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**ACTON-BOXBOROUGH REGIONAL SCHOOLS  
2017-2018 KINDERGARTEN REGISTRATION SCHEDULE**

The following are important dates for parents/guardians of children who will be entering Kindergarten in September 2017 (5 years old on or before September 1, 2017). See also: <http://www.abschools.org/families/student-registration>  
**GENERAL MEETING**

Our Superintendent, Deputy Superintendent, Assistant Superintendent of Student Services, Assistant Superintendent of Teaching and Learning, Principals, Community Education Director, Registrar, Kindergarten staff and School Nurse will be on hand to answer questions.

**Tuesday, January 10, 2017 at 7:00 p.m., High School Auditorium  
(Snow date January 11, 2017 Parker-Damon Building Cafetorium)**

**PRIOR TO PRE-REGISTRATION:** Sign up now at <http://www.abschools.org/home/kindergarten-registration> to receive updates on kindergarten registration and to let us know about potential siblings and All Day Kindergarten requests.

**SCHOOL TOURS**

All schools will be open for tours on the following dates: January 17, January 23, February 8 and February 13. Please call individual schools after January 4, 2017 to reserve tour times. You may reserve more than one tour per day. (Please note these are the only available days for tours.)

If school is canceled or delayed on a tour day, parents should call to reschedule.

Tour hours for Blanchard, Douglas, Gates: 9:00 – 10:30 a.m. and 12:30 – 2:00 p.m.

Tour hours for Conant, McCarthy-Towne & Merriam: 9:30-10:45 a.m. and 1:45-3 p.m.

*Please do not bring young children with you on the tour.*

**PARENT INFORMATION EVENING MEETINGS**

Tuesday, January 17, 7:00 p.m. @ McCarthy-Towne - Cafetorium

Tuesday, January 24, 7:00 p.m. @ Gates- Cafetorium

Tuesday January 31, 7:00 p.m. @ Merriam - Cafetorium

Tuesday, February 7, 7:00 p.m. @ Blanchard - Cafetorium

Wednesday, February 15, 7:00 p.m. @ Conant - Cafetorium

Tuesday, February 28, 7:00 p.m. @ Douglas – Cafetorium

*\* In case of snow, ANY postponed evening meeting will be held the next evening: Wednesday, and Thursday for Conant.*

**KINDERGARTEN ONLINE PRE-REGISTRATION OPENS JAN. 11<sup>th</sup> AND CLOSES MARCH 7<sup>th</sup>. (Be sure to register to be included in the Kindergarten Lottery.)**

Go to <http://www.abschools.org/home/kindergarten-registration> January 11<sup>th</sup>, 2017 to pre-register.

**SIBLINGS and WALKERS WITH PRIORITY ADMISSION STATUS**

The families who are eligible, or who believe they may be eligible for priority admission status include siblings of current students, students who live in Boxborough who wish to attend Blanchard and walkers. (Students who live within a safe mile walk.) Please be sure to check your priority admission status.

**NEW FAMILIES**

New families, without siblings in the schools, are required to complete registration by bringing the following documents to the Central Office located in the R.J. Grey Junior High School: Your child's original birth certificate/passport, most recent physical examination & immunization record, Copy of your Government issued Photo ID and Proof of Residency to include a copy of the Purchase & Sale Agreement or Lease and Utility Bill.

**Tuesday, March 14: 5:00 – 8:00 p.m.**

**Wednesday, March 15: 8:00 a.m. -12:00 noon**

**REGISTRATION PROCESS FOR COMMUNITY ED EXTENDED DAY PROGRAM GRADES K-6**

Registration forms for new families will be accepted on a space-available basis beginning Monday January 16, 2017. Community Education offers an enriched program for the other half of the school day for children who attend half day Kindergarten, in any one of our 6 district elementary schools. Tours are available anytime by appointment and Community Ed. will host a Kindergarten Open House on Monday February 13, 2017 from 6:00-7:30 p.m. Children are welcome! Contact Kate Murray for more information at [978-266-2525](tel:978-266-2525).

**OTHER IMPORTANT DATES**

Late April -School Placement & All-Day Kindergarten Lotteries held (as necessary). Notification email sent out.

May 15 – All Day K non-refundable deposit due.

May 31 - Parent-released/teacher-completed Pre-K Assessment Form due at Registrar's Office, R.J. Grey Junior High.

July 3 - (Approx. date) Schools assign students to either AM or PM sessions and notify Transportation Office.

July 31 - Children's medical forms (complete immunization history, physical exam completed after 1/1/17) due at school nurse's office. Bus forms to the Transportation office by August 15th.

August 1 - September tuition for children registered in All-Day K due at the A-B Schools.

All registration information is located at: <http://www.abschools.org/home/kindergarten-registration> (Rev. 10.19.16)

**Office of the Superintendent**  
Acton-Boxborough Regional School District  
16 Charter Road  
Acton, MA 01720  
[www.abschools.org](http://www.abschools.org)

December 5, 2016

Dear Families and Staff of the R.J. Grey Junior High School,

The Acton Water District (AWD) regularly tests the water supply that services all school facilities located in the Town of Acton. Samples are taken multiple times a month and tested for heavy metals and bacteria. In Boxborough, the well that provides the water supply to the Blanchard Elementary School is routinely tested by Whitewater Inc., a third party licensed contractor.

In partnership with the Department of Environmental Protection (DEP), the Commonwealth recently offered assistance to all public education facilities to test every potable water source for elevated levels of lead and copper. The Acton-Boxborough Regional School District (ABRSD) participated in this program and on November 11, 2016 our Facilities staff, alongside DEP staff, sampled 599 water sources in all Acton facilities, and Whitewater Inc. staff sampled 20 locations in the Blanchard Memorial School in Boxborough. Samples were analyzed for lead or copper levels that exceed the Massachusetts Action Level for lead and copper in drinking water at schools. The Massachusetts Action Level for lead in drinking water is 0.015 milligrams per liter (also known as parts per million) and copper is 1.3 milligrams per liter.

Below are details of the testing results at the R.J. Grey Junior High School, which identified three (3) sources that require attention and the steps that we have taken to remediate these identified issues.

The first location was a self-contained kettle filler in the kitchen that had a high lead level measured at 0.06505 MG/L. Over a year ago, the Food Service Department *discontinued* the use of this kettle filler and they have not used it since. The elevated results likely originated because the water that was tested had been sitting in the water line for an extended period of time, allowing heavy metals in the fixture to leach into the stagnant water. The District is remediating the issue by changing the fixture and associated piping as well as instituting a routine flushing schedule for times when the kettle is sitting dormant for extended periods of time.

The second location included a sink in a Science classroom that contained a copper level at 1.450 MG/L. Water at this sink is not consumed by occupants. The District is changing the plumbing fixture and associated piping to remediate the problem.

The final elevated result was located just outside the Junior High fitness center at the water bottle filling station with a sample result of 2.033 MG/L. To remediate this issue the District is replacing all copper piping, the filter system, and any source of metal tubing all the way back to the originating water source. The District will re-sample water from this source and will not open the filling station until all samples return to acceptable levels.

Overall, as a result of the ongoing testing routinely done by the the Acton Water District in conjunction with these results from the DEP, we believe that this testing confirms the quality of water available within the school facility. In addition to our regularly scheduled testing, we will continue to monitor and test these three identified areas specifically to ensure that all is satisfactory. The public can learn more about the DEP sponsored lead and copper in schools testing program by [following this link](#).

If you have any additional questions please contact Mr. J.D. Head, Director of Facilities and Transportation, at 978-264-4700 ext 3225.

Sincerely,

Glenn A. Brand, Ed.D.  
Superintendent of Schools

Cc: Dr. Mary Brolin, Chair, Acton-Boxborough Regional School Committee  
Mr. J.D. Head, Director of Facilities and Transportation, ABRSD  
Mr. Andrew Shen, Principal, R.J. Grey Junior High School

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16 Charter Road  
Acton, MA 01720  
[www.abschools.org](http://www.abschools.org)

December 15, 2016

Dear Families and Staff of the Conant School,

The Acton Water District (AWD) regularly tests the water supply that services all school facilities located in the Town of Acton. Samples are taken multiple times a month and tested for heavy metals and bacteria. In Boxborough, the well that provides the water supply to the Blanchard Elementary School is routinely tested by Whitewater Inc., a third party licensed contractor.

In partnership with the Department of Environmental Protection (DEP), the Commonwealth recently offered assistance to all public education facilities to test every potable water source for elevated levels of lead and copper. The Acton-Boxborough Regional School District (ABRSD) participated in this program and on November 11, 2016 our Facilities staff, alongside DEP staff, sampled 599 water sources in all Acton facilities, and Whitewater Inc. staff sampled 20 locations in the Blanchard Memorial School in Boxborough. Samples were analyzed for lead or copper levels that exceed the Massachusetts Action Level for lead and copper in drinking water at schools. The Massachusetts Action Level for lead in drinking water is 0.015 milligrams per liter (also known as parts per million) and copper is 1.3 milligrams per liter.

Below are details of the testing results at the Conant School, which identified eleven (11) sources that require attention and the steps that we have taken to remediate these identified issues.

The following locations were identified as having elevated levels on the **primary** draw of water, however all of these locations tested within the DEP range on the **second** draw of water: Room 11 at the faucet and the bubbler, room 8 at the bubbler, room 17 at the bubbler, room 18 at the faucet, room 20 at the faucet and the bubbler, room 2 at the bubbler, room 4 at the bubbler, Connections room faucet, and the Nurses office bubbler.

At all of these locations, the District is changing out the plumbing fixtures and educating school staff on routine flushing strategies, especially in areas where the fixtures go unused for a significant period of time.

Overall, as a result of the ongoing testing routinely done by the the Acton Water District in conjunction with these results from the DEP, we believe that this testing confirms the quality of water available within the school facility. In addition to our regularly scheduled testing, we will continue to monitor and

test these identified areas specifically to ensure that all is satisfactory. The public can learn more about the DEP sponsored lead and copper in schools testing program by [following this link](#).

If you have any additional questions please contact Mr. J.D. Head, Director of Facilities and Transportation, at 978-264-4700 ext 3225.

Sincerely,

Glenn A. Brand, Ed.D.  
Superintendent of Schools

Cc: Dr. Mary Brolin, Chair, Acton-Boxborough Regional School Committee  
Mr. J.D. Head, Director of Facilities and Transportation, ABRSD  
Mr. Damian Sugrue, Principal, Conant School

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December 15, 2016

Dear Families and Staff of the C. T. Douglas School,

The Acton Water District (AWD) regularly tests the water supply that services all school facilities located in the Town of Acton. Samples are taken multiple times a month and tested for heavy metals and bacteria. In Boxborough, the well that provides the water supply to the Blanchard Elementary School is routinely tested by Whitewater Inc., a third party licensed contractor.

In partnership with the Department of Environmental Protection (DEP), the Commonwealth recently offered assistance to all public education facilities to test every potable water source for elevated levels of lead and copper. The Acton-Boxborough Regional School District (ABRSD) participated in this program and on November 11, 2016 our Facilities staff, alongside DEP staff, sampled 599 water sources in all Acton facilities, and Whitewater Inc. staff sampled 20 locations in the Blanchard Memorial School in Boxborough. Samples were analyzed for lead or copper levels that exceed the Massachusetts Action Level for lead and copper in drinking water at schools. The Massachusetts Action Level for lead in drinking water is 0.015 milligrams per liter (also known as parts per million) and copper is 1.3 milligrams per liter.

Below are details of the testing results at the C. T. Douglas School, which identified two (2) sources that require attention and the steps that we have taken to remediate these identified issues.

The locations at Douglas that tested above the elevated level on the first draw of water were the classroom faucets in rooms 19 and 20.

The District is remediating these issues by replacing the associated plumbing fixtures and educating the staff about some strategies associated with periodic flushing methodologies.

Overall, as a result of the ongoing testing routinely done by the the Acton Water District in conjunction with these results from the DEP, we believe that this testing confirms the quality of water available within the school facility. In addition to our regularly scheduled testing, we will continue to monitor and test these identified areas specifically to ensure that all is satisfactory. The public can learn more about the DEP sponsored lead and copper in schools testing program by [following this link](#).

If you have any additional questions please contact Mr. J.D. Head, Director of Facilities and Transportation, at 978-264-4700 ext 3225.

Sincerely,

Glenn A. Brand, Ed.D.  
Superintendent of Schools

Cc: Dr. Mary Brolin, Chair, Acton-Boxborough Regional School Committee  
Mr. J.D. Head, Director of Facilities and Transportation, ABRSD  
Dr. Christopher Whitbeck, Principal, C. T. Douglas School

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December 15, 2016

Dear Families and Staff of the Merriam and McCarthy-Towne Schools,

The Acton Water District (AWD) regularly tests the water supply that services all school facilities located in the Town of Acton. Samples are taken multiple times a month and tested for heavy metals and bacteria. In Boxborough, the well that provides the water supply to the Blanchard Elementary School is routinely tested by Whitewater Inc., a third party licensed contractor.

In partnership with the Department of Environmental Protection (DEP), the Commonwealth recently offered assistance to all public education facilities to test every potable water source for elevated levels of lead and copper. The Acton-Boxborough Regional School District (ABRSD) participated in this program and on November 11, 2016 our Facilities staff, alongside DEP staff, sampled 599 water sources in all Acton facilities, and Whitewater Inc. staff sampled 20 locations in the Blanchard Memorial School in Boxborough. Samples were analyzed for lead or copper levels that exceed the Massachusetts Action Level for lead and copper in drinking water at schools. The Massachusetts Action Level for lead in drinking water is 0.015 milligrams per liter (also known as parts per million) and copper is 1.3 milligrams per liter.

Below are details of the testing results at the Parker Damon Building, which identified one (1) source that required attention and the steps that we have taken to remediate this identified issue.

The location was in the kitchen on a faucet dedicated to filling a large kettle.

The District is remediating the issue by replacing the plumbing fixture and educating staff on the need to occasionally flush fixtures that sit unused over a 48 hour period of time.

Overall, as a result of the ongoing testing routinely done by the the Acton Water District in conjunction with these results from the DEP, we believe that this testing confirms the quality of water available within the school facility. In addition to our regularly scheduled testing, we will continue to monitor and test these identified areas specifically to ensure that all is satisfactory. The public can learn more about the DEP sponsored lead and copper in schools testing program by [following this link](#).

If you have any additional questions please contact Mr. J.D. Head, Director of Facilities and Transportation, at 978-264-4700 ext 3225.



Sincerely,

Glenn A. Brand, Ed.D.  
Superintendent of Schools

Cc: Dr. Mary Brolin, Chair, Acton-Boxborough Regional School Committee  
Mr. J.D. Head, Director of Facilities and Transportation, ABRSD  
Mr. David Krane, Principal, McCarthy-Towne School  
Mr. Ed Kaufman, Principal, Merriam School

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December 15, 2016

Dear Families and Staff of the Acton Boxborough Regional High School,

On November 11, 2016, samples were collected from all taps and fixtures used for drinking, cooking and medical uses at Acton Boxborough Regional High School. Samples were taken at each tap or fixture for both a first draw sample with the water standing in the tap overnight as well as a flushed sample after the tap was run. For information on sample collection procedures for school samples please see:

<http://www.mass.gov/eea/agencies/massdep/water/drinking/how-to-collect-a-drinking-water-sample-for-lead-and-copper.html>

**We are pleased to report that all samples taken from our taps and fixtures had lead and copper levels below the Massachusetts Action Levels for lead and copper in drinking water.**

The Massachusetts Action Level for lead in drinking water is 0.015 milligrams per liter (also known as parts per million). The Massachusetts Action Level for copper in drinking water is 1.3 milligrams per liter (also known as parts per million).

For MassDEP information on lead and copper in drinking water see:

Lead: <http://www.mass.gov/eea/agencies/massdep/water/drinking/lead-in-drinking-water.html>

Copper: <http://www.mass.gov/eea/docs/dep/water/drinking/alpha/a-thru-h/copperfs.pdf>

For Massachusetts Department of Public Health information on Lead and Copper see:

<http://www.mass.gov/eohhs/gov/departments/dph/programs/environmental-health/exposure-topics/lead/child-health/sources-of-lead-besides-lead-paint.html>.

**A Reminder:** The water system at the school is not unlike water systems found in other buildings. Older plumbing systems and fixtures, especially, can contain lead pipes or solder that can allow lead to enter tap water. Plumbing systems also contain copper. If you have questions about lead or copper in your home's water supply, and are using a private well, you can have your water tested. If you are receiving water from a public water system (i.e., if you pay a water bill) you can call your local water department for information or check the Consumer Confidence Report sent out by the public water supplier annually.

If you have any questions about this information, please contact Mr. J.D. Head, Director of Facilities and Transportation, at 978-264-4700 ext 3225.

Sincerely,

Glenn A. Brand, Ed.D.  
Superintendent of Schools

Cc: Dr. Mary Brolin, Chair, Acton-Boxborough Regional School Committee  
Mr. J.D. Head, Director of Facilities and Transportation, ABRSD  
Dr. JoAnn Campbell, Principal, Acton Boxborough Regional High School

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December 15, 2016

Dear Families and Staff of the ABRSD Administration Building,

The Acton Water District (AWD) regularly tests the water supply that services all school facilities located in the Town of Acton. Samples are taken multiple times a month and tested for heavy metals and bacteria. In Boxborough, the well that provides the water supply to the Blanchard Elementary School is routinely tested by Whitewater Inc., a third party licensed contractor.

In partnership with the Department of Environmental Protection (DEP), the Commonwealth recently offered assistance to all public education facilities to test every potable water source for elevated levels of lead and copper. The Acton-Boxborough Regional School District (ABRSD) participated in this program and on November 11, 2016 our Facilities staff, alongside DEP staff, sampled 599 water sources in all Acton facilities, and Whitewater Inc. staff sampled 20 locations in the Blanchard Memorial School in Boxborough. Samples were analyzed for lead or copper levels that exceed the Massachusetts Action Level for lead and copper in drinking water at schools. The Massachusetts Action Level for lead in drinking water is 0.015 milligrams per liter (also known as parts per million) and copper is 1.3 milligrams per liter.

Below are details of the testing results at the Administration Building, which identified four (4) sources that require attention and the steps that we have taken to remediate these identified issues.

The locations where we found elevated levels were as follows: the Community Education office (room 11) at the faucet, Administration Building Auditorium faucet, room 10 the Student Services office area bubbler, and room 7 at the bubbler.

The District is remediating these issues by replacing the associated plumbing fixtures and educating the staff about a periodic water flushing program.

Overall, as a result of the ongoing testing routinely done by the the Acton Water District in conjunction with these results from the DEP, we believe that this testing confirms the quality of water available within the school facility. In addition to our regularly scheduled testing, we will continue to monitor and test these identified areas specifically to ensure that all is satisfactory. The public can learn more about the DEP sponsored lead and copper in schools testing program by [following this link](#).

If you have any additional questions please contact Mr. J.D. Head, Director of Facilities and Transportation, at 978-264-4700 ext 3225.

Sincerely,

Glenn A. Brand, Ed.D.  
Superintendent of Schools

Cc: Dr. Mary Brolin, Chair, Acton-Boxborough Regional School Committee  
Mr. J.D. Head, Director of Facilities and Transportation, ABRSD  
Ms. Erin Bettez, Director of Community Education  
Dr. Dawn Bentley, Director of Student Services  
Mr. Joe Gibowicz, Early Childhood Coordinator  
Ms. Maureen Keegan, Colebrook High School, Program Administrator



**Acton-Boxborough Regional School District**

15 Charter Road • Acton, MA 01720  
978-264-4700 • [www.abschools.org](http://www.abschools.org)

January 10, 2017

The Acton-Boxborough Regional School District was informed by the Department of Elementary and Secondary Education of an upcoming Coordinated Program Review that will be taking place this school year. As part of this Coordinated Program Review, Department staff will visit the district during the week of February 13, 2017. Such visits are routinely conducted by the Department to satisfy federal and state requirements for the periodic review of specific education programs and services in schools throughout the Commonwealth. The Department is reviewing several programs during a single visit in order to use Department and school staff's time most efficiently and to encourage strong connections among the programs.

The Department's Coordinated Program Review will address the following programs: special education, English learner education, and civil rights. After reviewing school district procedures for these programs, a Department team will make its onsite visit, during which it will review individual student records, interview administrators, teachers and paraprofessional staff, survey parents and observe instructional spaces. After the onsite visit it will prepare a report for the superintendent and school committee, with detailed findings for each program.

Using a scale of ratings ranging from "Commendable" to "Not Implemented," the report will rate the implementation of each requirement reviewed by the Department. Where requirements are found not implemented or only partially implemented, the district must propose to the Department corrective action to bring those areas into compliance with statutes and regulations. Districts and schools are encouraged to incorporate the corrective action into their district and school improvement plans and professional development plan. The school district will receive technical assistance from the Department in developing a corrective action plan. Both the Department's report and the corrective action plan are public information and will be available to the public upon request. Program Review Final Reports are also available on the Department's website at <http://www.doe.mass.edu/pqa/review/cpr/reports/>.

Any member of the public may request to be interviewed by telephone by a member of the Department's visiting team. Those wishing to be interviewed should call the superintendent's office at Acton-Boxborough Regional School District no later than January 30, 2017 to leave their name and phone number, or they may call the Department of Elementary and Secondary Education at 413-314-6703. A member of the visiting team will contact each person desiring an interview within two weeks after the completion of the onsite visit. If an individual is not comfortable communicating in English or requires some other accommodation, the Department will make arrangements to communicate appropriately with the individual.

Yours in Education,

Glenn Brand, Ed.D.

*At ABRSD, our mission is to develop engaged, well-balanced learners through collaborative, caring relationships.*

WELLNESS • EQUITY • ENGAGEMENT

# Expanding Our Notion of Success

A-B Challenge Success Newsletter- January 2017



Our vision is to provide high-quality educational opportunities that inspire a community of learners

WELLNESS • EQUITY • ENGAGEMENT

Our mission is to develop engaged, well-balanced learners through collaborative, caring relationships

## CHALLENGE SUCCESS

### Challenge Success Partnership

In the spring of 2016, ABRSD entered into a partnership with Challenge Success, out of Stanford University. Challenge Success aims to "provide schools and families with the information and strategies they need to create a more balanced and academically fulfilling life for their kids." The team at Challenge Success collaborates with educators, parents, and students to implement best practices and policies in areas such as assessment, homework, and schedule.

### FOCUS: MINDFULNESS

Patricia Jennings, author of *Mindfulness for Teachers*, defines mindfulness as "attending to things in the moment with curiosity and acceptance." Said differently, mindfulness is about focusing on the present in order to remain aware of what is going on with our thoughts and feelings, as well as what is happening outside of our bodies.

Google Translate

¿Necesita esto en otro idioma? Precisa disto em outro idioma? 需要其他语言版本? Нужно это на другом языке?

### Mindfulness in Our Schools

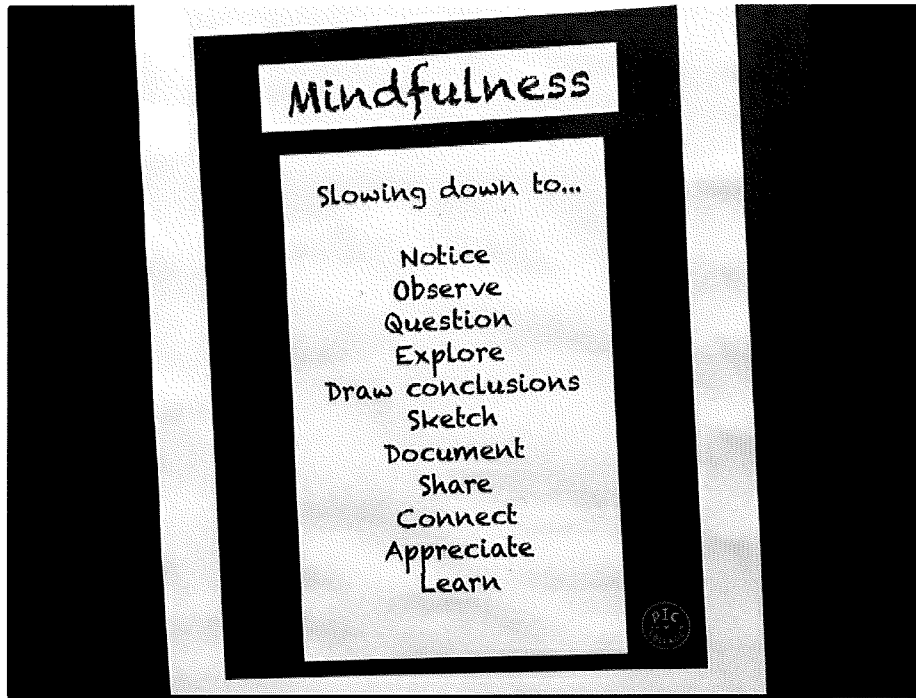
Throughout the district, there is evidence of work in the area of mindfulness.

**ELEMENTARY:** At the elementary level, our social emotional programs, *Open Circle Curriculum* and *Responsive Classroom*, both incorporate mindfulness.

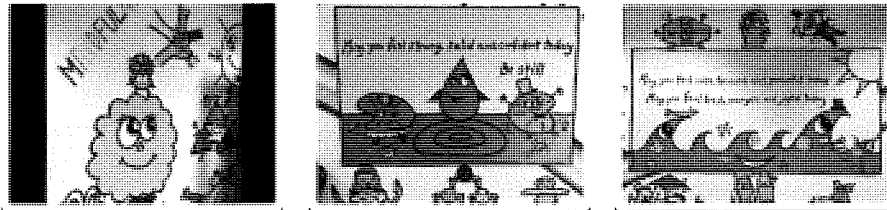
**MIDDLE SCHOOL:** At RJGJHS, students in Grade 7 health classes work to identify and describe the experience of different feelings (such as elation, joy, grief, and rage) and how their feelings affect daily functioning. This past fall, the JH offered a yoga club for students, as well.

**HIGH SCHOOL:** At the high school, Grade 9 PE/Health lessons include yoga and meditation, progressive muscle relaxation techniques (PMR), and mindfulness activities with positive affirmations and visualization of goals. At different times throughout the year, advisory periods focus on mindfulness; students learn to explain what "mindfulness" is and to gain techniques to help them purposefully pay attention to their present surroundings, manage their stress, and feel present enough to connect with others.

### Mindfulness Poster at ABRHS:



### Bren Bataclan Mural at Blanchard:





## Mindfulness Video Resources

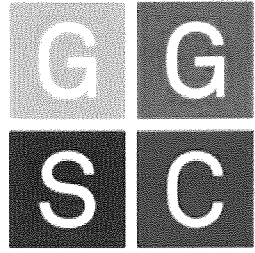
What is Mindfulness?



From mindlessness to mindfulness

Mindful Parenting

## Books and Resources to Consider



# Mindfulness

AN EIGHT-WEEK PLAN FOR  
Finding Peace  
in a  
Frantic World



## UC Berkeley Greater Good

[Mindful Parenting May  
Keep Kids Out of Trouble](#)

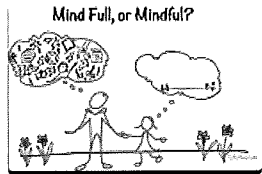
## Pam Katz-Ressler

[Mindfulness Tip Sheet](#)

## Mark Williams and Danny Penman

[Mindfulness: An Eight-  
Week Plan for Finding  
Peace in a Frantic World](#)

### Mindfulness Resources



### Apps, Websites, Books, and More!

These tools will help to teach students be mindful. Arranged by age, be sure to scroll all the way down to see apps for older students!



### Home

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

Stressed Teens teaches mindfulness skills and provides tools for those in their pre-teen years through latter adolescence.



### Meditation Apps f... [www.common sense media.org](http://www.common sense media.org)

Common Sense Media editors help you choose Meditation Apps for Kids. Harness the power of technology to Zen out.



### Mindfulness Quiz

[greatergood.berkeley.edu](http://greatergood.berkeley.edu)

### .b

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

## Mindfulness w/ Pamela Katz Ressler

When

Wednesday, Jan. 25th, 7-8:30pm

Where

16 Charter Road Acton, MA

[Get Directions](#)

More information

INSERT DESCRIPTION HERE

This learning event is for all parents/guardians and grandparents with children preschool through grade 12, and for any interested community members.



### **Pamela Katz-Ressler, RN, MS, HNB-BC**

Facebook

@pamressler

**Pamela Katz Ressler, RN, MS, HNB-BC** is the founder of Stress Resources in Concord, Massachusetts, a firm specializing in building resiliency for individuals and organizations through tools of connection, communication and compassion. Pam is a frequent, sought after speaker to local, national and international audiences on strategies of resilience. She is a faculty member at [Tufts University School of Medicine in the Pain Research, Education and Policy Program](#) and is an appointed member of the Consumer Health Advisory Board of the [Massachusetts Health Quality Partners](#). Additionally, Pam is honored to be the first nurse selected to serve on the [Executive Leadership Board of Stanford University's Medicine X](#).

A graduate of the University of Michigan and Tufts University School of Medicine's Pain Research Education and Policy Program, Pam's work in resilience is grounded in both the science and the art of health and human connection. She has received additional training at both Harvard University and the Center for Mindfulness in Medicine, Health Care and Society at the University of Massachusetts Medical School.

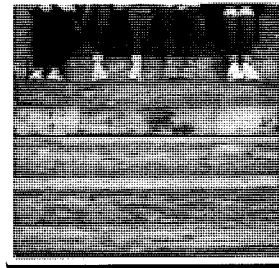
Pam is a featured contributor to [WBUR's Cognoscenti](#) pages, an author with various print and online journals, and has been interviewed extensively on her research on resiliency and social media in healthcare. Her academic research on the intersection of social media and healthcare has earned her the distinction as one of the country's thought leaders in the field. Pam was recently selected as one of 30 collaborators from the US and UK by the Robert Wood Johnson Foundation and the Business Innovation Factory to design [The Narrative Playbook: The Strategic Use of Story to Improve Care, Healing and Health \(2015\)](#). Ms. Ressler's consulting work with businesses, education and healthcare organizations is ongoing and expanding as leaders seek strategies of sustainable resilience in our fast paced society. *Cultivating Resilience*, Pam's upcoming book, will be published in 2016.

97 Lowell Rd, 3rd floor Concor...  
978.369.5243

pressler@StressResources.com  
stressresources.com/

### **Challenge Success Mantra**

*At Challenge Success, we believe that our society has become too focused on grades, test scores, and performance, leaving little time for kids to develop the necessary skills to become resilient, ethical, and motivated learners. We provide families and schools with the practical, research-based tools they need to create a more balanced and academically fulfilling life for kids. After all, success is measured over the course of a lifetime, not at the end of a semester.*



**AB Wellness Website**

<http://abschoolswellness.weebly.com>

**Challenge Success**

<http://www.challengesuccess.org>

**District and Community Happenings**

<http://abschoolswellness.weebly.com/do.html>

**Mindfulness Poster at ABRHS:**



15.5

pg 1 of 50  
(posted  
separately)

**CONCORD AREA  
SPECIAL EDUCATION COLLABORATIVE**

**Annual Financial Statements**

**For the Year Ended June 30, 2016**



10 New England Business  
Center Dr. • Suite 107  
Andover, MA 01810  
(978)749-0005  
melansonheath.com

Concord Area Special Education Collaborative  
120 Meriam Road  
Concord, Massachusetts 01742

Additional Offices:  
Nashua, NH  
Manchester, NH  
Greenfield, MA  
Ellsworth, ME

Dear Board of Directors:

We have audited the financial statements of the Concord Area Special Education Collaborative as of and for the year ended June 30, 2016 and have issued our report thereon dated November 30, 2016. Professional standards require that we advise you of the following matters relating to our audit.

### **Our Responsibility in Relation to the Financial Statement Audit**

As communicated in our engagement letter, our responsibility, as described by professional standards, is to form and express opinions about whether the financial statements that have been prepared by management with your oversight are presented fairly, in all material respects, in conformity with accounting principles generally accepted in the United States of America. Our audit of the financial statements does not relieve you or management of your respective responsibilities.

Our responsibility, as prescribed by professional standards, is to plan and perform our audit to obtain reasonable, rather than absolute, assurance about whether the financial statements are free of material misstatement. An audit of financial statements includes consideration of internal control over financial reporting as a basis for designing audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control over financial reporting. Accordingly, as part of our audit, we considered the internal control of the Collaborative solely for the purpose of determining our audit procedures and not to provide any assurance concerning such internal control.

We are also responsible for communicating significant matters related to the audit that are, in our professional judgment, relevant to your responsibilities in overseeing the financial reporting process. However, we are not required to design procedures for the purpose of identifying other matters to communicate to you.

### **Planned Scope and Timing of the Audit**

We conducted our audit consistent with the planned scope and timing we previously communicated to you.

## **Compliance with All Ethics Requirements Regarding Independence**

The engagement team and others in our Firm have complied with all relevant ethical requirements regarding independence. Safeguards that have been applied to eliminate threats to independence or reduce them to an acceptable level include annual certification by all Firm staff of independence.

## **Qualitative Aspects of the Entity's Significant Accounting Practices**

### *Significant Accounting Policies*

Management has the responsibility to select and use appropriate accounting policies. A summary of the significant accounting policies adopted by the Collaborative is included in the notes to the financial statements. There have been no initial selection of accounting policies and no changes in significant accounting policies or their application during the year ended June 30, 2016. No matters have come to our attention that would require us, under professional standards, to inform you about (1) the methods used to account for significant unusual transactions and (2) the effect of significant accounting policies in controversial or emerging areas for which there is a lack of authoritative guidance or consensus.

### *Significant Accounting Estimates*

Accounting estimates are an integral part of the financial statements prepared by management and are based on management's current judgments. Those judgments are normally based on knowledge and experience about past and current events and assumptions about future events. Certain accounting estimates are particularly sensitive because of their significance to the financial statements and because of the possibility that future events affecting them may differ markedly from management's current judgments.

The most sensitive accounting estimates affecting the financial statements are:

- Estimated lives and depreciation methods for depreciable assets.
- Net OPEB obligation.
- Net pension liability.

Management's estimates of the above are based on various criteria. We evaluated the key factors and assumptions used to develop these estimates and determined that it is reasonable in relation to the basic financial statements taken as a whole and in relation to the applicable opinion units.

### *Financial Statement Disclosures*

Certain financial statement disclosures involve significant judgment and are particularly sensitive because of their significance to financial statement users. We noted no particularly sensitive disclosures affecting the Collaborative's financial statements.

### **Identified or Suspected Fraud**

We have not identified or obtained information that indicates that fraud may have occurred.

### **Significant Difficulties Encountered during the Audit**

We encountered no significant difficulties in dealing with management relating to the performance of the audit.

### **Uncorrected and Corrected Misstatements**

As an added service to the Collaborative, we assisted in compiling the government-wide financial statements, including consolidating various funds into governmental activities, converting to the accrual basis of accounting, and recording all long-term assets, long-term liabilities, and net position classifications. This consolidation and conversion process was based on information from the Collaborative's accounting records.

For purposes of this communication, professional standards require us to accumulate all known and likely misstatements identified during the audit, other than those that we believe are trivial, and communicate them to the appropriate level of management. Further, professional standards require us to also communicate the effect of uncorrected misstatements related to prior periods on the relevant classes of transactions, account balances or disclosures, and the financial statements as a whole and each applicable opinion unit. Management has corrected all identified misstatements.

In addition, professional standards require us to communicate to you all material, corrected misstatements that were brought to the attention of management as a result of our audit procedures. None of the misstatements identified by us as a result of our audit procedures and corrected by management were material, either individually or in the aggregate, to the financial statements taken as a whole or applicable opinion units.

### **Disagreements with Management**

For purposes of this letter, professional standards define a disagreement with management as a matter, whether or not resolved to our satisfaction, concerning a financial accounting, reporting, or auditing matter, which could be significant to the Collaborative's financial statements or the auditors' report. No such disagreements arose during the course of the audit.

### **Representations Requested from Management**

We have requested certain written representations from management, which are included in the letter dated November 30, 2016.



### **Management's Consultations with Other Accountants**

In some cases, management may decide to consult with other accountants about auditing and accounting matters. Management informed us that, and to our knowledge, there were no consultations with other accountants regarding auditing and accounting matters.

### **Other Significant Matters, Findings or Issues**

In the normal course of our professional association with the Collaborative, we generally discuss a variety of matters, including the application of accounting principles and auditing standards, operating and regulatory conditions affecting the entity, and operational plans and strategies that may affect the risks of material misstatement. None of the matters discussed resulted in a condition to our retention as the Collaborative's auditors.

### **Other Information in Documents Containing Audited Financial Statements**

Pursuant to professional standards, our responsibility as auditors for other information in documents containing the Collaborative's audited financial statements does not extend beyond the financial information identified in the audit report, and we are not required to perform any procedures to corroborate such other information. However, in accordance with such standards, we have read the information (if applicable) and considered whether such information, or the manner of its presentation, was materially inconsistent with the presentation in the financial statements.

Our responsibility also includes communicating to you any information which we believe is a material misstatement of fact. Nothing came to our attention that caused us to believe that such information, or its manner of presentation, is materially inconsistent with the information, or manner of its presentation, appearing in the financial statements.

This report is intended solely for the information and use of the governing body and management of the Collaborative and is not intended to be and should not be used by anyone other than these specified parties.

Sincerely,

*Melanson Heath*

November 30, 2016

pg. 1 of 46  
(posted separately)

**CONCORD AREA SPECIAL EDUCATION COLLABORATIVE**

120 Meriam Road, Concord, Massachusetts 01742

Telephone: 978-318-1534

**TO:** Mitchell Chester, Ed.D.  
Commissioner of Elementary and Secondary Education

**cc:** Office of Regional Governance, Massachusetts  
Department of Education  
Board of Directors, CASE Collaborative

**FROM:** Thomas W. Jefferson, Ed.D.  
Executive Director, CASE Collaborative

**DATE:** December 16, 2016

**RE:** FY16 CASE Collaborative Annual Report

The following report is being submitted pursuant to MGL Chapter 40, Section 4E. This report addresses the operation of the collaborative for the fiscal year beginning on July 1, 2015 and ending on June 30, 2016.

This has been a year of transition for the collaborative. The appointment of an Interim Executive Director, along with the commissioning of a tri-collaborative (CASE, EDCO, and LABBB) organizational study by Future Management Systems, Inc., afforded the CASE Board of Directors the opportunity to affirm an organizational design going forward. After considering the findings and recommendations of the study, the CASE Board of Directors has set a future course in which CASE will remain a separate organizational entity and will continue to work with other collaboratives in support of those common goals which support our member districts.

CASE services continue to fall in three main areas: transportation; programs for low-incidence special education programming housed in member district schools; and an alternative high school (Colebrook High School) which is housed on the campus of the Acton-Boxborough Regional School District. In addition, our districts and programs are supported by our adaptive technology support team (CETT) as well as our professional development strand for special education offered in collaboration with the EDCO and LABBB Collaboratives.

During the 2015-16 school year, CASE Transportation, under the leadership of Mr. Martin Finnegan, provided special education van service to an average of approximately 500 students per day. By coordinating services across each of our eleven member towns, CASE Transportation has created an efficiency and economy of scale not typically realized with private vendors.

Acton-Boxborough Regional School District

**SCHOOL CALENDAR, 2017-2018**

**Bold Underlined Dates = No School Days / ELEMENTARY THURSDAY AFTERNOONS are still to be determined**

Sept.	M	T	W	T	F	Teachers' mtgs – Aug 30 & 31	Jan.	M	T	W	T	F		
	28	29	30	31	<u>1</u>	Schools Open – Sept 5		<u>1</u>	2	3	4	5	Schools Open - Jan 2	
	<u>4</u>	<u>5</u>	6	7	8	Labor Day – Sept 1 & 4		8	9	10	11	12	JH Early Dis for Confs –	
	11	12	13	14	15	K-12 Early Dis for Prof L		<u>15</u>	16	17	18	19	Martin Luther King Day - Jan 15	
	18	19	20	<u>21</u>	22	Rosh Hashana – Sept 21		22	23	24	25	26		
	25	26	27	28	29	School Days - 18		29	30	31			School Days - 21	
Oct.	M	T	W	T	F		Feb.	M	T	W	T	F		
	2	3	4	5	6						1	2	*K-12 Early Dis for Prof L. –	
	<u>9</u>	10	11	12	13	Indigenous Peoples' Day – Oct 9		5	6	7	8	9	Presidents' Day - Feb 19	
	16	17	18	19	20			12	13	14	15	16	Winter Recess - Feb 19-23	
	23	24	25	26	27	Elem Early Dis for Confs –		<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	School Days – 15	
	30	31				School Days – 21		26	27	28				
Nov.	M	T	W	T	F	Prof. Day – Nov 7 (no school/students)	Mar.	M	T	W	T	F		
			1	2	3	Elem Early Dis for Confs –					1	2	HS Late Start <b>only for students NOT</b>	
	6	<u>7</u>	8	9	<u>10</u>	Veterans Day - Nov 10 due to Sat holiday		5	6	7	8	9	<b>taking MCAS-</b>	
	13	14	15	16	17	Half Day – Nov 22		12	13	14	15	16	Good Friday – March 30	
	20	21	22	<u>23</u>	<u>24</u>	Thanksgiving Recess - Nov 23&24		19	20	21	22	23	School Days - 21	
	27	28	29	30		School Days - 18		26	27	28	29	<u>30</u>		
Dec.	M	T	W	T	F		Apr.	M	T	W	T	F		
					1	*Elem Early Dis for Prof L. –		2	3	4	5	6	*K-12 Early Dis for Prof L. –	
	4	5	6	7	8	Jr High Early Dis for Confs –		9	10	11	12	13		
	11	12	13	14	15	Winter Recess - Dec. 25 – Jan 1		<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	Patriots Day – Apr 16	
	18	19	20	21	22	School Days - 16		23	24	25	26	27	Spring Recess - Apr 16-20	
	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>			30					School Days - 16	
-----							May	M	T	W	T	F		
Note: See <a href="http://www.interfaith-calendar.org/2017.htm">http://www.interfaith-calendar.org/2017.htm</a> for some major religious holidays. Yom Kippur = Saturday, 9/30/17									1	2	3	4	HS Late Start <b>only for students NOT</b>	
* Professional Learning for Staff Early Dismiss: TO BE DETERMINED								7	8	9	10	11	<b>taking MCAS-</b>	
No School and Delayed Opening Announcements air on TV Channels 4, 5 and 7 and radio stations WBZ and WEIM. See postings at <a href="http://abschools.org">http://abschools.org</a>								14	15	16	17	18	Memorial Day - May 28	
								21	22	23	24	25	School Days - 22	
								<u>28</u>	29	30	31			
Acton Town Meeting begins April X, 2018. Boxborough Meeting begins May X, 2018.							June	M	T	W	T	F		Graduation – June 1
Acton-Boxborough Regional School Committee Meetings are held twice a month. See <a href="http://www.abschools.org/school-committee">http://www.abschools.org/school-committee</a> for more information.												1	Last day – June 18 (no snow days)	
								4	5	6	7	8	(June 25 if 5 snow days used)	
								11	12	13	14	15	School Days – 12	
								<u>18</u>	19	20	21	22	<b>Total Days = 180</b>	

To: Glenn Brand  
 From: Larry Dorey  
 Re: Discipline Report for December, 2016  
 Date: 12/30/16

There were 16 discipline referrals to the administration during the month of December, 2016. This total is down from 27 last year. 5 students were suspended this month, while 4 students were suspended during December, 2015.

Suspensions for December, 2016

<b>Infraction</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>	<b>2015</b>	<b>2016</b>
Alcohol Use	1				
Drug Possession		2	1		
Drug Use			1		1
Harassment		1			
Sexual Harassment					1
Stealing		2			
Threatening					2
Truancy Issues		1		2	
Under the Influence					
Weapons		1			1
<b>Total</b>	<b>1</b>	<b>7</b>	<b>2</b>	<b>4</b>	<b>5</b>

A list of all infractions for the month of December, 2016 appears on the backside of this page.

c: JoAnn Campbell

Other Infractions for December, 2016

Abusive/Obscene Language					1
Academic Integrity				1	1
Alcohol Use	1				
Bus Discipline Issues	3				
Disrespectful		2			1
Disruptive/Uncooperative Behav.		1	2		3
Drug Paraphernalia					
Drug Possession		2	1		
Drug Use			1		1
Forgery				1	
Gambling				2	
Harassment	5	1	1		
Insubordination				2	
Leaving School Grounds	2			5	
Other		2		1	
Out of School Issue			1		1
School Rules			1		
Sexual Harassment					1
Stealing		2			
Tardy	2				
Teasing	2		2	1	
Threatening			1		2
Truancy	2	11	1	14	4
Weapons		1			1
Total	17	22	11	27	16

## ***R.J. Grey Junior High School***

To: Dr. Glenn Brand  
 From: Allison Warren and James Marcotte  
 Re: Discipline Report for December 2016  
 Date: January 5, 2017

There were 11 discipline referrals/concerns (including requests from teachers for assistance) reported to the Administration during the month of December.

	<u>Dec-12</u>	<u>Dec-13</u>	<u>Dec-14</u>	<u>Dec-15</u>	<u>Dec-16</u>
<i>Total Discipline Referrals Reported</i>	25	8	14	6	11

	<u>Dec-12</u>	<u>Dec-13</u>	<u>Dec-14</u>	<u>Dec-15</u>	<u>Dec-16</u>
<b>Total Suspensions</b>	<b>0</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>0</b>
Alcohol Use					
Vandalism					
Drug-related incident					
Fighting		2			
Harassment (non-sexual)					
Inappropriate/disruptive/disrespectful behavior					
Physical aggression					
Sexual harassment			1		
Stealing					
Threatening				1	

	<u>Dec-12</u>	<u>Dec-13</u>	<u>Dec-14</u>	<u>Dec-15</u>	<u>Dec-16</u>
<b>Total Other Infractions</b>	<b>25</b>	<b>6</b>	<b>13</b>	<b>5</b>	<b>11</b>
Abusive language/profanity					1
Alcohol use/possession					
Bus discipline	2				
Academic Integrity					
Class/school truancies					
Computer violation				1	1
Disruptive behavior (classroom, cafeteria, hallway)	2	4	7	1	2
Harassment (non-sexual)/bullying/teasing	8		2		2
Non-compliance with school rules	4		2		2
Out of school issue					2
Physical aggression	2	2		1	
Sexual harassment					
Stealing					

Threatening					
Tardy to class					
Uncooperative/disrespectful behavior	7		2	2	1

The referrals/concerns generally were quickly resolved and no further intervention was required.

**MONTHLY ENROLLMENT  
ACTON-BOXBOROUGH REGIONAL SCHOOLS 2016-2017**

Levels	Sept. 1			Oct. 1			Nov. 1			Dec. 1			Jan. 1			Feb. 1		
	A	B(1)	C	A	B(1)	C	A	B(1)	C	A	B(1)	C	A	B(1)	C	A	B(1)	C
Preschool	82	31	3	82	31	3	85	23	3	87	23	3	87	25	3	87	25	3
Preschool Total	82	31	3	82	31	3	85	23	3	87	23	3	87	25	3	87	25	3
K	280	43	7	280	43	7	280	43	7	282	44	7	282	44	7	282	44	7
1	264	55	5	265	55	4	267	55	4	267	54	4	264	55	4	264	55	4
2	321	47	6	317	48	7	316	48	6	318	49	6	320	49	6	320	49	6
3	345	43	8	345	43	9	341	43	9	341	42	9	341	42	9	341	42	9
4	347	57	8	349	55	8	346	56	8	342	56	8	343	53	8	343	53	8
5	339	65	10	339	64	11	340	64	11	339	64	11	342	64	11	342	64	11
6	393	63	9	393	63	10	395	63	10	395	63	10	394	63	10	394	63	10
Elem. Sub Total	2289	373	53	2288	371	56	2285	372	55	2284	372	55	2286	370	55	2286	370	55
Other K-6	17	2	1	17	2	1	16	4	0	16	4	0	16	4	0	16	4	0
Elem. Total	2306	375	54	2305	373	57	2301	376	55	2300	376	55	2302	374	55	2302	374	55
7	397	66	5	397	67	5	399	66	5	400	65	5	399	65	5	399	65	5
8	360	77	4	361	77	4	363	77	4	362	78	4	363	78	4	363	78	4
J.H.S. Total	757	143	9	758	144	9	762	143	9	762	143	9	762	143	9	762	143	9
9	368	77	7	364	77	7	365	78	7	365	78	7	364	78	7	364	78	7
10	406	75	8	409	75	8	408	77	8	408	77	7	409	77	7	409	77	7
11	374	78	12	368	77	12	372	76	12	370	76	13	370	78	11	370	78	11
12	391	75	6	390	73	6	386	73	6	385	73	6	384	74	6	384	74	6
9-12 Ungr.	0	1	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0
P.G.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
H.S. Total	1539	306	33	1531	303	33	1531	304	33	1528	304	33	1527	307	31	1527	307	31
Secondary Total	2296	449	42	2289	447	42	2293	447	42	2290	447	42	2289	450	40	2289	450	40
Other 7-12	59	11	2	59	11	2	58	11	3	58	11	3	58	11	3	58	11	3
Reg. Total	2355	460	44	2348	458	44	2351	458	45	2348	458	45	2347	461	43	2347	461	43
Preschool Total	82	31	3	82	31	3	85	23	3	87	23	3	87	25	3	87	25	3
Elem Total	2306	375	54	2305	373	57	2301	376	55	2300	376	55	2302	374	55	2302	374	55
Secondary Total	2355	460	44	2348	458	44	2351	458	45	2348	458	45	2347	461	43	2347	461	43
Grand Total	4743	866	98	4735	862	104	4737	857	103	4735	857	103	4735	860	101	4735	860	101

A = ACTON  
 B = BOXBOROUGH  
 C = Choices/Staff/Tuition In

In D. = In District Distribution  
 In D. = Out of District

Ungr. = Ungraded  
 Other = Out of District

G. Brand  
 M. Altieri  
 D. Bookis  
 D. Bentley

C. Jeannotte  
 A. Bisewicz  
 K. Nelson  
 E. Warner  
 S. Cunningham

All Principals (2)



Actual Acton-Boxborough Grade K-6  
January 1st, 2017

Grade	Blanchard		Conant		Douglas		Gates		McCarthy		Merriam		Total #Sec.	Avg. Size
	46 ADK	14 AM	36 ADK	22 AM	29 ADK	17 AM	21 ADK	19 AM	43 ADK	20 AM	42 ADK	21 AM		
K	19 4	20 0	19 1	21 3	23 2	23 1	21 4	20 2	21 1	20 1	21 131	21 132	63 0	20.8
Gr. 1	21 1	20 52	20 5	20 4	19 4	19 3	19 5	20 6	19 2	20 2	19 223	20 224	58 1	19.6
Gr. 2	21 1	21 53	23 6	22 7	23 7	23 8	23 10	23 1	23 301	23 302	24 133	23 231	70 1	22.7
Gr. 3	22 229	22 44	25 9	25 17	24 9	24 10	25 20	23 9	23 313	23 314	21 100	19 233	83 2	23.1
Gr. 4	20 245	20 62	21 8	23 18	23 12	23 14	23 15	22 2	23 213	22 214	25 230	25 330	72 0	22.4
Gr. 5	24 118	24 70	24 16	23 14	23 19	23 21	23 11	23 18	23 210	23 211	23 235	23 321	69 0	23.2
Gr. 6	24 110	23 70	25 13	25 11	24 15	25 16	25 12	25 14	26 113	24 114	26 232	25 333	99 0	24.6
Total	Average 21.7	413	20 Sec. Average 22.5	449	20 S.Average 22.7	454	18 S.Average 22.8	411	21 S.Average 22.4	470	23 S.Average 22.3	514	0	22.4

65 Acton residents attend Boxborough  
43 Boxborough residents attend school in Acton

Rev. 1/6/2017



# Acton-Boxborough Regional School District 2016-2017 Family Learning Series

## Pamela Katz Ressler Moving from MindFULL to Mindful

**January 25, 2017  
7-8:30 PM  
R. J. Grey Auditorium**

This presentation is for adults of a child in PreK-12<sup>th</sup> grade.



Mindfulness and its benefits for health, well-being, concentration, and creativity have become widely studied and reported. Leaders in education, business, professional athletics, and healthcare have found that mindfulness training enhances performance and efficiency and decreases stress. During this interactive presentation, Pamela Katz Ressler, will introduce the audience to simple, effective strategies of mindfulness that can enhance learning, concentration and wellbeing for parents and students.

- Why mindfulness?
- Using mindfulness to increase creativity and concentration
- Incorporating a simple plan for building mindfulness into busy lives

Sponsored by:  
Danny's Place Youth Services



Pamela Katz Ressler, RN, MS, HN-BC is the founder of Stress Resources in Concord, Massachusetts, and a Clinical Assistant Professor at Tufts University School of Medicine, where she is the co-director of a graduate course on mindfulness and its applications. Additionally, she serves on the Executive Board for Medicine X at Stanford University and is an appointed member of the Consumer Health Advisory Board of the Massachusetts Health Quality Partners. Pam is a featured contributor to WBUR's Cognoscenti page and consults frequently with schools districts, businesses and healthcare organizations on developing and implementing strategies of sustainable resilience based on mindfulness. Cultivating Resilience, Pam's upcoming book, will be published in 2017.

**Questions? Call ABRSD 978.264.2700 x 3213**



# Acton-Boxborough Regional School District 2016-2017 Family Learning Series

Supported by the ABRSD, ABRSD PTOs, PTF, and PTSOs,  
AB Special Education Parent Advisory Council, Danny's Place  
Youth Services and AB United Way

Special thanks to the **Acton Chinese American Civic Society (ACACS)** for  
co-sponsoring and partnering with the district on this event.

## Dr. Josephine Kim “Let’s Talk! Bridging the Cultural Gap Between You and Your Child”

**February 6, 2017 7:00-8:30 PM**  
**ABRHS Auditorium**  
Students in grades 6-12 are encouraged to attend  
with their parents/guardians.

The focus and motivation of this presentation is to provide a forum for Asian and Asian American members of our community to engage in a conversation about these topics. **This event is open to everyone in our Acton-Boxborough community.**

Asian-American youth today face a variety of stressful situations, ranging from social and familial pressures to an increasingly competitive academic system. Students who experience intergenerational conflicts in the home have an increased risk for psychological difficulties. Studies have shown that students who receive quality social and emotional support from caring adults have the potential for improved attitudes and behaviors, greater academic success, and reduced levels of emotional distress.

*Let’s Talk!* with Dr. Josephine Kim is an opportunity for parents and guardians to explore ways of promoting both the success AND well-being of their Asian-American children. Through the session, learn about how cultural expectations and differences manifest in daily interactions between you and your child, and how sound attachment and communication skills can be used to buffer stressors in children’s lives.



Josephine M. Kim, Ph.D., LMHC, NCC is a Professor in the Prevention Science and Practice/CAS in Counseling programs at the Harvard Graduate School of Education. She is also on faculty at the Center for Cross-Cultural Student Emotional Wellness at Massachusetts General Hospital. She is a Licensed Mental Health Counselor in the state of Massachusetts and a National Certified Counselor whose clinical skills and experiences span many contexts including residential facilities, hospitals, community agencies, and public and private schools.

**Questions? Call ABRSD 978.264.2700 x 3213**



AB Regional PTSO, Acton-Boxborough United Way,  
Danny's Place Youth Services, and the Town of Acton present

**Monday, February 13, 2017 • 7pm**  
**Acton-Boxborough Regional High School Auditorium**

*A program  
of the Family  
Learning  
Series*

**REBOUND**

# The Chris Herren Story

**A story about  
basketball,  
drugs, addiction,  
and the road  
back.**



Visit [ABUW.org](http://ABUW.org), [ABRPTSO.abschools.org](http://ABRPTSO.abschools.org), [dannys-place.org](http://dannys-place.org),  
or [acton-ma.gov](http://acton-ma.gov) for more information about this FREE event.



**Acton-Boxborough  
United Way**  
Local Dollars Helping Local People

