



EXPLORATORY

THE GREAT DECISION

by Newspaper Staff - Brianna Defreitas, Allie Oliver, Eva Oppedisano

Choosing a shop is one of the most important things you will do during your time at Shawsheen Tech! Here are some helpful things to keep in mind and a glimpse into three different student experiences.

It's almost time to choose your shop! When taking into consideration what shop you should choose, it is a complicated decision. Try not to think about the opinion of your friends; rather, think about what you see yourself doing in your future and what you feel passionate about. Don't feel pressured to choose something out of the box either. It is your life so chose something for you. - Allie

I came into this school knowing I wanted to do something in the medical field, but I'm so glad that we had Explore because it let me experience other careers that I never would have learned about. I learned important life skills like how to tile a wall and how to fix electrical outlets, and how to make amazing cookies!!! Though sometimes Exploratory felt long and aggravating, and I wanted to start in my permanent shop, it was a great educational experience. Hang in there during these last few weeks! - Eva

When I was a freshman, I originally chose a shop that wasn't for me. I didn't realize that one week of exploratory could be very different compared to the daily life in shop. I loved the people and teachers, but I realized I didn't want to continue the career path in the long run. I tried switching out right away, but my guidance counselor wanted me to give it one more chance. I spent the summer thinking long and hard about it because switching is important, and I wanted to make sure I was making the right choice. I went to the guidance counselor the first week of sophomore year and told her I didn't see a future for myself in the shop. Switching was a long process. I reviewed my top 3 choices and my guidance counselor told me I had to write a paragraph on why I wanted to switch into the shop I chose. After that, they would have to make sure that the shop wasn't full, my grade during explore was good, and then I would get interviewed. After my interview I was officially in the shop. I was nervous to see if I would actually like the shop but after a week of being there, I knew it was for me! -Brianna

FEELING STUCK???

If you can't decide on a shop, here are some suggestions to help!

Talk to students who are currently taking the shop!

Make an appointment with Ms. Caira to discuss your choices.

Check your Exploratory grades, shops are competitive!

Email the shop teachers any of your questions.

Think long term, does it align with your goals? College? Career?

Do you think it will make you happy?

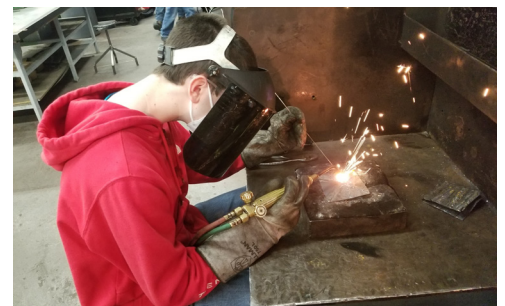
Look at the environment of the shop: Would you be on your feet all day? Would you be sitting all day? A mix of both? What experience do you want?

Don't pick a shop for your friends!

Remember the real shop experience is different than Exploratory. Projects will be more in-depth. (This is where it might be helpful to talk to current students of the program)

Don't feel pressured to avoid taking a shop you want if it is non-traditional, or if you are afraid people will judge you.

If your parents/guardians aren't supportive of your choice, encourage them to reach out to the shop teachers and guidance counselors so those individuals can help make your case.



TOYS FOR TOTS



Thank you Shawsheen Tech! The SkillsUSA Leadership team recently collected 190 toys for underprivileged children. This beat our former record by 10 toys! Mrs. Lloyd and the SkillsUSA Leadership team would like to thank you for your help in bringing a smile to the children of our community that need it!

In the Photograph above: Lucy Malfy, Giana Manoloulis, Isabella Luis, Erica Spurr, Paige Spurr, Zoey Hemeon, Emily Penny, Ava LeDoux, and Sgt. Everette Sgt. Riveria of the Marine Corp.



SkillsUSA Week February 7-11
Emily Penny, Zoey Humeon, SkillsUSA Chapter President, Lucy Malfy

2022
SPRING SPORTS
COMING SOON

BASEBALL

BOYS LACROSSE

GIRLS LACROSSE

SOFTBALL

TENNIS

TRACK & FIELD

ALL Student-Athletes interested in playing a Spring sport MUST register by Friday, March 18th and have a current physical uploaded to their FamilyID account.

*Per the MIAA;
Spring season start date will be Monday, March 21st.*

EVERY CULTURE COUNTS

Hundreds of students walk these halls every day at Shawsheen Tech. Under those masks are a diverse group of individuals who come from all different backgrounds. Freshman students in Ms. McKee's class recently completed an activity where they shared something important about their culture and traditions. Enjoy reading about where some of our newest RamFam members come from!

The culture that I identify with is Puerto Rican. We speak Spanish and English. The way we speak Spanish is different from other countries, though. We turn our "r's" into "l's" and we always skip the "s" when we are talking. I understand it better than I can speak it. We also have a variety of foods that we eat such as Arroz con Gandules, Mofongo, Sancocho, Pastellitos, tostones, platano, fried bananas, etc. We also listen to a variety of music such as salsa, Bachata, Bomba, Merengue, Plena, and Reggaeton. Usually in June there is a Puerto Rican day parade in Boston and New York. My Family and I usually go to both. It is a huge parade with a lot of street vendors, music, and thousands of people wearing Puerto Rican merchandise.

By Julian Torres

The culture that I identify with is Muslim. Something that is very important to me is all of our holidays, like Ramadan, Eid al-Fitr, and Eid al-Adha. Ramadan is when we fast from sunrise (3:00) to sunset (8:00) for a month. Eid al-Fitr is the day after the last day of Ramadan. Eid al-Adha is a day we all gather to have food and eat goat together.

By Aswad Vahora

The culture I identify with is Irish. My grandfather's family is from Ireland, and we have pot roast every St. Patrick's Day. My Papa's mom and dad met on a boat to Ellis Island to the US and came during the potato famine in Ireland. My great grandpa built boats in the Panama canal and built air crafts.

By Leila Hurley

I am Portuguese, Swedish, and Scottish. We celebrate American holidays like Christmas and Thanksgiving. We eat

regular American foods most of the time. Over the summer, since my whole dad's side of the family stays in camps right next to each other in New Hampshire, we always make big dinners and normally we have a lot of Polish food because my uncle, my dad's sister's husband, came from Poland when he was 18. My other uncle, my dad's other sister's husband, moved here from England so he makes us traditional meals for breakfast or dinner. My nonny is Swedish so she loves making Swedish meatballs for dinner. On my mom's side of the family mostly everyone is 100% Portuguese so when we have gatherings or family parties, we all have big Portuguese dinners and Portuguese fried dough for dessert. My mom is the youngest of 5. My whole family was born in Portugal and when my mom was 2, they moved to the US. All the adults speak Portuguese and Spanish but none of the kids understand it. My Bisavo, my great grandmother, had 11 kids. I have over 200 family members on my mom's side.

By Maya Noyes

The culture I identify with is Portuguese. Both of my parents are Portuguese. My mom's mom is from the island of Sao Miguel and my mom's dad is from the island Terceira. My dad's parents are both from the island Terceira, which makes me 75% from Terceira and 25% from Sao Miguel. In Portuguese culture we have certain folklore dances and songs. There are traditional dresses and shoes worn when dancing. Once a year there is a procession and kids wear white while carrying crowns and other things. We walk for a mile to a church and then we have a church session. After then we all go to the hall next to the church and eat traditional food. One of the foods is Soupa, a soup, and Alcatra, which is a meat dish and is most popular in Terceira.

Soccer is also a big part of Portuguese culture. Kids play it anywhere they can, and families gather around to watch Portugal score some more goals. Many times a year there are different feasts and at those feasts we dance to music and eat lots of food. One of my favorite desserts from my culture is Malasadas; the closest thing I can compare this delicious treat to is fried dough. Another one of my favorite desserts is Massa; it's a sweet bread. Even though it's called a dessert it also eaten for breakfast and with other meals. Have you ever eaten King's Hawaiian rolls? That's what it tastes like. The Hawaiian recipe is inspired by the Portuguese one. I know this is a lot, but another big part of our culture is passion fruit and pineapples. They are like the number 1 fruits eaten in my culture. And rightfully so, they are so good. If I continued to tell you more, I would go on forever.

By Ivone Airoso

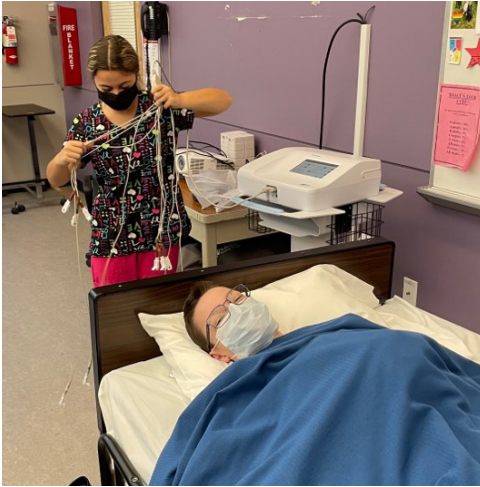
Some cultures I am from are Italy, Ireland, America, and MA. My grandpa came from Italy, so on special events we eat Italian foods like cannoli, pizzelles, tiramisu, gelato, and more. I celebrate St. Patrick's Day, and sometimes go to the parade. Since I am from MA, I represent the Patriots, Red Sox, and Celtics. People from MA, often go to Boston, Dunkins, or beaches like Hampton, and that would be part of my culture, too. We celebrate America's history on Veteran's Day, tomorrow, to remember the Vets who fought, and Memorial Day to remember the fallen. And, 4th of July when America became independent from Britain. Some of my culture is being Christian, so we go to CCD and church once in a while.

By David Stanizzi

SHOP SPOTLIGHT

HEALTH ASSISTING ELECTRONICS/ ENGINEERING TECHNOLOGY

HEALTH ASSISTING



WHAT SHOULD FRESHMEN KNOW ABOUT THE SHOP?

- We work with all patient age groups and populations.
- A dress code must be followed.
- We assist nurses with patient care for people who are in a hospital, nursing home or assisted living.
- Our clinical rotations start sophomore year and our students go to different facilities.

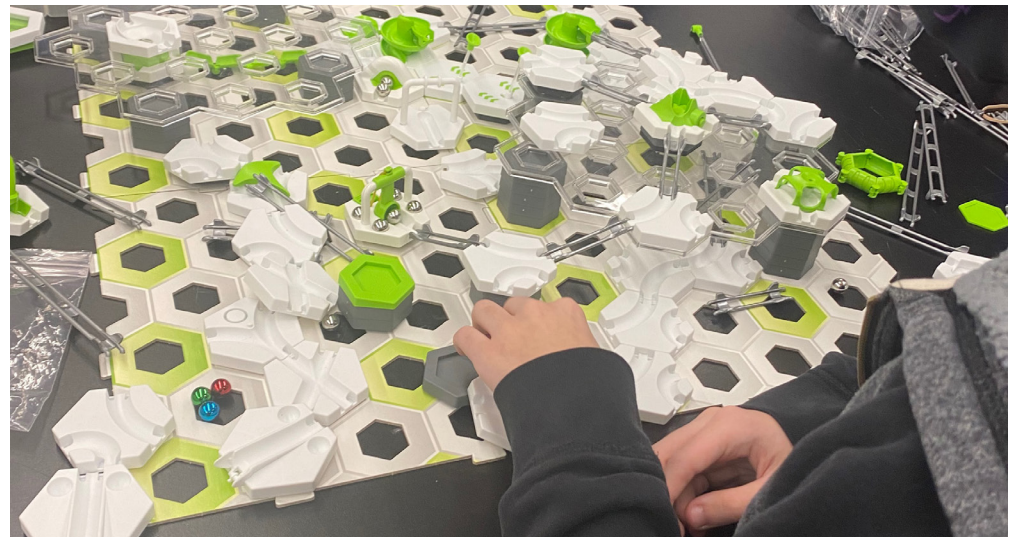
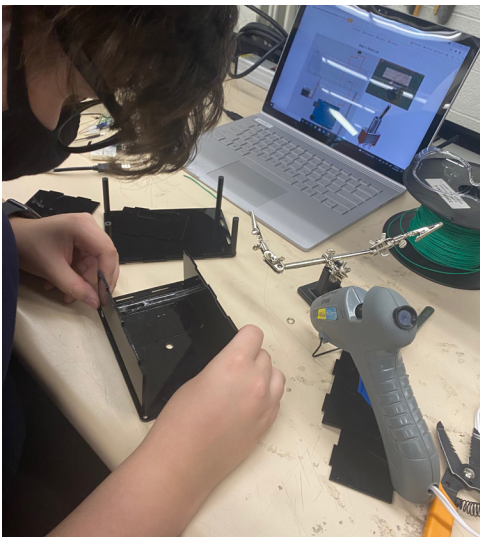
WHAT DOES YOUR SHOP FOCUS ON?

- Patient safety
- Infection control
- Hands on activities
- Working together as a team

WHAT DO SENIORS GRADUATE WITH?

- Massachusetts state certification as a Nursing Assistant
- OSHA 10 Hour Safety certification
- First Aid and CPR certification through the American Heart Association
- Certification in Alzheimer's/ Dementia training

ELECTRONICS/ENGINEERING TECHNOLOGY



WHAT SHOULD FRESHMEN KNOW ABOUT THE SHOP?

Modern, collaborative, fun and fast-paced environment, multiple areas of technical focus with a wide variety of job and post-secondary potentials. Students that best fit our shop are those that enjoy solving project-based problems that require critical unconventional thinking.

WHAT DOES YOUR SHOP FOCUS ON?

Problem solving, collaboration/ teamwork, design thinking, applied math & science, personal agency, drafting/modeling and ethics.

WHAT DO SENIORS GRADUATE WITH?

Competencies in a wide variety of technical fields and allied industries that focus on electronics applications, mechanical design, robotics, automation and manufacturing methods such as PCB fabrication, 3D printing, CNC, laser cutting and injection molding. We offer certification in CSWA, SACA and ETA.

SHOP SPOTLIGHT

CARPENTRY



WHAT SHOULD FRESHMEN KNOW ABOUT THE SHOP?

Freshmen should know that the carpenter is traditionally on the job from a project's beginning until it's completion. The Carpentry shop is designed to feature both shop and off-campus community-based jobsite learning opportunities.

WHAT DOES YOUR SHOP FOCUS ON?

The most important things in the shop are proper PPE, toolbelts and staying engaged and eager to learn the

CARPENTRY BUSINESS TECHNOLOGY/ MARKETING

process of building a new home while working closely with the other trades.

WHAT DO SENIORS GRADUATE WITH?

Seniors graduate with a 10-hour Osha Safety Credential and the knowledge of the Massachusetts State Building Code, which can be used to obtain a building permit for the inspection process. The Carpentry shop curriculum ensures that our students learn and master fundamental safety and construction skills so that they will be ready to meet and excel while working in the real-world.

BUSINESS TECHNOLOGY/ MARKETING

WHAT SHOULD FRESHMEN KNOW ABOUT THE SHOP?

The Business Technology/Marketing shop offers so many opportunities to freshmen students. Our program helps align our students interests to their career aspirations. Want to run your own business? Want to attend College after High School? Want to be a successful employee in the business sector? Business & Marketing offers a unique experience that prepares students for success in the real-world. In our program, students have the opportunity to be creative, expand their talents, and get out of their comfort zones, all while learning valuable business and life skills to succeed in any career path.

WHAT DOES YOUR SHOP FOCUS ON?

In our project-based learning environment, our students learn and certify in Microsoft Office applications including Excel, PowerPoint, Word, & Outlook. Our students also learn and certify in Google applications including Fundamentals of Digital Marketing, Display ads and Search Ads. In addition, our students learn all the primary area's of business including accounting, finance, and marketing,



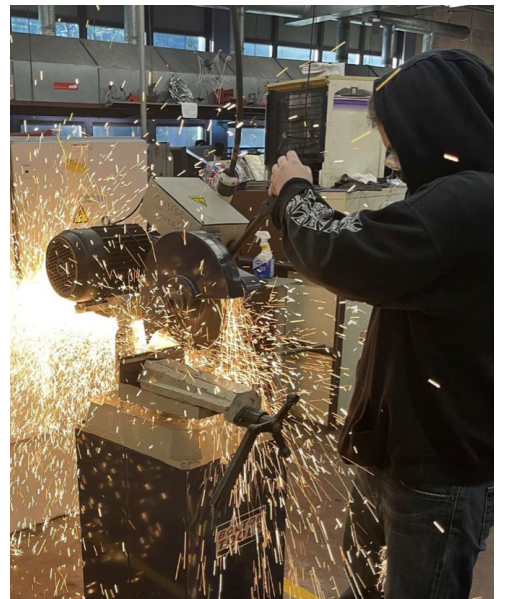
and use these skills to run and operate Rams Pride School Store throughout the school year. Finally, we place an important emphasis on career and college prep, ensuring our students are confident and prepared to take on whatever challenges they endeavor upon graduation.

WHAT DO SENIORS GRADUATE WITH?

In addition to their many certifications,

professional portfolio, and wealth of industry knowledge, our seniors graduate with the credentials that make them a viable candidate for whatever career or educational path they choose. Many of our graduates are obtaining a Bachelor's & MBA (Master's in Business Administration) from and an accredited business school in under four years due to the curriculum taught in our program.

HAPPENINGS







JOIN US AT NEWSPAPER CLUB!

Meetings every Tuesday morning during homeroom in DVC (505).

Newspaper Club Staff

Bianna Defreitas
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Newspaper Advisor

Mrs. Ouellette

Special Thanks

To Ms. McKee, Ms. Cammarata,
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