



HOMECOMING & PEP RALLY 2021!

by Allie Oliver - Class of 2024

During October, Shawsheen had Spirit Week which then led up to the pep rally on Friday. This was an exciting time for the students to show their support for the school by repping their Shawsheen gear or dressing up in a range of styles, from neon clothing to pajamas throughout the week. During the pep rally, all students gathered outside on the football field to cheer on the Shawsheen sports teams and watch or partake in tug-o-war and the pie eating contest. Overall, it was a fun time for all staff and students, and congrats to all sports teams, Go Rams!



JOIN NEWSPAPER CLUB!

Meetings every Thursday after school in DVC, room 505.

Newspaper Club Staff

Brianna Defreitas
Allie Oliver
Eva Oppedisano
Arianna Walker

Newspaper Advisor

Mrs. Ouellette

Special Thanks

To Ms. Caira, Ms. Samaha
Ms. Cedorchuk, Ms. Cook

TRUNK OR TREAT



A line of eager children and families wrapped around Shawsheen Valley Technical High School on Saturday, October 30th for admission to its second annual Trunk-or-Treat event! The trunks were all hosted by Shawsheen students, staff, families, community members, and faculty groups. Scenes like Welcome to the Zoo, Day of the Dead, Harry Potter, Pirates of the Caribbean, Under the Sea and Batcave were among a few of the notable displays, and themed tables highlighted Scarecrows, Carnivals & Clowns, Legos, Graveyards, Monsters, Pumpkins, and of course, Mario & Luigi. Ms. Caira was extremely delighted with the high volume of interest in participation this year, not only to decorate trunks, but also volunteers in general. The creativity, thoughtfulness, and effort that was put into each table and trunk display was phenomenal, and we were especially fortunate to have the collaboration with Bruno Brothers Plumbing & HVAC Inc. which made



the event an incredible success. Ms. Caira was thrilled to receive so much support from colleagues, students, and community members, as well as members of the PAC and Shawsheen School Committee.

The event was sponsored by the Shawsheen Valley Technical High School Orientation Leaders and the fabulous Bruno Brothers Plumbing and HVAC Inc., co-owned by Shawsheen Alumni Matthew Bruno (Plumbing, 2007) and Larry Bruno (HVAC, 2006). In addition to their extremely generous \$1500.00 donation, Bruno Brothers also provided 10 trucks with Halloween displays of their own. With their donation, and funds raised and donated by the Shawsheen Tech Orientation program, the leaders of the event provided more than 15,000 treats to make the event an overwhelming success, but that was not enough! Had it not been for a "candy run" by Bruno Brothers in the middle of the event, we



would have run out of treats. "Count us in for next year," said co-owner, Matt Bruno, after he offered to make a second "candy run" to accommodate the masses!

Over 400 children attended, resulting in an astounding attendance of over 1,000 people. Shawsheen Tech's Trunk or Treat was a triumphant success! The event provided the community a safe way to celebrate Halloween, while also providing an outlet for students and staff to serve its beloved community.



CLUB UPDATES

ART CLUB

Art Club meets every other Thursday (Week 2, when 9 & 11 are in Shop) after school in DVC. You can work with a variety of art materials and use the Adobe programs in our Mac Lab! Choose to work on your own thing, or participate in a group activity!

See Mrs. O in DVC with any questions!
aouellette@shawtech.org



Art Club had a tie-dye day! Student's brought in items of clothing to tie-dye! Join us for more fun activities!

NATIONAL HONOR SOCIETY

The returning National Honor Society (NHS) seniors are off and running completing their community service hours to kick off the new school year. Despite the challenges of navigating through a pandemic, NHS members have found opportunities to serve their communities in a variety of ways. From helping at local churches to volunteering at local food pantries, NHS members have thrived thus far in the 2021-22 school year.

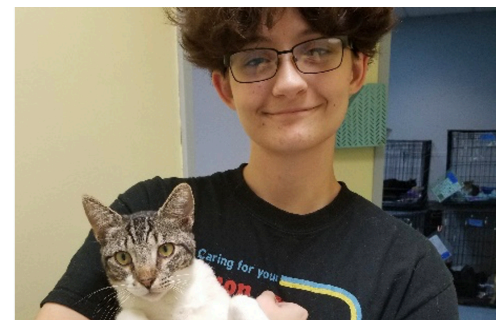
Our officers for the class of 2022 are Gaby Ortiz (President), Megan Geyer (Vice President), and Lee Singer (Secretary) - all of whom have been leaders and ambassadors for Shawsheen. Gaby has continued the success from her junior year that was capped with earning a national silver medal in Skills USA in Dental Assisting by continuing her academic success and volunteering at the Billerica Food Pantry. Reflecting on her experiences so far volunteering at the Billerica Food Pantry, Gaby states, "Being able to volunteer at the Billerica Food Pantry has been an amazing experience, especially knowing I play a part in helping out members in our community. I did not expect to enjoy it as much as I do. My good friend and fellow NHS member, Isabella Schena, and I both see community service not as an act of 'work,' but as something that we have a passion for and enjoy doing." Gaby and the 20-plus group of seniors in NHS hope to continue doing great work around their local communities.



NHS member, Melissa Keegan (third from right) volunteering at the Bedford Day Fair "selling Shawsheen" to Bedford!



NHS members Victor Lam (left), Gaby Ortiz, and Isabella Schena all attended the Walk for Hope alongside the rest of the Volleyball team!



NHS member Megan Geyer volunteering up in Seabrook, New Hampshire at Cat Tales Cat Shelter!

SHOP SPOTLIGHT

COSMETOLOGY DRAFTING

COSMETOLOGY



WHAT SHOULD FRESHMEN KNOW ABOUT THE SHOP?

Cosmetology is a licensed trade. Our students have to complete 1000 hours of schooling. Then they have to pass a practical and written test to become licensed. We focus on hair, skin and nails. There is a lot of science in our profession.

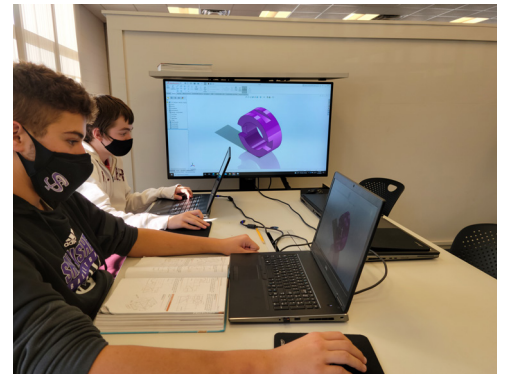
WHAT DOES YOUR SHOP FOCUS ON?

Our students learn about bacteriology, the diseases and disorders of the hair, skin and nails, anatomy, chemistry and electricity are a few of the things we focus on. Also, our students need to learn about customer service as we work on clients in the shop.

WHAT DO SENIORS GRADUATE WITH?

The seniors can graduate with their cosmetology license!

DRAFTING



WHAT SHOULD FRESHMEN KNOW ABOUT THE SHOP?

In Drafting we create technical drawings for the manufacturing or architectural fields. The drafting field opens up career opportunities in lots of different areas of Architectural Design, Mechanical Design and Electro-Mechanical Design.

WHAT DOES YOUR SHOP FOCUS ON?

During the exploratory week we focus on a quick introduction to the field. We concentrate on using 2D AutoCAD during exploratory as well as some design challenges. If a student chooses Drafting then in the following years we will dive deeper into all aspects to prepare you for an engineering or architectural tract in college or a job in the architectural, mechanical or electro-mechanical design engineering fields.

WHAT DO SENIORS GRADUATE WITH?

Seniors leave the Drafting shop fully prepared to land a job in one of the engineering or design fields in architecture, mechanical or electro-mechanical as well as fully prepared to enter college level courses in your desired field!

SHOP SPOTLIGHT

PLUMBING DENTAL

PLUMBING



WHAT SHOULD FRESHMEN KNOW ABOUT THE SHOP?

Freshmen should know that the Plumbing trade is a Licensed trade, and that the preparation for the journeyman's examination is no joke. Apprenticeship training in plumbing takes dedication and discipline. It is kind of like a college education with 550 hours of related code and theory, and 6800 hours of in the field training before eligibility to sit for the exam. That being said, when students come in to explore our shop, we want them to have fun, learn something they didn't know before, and be able to make a decision with the facts presented if this is the right fit for them.

WHAT DOES YOUR SHOP FOCUS ON?

Our main focus other than teaching the trade, is preparing the students to enter the real world. Work ethic is one of the most important things we instill in our students.

WHAT DO SENIORS GRADUATE WITH?

Our Seniors graduate with 330 Hours of code and theory, an OSHA 10 card, 1700 hours of hands-on field training, and a number of product training certificates. And most importantly for most students, a great start to a career.

DENTAL



WHAT SHOULD FRESHMEN KNOW ABOUT THE SHOP?

We review safety and do a lot of fun hands-on skills like, pour up and label a set of teeth in plaster, take and pour up an Alginate impression, make a mouth-guard with the vacuum former, place a dental sealant on a study model, learn about the importance of oral health, and why brushing and flossing can prevent overall health issues.

WHAT DOES YOUR SHOP FOCUS ON?

The most important things are safety and keeping on task. Sophomore year the main focus is infection control and Junior year is radiology to prepare to take the DANB exams.

WHAT DO SENIORS GRADUATE WITH?

The students graduate with CPR, first aid and career safe certifications. The students are prepared to take the DANB, ICE + RHS exams. They may register as a dental assistant for Massachusetts Dental Assisting Licensure through DPH+ Board of Registration in Dentistry (BORID).

MENTAL HEALTH

by Eva Oppedisano - Class of 2024

According to Education Secretary Miguel Cardona -Before the pandemic it estimated that 13-22% of school age children experienced some kind of mental health challenge. Now researchers estimate that number is up to 80%. Life has never been easy, but these last few years especially have caused a lot of stress on everyone. Being stuck inside with very little human contact really had an impact on people. For a lot of students, school is where they connect with teachers, counselors, and friends who can identify warning signs of mental health problems and/or problems at home. School can be used as an escape from issues at home as well. When school was on-line during the pandemic, it limited the resources available to students. Many students get their joy from friends and being separated for so long added to their feelings of loneliness. Thankfully we are back in school but that can cause anxiety for some as well. There are students who have been diagnosed with anxiety and depression, who have reached out for help, but there are still many who suffer, that may not come forward with their issues. For the ones who do come forward, gaining access

to resources can be tricky. Finding an outside therapist is very difficult, with some wait lists up to 10 months, or therapists who are only scheduling on-line appointments which don't work for every student. In extreme cases which include concerns about their safety, some kids need to wait to get treatment or placement in a mental health program for up to 10 days. All of this information can feel overwhelming, and if you are having a difficult time, you may ask yourself, "Where do I get help?"

Luckily, there are many in-house resources here at Shawsheen Tech that are available to all students. Students have access to their assigned guidance counselors who offer a variety of helpful resources. Whether it is college and career planning, worries about grades or concerns in shop or academics, or a safe place to talk about other problems going on, there are many people available to offer a helping hand to students. The individuals in this office can offer you support to help you with a variety of issues.



SVTHS GUIDANCE COUNSELORS
Ms. Samaha, Ms. Caira, Ms. McFadden, Ms. Henry,
Mr. Harrison (Mr. Chapman not pictured)

In addition to guidance counselors, there are 3 School Adjustment Counselors and 2 School Psychologists who provide added counseling support for students. Lastly, the staff at Shawsheen Tech is learning about relationship mapping which is a way for teachers and staff members to get to know each student on a more personal level. If teachers are aware of issues that students have going on, they can offer support to help the student.

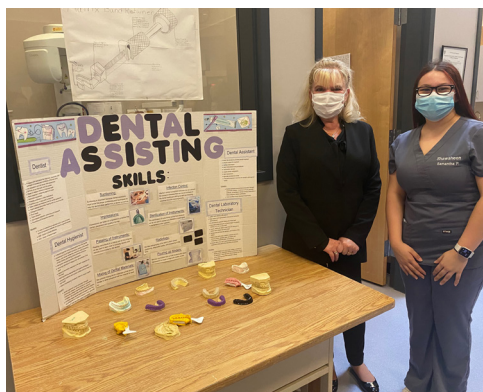
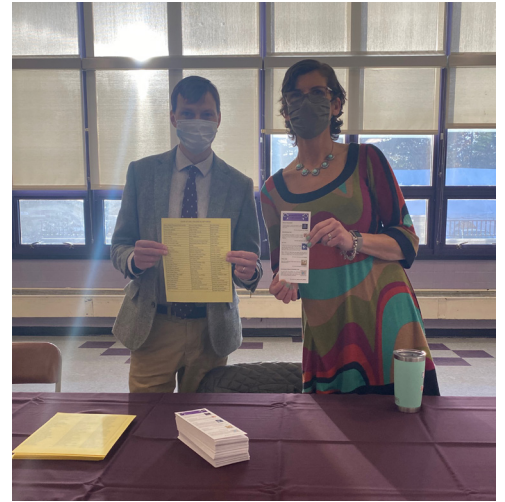
In closing, if you are struggling with any issues this year, please don't feel like it is "only you" or that you are alone. The staff are here to support you.



SHAWSHEEN TECH IN THE NEWS

Shawsheen Tech's FENWAY PARK project was featured on NBC News!
[CLICK HERE to see the video!](#)

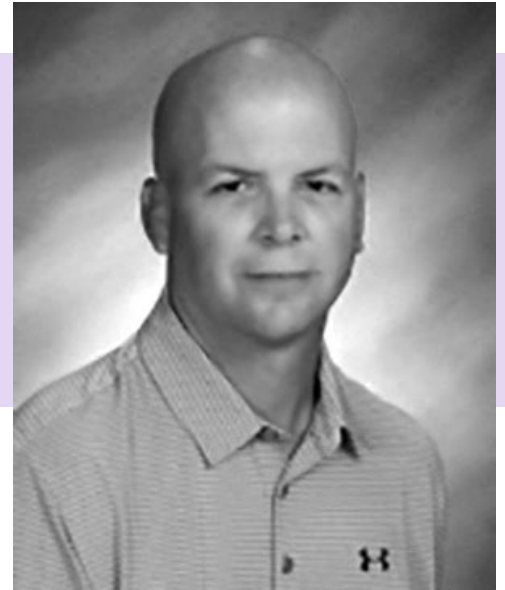
OPEN HOUSE



OPEN HOUSE



REMEMBERING COACH "DUNNIE"



The Shawsheen Community will never forget the legacy of Coach Mark Donovan. He taught us about priorities and becoming your best self. We will take those lessons and carry them with us.

