experiences of inner power and inner peace. Knowledge of how to gain this desired state of mind will be shared, along with a guided meditation to experience deep peace.

Below are the February sessions. Register for one or more that fit your schedule.

**Thursday, February 7th – 7:30 – 8:15pm**

To Register: <https://peaceofmindmeditationfeb7th2019.eventbrite.com>

**Thursday, February 21st – 7:30– 8:15pm**

To Register: <https://peaceofmindmeditationfeb21st2019.eventbrite.com>

Contact facilitator Soni Sayana at 781-801-4206 or [sonisayana@gmail.com](mailto:sonisayana@gmail.com) for information.

**The Center at Westwoods, 590 Gay St., Westwood, MA  
Offered FREE of charge as a service to the community. All are Welcome.**



# RUN and FUN Playgroup



Jan 18th, Feb 8th,  
March 22nd @ 10: 30am

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

Westwood Public Library

Sponsored by Westwood  
Early Childhood Council

Bring your child (12mo and up)  
to a fun hour of gross motor  
activities, enriching games  
and songs to develop motor,  
language and social skills.  
Enjoy obstacle courses, bean  
bags, parachute play and  
circle time.



For questions contact Janet Lucey  
[jlucey@westwoodk12.ma.us](mailto:jlucey@westwoodk12.ma.us)  
(781)461-9548





# WHAT'S NEW

from



Take a look at these recent programs available on Westwood Media Center's YouTube page and airing this week on our local Cable Channels!

Westwood Girls Varsity Basketball vs Medfield 1/29/19

Friday, February 8 at 6:00 pm

Comcast 8 and Verizon 32

YouTube: [https://youtu.be/OWE\\_GCkU8DY](https://youtu.be/OWE_GCkU8DY)

Westwood Boys Varsity Basketball vs Hopkinton 2/1/19

Saturday, February 9 at 6:00 pm

Comcast 8 and Verizon 32

YouTube: <https://youtu.be/OnklKMLzaUg>

Westwood Girls Varsity Hockey vs Medfield 1/30/19

Sunday, February 10 at 7:30 pm

Comcast 8 and Verizon 32

YouTube: <https://youtu.be/DneVLLxjbbc>

[www.westwoodmediacenter.tv](http://www.westwoodmediacenter.tv)



## **WESTWOOD YOUTH SOFTBALL WINTER CLINICS**

### **Winter Hitting Clinic at Dirt Dawgs**

Hitting Clinic at Dirt Dawgs Indoor Facility

40 Industrial Drive, Canton MA

Dates are Sunday's: Feb. 24, March 3, 10, 17, 24 - 2019

4PM to 5PM - 5 weeks

Grades 3rd through 8th. (Groups will be separated by grade/skill level)

Registration fee \$50

### **Winter Catchers Clinic Grades 3rd - 8th**

Catcher's clinic grades 3rd - 8th

Thurston Middle School small gym

Feb. 10, 24 and March 3, 10

4 weeks

6PM to 7PM

Must bring your own equipment .

You can wear a regular batting helmet with cage if you don't have proper mask. Check with your spring coaches if you need equipment.

Wear sneakers.

Instructors: Tom Grandy WHS Varsity coach, Abby Lucas, Braintree H.S. and college at MCLA and possible WHS varsity players.

Questions: contact Tom Grandy 617-849-4601

or email [jcity72003@yahoo.com](mailto:jcity72003@yahoo.com)

## **Register SOON, Space is limited**

**Click Link**

**[www.westwoodyouthsoftball.com](http://www.westwoodyouthsoftball.com)**

# DO GOOD WITH BURRITOS



Join us at our restaurant for a fundraiser to support Westwood High School Girls Indoor Track. Just come in to the Chipotle at **217 University Avenue** in Westwood on **Monday, February 11th** from **5:00pm** to **9:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 33% of the proceeds will be donated to Westwood High School Girls Indoor Track.



MEXICAN GRILL

Online orders will not be included in the fundraiser total. To ensure your purchase is counted in the fundraiser, be sure to order and pay in-restaurant. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.



# Westwood SEPAC

SPECIAL EDUCATION PARENT ADVISORY COUNCIL



## **Basic Rights In Special Education Presenter:**

Liz Topaz from The Federation for Children with Special Needs

*This workshop provides a basic understanding of the complex special education laws and procedures.*

*All are welcome! If you haven't been able to attend a Basic Rights Workshop this year, now is a good time to learn or update your knowledge about your child's rights to special education in MA.*

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**Date:** Tuesday, February 12th, 7:00-9:00pm

**Location:** Westwood High School, 220 Nahatan Street

Park in the front horseshoe parking lot off Nahatan Street. Go through the doors marked "District Administration". Once inside follow signage to Professional Development Room.

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**Join our closed Facebook Group:** [Westwood SEPAC-Special Education Parent Advisory Council](#)

**Website:** [www.westwoodsepac.org](http://www.westwoodsepac.org) // **To volunteer, questions, or submit ideas email:** [westwoodsepac@gmail.com](mailto:westwoodsepac@gmail.com)

**Board:** Megan Brenk & Meggan Flaherty, Co-chairs • Angela Pomarole & Aravind Movva, Co-Secretaries • Kelly Anderson & Jennifer Ellis, Co-Treasurers

# FEBRUARY VACATION PROGRAMS



## PLAN AHEAD AND REGISTER TODAY FOR FEBRUARY VACATION!

**DEADLINE TO REGISTER IS FEBRUARY 12.** IF PROGRAMS DO NOT MEET THE MINIMUM # THE PROGRAM WILL BE CANCELED

[WWW.WESTWOODREC.COM](http://WWW.WESTWOODREC.COM) 781.461.0070

### VACATION ART *grades 2 -5*

Thurston Middle School Cafeteria

Lisa Walker

Tue-Thu, Feb 19-21, 9:00-12:00

(Weather make-up day Fri, Feb 22)

\$140 (3 classes) Min 6/Max 12



Calling all artists! If your child has a passion for creating things with their hands, these classes are a must! Students will create individual and group pieces in both 3D and 2D. 3D Art explores three dimensions while learning about carving, modeling and sculpture using recycled products, mixed media, clay and more. 2D Art explores the mark on a flat surface while learning about graphite, colored pencils, watercolor and more. No prior experience required. All supplies provided. Please provide snack and water bottle. Wear clothes that can get dirty. Looking to extend your day? See Full day option.

### FUN N' GAMES *grades k -6*

Thurston Middle School Cafeteria

Recreation Staff

Tue-Thu, Feb 19-21, 9:00-12:00

(Weather make-up day Fri, Feb 22)

\$70 (3 classes) Min 12/Max 40

It's fast moving fun with a variety of sports and games activities including basketball, soccer, dodgeball, wacky relay races, capture the flag and more. There will be contests and tournaments with fun prizes. Talk it up with your friends; let's have a blast during vacation! Participants need to bring a peanut/nut free snack and water bottle. Sneakers required. Looking to extend your day? See Full day option.



### LUNCH N' POOL *grades k -6*

Participants must be able to swim independently

Westwood Pool and Pool Lobby

Aquatics and Recreation Staff

Tue-Thu, Feb 19-21, 12:00-3:00 (Weather make-up day Fri, Feb 22)

\$140 (3 classes) Min 10/Max 25



Have lunch with friends and then jump in the pool for free play, water basketball, cannonballs, under water scavenger hunt and more. Lunch time and Trivia 12:00-1:15; Pool Time 1:15-2:30, Snack Time 2:30-3:00. Participants need to bring bathing suit, towel and food listed below. Parents are to pick up their children in the pool lobby by 3:00.

Day	Date	Provided	Participant Needs
Tue	Feb 19	Ice Cream Sundae Snack	Lunch & Drink
Wed	Feb 20	Hot Dog Lunch	Snack
Thu	Feb 21	Pizza Lunch	Snack

### FULL DAY OPTION

Looking for a full day of activities 9:00-3:00? Choose either Vacation Art Camp or Fun N' Games from 9:00-12:00 and then sign up for Lunch N' Pool for 12:00-3:00. Participants registered for a morning program at Thurston and registered for the Lunch N' Pool program will be transported by Town of Westwood vehicles from Thurston School to the Westwood Pool.



### KIDS PHOTOGRAPHY WORKSHOP *grades 3-5*

Islington Community Center – Room F

Melanie Guerra

Tue-Thu, Feb 19-21, 9:00-10:30 AM

\$195 (3 classes) Min 4/ Max 6



This will be a creative, fun-filled workshop where kids will learn about camera settings, composition, the importance of lighting, photographing motion and more. We will play some photography games, experiment with what we've learned and even learn a little bit about film photography and see a collection of old cameras and flashes! This will definitely be a "learn by doing" experience! Kids can use **any** digital camera with settings (CoolPix, PowerShot or other "point and shoot" or a mirrorless or a DSLR! Sorry, smart phone cameras won't work in this workshop), and access to a computer for downloading their work is preferable.

## TEACHERS DRIVING ACADEMY LLC



### Teachers Driving Academy

Drivers Education Classroom Instruction

Westwood Recreation is proud to offer Teachers Driving Academy LLC - 30 hour class and parent class at **Westwood High School**.



To enroll please go to [www.teachersdrivingacademy.com](http://www.teachersdrivingacademy.com) register for classroom. Enrollment is limited so sign up soon....

#### TDA Advantage

- Student portal system allowing students to see all road lessons and book lessons 24/7
- Student portal see all completed classroom and allows make-up classes at any of our 19 classroom locations
- Full-service pickup and drop-off
- Over 40 cars in our fleet
- Full service auto repair facility with full time auto technicians maintaining the fleet
- 'Always free' 2 hour parent class
- Optional Saturday road testing
- Full-time professional office staff to assist you

### **Classes Winter and Spring 2019**

#### **February 2019**

Tuesday February 12*	3:00-5:00
Thursday February 14	3:00-7:00
Tuesday February 19	8:00-2:30
Wednesday February 20	8:00-2:30
Thursday February 21	8:00-2:30
Friday February 22	8:00-2:30

*\* Parent & Student Class: Tuesday, February 12<sup>th</sup> 3:00-5:00pm  
Both Students and Parents, counts as part of the 30 hour Program*

#### **April 2019**

Tuesday April 9*	3:00-5:00
Wednesday April 10	3:00-7:00
Thursday April 11	3:00-7:00
Friday April 12	3:00-5:00
Tuesday April 16	8:00-2:30
Wednesday April 17	8:00-2:30
Thursday April 18	8:00-2:30

*\* Parent & Student Class: Tuesday, April 9<sup>th</sup> 3:00-5:00pm  
Both Students and Parents, counts as part of the 30 hour Program*



[www.teachersdrivingacademy.com](http://www.teachersdrivingacademy.com)

(774) 203-3245





## **SPECIAL PRICING FOR MESSAGES HONORING STUDENTS**

As a parent/guardian of a performing arts student you are eligible for special discount rates when you place an ad for your student. Many parents choose to take out a full or 1/2 page ad, which can include photographs. Others select a simple Personal Message. Please consider placing your ad or message in the 2018-2019 program book, which will be distributed at school music and theatre performances throughout the remainder of the academic year.

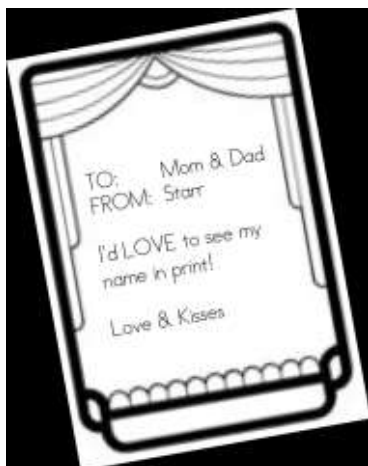
### **PREFERRED METHOD: SUBMITTING YOUR AD VIA EMAIL**

Email us your ad copy & any logo or picture files (tiff, jpg, etc) for better quality. Please remember that logos, pictures, graphics, etc. will reproduce best if we have them in high quality electronic form (jpg, tiff, etc.). You should then complete and mail this form, along with your check and a hard copy of your ad to the address below. Please email submissions by **February 15, 2019** to [FWPAMembership@gmail.com](mailto:FWPAMembership@gmail.com) to insure inclusion in all editions of the 2018-2019 Program Book.

### **Thank you for supporting Westwood's young performers!**

The size of the copy area should measure exactly (or smaller than) the specifications below.

Ads received after **February 15, 2019** will not be placed in the program book.



Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #(s): \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

\_\_\_\_\_ Full page (4.5" wide x 7.5") \$200 - **YOUR PRICE \$100**

\_\_\_\_\_ Half page (4.5" wide x 3.75") \$100 - **YOUR PRICE \$50**

\_\_\_\_\_ Personal Message (text only) \$25

*Special pricing is available **only** for ads placed in honor of a student.*

**Regular rates apply for business advertising.**

Please make check payable to FWPA and mail to:

**FWPA  
Attn: Ad Book  
P.O. Box 2578  
Westwood, MA 02090-2578**

[www.westwoodperformingarts.org](http://www.westwoodperformingarts.org)

[FWPAMembership@gmail.com](mailto:FWPAMembership@gmail.com)

Above is a sample ad of a  
Personal Message.



# **WESTWOOD HOOPS CLINICS**

## **FEBRUARY VACATION SKILLS**

**BOYS AND GIRLS KINDERGARTEN - 3RD GRADE**

**TUES, WED, THURS**

**2/19, 2/20, 2/21**

**9:00 - 10:15 AM**

**WESTWOOD HS GYM**

**REGISTER THROUGH WBA AT [WESTWOODBASKETBALL.ORG](http://WESTWOODBASKETBALL.ORG)**



All classes below are offered through the Westwood Recreation Department. Please register with them online, by phone or in person! Contact the Rec Department: [recreation@townhall.westwood.ma.us](mailto:recreation@townhall.westwood.ma.us) 781-461-0070 [www.westwoodrec.com](http://www.westwoodrec.com)

## February Break Kids Photography Workshop!

February 19-21, 9-10:30am

Grades 3-5

Islington Community Center

A creative, fun-filled workshop where kids will learn about camera settings, composition, the importance of lighting, photographing motion and more.

We will play some photography games, experiment with what we've learned, have a photo scavenger hunt and even learn a little bit about film photography and see a collection of old cameras and flashes! This will definitely be a "learn by doing" experience!

\*\*\*\*\*

*And for the adults...*

## Intro to Photography I

This two-hour workshop will help you understand how to use the settings on your Digital SLR camera to take better photos! You will learn how to fully control the light entering your camera using the three major components of your camera. Take photos without your pop-up flash! You will also learn - tricks of composition and focus.

This workshop will help you understand basic principles of photography and allow you to take more polished, professional looking photos!

*Choose the date that's best for you:*

February 4<sup>th</sup>      OR      February 11<sup>th</sup>  
9-11am                                      9-11 am

Each workshop will be held at Westwood High School

\*\*\*\*\*

**Don't see a time that works for you?**

**Melanie offers private photography instruction for individuals and groups!**

**[www.MelanieGuerraPhotography.com](http://www.MelanieGuerraPhotography.com)**

Melanie Guerra Photography | PO Box 64 | Westwood, MA 02090 | (970) 846.2393





# **WESTWOOD YOUTH SOFTBALL SPRING 2019 REGISTRATION NOW OPEN!**

Registration for Grades 1 through 8 is now open.

The season will go from April - June.

We are planning the following for scheduling:

## **Grades Kindergarten, 1 and 2**

- Will play in teams together. Games are played 2 days a week, on Mondays and Wednesdays and some Fridays at Deerfield.
- Game/Practice time: 5:30-7:00
- Registration fee is \$120

## **Grades 3, 4 and 5**

- Will play in teams together.
- Games are played in Dedham, Norwood, Walpole and Westwood.
- Games start at 6:00 (warm ups at 5:30)
- Games are played 2 days a week, on Tuesdays, Thursdays and some Fridays.
- Practice dates and times will be set by each teams coach, but are usually on the weekend.
- Registration fee is \$150

## **Grades 6, 7 & 8**

- Will play in teams together.
- Games are played in Dedham, Needham, Norwood, Walpole and Westwood.
- Games start at 6:00 (warm ups at 5:30)
- Games are played 2 days a week, on Tuesdays, Thursdays and some Fridays.
- Practice dates and times will be set by each teams coach, but are usually on the weekend.
- Registration fee is \$150

Sign up today!!

## **Please Register by March 1, 2019**

**Click Link**

**[www.westwoodyouthsoftball.com](http://www.westwoodyouthsoftball.com)**

# JOIN US...



On  
**Friday, March 1<sup>st</sup>**  
to help raise money for  
**Westwood Youth Softball, Inc.**



Mention  
**Westwood Youth Softball, Inc**  
and 20% of tracked dine in or  
take out sales will be donated.



**Westwood**

119 University Ave. | 781.329.3339

SAVE THE DATE  
THE HANLON PTO

*presents*

CASINO  
NIGHT

• • • *on* • • •

MARCH 30 TH 7 PM - 11 PM

German BSV Club  
8 County Road  
Walpole, MA 02081

All proceeds support the Hanlon PTO





Please join us for a night of gaming,  
silent auction, dancing, and fun.  
All proceeds will support PTO funded  
events such as Enrichment Programs,  
class trips, and family events.  
Sponsorship opportunities are available  
and donations towards the silent auction  
will make this evening a success!  
Please contact [allison.c.moran@gmail.com](mailto:allison.c.moran@gmail.com)  
with any sponsorship or  
donation questions.

• • • • •

# CASINO NIGHT

**Deadline  
March 31st  
2019**



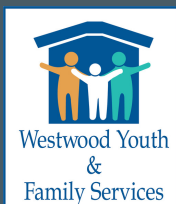
2018 Recipients

# R.A.Y. (Recognize-A-Youth) Award Program

Westwood Rotary and Westwood Youth & Family Services (WY&FS) are seeking the public's help in identifying young people in our community that have demonstrated a commitment to helping others. We would like to celebrate these individuals by honoring them with the R.A.Y. (Recognize-A-Youth) Award.

Recipients will have distinguished themselves through their initiative and commitment to community service and have demonstrated an ethic of caring for others that is essential to the health of our community. If you know of a young person that should be honored please nominate them for a R.A.Y. Award. The R.A.Y. Program will recognize more than one person should a group of young people be nominated for a group community service effort.

Nomination forms can be printed or submitted online at [www.townhall.westwood.ma.us/yfs](http://www.townhall.westwood.ma.us/yfs).



# February Month to Month Small Group Training Core Asset Fitness 40 Hartford St.



Sign up for one month of weekly small group fitness sessions run by Ellen or Pam

Max 4 people per session  
Wednesdays 7:30am (1 spot open)  
Wednesdays 6:30pm (open)  
Fridays 8am (2 spots open)  
contact us to save a spot

[info@coreassetfitness.com](mailto:info@coreassetfitness.com)

\$140 per month (4 sessions in Feb)