



Westwood Public Schools: District Bulletin

Information contained in this bulletin has been approved by the Office of the Superintendent for distribution in school newsletters and/or e-mail listservs

If you wish to have something posted in this bulletin or in school newsletters, please contact Ann Brown at abrown@westwood.k12.ma.us or 781-326-7500 x1341

Note: School, TownHall, Recreation, Scouting and Westwood Sport's flyers will be posted a maximum of three times and flyers from outside groups or businesses one time only in the District Bulletin

SCHOOL COMMITTEE CALENDAR

The next meeting will be Thursday, June 16, 2016
7:00 p.m.



**The World Is
Yours To Conquer**



**Westwood Youth Soccer
K Soccer Registration
Open ONLINE**



www.westwoodsoccer.org

Monday May 23 – Wednesday June 15

Calling ALL Westwood Kindergarten Soccer Players!

To register for the upcoming soccer season, just click through the **Registration** link on the left-hand side of the home page at **www.westwoodsoccer.org**.

Incoming Kindergarten Soccer for Fall 2016 – Spring 2017

The K soccer program is a **FULL year program** and does **NOT** require registration again in the spring. The fee for the full year in-town program is \$125 per player. There is no late fee for Kindergarten registrations, but we ask that you register by June 15 if possible.

Children must be registered for Kindergarten for the fall of 2016 to play K soccer. **This is a grade-based program, not an age-based program.**

Financial Hardship Fee Waivers

Requests for a registration fee waiver due to financial difficulties must come within the **OPEN** registration period from May 23 – June 15. Fee waivers for late fees will not be granted.

Volunteers

Please consider volunteering! If you want to submit your name to be considered for a Coach or Assistant Coach, or we still need an age group coordinator for the K soccer program, please select the appropriate volunteer option and complete the volunteer information when you are registering your child during this online registration process.

Each season is **8 weeks long** with the fall starting around early September and the spring around early April.

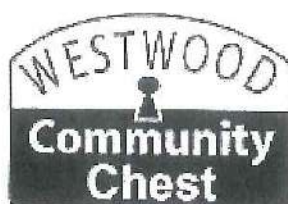
Games are on Saturdays from 8:45AM – 10:00AM on the Sheehan Field. Sessions include a series of drills followed by a small-sided game. Colored team t-shirts and shin guards will be provided.

See **www.westwoodsoccer.org** for additional information.



We serve creative cuisine. And worthy causes.

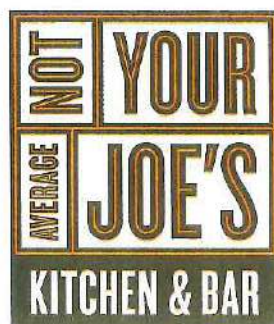
Present this certificate to your server and
Westwood Community Chest will receive
15% of your total purchase*.



Valid Tuesdays in May

**May 3rd, 10th, 17th, 24th & 31st
2016**

*Excludes Alcohol, Tax and Gratuity



70 University Ave., Westwood, MA 02090
781-355-4400

SUMMER SOFTBALL



Summer Registration Now Open!



Early Bird Registration is \$85
After May 27, Registration will be \$100

Sign up online now!

www.westwoodyouthsoftball.org

The season starts June 20 and runs until the end of July/early August. Westwood will have teams in U10, U12, U14.

WESTWOOD YOUTH SOFTBALL

More details about our summer season program are available on our website. If you are interested in being a coach or assistant coach, please complete the volunteer information when you are registering your daughter online.



Hale Day Camp's Specialty Camps

An active, outdoors approach to the traditional camp experience!

Outdoor Adventures

Hiking, Camping, Outdoor Living Skills, Rock Climbing, Rappelling, Teambuilding

Mountain Bikers

Trail Riding, Safety, Maintenance & Repair, Skills Park

Register now at
www.HaleReservation.org

Westwood, MA





REGISTER NOW FOR MEMBERSHIP BEACH 2016

Teen Program Registration Now Available

www.halereservation.org



presents

Social Host Liability

What You Need to Know



A Community Event to Address Teen Drinking and Drug Use



June 1, 7:00-8:30 pm
Westwood HS Auditorium

Please join us for an informative night featuring:

- > Kathi Sullivan, sharing "Taylor's Message"
- > Marianne LeBlanc, an attorney discussing legal issues
- > Panel discussion by school, police, and community members

This event was organized by Westwood Cares, an organization dedicated to providing information and resources to Westwood families regarding substance use and abuse, as well as related issues.

The event is sponsored by the Westwood HS PTO, the Thurston MS PTO, and the Foundation for Westwood Education.

For more information, visit <https://goo.gl/S74iUu>



We serve creative cuisine. And worthy causes.

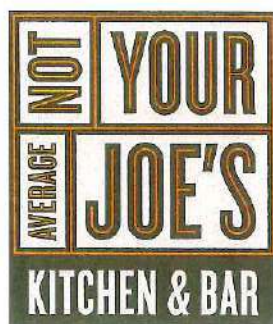
Present this certificate to your server and
Martha Jones School will receive
15% of your total purchase*.



Valid:

June 7th, 14th, 21st & 28th
2016

*Excludes Alcohol, Tax and Gratuity



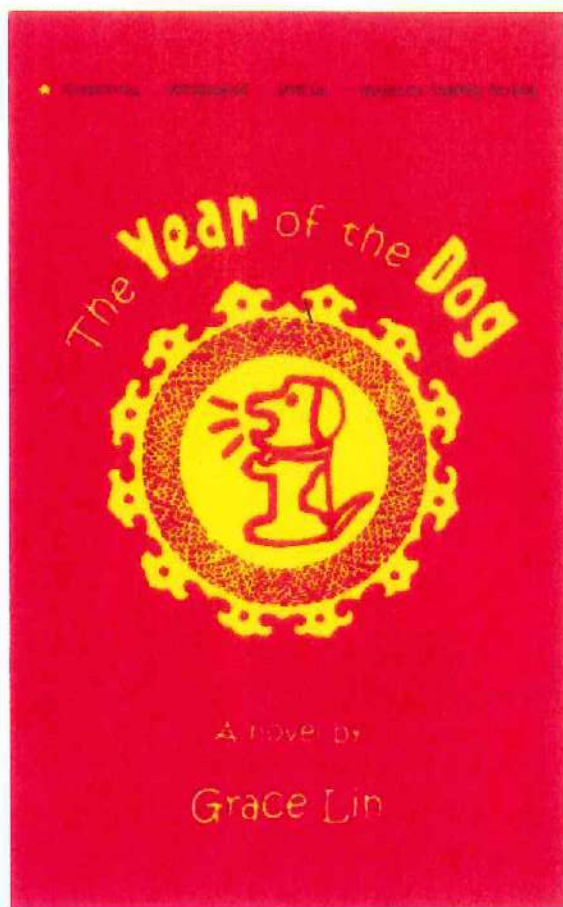
70 University Ave. Westwood, MA 02090
781.355.4400

Mother – Daughter Book Club

This awesome book group for girls and their favorite female adult will
feature the *The Year of the Dog* by Grace Lin.

Books will be available at the Children's ASK! Desk

For girls entering grade 3 – entering grade 4 & a female adult

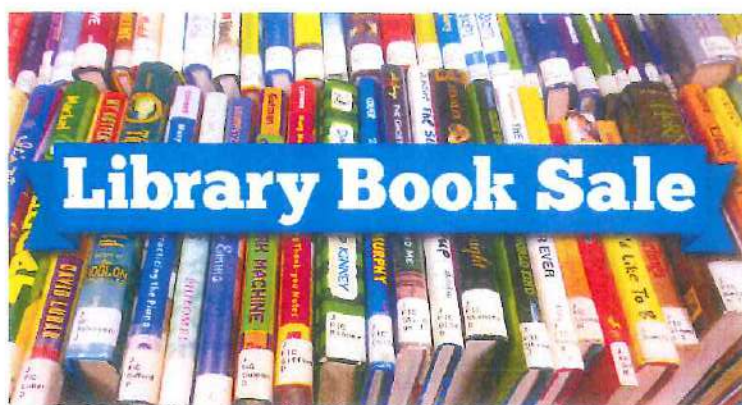


Discussion Group:

Tuesday, June 7th

@ 6:30 PM, Westwood Public Library

Get Your Summer Reading At The...



Need a great book to relax with at the beach? A new recipe for a backyard family barbecue? Or a "How To" book for that summer project? You will find just what you need at the *Friends of the Westwood Library* **Spring Book Sale!**

Money raised through the book sale supports library programs and services, including museum passes, lectures, author visits, technology upgrade and children and teen programs.

Book Sale at the Main Library:

June 9th - 1:00pm - 8:30pm

June 10th - 10:00am - 5:45pm

June 11th - 10:00am - 3:00pm



Westwood Young Women's Club
www.wywc.org



TOUCH A TRUCK



Saturday, June 11th
Westwood High School

10 AM - 2 PM

Horn Free:
10 AM - 11 AM

\$10 / Child
\$20 / Family

Train Rides &
Food Trucks
Additional
Costs



Proudly Sponsored By  **Roche Bros.**

Proceeds benefiting the Westwood Early Childhood Council and Summer Concerts.



Hale's Obstacle Challenge

Sunday, June 12 • 10AM • North Beach

Are you up for the challenge? Try this fun family event which includes a series of obstacles like **Dodgeball Alley, Canoe Hurdle, Commando Crawl, Log Carry** and more!

Register online @ halereservation.org
Westwood, MA

Sponsored by:



MARSH & MCLENNAN
AGENCY





WBA Summer Program 2016

Westwood Basketball Association is pleased to announce their 9th annual summer basketball program for those players entering grades 4th - 9th. This weekly program will incorporate 1½ hour sessions of skills/drills and then scrimmages. Teams will be created on a nightly basis according to a balanced evaluation of players in attendance.

The program will run for 8 weeks beginning June 13 and finishing on August 4th from 6:00 – 7:30pm @ Sheehan School outdoor courts.

Please note the summer program is for the grades entering 2016-2017 school years.

Monday nights (Girls grades 6th, 7th, 8th, 9th)

Wednesday nights (Girls grades 4th & 5th)

Tuesday nights (Boys grades 6th, 7th, 8th, 9th)

Thursday nights (Boys grades 4th & 5th)

The cost is \$40.00 per player which includes the 8 week program along with a WBA t-shirt. This program is run by the WBA with the coaching and assistance of former WHS basketball players.

Registration is online at www.westwoodbasketball.org

Question – Please contact Michael Mason at
vicepresident@westwoodbasketball.org

**6TH ANNUAL
WESTWOOD GRIDIRON
NINE & DINE**



SAVE THE DATE

Monday, June 13, 2016

Norfolk Golf Club, Westwood, Massachusetts

Registration: 2:15 pm • Shotgun Start: 3:00 pm

\$500 for a foursome or \$125 per person

Not playing golf? Join us for the wine tasting and dinner.

\$40 per person

Wine Tasting

Appetizers and Dinner by Conrad's in the Clubhouse

Great Raffle Prizes ! ★ Silent & Live Auction

Meet the Wolverines Coaching Staff

SPECIAL GUEST! ESPN NE PATRIOTS REPORTER MIKE REISS

FOR MORE INFORMATION CONTACT:

Bob Delaney • delaneyboys@comcast.net • 857-364-7419

Michelle Berluti • mmlberluti@aol.com • 781-696-0807

**All proceeds to benefit the
Westwood High School & Middle School Football Programs**



alzheimer's  association®

CALLING ALL WESTWOOD FAMILIES!

Join Team Westwood - Lemons to Lemonade

WHEN: Saturday, June 18TH 11 AM – 2 PM

WHERE: Neighborhoods all over Westwood

WHY: To raise funds and awareness for the Alzheimer's Association®. The Longest Day event is held annually, on or near the summer solstice, to symbolize the struggle of those living with Alzheimer's and the challenges faced by their caregivers.

STEP 1: By May 27th, please contact Joan - tupjoan1@gmail.com or Abby - abbyhomiller@yahoo.com

You can also register online:

http://act.alz.org/site/TR?fr_id=8480&pg=team&team_id=335068

STEP 2: Ask your friends, family and neighbors to help out.

STEP 3: Mix up some lemonade and have fun!

Signage and information leaflets will be provided.

Lemonade will be free - donations of any amount accepted!

100% of donations go directly to the Alzheimer's Association

**END
ALZ**



Summer Reading 2016

The Kids Department @ Westwood Library

This summer when read 20 hours and you will have completed the Summer Reading program! Earn prizes and/or raffle tickets into the grand prize drawing for every 2 hours you read. Want another challenge? Read to 50 hours and you have completed "overtime period" and receive a Summer Reading Champion lawn sign!

**On Your Mark,
Get Set,
READ!**

**sign up starts
June 21st!**



**Fun programs for every age,
books, games, movies,
All FREE @ Your Westwood
Library**

For more information:

Main Library: 781-320-1042

Islington Branch: 781-326-5914

www.westwoodlibrary.org



Westwood Public Library

On Your Mark. Get Set. READ is proudly sponsored by The Westwood Public Library, the Massachusetts Library System, the Boston Bruins, Lifetime Fitness, Noodles and Company, Dedham Savings, the Massachusetts Board of Library Commissioners, and the Friends of the Westwood Library.

WESTWOOD HOOPS CLINICS

SUMMER 2016

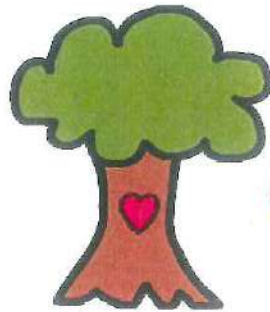


**CLINICS RUN BY WESTWOOD HIGH SCHOOL COACHES
STEVE ST. MARTIN AND KATHERINE CLIFFORD,
WITH THE HELP OF WHS PLAYERS**

<u>1st-3rd Grade</u> Mon-Wed July 18-20 1:00-4:00 Thurston M.S.	<u>4th-6th Grade</u> Mon-Thurs July 25-28 12:00-5:00 Thurston M.S.	<u>7th-9th Grade</u> Mon-Thurs August 1-4 9:00-2:00 Thurston M.S.
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MORE DETAILS AND REGISTRATION AT WESTWOODBASKETBALL.ORG.
QUESTIONS CAN BE DIRECTED TO WESTWOODHOOPSCLINICS@GMAIL.COM.

**Merged with Clapboardtree
Nursery School!**



St. John's Nursery School
w e s t w o o d

Ongoing Registration

**We are currently accepting
registrations for the 2016-2017 year**

- Phenomenal Student to Teacher Ratio
- Classes for 3 and 4 year olds
- NAEYC accredited programs

Children must be 2.9 or 4 years old by September 1, 2016 for their respective programs
St. John's Nursery School is a private, non-denominational preschool and is accredited by the National
Accreditation of the Education of Young Children (NAEYC).

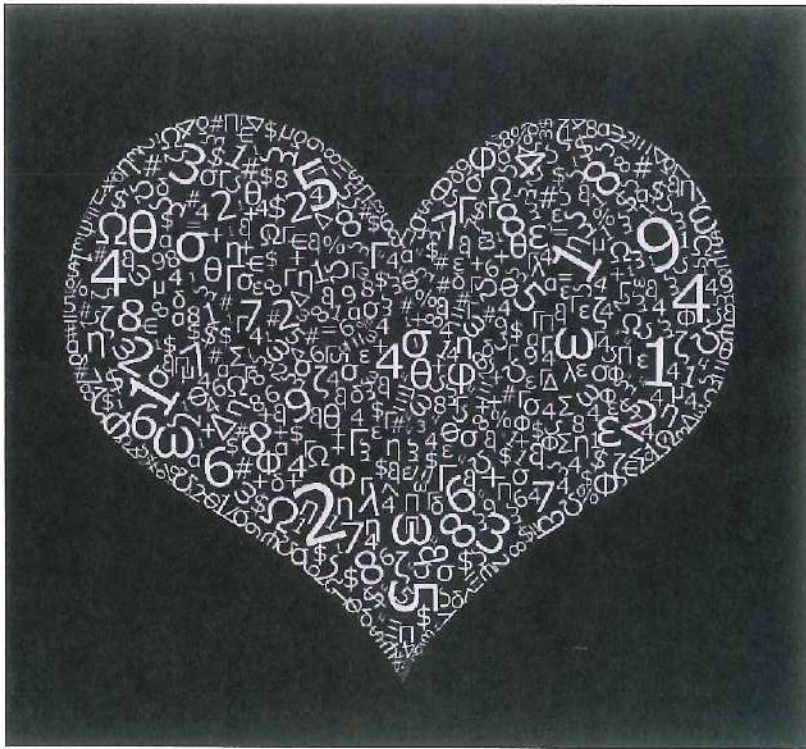
**95 Deerfield Avenue, Westwood, MA
(781) 329-2032**

**www.stjohnsnursery.org
info@stjohnsnursery.org**

MATH TUTOR

MASTER SKILLS AT ANY LEVEL

SUMMER AND YEAR-ROUND TUTORING



- 1:1 in-home tutoring
- Flexible 1-2 hour sessions
- Professionally licensed teacher with over 10 years of middle school and elementary school experience.
- 3rd - 5th grade, Middle School, and High School

For more information, contact:

Ian Murphy

72 Colburn Street. Westwood, MA

mrmurphyteacher@gmail.com

(617)797-0310



A Press Release from Powisset Farm & The Trustees

Press contact: Nicole Nacamuli | nnacamuli@thetrustees.org | 508.785.0339 x3003 | <http://www.thetrustees.org/powissetevents>

The Trustees Announces:

June Events and Programs at Powisset Farm, Dover, MA

Mindfulness on the Farm

What: Are you looking for a way to reduce anxiety, de-stress, and stay more focused? Did you know that research shows that mindfulness can benefit the body and mind in many ways and perhaps even lead to greater happiness? Begin your day with Mindfulness at the Farm. Every Thursday at 7:00am, Morana Lasic, Anesthesiologist at Brigham & Women's Hospital and longtime neighbor of the farm, will lead us through a 30-minute session on Mindfulness. All you need is a mat, comfortable clothes and an open mind.

When: Thursdays, 7:00-7:30AM

Where: Powisset Farm, 37 Powisset Street, Dover, MA

How: Pre-registration is not required

Price: Members: FREE; Nonmembers: \$5

Welcome to Your CSA: A Spring Culinary Workshop

What: Join us for a cooking class to celebrate the 2016 season opener for Powisset Farm's CSA and Farm stand! We will enjoy the bounty of the fields while learning some new recipes based on what's available in the farm stand. What's on the menu? Crispy garlic scapes, sautéed greens and carrots, roasted cod, kale or spinach salad with citrus vinaigrette.

When: Wednesday, June 8th, 6-8:30PM

Where: Powisset Farm, 37 Powisset Street, Dover, MA

How: Pre-registration required: <http://tinyurl.com/culinaryworkshopatpowisset>

Price: Members: \$52, Nonmembers: \$65

Intro to Guided Meditation with Essential Oils

What: Join us for a simple introduction to the stress reducing and health boosting practice of guided meditation supported by the use of essential oils. This class is for all levels. We will guide you through a few short and simple meditation practices and introduce you to a few of our favorite and most versatile therapeutic grade essential oils. These oils can help support a healthy life style and also just sweeten the experience of your own meditation practice. You will leave with a few tools to use on your own to launch or deepen your own home practice. Feel free to join us if you are curious about meditation, curious about essential oils, or just looking for a nice way to relax and unwind.

When: Thursdays, 7-8:30PM

Where: Powisset Farm, 37 Powisset Street, Dover, MA

How: Pre-registration is required: <http://tinyurl.com/essentialoilspowisset>

Price: Members: \$24; Nonmembers: \$30

Make & Take: DIY Skincare with Nourish by Coco

What: Did you know that you can make your own facial cleansing and moisturizing products from simple ingredients? Join us for a fun evening of making your own beauty products and see how easy it is. Learn the basic blending ingredients for facial cleansing oil and moisturizing lotion. Leave with your handmade products, recipes and resources to use at home and the confidence that you CAN make your own beauty products.

When: Saturday, June 11th, 10-12PM

Where: Powisset Farm, 37 Powisset Street, Dover, MA

How: Pre-registration required: <http://tinyurl.com/diyskinpowissetfarm>

Price: Members: \$36; Nonmembers: \$45

Make & Take: Handmade Bath & Body Products from the Kitchen

What: Join us for an afternoon of bath and body gift making. We'll make a citrusy hand scrub, a sweet body scrub and a silky body butter. Then package it, ready for gift giving. You'll leave wondering if maybe you should just keep it for yourself.

When: Saturday, June 11th, 1-3PM

Where: Powisset Farm, 37 Powisset Street, Dover, MA

How: Pre-registration is REQUIRED: <http://tinyurl.com/bathnbodypowissetfarm>

Price: Members: \$36; Nonmembers: \$45

Summer Salads

What: Salads make the perfect meal for a summer evening. Let's convene in the kitchen with produce and herbs from the very first CSA pick up of 2016 where we will be making a strawberry salad, paired with a mint dressing and a cucumber salad paired with a blue cheese or ranch dressing. After we are done working in the kitchen, we will sit down for a refreshing meal together on this soon to be summer evening!

When: Tuesday, June 14th, 6-8:30PM.

Where: Powisset Farm, 37 Powisset Street, Dover, MA

How: Pre-registration is REQUIRED: <http://tinyurl.com/summersaladsatpowisset>

Price: Price varies by day. Members: \$52; Nonmembers: \$65.

Everyday Pantry

What: Learn how easy it is to make kitchen staples - from mayonnaise to nut butters to ketchup. Our versions will not only be healthy but can be tweaked to your own taste. Attendees leave with recipes, and a full pantry!

When: Thursday, June 16th, 6:30-8:30PM

Where: Powisset Farm, 37 Powisset Street, Dover, MA

How: Pre-registration is REQUIRED: <http://tinyurl.com/everydaypantrypowisset>

Price: Members: \$36; Nonmembers, \$45.

What's In Your CSA: Tips & Tricks for Utilizing All of Your Veggies

What: Join us for Powisset Farm's Springfest, a day long celebration of the farm and spring! This festival will include activities for all ages including kids' crafts, farm tours, food, live music, and much more.

When: Saturday, June 18th, 11-2PM

Where: Powisset Farm, 37 Powisset Street, Dover, MA

How: Pre-registration is not required: <http://tinyurl.com/whatsinyourcsapowisset>

Price: Free for All!

Summer Solstice Yoga

What: Celebrate the longest day of the year with an all levels yoga class with a phenomenal view of the farm. Ellen O'Hara from Core Asset Fitness will lead our practice incorporating some of the traditions of the Summer Solstice.

When: Monday, June 20th, 6-7PM

Where: Powisset Farm, 37 Powisset Street, Dover, MA

How: Pre-registration is not required: <http://tinyurl.com/summersolsticeyogaatpowisset>

Price: Members: \$12; Nonmembers, \$20

Powisset Pesto

What: Pesto is traditionally made using basil & pine nuts. Let's be creative and see how many different variations of pesto we can make using veggies from the farm. Nicole Lewis will lead us in this workshop which will be sure to add flavor to a variety of dishes. Attendees leave with recipes, their own batches of pesto...and ideas!

When: Tuesday, June 21st, 6:30-8:30PM

Where: Powisset Farm, 37 Powisset Street, Dover, MA

How: Pre-registration is not required: <http://tinyurl.com/powissetpesto>

Price: Members: \$36; Nonmembers, \$45

Friday Farm Dinner

What: Join us at Powisset Farm while we enjoy a seasonal dinner, the scenic view of the farm at sunset, and the company of new and old farm friends. Ticket price includes full dinner, non-alcoholic beverages (beer and wine will be available for purchase), dessert, and entertainment.

When: Friday, June 24th, 6-9PM

Where: Powisset Farm, 37 Powisset Street, Dover, MA

How: Pre-registration is REQUIRED: <http://tinyurl.com/junefridayfarmdinnerpowisset>

Price: Members: \$36/Adult, \$8/Child; Nonmembers, \$45/Adult, \$10/Child

Strawberry Shortcake: From the Fields to the Kitchen

What: Join us at Powisset Farm while we enjoy a seasonal dinner, the scenic view of the farm at sunset, and the company of new and old farm friends. Ticket price includes full dinner, non-alcoholic beverages (beer and wine will be available for purchase), dessert, and entertainment.

When: Saturday, June 25th, 10-12PM

Where: Powisset Farm, 37 Powisset Street, Dover, MA

How: Pre-registration is not REQUIRED: <http://tinyurl.com/strawberryshortcakepowisset>

Price: Members: \$28/Adult & Child, Nonmembers: \$35/Adult & Child

Flow on the Farm with Yoga

What: Enjoy an all levels yoga class with a backdrop of the beautiful of farm. Our practice will be lead by someone from Core Asset Fitness in Westwood and Dover. This class is part of a 10 week series (Tuesday from June 28-August 30). To sign up for the entire 10 weeks for \$110 Members or \$140 for Non-Members, please contact Nicole Nacamuli at nnacamuli@thetrustees.org.

When: Tuesday, June 28th, 6-7PM

Where: Powisset Farm, 37 Powisset Street, Dover, MA

How: Pre-registration is encouraged: <http://tinyurl.com/summeryogaatpowisset>

Price: Members: \$9, Nonmembers: \$15

Story Hour

What: Wander the farm, say hello to the chickens and pigs, and at 10:30AM we meet under the tent to hear the farm come alive with story time for your pre-schooler.

When: Thursday, June 30th, 10-11AM

Where: Powisset Farm, 37 Powisset Street, Dover, MA

How: Pre-registration is not required: <http://tinyurl.com/storyhouse>

Price: Members: Free, Nonmember, \$5

###

The Trustees is Massachusetts' largest conservation and preservation organization and the nation's first land trust. Founded by open space visionary Charles Eliot in 1891, we conserve some of the best of Massachusetts' natural, scenic, and cultural sites for the public to use and enjoy. We've held our "reservations" in "trust" for nearly 125 years and believe in protecting the irreplaceable for everyone, forever. Today, we care for 113 spectacular and diverse reservations spanning more than 26,000 acres throughout the Commonwealth – from working farms, landscaped and urban gardens, and community parks, to barrier beaches, forests, campgrounds, inns and historic sites, many of which are National Historic Landmarks – located within minutes of every resident. In addition, we are a founding partner and programming partner of the Boston Public Market, the first all locally-sourced indoor market of its kind in the nation, where we operate our Appleton Farms vendor booth and run classes, events, and more in the Market's demonstration KITCHEN. Our passion is to engage more people in culture, agriculture, nature, and healthy, active lifestyles, using our properties, our community spaces, and our many programs as a powerful and compelling platform to connect people to places and each other in our increasingly digitized world. Funded by our more than 100,000 members and supporters and 1.2 million visitors, we invite you to explore and learn more: www.thetrustees.org.

UMass Boston Baseball Summer Baseball Clinic

June 27 – June 30

9AM – 3 PM

Ages
6 – 14



- **Improve your child's hitting, pitching & fielding skills**
- **Focus on fundamentals of hitting: grip, balance, load, swing path, hips, and finish**
- **Pitching drills and teachings with proven results for throwing more strikes**
- **Great for players of all ages and skill!**

Only
\$300

Register and additional info online at
www.beaconsbaseballcamps.com

Head Coach Brendan Eygabroat
brendan.eygabroat@umb.edu

617.287.7817



DADS OR GRADS TUNE UP TIME

EXECUTIVE SKIN PACKAGE

\$70

ONE EXECUTIVE STYLE HAIRCUT

(Cut, Shampoo, Neck & Shoulder Massage & Hot Towel finish)

ONE SKINMETICS TREATMENT

(Cleansing, Exfoliation, and Hydrating with a Neck Shoulder and Scalp Massage)

MASTER & YOUNG MASTER PACKAGE

\$50

ONE CLASSIC STYLE HAIRCUT

(Cut, Shampoo & Hot Towel finish)

ONE YOUNG MASTER HAIRCUT (under 12 years old)

(Cut, Shampoo & Hot Towel finish)

EIGHTEEN EIGHT

18 | 8

FINE MEN'S SALONS

Now open at University Station Westwood

Call 781-917-3333

Positive Parenting



As we enter into the world of parenting, we rely on our own personal experiences on how to raise our children. It is not a skill taught in school, but one we acquire and continue to develop as we progress in life. The role of a parent has a major impact on the personality and development of our children.

Through discussion and reflection we will explore how the practice of meditation can help bring about a positive approach to parenting. We will discuss tools to assist in providing accurate guidance for our children, and methods to in turn empower them to make the right decisions in life.

Take this opportunity to explore a new thinking to the age old parenting practices!

Sunday, June 12th, 2016

3:00 - 4:00 pm

Space is limited so please register:

<http://positiveparentingjune2016.eventbrite.com>

Offered FREE of charge as a service to the community. Must be over 18 years.

Contact facilitator Soni Sayana at 781-801-4206 or sonisayana@gmail.com for information

The Center at Westwoods, 590 Gay St., Westwood, MA 02090