

FROM THE CO-CHAIRS: CHRIS RENZI AND JULIE MCKINLEY

## Parents Focus on Reducing Student Stress at PTSO Forum

On Wednesday, February 4th, a group of 15 parents gathered to hear the findings on the effects of stress on the student population at Acton-Boxborough Regional High School. The Stress Management Committee is comprised of 14 faculty members who represent each department and level at the high school. The committee surveyed underclassmen, seniors and faculty and identified two major stressors: the Midyear exam schedule, which has now been adjusted, and the Pupil Course Request (PCR) process. A worksheet that will help students plan their time has been sent home with the Q2 grades to help with the PCR process. The committee hopes that this form will be a valuable tool that serves to increase student awareness about the time required for all activities from classes to extracurricular activities to planning for an adequate amount of sleep.

Stephen Hitzrot, Chairperson of the Counseling Center, opened the discussion by educating parents on the causes and signs of stress in their teens. A lively discussion ensued and parents were soon learning a great deal about the stress the students are experiencing. There are many types of “expectational” stress, which may be due to demands of school, parents, teachers, extracurricular activities, cultural expectations, work schedule, college planning and more. Students also identified that stress can in large part be brought on by one’s own parents, or from the student’s own family. In these current economic times, our students are hearing adults and parents discuss financial concerns with regard to everything from making ends meet to how they will pay for college in a very routine and matter of fact kind of way, and many students internalize this stress.

Another way that students are feeling stressed is “empathetic stress” in which students are in effect “counseling” each other through difficult times and rather than seeking adult counsel and discussing these difficult topics, they are internalizing the stress they hear from their peers.

Stress can manifest itself in a variety of ways. Moodiness, irritability, self removal from previously enjoyed activities, sadness, depression, increased amounts of sleep, worry and self defeating comments are only some of the many ways stress can affect students. It is important to remember that stress does not go away by itself. Mr. Hitzrot explained that educating parents about the different types of stress and the way stress affects students can help to decrease stress in our

student’s daily lives. Since student’s coping mechanisms are largely modeled on parental behavior, parents need to adjust their behavior in order to help teach their kids better coping mechanisms. One of the most important things parents can do at home to help decrease stress is to make sure there is adequate family time. Making yourself available to your child to play a game, watch a movie, or involve their friends in a family activity will provide opportunities to connect with your child. These actions can and may provide opportunities for conversation. Parents should also remember to “step back” and view their child not just by the grades they attain, but more as a “whole package,” giving credit to them for their day-to-day actions and extracurricular activities by

STUDENT STRESS CONTINUED ON PAGE 2

## School Councils at the Regional Schools

As with all public schools throughout the Commonwealth, both RJ Grey Junior High and AB Regional High School are required to form school councils to work with and advise the principals about ways to continually improve our schools. The School Council also has responsibility for approving a School Improvement Plan each year and monitoring progress against the plan. Each school council is comprised of a group of staff members, parents/guardians, and community members (ABRHS includes students) and meets approximately once per month to discuss a variety of issues related to each school. Check the calendar listings for the dates and times of their meetings.

**This year, RJ Grey’s School Council is working on three goals:**

1. Examine new scheduling structures for RJG that continue to ensure high academic standards, appropriate supervision, and a safe and comfortable learning environment for teaching and learning.
2. Continue to promote school safety within a positive school culture and climate.

SCHOOL COUNCIL CONTINUED ON PAGE 2

## Acton-Boxborough 2009 Boston Globe Scholastics Art Award Winners

**T**wenty-four AB students, grades 7 through 12, received a total of 30 awards in the highly competitive Boston Globe Scholastics Awards. There were 5,274 individual works and over 600 portfolios submitted from 343 school districts across the state. Gold Key winning work will be sent on to New York for the national judging.

### RJGrey

Jennifer Chen—Honorable Mention—Gr 8  
Lindsay Darlo—Gold Key—Gr 7  
Margaret (Qianhui) Gao—Silver Key—Gr 8  
Emily Hardy—Honorable Mention—Gr 7  
Brian Li—1 Silver Key, and 1 Gold Key—Gr 8  
Julia Pai—Honorable Mention—Gr 8  
Julia Paratore—Gold Key—Gr 7  
Christopher Walsh—Silver Key—Gr 8  
Joyce Zhu—Honorable Mention—Gr 8

### ABRHS

Emily Ambrose—Honorable Mention—Gr 12  
Christine Bainbridge—Honorable Mention—Gr 11  
Lauren Clymer—Gold Key (Photography Portfolio)—Gr 12  
Samantha Dempsey—1 Honorable Mention, 1 Silver Key and 1 Gold Key (Art Portfolio)—Gr 12  
Suwichak Finneran—Gold Key—Gr 11  
Neil Garrison—Honorable Mention—Gr 10  
Kaila Guilmet—2 Silver Keys—Gr 12  
Hanna Lilley—1 Silver Key, and 1 Gold Key (Art Portfolio)—Gr 12  
Sophie Matyas—Honorable Mention—Gr 12  
Jason Nelken—Silver Key—Gr 10  
Andrew Peterman—1 Honorable Mention, and 1 Gold Key (Art Portfolio)—Gr 12  
Ryann Stockman—Honorable Mention—Gr 10  
Juliana Vanroggen—Honorable Mention—Gr 11  
Delaney Vartanian—Silver Key—Gr 12  
Seth Weider—Gold Key—Gr 12

## A Message from the Food Service Department

**D**id you know you can apply for free or reduced lunch at any time throughout the school year?

If your financial situation has changed and you would like to apply for assistance the link below will bring you to the application: [www.ab.mec.edu/departments/deptspdf/Application](http://www.ab.mec.edu/departments/deptspdf/Application). Please fill out the application and return it to your child's School. You only need to fill out one application per family.

If you have any questions regarding the process please contact me.

Kirsten Nelson  
Food Service Director  
Phone: 978-264-4700x3221  
E-mail: [knelson@mail.ab.mec.edu](mailto:knelson@mail.ab.mec.edu)

---

## School Councils at the Regional Schools

CONTINUED FROM PAGE 1

3. Continue to enhance curriculum and instruction for RJG students and consider changes based on community and building needs.

The four parent/guardians on the School Council this year are Derrick Chin, Ann Lack, Jodi Phelan, and Kim Musto. Each fall, RJ Grey families elect two parent/guardians to serve on the School Council for a two-year term.

### The ABRHS School Council is working on two goals this year:

1. We will take steps to understand and address issues of stress among members of the high school community.
2. At this time of transition, we will spend time as a community discussing the core values and mission of the school, ultimately revising the school's mission statement (as necessary).

The six parent/guardians on the School Council this year are Janet Chinitz, Nancy Coppolino, Jan Couch, Terry Lindgren, Nancy Belanger and David Chamberlain. Each spring, ABRHS families elect three parent/guardians to serve on the School Council for a two-year term.

There are three openings for parents on the ABRHS School Council for next year. Any parent interested in running for one of these positions should forward a brief statement about his or her background and interests to PTSO co-chairs Chris Renzi ([chrisrenzi@comcast.net](mailto:chrisrenzi@comcast.net)) or Julie McKinley ([Julie.mckinley@verizon.net](mailto:Julie.mckinley@verizon.net)). Election ballots will be included in the May issue of the PTSO newsletter with a voting deadline of mid-June.

---

## Student Stress

CONTINUED FROM PAGE 1

which they often define themselves.

Mrs. Janet Maxwell and Mrs. Deborah Leavitt, co-chairs of the committee, plan to continue reviewing school policies, as well as the effects of the college process, and together with the PTSO, plan follow up forums to educate parents. The PTSO would like to thank the student panel for the mature and candid dialogue they presented: Xenia Jarostchuck, Chris Batson, and Amritha Mehta. We also wish to express our thanks to Dr. Alixe Callen, Stephen Hitzrot, and the entire Stress Management Committee for the valuable work they have done in acknowledging the role of stress in students' lives and for their ongoing commitment to finding ways to reduce that stress.

## FROM THE PRINCIPAL

Alix Callen

### ABRHS Updates

- Proscenium Circus, A-B's drama group, has had a busy and successful winter season. The musical, *Cabaret*, entertained and impressed audiences over two weekends, and *The Big Eleven*, the school's entry in the state drama festival, was performed for local audiences and at the preliminary round of competition in Marblehead.
- Three French teachers and 24 A-B students traveled to France in February for a two-week exchange program in the town of St. Germain-en-Laye, a suburb of Paris.
- Four students (Elizabeth Christmas, Sarah Cobb, Sammie Garrabrant and Marissa Reitsma) recently completed a sixteen-week (one afternoon per week) Women In Technology program at BAE Systems in Lexington. This hands-on program introduced the participants to engineering and manufacturing and gave them the chance to work with a variety of mentors in the company. Current sophomore or junior girls who might be interested in this program for next year should contact Bruce Oetinger at A-B ([boetinger@mail.ab.mec.edu](mailto:boetinger@mail.ab.mec.edu)).
- Twenty-three student musicians represented A-B at the Eastern District Music Festival (orchestra, band and chorus) in January. Twelve of these students were recommended for an all-state audition.
- On a continuing basis the high school is using faculty meeting time to prepare for the upcoming NEASC accreditation process. Committees will work on various aspects of the self-study beginning this spring.
- The school's Speech and Debate Team continues to do well, and five of its members have qualified for Nationals in May. They are Maddie Benjamin, Ankit Gupta, Yuan Kang, Josh McCall and Chris Southcott.

### Thank You to Our Families for PTSO Enrichment Funds!

ABRHS staff and students are grateful to the PTSO for the donation of enrichment funds which are used for a variety of activities which benefit students. Some of the uses of this money so far this year are: partial support of field trips (science trip for ninth grade transition class, visit to Microsoft by computer networking and career exploration students, and leadership workshop for juniors), supplies for school bulletin boards, support of the school recycling program, a piece of equipment to support the creation of portfolios by art students, support for the Career Breakfasts for juniors and seniors, supplies for student literary magazines produced in-house at A-B, and some printing costs for the school newspaper. Particularly in tight budget times, these funds mean a lot to the school, making it possible to continue some activities which might otherwise be curtailed.

### MCAS Reminder

The English Grade 10 MCAS tests will be administered on Tuesday, March 31 and Wednesday and Thursday, April 1st and 2nd.

Please help make sure that your child is well rested and arrives to school on time with sharpened #2 pencils. We would also appreciate it if you would remind your child that cell phones and other electronic devices may not be used at any time during MCAS testing or break times.

Should your child be absent on one of these days, please notify the front office (extension 3403) and contact Susan Atwater-Rhodes for information on make-up dates.

For additional information please contact Susan Atwater-Rhodes, Assistant Principal at 264-4700 extension 3405 or [srhodes@mail.ab.mec.edu](mailto:srhodes@mail.ab.mec.edu).

### Additional MCAS Dates

**March 31, April 1 and 2**

ALL grade 10 students  
English Long Composition and English Language Arts tests

**May 19 and 20**

ALL grade 10 students  
Mathematics tests

**June 4 and 5**

All grade 9 students taking biology  
All grade 10 students who have not yet passed a science MCAS test

### Nominations Open for the 2009–2010 Regional PTSO Board

Nominations are now open for Board positions for next year's Regional PTSO. If you would like to be involved, or would like to nominate someone else (with their prior approval!), please contact Susan Muller, Nominating Chair, at [custmsigns@aol.com](mailto:custmsigns@aol.com) by April 1. The proposed slate of Board members will be distributed in the May PTSO News and voted on at our Annual PTSO Business Meeting in May. Job descriptions for each position are posted on our website. Feel free to contact any Board member with questions about a particular position.

#### PTSO Board positions include:

Co-Chairpersons (HS/JH)  
Secretary  
Treasurer  
Directories (HS / JH)  
Gardening (HS)  
Interschool Council (HS/JH)  
Membership (HS/JH)  
Newcomer Welcoming (HS/JH)  
Newsletter  
Nominating  
Project Graduation  
Volunteer Coordinators (HS/JH)  
Fundraising

## FROM THE PRINCIPAL

### Craig Hardimon

#### RJ Grey Updates

As we head into our third academic term, our students have settled into a full schedule of academics and extracurricular activities. We are also busy planning several exciting upcoming events. On our recent Blue and Gold Day, school spirit was in full display—in costume and in good fun. It was wonderful to see over 1,000 students stand in unity together during our assembly and watch performances by an amazing student juggler, our own RJ Grey Band and our cheerleaders who had the entire gymnasium on their feet. Our students can put on quite a show!!

#### Student Activities

Not only do our students work hard on academics, but they are busy in many after school activities and sports, both team and intramurals. There are more than 12 afterschool clubs and organizations. One example is our student-run Project Tamaa, which has raised nearly \$600 through student-run bake sales for malarianomore.

org, an organization which purchases and distributes insecticide-treated nets to various places around the continent. Some other clubs are the Speech Team, our Adopt-A-Grandparent club, Chess and Board game club, End-of-Year Slide show club, and Year-book Club.

#### From the Winners Circle

RJ Grey Math Counts team won the Central Massachusetts competition, finishing first out of 15 teams. They will move on to the State Math Counts Tournament.

#### Team Field Trips

In January, Ms. Broadwater led a group of 150 students, 6 staff and 8 parent chaperones to a fun-filled day of skiing at Waterville Valley. This is an annual event that our entire student body looks forward to every year. In another snow-related event, 8 Green and 7 Orange created snow sculptures based on topics studied this year.

#### Upcoming Events

We are all looking forward to our annual Project Wellness program, taking place on Wednesday, March 18th, at Merrimack College. Project Wellness is a day for all RJ Grey 7th graders and one adult family member to attend workshops together on various topics related to the tough emotional and physical health issues adolescents and their families face. If you'd like to make a donation, please visit our Project Wellness website, <http://ab.mec.edu/rjweb/projectwellness.shtml>.

Rehearsals are continuing for upcoming musical performance of Alice in Wonderland, featuring over 200 students in both cast and crew. Shows begin on March 20th.

#### Concerts

The 7th and 8th grade choruses are working on music for the "Pan-Choral Concert" where our RJ Grey Students will combine with the ABRHS choral groups for a free performance at 7:00 p.m. at the ABRHS auditorium on Tuesday, March 10th.

## Regional School News

### Dr. Stephen Mills Appointed New Superintendent

The School Committees unanimously selected Dr. Stephen Mills to succeed Bill Ryan as Superintendent of the Acton Public and Acton-Boxborough Regional School Districts. Dr. Mills, currently Deputy Superintendent of the Worcester Public Schools, will begin his new position on July 1, 2009. A statement released by School Committee chairs Heather Harer and Jonathan Chinitz welcomed Dr. Mills to the communities and pointed to his strengths and accomplishments. The statement (posted in full on the school website at [ab.mec.edu](http://ab.mec.edu)) said, "Dr. Mills brings strength in leadership while focusing on working to ensure the success of each student. Teachers and parents describe him as a fair and honest person with the highest level of integrity. His colleagues characterize him as an effective leader who uses humor and an understated but highly honed intellect to get to the heart of issues and to work in a focused way toward solutions. He is comfortable and deft at budget and finance."

### School Budget Information for FY10 Posted on Website

The School Committees and administration have been working diligently on developing budgets for the school district for the coming year. Town Meeting begins in Acton on Monday, April 6. Budget information is posted on the school district website ([ab.mec.edu](http://ab.mec.edu) — choose link for FY10 District Budgets), and will be discussed at School Committee meetings on March 5, March 19, and March 26.

# Project Graduation • 2009 Update

## Volunteers

Mark your calendars for Project Graduation coming up on Friday, June 5th!! Preparations are in full swing! We need volunteers for almost every committee. No special talent is needed, just a desire to work on this rewarding project. We encourage all parents of underclassmen (grades 7–11) to help with this wonderful and successful event. It's a lot of fun!! Support the class of 2009 now and your future graduates will have the opportunity to celebrate in this exciting and rewarding (and safe) way.

To volunteers, please complete the form below or send the requested information to *ABProjGrad09@gmail.com*. If you have already signed up, called or sent an e-mail, we will be contacting you soon. Thanks for your patience!!

## CORI Forms

Any adult planning on working at Project Graduation during the event has to have a CORI (Criminal Offender Record Information) form processed by the High School. A CORI certification is good for 3 years. Because processing can take up to several weeks, it's important to fill out the form as soon as possible. Please stop by the high school between 7:00 a.m. and 3:15 p.m., Monday–Friday and fill out a CORI form. You will need to have your driver's license with you for the administration to make a copy.

## Matching Donations

Did you know that the Project Graduation is a "501c3 Tax-Exempt Organization"? This means that not only are your generous contributions tax deductible, but if your company or business has a matching donation program, Project Graduation can benefit with an additional gift. Check with your HR department and see if they offer such a program. If so, simply send in your company's matching donation form with your own donation check and we'll handle the rest.

**Send donations to:** Project Graduation, c/o Shaila Golikeri, 5 Anders Way, Acton, MA 01720. Make checks payable to Project Graduation. We are funded entirely through contributions and receive no financial support from the school budget.

## Project Graduation 2009 Volunteer Form

### Sign me up! I'd like to volunteer in the following area(s):

- Food Planning    Set up    Lighting    Food Serving    Entertainment    Crafts  
 Casino    Chaperone    Photography    Challenge Games    Theme Design/Decorating

### OR

- No preference, just want to help out on Project Graduation night.  
 No preference will be glad to help before Project Graduation night.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

### Please send this form to:

Project Graduation, c/o Shaila Golikeri, 5 Anders Way, Acton, MA 01720.

# PTSO News

<http://abrptso.ab.mec.edu>

**Newsletter of the Acton-Boxborough Regional  
Schools Parent-Teacher-Student Organization**

Acton-Boxborough Regional High School  
Acton, MA 01720

Nonprofit Org  
U.S. Postage  
**PAID**  
Permit No. 25  
Acton MA 01720

**March 10**  
**PTSO Forum, Superintendent Bill Ryan**  
**Acton Memorial Library, 12 p.m.**

**March 24**  
**PTSO Board Meeting**  
**ABRHS Library, 6:30 p.m.**

**March 31**  
**RJG Forum on School Discipline**  
**RJ Grey Auditorium, 7 p.m.**

**May 14**  
**PTSO Annual Meeting and**  
**Surviving the College Search**  
**RJ Grey Auditorium, 7 p.m.**

**If you haven't made your family contribution to the A-B Regional PTSO this year, please go to [abrptso.ab.mec.edu](http://abrptso.ab.mec.edu) and click on the "Pay Dues" link. Thank you for supporting the PTSO**

## An Opera Awakening

**April 3 and 4, 7:30 p.m.**

*Directed by Jen Moss and Jeanie Furlan*

*Written by Allie Connell, Staged by Linda Potter and Martha Warren*

**A**-B's finest singers present an evening of scenes from several operas including "Marriage of Figaro" and "Porgy & Bess," as well as selections from "Candide" and "Into the Woods." The featured professional artist, baritone John Salvi, will perform a selection of pieces from his repertoire and a duet from Mozart's "The Magic Flute" with sophomore Katy Early. He has performed professionally with many opera companies and orchestras in the U.S. and Canada.

This new production is a collaboration between Proscenium Circus and the A-B music department with support from A-B Friends of Drama and A-B Friends of Music. This program is also supported in part by a grant from the Acton-Boxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Performances are Friday and Saturday, April 3, 4 at 7:30 pm. Tickets are \$10 and on sale at West Acton Market beginning March 13. Tickets are now on sale at [MKTix.com](http://MKTix.com). ABSAF, Staff, and Season Ticket holders should order through the [ABDrama.org](http://ABDrama.org) website from March 2-27. For more information: (978) 263-3143.

## The 2008 Youth Risk Behavior Survey Results

**T**he results of the 2008 Youth Risk Behavior Survey are posted on the school website ([ab.mec.edu](http://ab.mec.edu)). The YRBS is administered every two years in grades 6, 8 and 9-12. The survey consists of questions regarding topics such as Safety, Physical Activity, Diet, Drug and Alcohol use, sexual activity and date/relationship violence. It is a self reporting survey. The YRBS is administered by Emerson Hospital in seven towns: Acton, Boxborough, Carlisle, Concord, Dunstable, Groton, Littleton and Westford.

# MARCH 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> MCAS Retest ELA Faculty Meeting, 2:30 p.m.	<b>3</b> MCAS Retest ELA	<b>4</b> MCAS Retest ELA Spring College Night, 7 p.m., ABRHS Auditorium	<b>5</b> MCAS Retest Math	<b>6</b> Interim Reports Due MCAS Retest Math Blood Drive	<b>7</b>
	Staff Meeting, 2:30 p.m.	Leadership Team, 2:30 p.m.		Student Council, 12:22		
<b>8</b>	<b>9</b>	<b>10</b> Career Brkfast, 7:23 a.m. PTSO Forum, Bill Ryan, noon Acton Memorial Library Pan Choral Concert, 7 p.m., ABRHS Auditorium	<b>11</b>	<b>12</b> Snow Date – 8th Grade Parents Night	<b>13</b>	<b>14</b> SATs Festival Play Semi Finals
	Department Meetings, 2:30 p.m.	Principal's Drop in Hour, 6–7 p.m. School Council, 7–8:30 p.m. PTSO Forum, Bill Ryan, noon Acton Memorial Library Pan Choral Concert, 7 p.m.	8th Grade Parents Night, 7 p.m., ABRHS Auditorium	Mentoring Meeting, 2:30 p.m. Snow Date – 8th Grade Parents Night	Mid-Term Reports Mailed 7th Grade Social, 2:30–4:30 p.m.	
<b>15</b>	<b>16</b> School Council, 6 p.m., ABRHS Library	<b>17</b> Steppin' Out Band Concert, 7 p.m., ABRHS Auditorium 8th Grade Visit	<b>18</b> Junior Magazine Drive, 2nd period Snow Date – Steppin' Out Concert	<b>19</b> Counseling – Soph Groups Round 2 Faculty/Senior Talent Show, 7 p.m.	<b>20</b> Counseling – Soph Groups Round 2 Student Council Dance	<b>21</b> Alice – 7 p.m.
		8th Grade Visit	Project Wellness, Merrimack College		Alice – 7 p.m.	
<b>22</b>	<b>23</b>	<b>24</b> Robert Creeley Poetry Reading – Period 6 and 7, ABRHS Auditorium PTSO Board Meeting, 7 p.m., ABRHS Library	<b>25</b> Snow Date – Creeley Poetry CAFY/PTSO Forum on Teen Depression	<b>26</b> Early Release Festival Play	<b>27</b> Festival Play	<b>28</b> Festival Play
		Alice – 2 p.m.	PTSO Board Meeting, 7 p.m., ABRHS Library	CAFY/PTSO Forum on Teen Depression	Alice – 7 p.m.	
<b>29</b>	<b>30</b>	<b>31</b> MCAS English Acton Town Election				<input type="checkbox"/> High School Schedule  <input type="checkbox"/> Junior High School Schedule
		Alice – 2 p.m.	MCAS – Gr 7 Long Comp Parent Forum, "School Discipline," 7–8:30 p.m., RJ Grey Aud. Acton Town Election			

**For updated information on events, check [ab.mec.edu](http://ab.mec.edu) calendars.**

# APRIL 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> MCAS English Election Workshop for All Candidates  MCAS – Reading 1 and 2	<b>2</b> MCAS English  MCAS – Reading 3 PTSO Gr 6 Forums, 7 p.m.	<b>3</b> Term 3 Ends  MCAS Makeup Day Term 3 Ends	<b>4</b> ACTs
<b>5</b>	<b>6</b> Eng 4 CP Exam (Objective) Faculty Meeting, 2:30 p.m. Acton Annual Town Meeting  MCAS Makeup Day Staff Meeting, 2:30 p.m. Acton Annual Town Meeting, 7 p.m., ABRHS Auditorium	<b>7</b> Eng 4 CP Exam (Essay)  MCAS ELA Makeup Day	<b>8</b> Grades Due Speech and Nomination deadlines for Elections Eng Finals for Eng IV Project AE	<b>9</b> English Finals for Eng IV Project AE  Student Council, 12:22 p.m. PTSO Gr 6 Forums, 7 p.m.	<b>10</b> No School – Good Friday	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b> Election Day: Gr 10 – Period 1; Grade 9 – Period 2; Grade 11 – Period 3  Principal's Drop in Hour, 6–7:00 p.m. School Council, 7–8:30 p.m.	<b>15</b> Homeroom Report Card Distribution	<b>16</b> Senior Class Meeting, 9:07 a.m.	<b>17</b> Health and Fitness Day	<b>18</b>
<b>19</b>	<b>20</b> Spring Recess	<b>21</b> Spring Recess	<b>22</b> Spring Recess	<b>23</b> Spring Recess	<b>24</b> Spring Recess	<b>25</b>
<b>26</b>	<b>27</b> School Council, 6 p.m.  FAC Meeting, 2:30 p.m.	<b>28</b> NHS Induction Ceremony  Parent Forum, "Stress Management," 7–8:30 p.m., RJ Grey Auditorium	<b>29</b>  Grade 8 picture, 1 p.m. 6th Grade parent meeting, 7 p.m., ABRHS Auditorium	<b>30</b> Senior Interims Due  6th Grade parent visits, 9 a.m.–1 p.m.		<input type="checkbox"/> High School Schedule  <input type="checkbox"/> Junior High School Schedule

**For updated information on events, check [ab.mec.edu](http://ab.mec.edu) calendars.**