

January News



The winners of this month's All Star ice cream party were Damien Roderick, Zachary Berube, Savanna Holmstrom, William Serpa and Calvin Garcia. These students work hard to keep our cafeteria clean.



The Peacebuilders at East are working on the topic of seeking wise people. Check out our new bulletin board with some of our monthly winners of Peacebuilders.

Students and staff are collecting pennies for Haiti. A donation will be made to the Red Cross within the next two weeks.

Monthly Tips

How to recognize Stress: Physical symptoms, Fatigue or Insomnia, Eating problems, Loss of concentration or forgetfulness, sadness, irritability and moodiness.

What can parents do? Eat together, don't rush answers, listen often, Let them know they are not alone, for older children use the agenda book, Encourage your children to take care of themselves. (Sleep, diet, exercise, friends, extracurricular activities, quality family time, and relax.

If you have any concerns about your child please call me at 508-979-4057 Patrice Nogueira, School Counselor