

# Community Partnerships and Well-Being in the Shrewsbury Public Schools

A report to the School Committee  
by Jane O. Lizotte

June 10, 2020



#### 5 WAYS TO WELLBEING

Connect . Give . Take notice . Keep learning . Be active

 Mental Health Foundation  
of New Zealand  
[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

## What is Colonial Connections?

Colonial Connections is a **partnership** between the Shrewsbury Public Schools and the business community, and seeks to **provide opportunities** for our students to develop **real-world skills and career awareness**, in order to prepare them for future success beyond their education and to help them decide on their higher education and career paths.

# The Edgemere Development Project: Real-World Learning



# Municipal Leaders Making Connections with Students



# **Colonial Connections Advisory Board**

## **2019-2020 School Year**

The SPS Colonial Connections Advisory Board (CCAB) advises Dr. Lizotte on a variety of matters, including the building of community partnerships with businesses, institutions, and interested individuals in order to increase access to experiential learning and career awareness. This leadership group is well represented with school, municipal, business, higher-education, parent, and non-profit partners.

## COLONIAL CONNECTIONS ADVISORY BOARD, 2019-2020

**Jim Dupont**, CEO, SFCU

**Lisa Raabe**, Marketing Director, SFCU

**Kevin Mizikar**, Town Manager, Town of Shrewsbury

**Frank Saba**, Chairman of the Health Foundation of Central Massachusetts; former CEO of Milford Regional Medical Center (retired)

**Steve Bird**, Clinical Experience Officer (CXO)

Professor of Emergency Medicine

University of Massachusetts Medical School

**Jackie Pratt**, Marketing and Customer Care, SELCO

**Maura Egan**, Grade 8 ELA teacher, Oak Middle School

**Nga Huynh**, Director of School Counseling, Shrewsbury High School

**Jenn DiFrancesca**, Director of Social Sciences, Shrewsbury High School

## **Colonial Connections Advisory Board Continued...**

**PJ O'Connell**, Assistant Principal, Shrewsbury High School

**Kathleen Keohane and Michelle Biscotti**, Coordinators of Development and Volunteer Activities

**Mark Murray**, Worcester Business Journal

**Derek Canton**, SHS Alumni, CEO and Founder of paerpay, Inc

**Christina Hebert**, Director of Early College Programming, QCC

**Ashish Cowlagi**, President, India Society of Worcester

**Gina Kelly**, Assistant Principal at Floral Street School

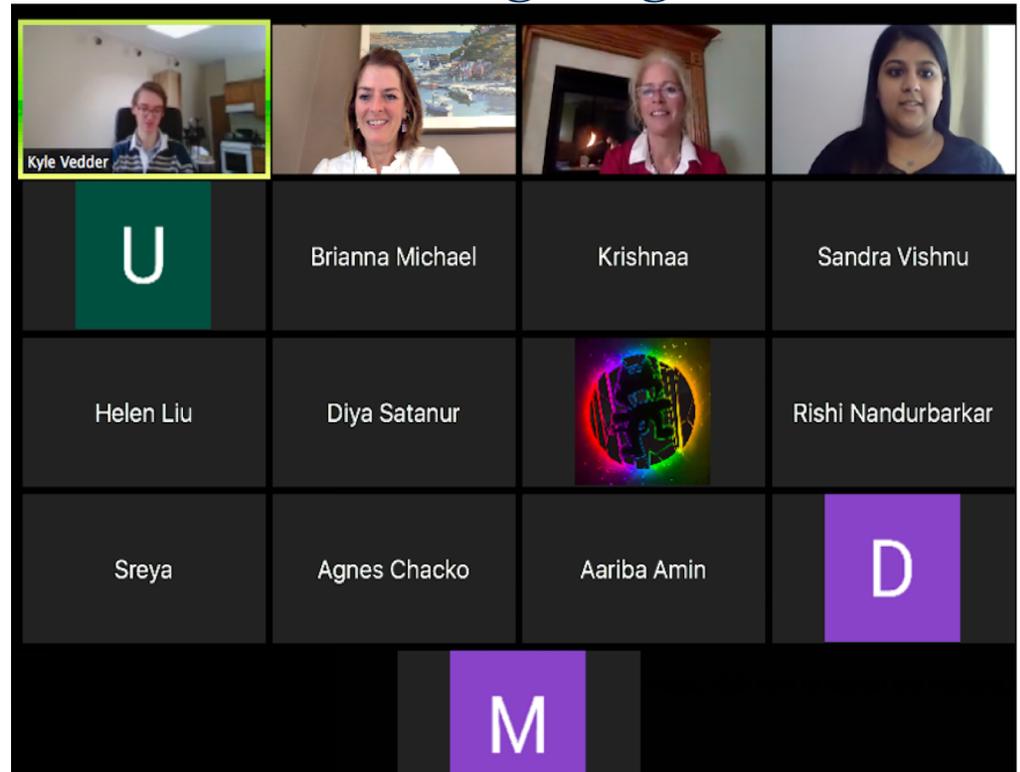
**Kelly Landini**, Local Business Partner

**Mary Simone**, General Manager of AC Hotel by Marriott, Worcester

# Empowering Learners

Our Students, Our Legacy

SHS Alumni and Student Mentoring Program



# Colonial Fund: Establishing an Alumni Network Through Outreach



Attn:  
Shrewsbury  
High School  
Alumni

Students, Educators, and Parents are seeking college and career advice **from you.**

Alumni pictured, left to right:  
Kristian Jackson '12 and  
Samantha DiReda '13.

It's **easy**. You have the **power** to help! Sign up at  
<https://schools.shrewsburyma.gov/alumni>



**COLONIAL FUND**

INNOVATE • CREATE • COLLABORATE • INSPIRE • CHALLENGE

**SUPPORTING OUR DISTRICT'S GREATEST NEEDS**  
Shrewsbury Public Schools

To make a donation, you can scan this code with your phone, or visit the Colonial Fund website at <https://schools.shrewsburyma.gov/future/donate-now>



# Enhanced Well-Being of All

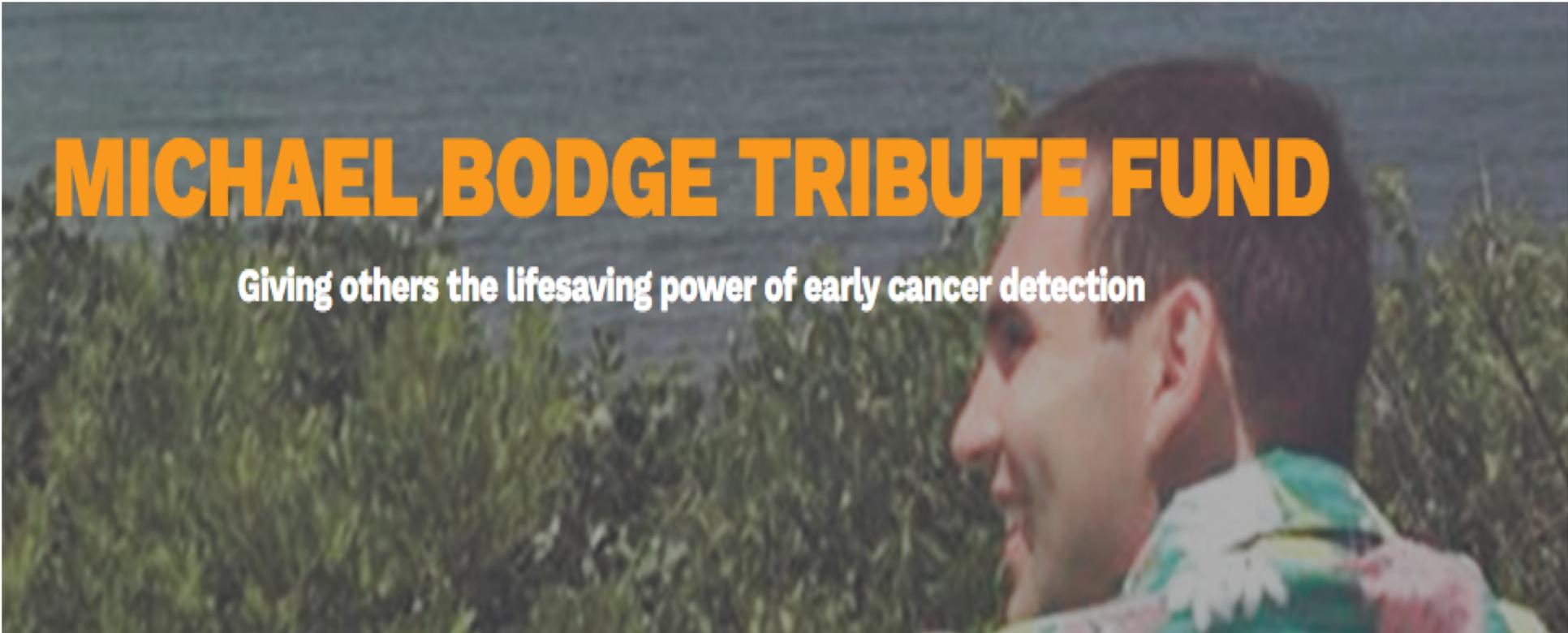
## SHS Volunteer Fair



## SPS Virtual 5k



*15-40 Connection* Shares Life-Saving Training  
with SHS Students and Staff



**MICHAEL BODGE TRIBUTE FUND**

Giving others the lifesaving power of early cancer detection

# Social Emotional Learning: Coordinating Classroom, Schoolwide, Family, and Community Practices

\*self-awareness \*self-management \*social-awareness

\*relationship skills \*responsible decision making

Effective SEL programming consists of the following elements:

1. **Sequenced:** connected and coordinated sets of activities to foster skills development
2. **Active:** active forms of learning to help students master new skills
3. **Focused:** emphasis on developing personal and social skills
4. **Explicit:** targeting specific social and emotional skills (Durlak et al., 2010, 2011)

# Ongoing Efforts: Social Emotional Learning and the Shrewsbury Wellness Advisory Committee

**Students are more successful in school and daily life when they:**

- Know and can manage themselves
- Understand the perspectives of others and relate effectively with them
- Make sound choices about personal and social decisions
- Gain more positive attitudes toward oneself, others, and tasks including enhanced self-efficacy, confidence, persistence, empathy, connection and a sense of purpose
- More positive social behaviors and relationships with peers and adults
- Reduced discipline issues and risk-taking behavior
- Decreased emotional distress
- Improved test scores, grades, and attendance

(e.g., Hawkins, Kosterman, Catalano, Hill, & Abbott, 2008; Jones, Greenberg, & Crowley, 2015).

# For Staff, By Staff Wellness Offerings

Questions

Responses

63

## POP Pilates Starts Soon for SPS Staff!

You are invited to join Katie Monopoli, paraprofessional at Parker Road Pre-School (@Wesleyan Terrace) and Extended School Care provider at Coolidge School, for POP Pilates on Monday and Wednesday afternoons at 4 p.m. According to Katie, POP Pilates is designed to feel like a dance on the mat! Inspired by classical Pilates, participants will get an amazing core sculpting workout, as well as total body toning. No muscle is left untouched...all while moving and flowing to fun pop music!

Katie is a certified fitness instructor with extensive experience. Please join in for one or two hours of POP Pilates each week! Classes begin next Monday, May 4th.

Katie will utilize Zoom to engage with SPS colleagues for these fitness offerings. If you are interested in participating, please share your name and preferred e-mail address, so Katie can send along the meeting link.

Thank you for your consideration, and thank you to Katie, for her generosity!

# Community Engagement

## Seniors vs. Seniors Trivia Competition

SHS Seniors partner with Shrewsbury Seniors in a lively trivia competition



# Communicating with the Community

## What is called for now?

By Jane O. Lizotte

You can't stop the waves, but you can learn to surf....

Jon Kabat-Zinn



Hello Everyone! Included in this update are ideas, resources and supports that I hope will prove useful to our community during a time when our physical and mental well-being are being challenged. I hope that you and your loved ones are staying afloat, and continuing to remain connected to family, friends, workmates, and other support systems.

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Visitors

3,094

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6

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Link

<https://www.smore.com/>

Newsletter Settings

# Celebrating Community Efforts



**Jane O. Lizotte** @SPS\_Partners · Apr 17

I just picked up a \$1000 check from Dean Park Grill and Pizza. The staff donated their tips to support SPS families in need, in an effort to "give back to the community that does so much for us!" Thank you to this generous team! @SPS\_Partners #ShrewsburyLearns @SPS\_Finance



2 10 146



**Jane O. Lizotte** @SPS\_Partners · Mar 17

Walking through her neighborhood today, SHS graduate, Gina Sheehan, met SHS 9th grader, Hassan. Hassan created a stand and signage, giving away free toilet paper to those in need. He is actively living the message, "We're all in this together!" @SPS\_Partners #ShrewsburyLearns



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**Thank you to students, staff, families,  
alumni, and community partners for  
your generous support of our schools.**

**We continue to ask for your help as  
we navigate through these  
extraordinary times.**