



CES Library Book Fair!!!!



WHEN: May 17-May 21 During your child's regularly scheduled Library special. Great time to buy books for summer reading!

WHERE: In-person in the CES library

WHAT TO BRING: **CASH ONLY** in an envelope or baggie with your child's name and monetary amount on it. You can also sign up for an online credit account through Follett book fair. You can set up account at: www.BookFairAccount.com



You can also buy books online during the fair or immediately after. All proceeds go towards buying new books and tools for the CES library.

www.cfairs.follettbookfairs.com

Code: Y9PG5

Our school is having a Follett Book Fair!

Shop at our school

Come explore the fair at our school and help your child find their next favorite book.

Fair Date: May 17- May 21

Time: During library class at school and alternative times for Remote students will be given.

Location: CES Library

Follett Gift Cards are available to purchase to use at our on-site event! Visit follettbookfairs.com/gift-to-purchase.



Shop online

Perfect if you can't shop our fair in person or have non-local family that would like to participate. In addition to the same great books at our fair, you will find an expanded catalog to shop online.

efairs.follettbookfairs.com

Code: Y9PG5

Follett will ship your books to the school after our fair is complete.



No matter how you choose to shop, all purchases benefit our school!

 **Follett Book Fairs**

¡Feria del libro!

Compre en nuestra escuela

Venga a explorar la feria en nuestra escuela y ayude a su hijo o hija a encontrar su próximo libro favorito.

Fecha: May 17-May 21

Hora: During Library Class

Lugar: In the CES Library

¡Las tarjetas de regalo de Follett están disponibles para comprar y usar en el sitio de nuestro evento! Visite follettbookfairs.com/gift-to-purchase.



Compre en línea

Son ideales si no puede comprar en persona o si tiene un familiar en otra localidad que le gustaría participar en nuestra feria.

efairs.follettbookfairs.com

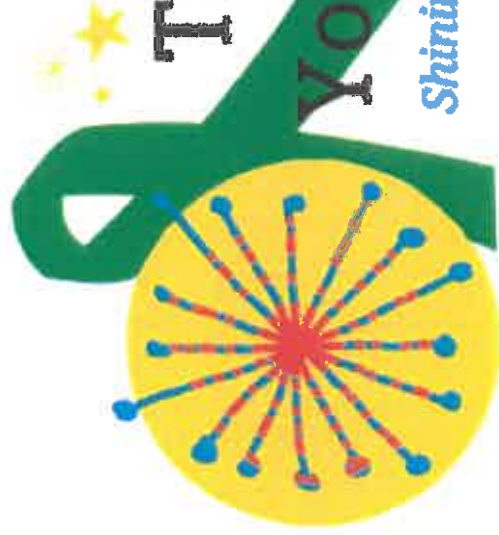
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Follett enviará las compras en línea a la escuela una vez que la feria haya terminado.



¡No importa cómo elija comprar, sus compras benefician a nuestra escuela!

 **Follett Book Fairs**



The Clay Center for Young Healthy Minds

Shining light on mental health through education.

#WeCanManageThis

May is Mental Health Awareness Month! It's important to continue supporting the mental and emotional health of our children and teens, especially during this challenging year.

When a young person in your life feels stressed or overwhelmed, encourage them to spend focused time on something that calms their mind. Self-care looks different for everyone, so if they're not sure where to start, here are ideas from [middle school students](#), [high school students](#), and [college students](#). And remember to keep taking care of yourself, too – your mental health as a caring adult is just as important.

Prioritizing Parent Mental Health



Prioritizing Parent Mental Health

As a parent, taking care of your own mental health is essential to supporting your child's well-being. [Tune in to our webinar](#) with [The Jed Foundation](#) for more on how to prioritize your well-being during COVID-19.

Mental Health Challenges and Latinx Children & Teens



Latinx children and teens face unique mental health challenges. On our podcast, special guest Dr. Angel Caraballo discusses ways to address stigma and other barriers to care in Latinx communities. [Tune in for more.](#)

Talking To Your Children About Asian Hate



How can parents talk to kids about racism and violence directed toward the Asian community? Psychiatrist Dr. Betty Wang of Massachusetts General Hospital for Children offers tips on how to start these conversations. For more, read our blog in [English](#) and [Chinese](#).

How To Talk With Your Kids About Gun Violence



How can parents help young people to process news about gun violence? The [MGH Center for Gun Violence Prevention](#) joins us in sharing tips on talking with kids and teens. [Read more on our blog.](#)

The Clay Center In the News



[Parenting Tips to Support the Well-being of Teens and Young Adults during the Pandemic \(Where Parents Talk\)](#)

How can we support teens and young adults during this pandemic? Dr. Khadijah Booth Watkins shares insights from her experiences as both a mother and child psychiatrist. Tune in for more.



[An Age-by-Age Guide to Moving With Kids \(Parents Magazine\)](#)

Moving to a new neighborhood can be a hard transition for kids of all ages. Dr. Ellen Braaten shares tips on how can parents help them cope with the changes they're experiencing. Read more for her insights.

[Music Is A Healthy Outlet For Teens, Here's Why \(Moms\)](#)

Is your teen struggling to cope with stress? Music can be a great outlet to help them get through challenging times. Read more



on how music can benefit your young person's well-being.

POPSUGAR.

[Experts Share How You Can Help Your Child Avoid Radicalization Online \(POPSUGAR\)](#)

How can you help your child stay safe online and avoid radical content? Dr. Khadijah Booth Watkins shares insights on the warning signs to watch for and what parents can do.

Monthly Mindfulness:

[**Mindfulness for Kids: 12 Calming Exercises to Teach Your Child**](#)
from Connecticut Children's Medical Center

Are you looking for ways to help your young person calm their mind? [Read more](#) for 12 mindfulness activities to help them cope with stress and build resilience.

Find something helpful in our newsletter? Pass it on!

The more families we reach, the more we grow our mission to support the mental wellness of young people everywhere. **Thank you for helping us to spread the word!**

[Visit Our COVID-19 Mental Health Resources](#)

[Sign Up for Our Newsletter](#)





The Amesbury PTO's in-person meetings are back!

**Join us at Yang Ming for appetizers
and the latest on what's happening!
Thursday, April 8 and Thursday, May 20
6:00 p.m. - 7:30 p.m.**

Pre-registration is required due to limited seating.

To register, please visit amesburypto.org/parents,
choose the April/May calendar meetings you would like to attend,
and select the registration link(s).

We hope to see you there!

VOLUNTEERS NEEDED!

Do you have a 4th grader moving up to AMS next year?

Are you interested in working with a dedicated group of parents focused on supporting AMS students?

Join Amesbury Middle School Parent Advisory Group !

Next virtual meeting Wednesday, May 19th @ 7pm

Please join us to find out how you can get involved!

TO RSVP FOR MEETING, PLEASE CONTACT

Carey Creps

cecreps3@gmail.com

Amesbury SEPAC General Meeting

Wednesday, May 5th: 7pm-8PM

Featuring:

**Dr. Rouzana Komesidou from the
SAIL (Speech and Language Literacy Lab)**

Presentation on the Amesbury Public School's
Dyslexia screening of K-1

Zoom.us

Meeting ID: **868 6560 2114**

Passcode: **760596**



AmesburySEPAC@gmail.com

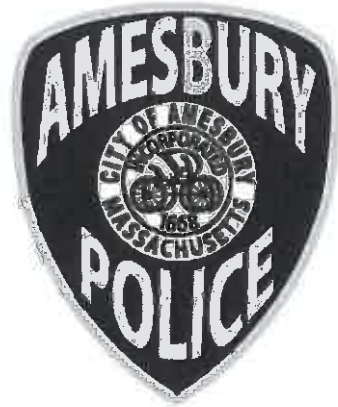
Support Group For
Caregivers of Children
with Special Needs

Amesbury
SEPAC

Thursdays, May 13th & 27th: 7PM-8PM

- Join the meeting from your computer, tablet or smartphone
- Get comfortable, grab a drink and/or snack
- Listen and share your story and experience with other caregivers

Please RSVP to AmesburySEPAC@gmail.com for meeting link



Amesbury Rotary Club

BIKE SAFETY DAY

Saturday May 22, 2021 10:00 am to 12:00 Noon

WHERE: Coastal Connections, 35 Water St.

**FREE BICYCLE HELMETS-child must be present
to receive one- limited # available**

EQUIPMENT CHECK UP & RODEO COURSE



**The Rotary will hold a drawing and giving
away two new bicycles at the event!**

NOW ENROLLING



COMMUNITY ACTION, INC.



HEAD START



***Free Center Based Part Day
and Extended Day Preschool Programs
For 3-, 4- and 5-Year-Old Children.***

***Free Home-Based Program for
Children from Birth to 3 Years Old.***

- Income guidelines are used to establish eligibility for all families.
- Children with disabilities are encouraged to apply.
- Serving 10 communities, with Centers in Newburyport and Haverhill.

For more information visit our website at:

www.communityactioninc.org,

Email Patti Kinter at pkinter@communityactioninc.org or

Cathy Johnston at cjohnston@communityactioninc.org

or call 978 499-8357

Head Start is an Equal Opportunity Program and is federally funded through the US Department of Health and Human Services .

***These programs are supported by a grant from the Massachusetts Department of Education.**

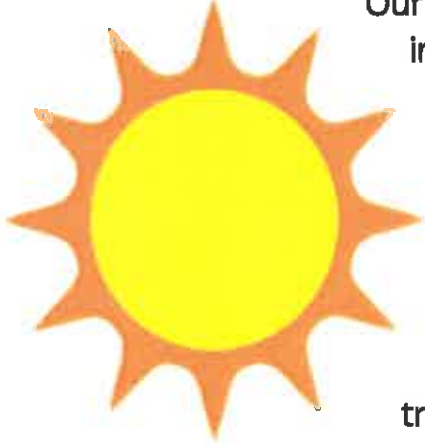
Over 40 Years Serving Children and Families

SAVE \$\$ this Summer!

Shop at Our Neighbors' Table for FREE groceries each week!

There are no income requirements to shop with us.

EXTRA Breakfast & Lunch Foods June 22nd through September 4th!



Our Neighbors' Table's Summer Lunch Program was designed to offer families living in our service area access to additional breakfast and lunch foods. We strive to help families feed their active kiddos who are home for summer. There is no need to sign up for our Summer Lunch Program, all registered families qualify.

We have a safe and **easy online ordering** and **curbside pick-up system**. We are committed to ensuring the safety of our guests and our model allows you to safely stay in your car while we put your pre-ordered groceries into your trunk for you! For more information about our grocery programs go to **www.ourneighborstable.org** and click the **"Get Food" button**.

There are no income requirements to shop at Our Neighbors' Table, to register with us you simply need to be a resident in one of the towns in our service area (Amesbury, Boxford, Byfield, Georgetown, Groveland, Merrimac, Newbury, Newburyport, Rowley, Salisbury, South Hampton or West Newbury).

If you are not yet a guest of Our Neighbors' Table, go our website, click the "Get Food" button and register online with us! If you don't have access to the internet or a computer, **DON'T WORRY**. We can help you get registered over the phone and can even schedule a weekly phone order with us to make things easier. For more information on any of the above, call us at: **978-388-1907**.

Are you already a guest of Our Neighbors' Table? Then there's **NO NEED** to re-register! Go to our website to the **"Get Food"** page, look at our open hours and follow the instructions to place an order.

ONT grocery curbside pick up is available at the following locations:

Amesbury: Our Neighbors' Table, 194 Main St., Amesbury
Wednesday through Saturday (see website for hours)



Could you use extra money for food? **SNAP** can help.

Our Neighbors' Table is an outreach partner for SNAP and can answer any questions regarding your eligibility. We make it as easy as possible for you to apply for SNAP by helping you over the phone —there's no need to come in! If you currently have SNAP, we can also answer any questions regarding the re-certification process.

**Please call Our Neighbors' Table Food Resource Advocate
Tress Ricker 978-388-1907, ext. 18**



Get help applying for the Supplemental Nutrition Assistance Program (SNAP), formerly food stamps, which helps people buy the food needed for good health. SNAP benefits are put on an electronic card that is used like an ATM or bank card, and can be used at most supermarkets, convenience stores, and some farmers' markets.

WHO IS ELIGIBLE?

SNAP is for everyone—families, seniors, disabled, homeless, unemployed, employed, veterans, and active military. If you are within the income limits listed, you may be eligible.

Household Size	Gross Monthly Income Limit (before taxes or healthcare is taken out)
1	\$2147
2	\$2903
3	\$3660
4	\$4417
5	\$5173
6	\$5930
7	\$6687
8	\$7443
Each additional member	+ \$757
Note: The above income guidelines are for Massachusetts only.	



USDA
Supplemental
Nutrition
Assistance
Program

Putting Healthy Food Within Reach

This project has been funded at least in part with Federal funds from USDA. This institution is an equal opportunity provider. The SNAP logo is a service mark of the U.S. Department of Agriculture. USDA

TRESS RICKER
978-388-1907 Ext. 18

Our Neighbors' Table



ATTENTION 8TH GRADE PARENTS

VOLUNTEERS NEEDED FOR

AHS ALL-SPORTS BOOSTERS

**We need parents of student athletes to get involved!
Many of our members have students that are graduating,
and we need YOU to keep this program going!**

**Please join us June 1st or August 3rd at 7pm for a meeting
at the High School to learn what we do and how you can
lend a helping hand!**

Email: info@amesburyboosters.com for more info.

About Us:

The AHS Boosters is a group of volunteers who desire for each AHS Athlete to have the best sports experience they possibly can!

We are an independent non-profit organization who raise and manage funds through selling items in our Booster store, food/refreshments at various games/events as well as generous donations! These funds provide student athletes with:

- Varisty Letter, Sports Emblems
- Senior Lettermen Blanket for any athlete with 10 letters
- Junior Athletic Sweatshirts for all 2+ year athletes.
- CAL Winner Jackets
- \$2000 in Scholarships

Plus we support each individual sport in their separate fundraising efforts

**LOOKING FOR SOMETHING FOR YOUR KIDS TO DO THIS SUMMER BUT
DONT WANT TO COMMIT TO SUMMER CAMP?
WE'VE GOT THE PERFECT THING FOR YOU!**

FANTASTICALLY FUN FRIDAYS @ ACT STUDIOS

This summer ACT is putting the **FUN** back into Fridays! Each Friday will have a new theme.

You will be able to meet new friends, play games, create and have **FUN!**

7/9 - THE MADHATTER'S TEA PARTY

7/16 - LETS BUILD A PUPPET SHOW

7/23 - UNDER THE SEA

7/30 - TROLLS

8/6 - TAKE OFF WITH STAR WARS

8/14 - JUNGLE BOOK

Each Friday will run from 8:30-12:30pm

Cost: \$65 per child (age 6 and up)

Lunch option - 12:30 - 1:30 additional \$10

(Minimum 5 children per day)

For more information contact ACT @ 978-504-0137

*Follow us on Facebook and IG @AmesburyCommunityTheatre or
check out our website www.Amesburycommunitytheatre.org*



AGYSL



AMESBURY GIRLS YOUTH SOFTBALL

**SPRING SOFTBALL 2021
REGISTRATION NOW OPEN**

WWW.AGYSL.ORG

GRADES 2-8

TRYOUTS AND TEAM ASSIGNMENTS WILL BE DETERMINED AT A LATER DATE
ACCORDING TO THE LATEST LOCAL AND STATE COVID-19 GUIDELINES.
PRACTICES WILL BEGIN EARLY IN APRIL, WHEN THE FIELDS ARE IN PLAYABLE
CONDITION. GAMES WILL BEGIN THE LAST WEEK OF APRIL. ALL GAMES ARE
PLAYED DURING THE WORK WEEK, MAKE-UP GAMES MAY OCCASIONALLY BE
SCHEDULED ON WEEKENDS. ALL PLAYERS WILL RECEIVE A TEAM JERSEY,
VISOR, AND MATCHING TEAM SOCKS.





AYRBL

This Spring the Amesbury Youth Rotary Basketball League will be launching a 6 week league at the Town Park Courts. We will begin May 2nd and continue through the first week of June. The cost per player will be \$30 dollars, scholarships are available. All profits from May Madness will go to support the construction of a new basketball court at the Collins Street Park. For more information and to sign up visit ayrbl.org.

MAY MADNESS!



Seacoast Youth Flag Football - www.syffl.com



info@syffl.com

The Amesbury School System neither sponsors nor endorses the information provided.

Seacoast Youth Sports Inc is a 501c3 non profit and is not affiliated with any local schools.