



# AES WEEKLY POLYS



Below you will find:

AES Happenings

October Lunch Menu

Events From the Town: Trick or Treating

Local Sports

Food and Coat Drive

**[Interview with Mr M in Wicked Local !](#)**

## **AES HAPPENINGS - October 15, 2021**

Dear AES Families:

I hope this AES Happenings finds you in good health and spirits. Below you will find information on the following topics:

- For-Your-Information
- A Friendly Remember
- Mark-It-In-Your-Calendar
- Quote

Please follow me on Twitter @AESMrM. I currently have 53 followers... My goal is 100.

### FOR YOUR INFORMATION (FYI)

- The Halloween Parade is scheduled for Friday, October 29th at 9:00. Fun time for all. I am asking for students NOT to bring in any weapons that may go with their costumes.

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### A FRIENDLY REMEMBER

- If you do NOT want your son/daughter photographed please email [aes-notes@amesburyma.org](mailto:aes-notes@amesburyma.org) and let us know.
- If you have not signed up for our school routine COVID safety check program, sign up here: <https://www.cic-health.com/consent/ma>

## MARK-IT-IN-YOUR-CALENDAR

Monday, October 18th

- Project Lead the Way (PLTW) Fall Conference
- Grade Level Meetings for Grade 3 and 4 ~Wit and Wisdom with Lisa Dupere
- School Committee Meeting at 7:00pm ~AHS

Tuesday, October 19th

- Grade Level Meetings for K, 1, and 2 ~Wit and Wisdom with Lisa Dupere
- Leadership Team @9:00 ~AES (MrM)

Wednesday, October 20th

- Early Dismissal @12:00
- PRT (Professional Release Time) @12:20

Thursday, October 21st

- Newspaper Club with Mr. McBrien @7:30am
- Special Education Facilitator Meeting @8:00
- Amesbury CCI @9:00 ~AHS (MrM)
- New Teacher Orientation ~Reflection @3:30



# THROUGH HUMOR

YOU CAN SOFTEN SOME OF THE WORST BLOWS THAT LIFE  
DELIVERS.

AND ONCE YOU FIND LAUGHTER,  
NO MATTER HOW PAINFUL YOUR SITUATION MIGHT BE,  
YOU CAN SURVIVE IT.

# Mr. M.'s Memo ~October 18, 2021

Dear AES Families,

I hope this Memo finds you and your family in good health and spirits. Throughout the school year, my plan is to send out a Mr. M.'s Memo every Monday on a variety of educational topics.

## This Memo's Topic: Self-Care

I came across an article from Psychology Today, 2018 about Self-Care and 12 Ways to Take Better Care of Yourself. So I would like to share it with you.

### Why Self-Care Matters

It's so important to make sure you take good care of your body, mind, and soul every day, not just when you get sick. Learning how to eat right, reduce stress, exercise regularly, and take a time-out when you need it are touchstones of self-care and can help you stay healthy, happy, and resilient.

### Why Do We Often Fail at Self-Care?

Practicing self-care isn't always easy. Most of us are crazy busy, have stressful jobs, or are too consumed with technology to make time for ourselves. Me-time is usually last on the agenda. Worse, we can sometimes feel guilty about taking the time required to take care of ourselves. So getting started with self-care can be challenging.

Here are 12 ways to get started with your self-care.

1. **Make sleep part of your self-care routine.**
  - Sleep can have a huge effect on how you feel both emotionally and physically. Not getting enough can even cause major health issues. But stress and other distractions can wreak havoc on our sleep.
  - What do you do to make sleep part of a self-care routine? Start by thinking about your nightly routine. Are you eating or drinking immediately before bed? If so, it's especially important to stay away from caffeine and sugar, which tend to keep you awake.
  - Reducing stress is also key. If you have work-related stress, think about the best ways to calm yourself after a hard day or relax more while on the job. You might talk to your employer about lessening your workload or settle a disagreement with a coworker.
  - Next, make sure your bedroom is the best possible place for you to get good REM sleep. It should be free of distractions (such as a television, laptop, cellphone, etc.). And make sure you have room-darkening curtains to keep the sun from waking you up too early in the mornings.
2. **Take care of yourself by taking care of your gut.**
  - Your gut health can have a significant impact on your health, well-being, and feelings of vitality. The types of foods you eat crucially impact the bacteria that live in your stomach, resulting in a cascade of either positive or negative outcomes.
3. **Exercise daily as part of your self-care routine.**
  - We all know exercise is good for us, but do we really know how good it is? Daily exercise can help you both physically and mentally, boosting your mood and reducing stress and anxiety, not to mention helping you shed extra weight.
  - Of course, it might be hard to go to the gym every day, so try to incorporate other exercises, such as walking, tennis, or yoga, which may be able to fit into your schedule more easily.
  - The most important thing is to create a routine that works for you.
4. **Eat right for self-care.**

- The food we eat has the potential to either keep us healthy or contribute to weight gain or diseases such as diabetes, but it can also keep our minds working and alert.
  - Eating the right foods can help prevent short-term memory loss and inflammation, both of which can have long-term effects on the brain and, in turn, the rest of the body. Some of the most amazing self-care foods include fatty fish, blueberries, nuts, green leafy veggies, and brassicas, like broccoli.
5. Say no to others, and say yes to your self-care.
- Learning to say no is really hard; many of us feel obligated to say yes when someone asks for our time or energy.
  - However, if you're already stressed or overworked, saying yes to loved ones or coworkers can lead to burnout, anxiety, and irritability.
  - It may take a little practice, but once you learn how to politely say no, you'll start to feel more self-confident, and you'll have more time for your self-care.
6. Take a self-care trip.
- Taking a self-care trip can make a huge difference in your life. Even if you're not feeling particularly stressed, getting away for a weekend every now and then can help you disconnect, relax, and be rejuvenated.
  - These self-care trips don't have to be costly; simply drive to the next town over and see the sights, or go camping nearby. The goal is to veer away from your normal schedule and take the time to do something just for yourself.
7. Take a self-care break by getting outside.
- Spending time outside can help you reduce stress, lower your blood pressure, and live in the moment. Studies have even shown that getting outside can help reduce fatigue, making it a great way to overcome symptoms of depression or burnout.
  - Getting outside can also help you sleep better at night, especially if you do some physical activity, like gardening, hiking, or walking while you are outside.
8. Let a pet help you with your self-care.
- Pets can bring a boost to our lives. From giving unconditional love to providing companionship, pets can be hugely beneficial for our self-care.
  - Dogs especially can help reduce stress and feelings of anxiety and can even lower blood pressure.
9. Take care of yourself by getting organized.
- Getting organized is often the first step to becoming a healthier you because it allows you to figure out exactly what you need to do to take better care of yourself.
  - A small change, like keeping a planner or a calendar on the fridge, can help you write down all your responsibilities and appointments, while at the same time keeping your life a bit more organized.
  - You can also create an area to keep keys, purses, backpacks, briefcases, and coats, and make sure they're ready to go for the next day.
10. Cook at home to care for yourself.
- Many people don't take the time to make themselves meals, preferring instead to stop for fast food or popping a pre-made meal in the microwave. But these "fast" meals aren't usually sufficient when it comes to feeding your body the right kinds of calories and nutrients.
  - Even if it's only once a week, consider making a healthy meal for yourself or your whole family. You could even look into a meal delivery service or meal kit that can help you get started.
11. Read a book on self-care for self-care.
- In today's fast-paced world, we tend to turn to our phones for entertainment or comfort, scrolling through news feeds that can contribute to our stress and worries rather than helping it.

- Instead, consider bringing a self-help book with you when you leave the house. Even better, bring books on self-care so that you can learn more about how to take care of yourself while you are taking care of yourself.
  - You might be amazed at the difference it can make when you slow down instead of always looking at your phone. Not only can it help improve your mood, but it can also help you to stay more present and mindful.
12. Schedule your self-care time, and guard that time with everything you have.
- It can be hard for us all to find extra time. But it's extremely important to plan regular self-care time.
  - Moments alone can help you to ponder the best ways to move forward in your life and keep you grounded. And moments with friends can help you feel more connected and relaxed.
  - Whether you decide you want to go for a long walk, take a hot bath, or enjoy a good movie with friends, taking self-care time is imperative.
  - Look for small ways you can incorporate it into everyday life; for example, you might wake up 15 minutes earlier to sit with a cup of tea and practice deep breathing before the chaos of the day begins, or you might take a walk around the block on your lunch break.
  - The more you can work self-care time into your schedule, the better you'll be able to grow, enjoy your life, and thrive.

Thanks for reading, if you have any questions or concerns on this topic or anything else just reach out to me.

Talk To You Soon

Jim (MrM)







# CLASS OF 2024 Halloween Bash!

You are invited to a spooktacular  
afternoon of painting pumpkins, fun  
music & games, donut contests, candy  
hunts, face painting, etc!

**October 23, 2021**

**3-5 pm**

**Amesbury High School**

**\$10 per child, or \$7 if you wear a  
costume!**

**There will be a costume contest!**

To enter, please come around  
back to the patio outside the  
cafeteria!

In honor of sock-tober, we are  
accepting any donations of new  
pairs of socks at this event!



THE AMESBURY CHAMBER OF  
COMMERCE PRESENTS

# FRIDAY NIGHT FRIGHTS

FREE OUTDOOR MOVIE NIGHTS FEATURING  
FAMILY FRIENDLY HALLOWEEN FAVORITES!

10/8

10/15

10/22

10/29



@ Heritage Park, Lower Millyard | Movie starts after dusk

Grab a bite to eat downtown then bring your blankets and/or  
chairs for the show!

Concessions will be sold to benefit Coastal Connections



Made possible by our sponsors,  
**Morrill Electric**



**Newburyport  
Bank**  
JOURNEY WELL



**INSTITUTION FOR SAVINGS**  
BUILDING STRONGER COMMUNITIES TOGETHER SINCE 1828.



THE AMESBURY CHAMBER OF COMMERCE PRESENTS

*Downtown*  
**Trick**  
*or*  
**Treat**

OCTOBER 26TH

5:30-7:30PM



Local businesses and organizations will open their doors Tuesday, October 26th from 5:30-7:30pm for our Annual Downtown Trick-or-Treat! Be sure to stop in at 5 Market Square for a special surprise and map from Newburyport Bank and keep an eye out for the Ghostbusters Car thanks to the Institution for Savings!



[WWW.AMESBURYCHAMBER.COM](http://WWW.AMESBURYCHAMBER.COM)





Amesbury Educational Foundation, Inc. presents the 10th

# AUTUMN EVENING OF GIVING

Monday November 1st: 6:00pm

Ristorante Molise

*Enjoy a selection of hearty appetizers, cash bar, games, and prizes!*

Fall grants to Amesbury  
teachers awarded!  
Peter Gray  
Friend of Education Award  
presented!

Tickets: \$25 in advance

\$30 at the door

*Can't make the event but still want to support AEFI? Check out our online auction and raffle.*

For more information or to purchase event tickets:

[aefionline.com](http://aefionline.com)



**Amesbury Educational Foundation, Inc.**

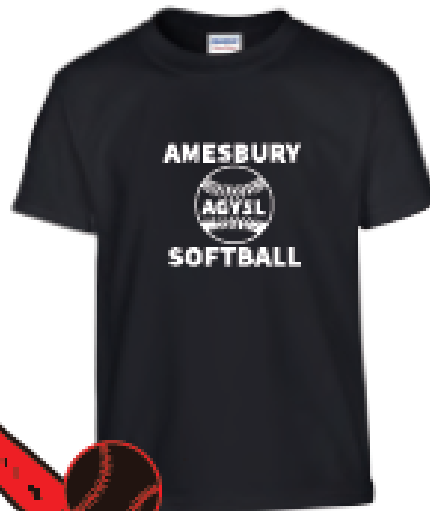
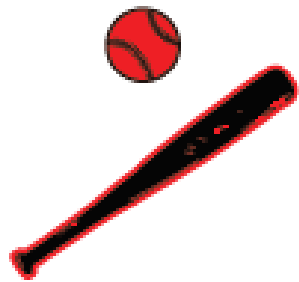
# Amesbury Girls Youth Softball League

## ONLINE STORE

Open Wednesday October 20<sup>th</sup> 2021  
Closes Wednesday November 3<sup>rd</sup> 2021

click on the link below to view your store!

[http://stores.inksoft.com/love\\_live\\_girls\\_softball](http://stores.inksoft.com/love_live_girls_softball)



# 2021 Amesbury Holiday Program

## **Need help for the holidays...?**

The Amesbury Holiday program is a PRIVATE, nonprofit organization. If you are an Amesbury resident and need assistance to purchase gifts for your children *under the age of 18*, please see the following guidelines to participate in our gift program.

Where: Due to the COVID 19 Pandemic and the Delta Variant , all SIGN Ups will be done **OVER THE PHONE** .....

You must pre-register by **OCTOBER 11,2021** for one of the dates below. Call **978-388-0626** or **978-420-6752**. Leave your NAME (spell your last name) and PHONE NUMBER and the DATE you wish to be contacted.

When:	Tuesday	10.12.21	5:30-7:30 pm
	Friday	10.15.21	8:30-10:30 pm
	Saturday	10.16.21	8:30-10:30 am
	Tuesday	10.19.21	5:30-7:30 pm
	Friday	10.21.21	8:30-10:30 am
	Thursday	11.4.21	5:30-8:00 pm

An AHP Member will contact you on your scheduled date. All participants **MUST HAVE THEIR PHONE AVAILABLE ON THEIR SCHEDULED DATE. YOU WILL ONLY BE CALLED ONCE AND THE NUMBER MAY COME UP ON YOUR PHONE AS UNKNOWN OR SPAM.**

For questions regarding the program, call Raelene at 978-388-0626

**DO NOT call Community Action!!!**

Amesbury Holiday Program PO Box 324 Amesbury MA 01913



# **21-22 Amesbury Basketball**

**THIS YEAR AYRBL LOOKS  
FORWARD TO A GREAT SEASON  
FOR PLAYERS FROM 1ST GRADE  
THROUGH 8TH. THE SEASON  
BEGINS NOVEMBER 1ST! SIGN UP  
NOW AT [AYRBL.ORG](http://AYRBL.ORG).**

### MONDAY



### TUESDAY

**Lunch Price List**  
 •Reduced Price Lunch: \$0.40  
 •Paid Lunch: \$3.00

### WEDNESDAY

**Adult Meal Price**  
 •Adult lunch: \$3.75

### THURSDAY

*Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.*

### FRIDAY

- 1**
- Main Entrees**
- Deep Dish Cheese Pizza
  - Tossed Side Salad
- Alternate Entrees**
- Sunbutter & Grape Jelly Sandwich

- 4**
- Main Entrees**
- Macaroni and Cheese
  - Steamed Broccoli Florets
  - Roma Herb Breadstick
- Alternate Entrees**
- Sunbutter & Grape Jelly Sandwich
  - Bagel, Egg & Orange Fun lunch

- 5**
- Main Entrees**
- Beef Nachos
  - Tossed Side Salad
- Alternate Entrees**
- Sunbutter & Grape Jelly Sandwich
  - Bagel, Egg & Orange Fun lunch

- 6**
- Main Entrees**
- Cheese Stuffed Breadsticks
  - Marinara Sauce
  - Seasoned Broccoli
- Alternate Entrees**
- Sunbutter & Grape Jelly Sandwich
  - Bagel, Egg & Orange Fun lunch

- 7**
- Main Entrees**
- Chicken Nuggets
  - Baked Crinkle Fries
  - Sliced Carrots
- Alternate Entrees**
- Sunbutter & Grape Jelly Sandwich
  - Bagel, Egg & Orange Fun lunch

- 8**
- Main Entrees**
- Deep Dish Cheese Pizza
  - Tossed Side Salad
- Alternate Entrees**
- Sunbutter & Grape Jelly Sandwich
  - Bagel, Egg & Orange Fun lunch

- 11**
- Alternate Entrees**
- Sunbutter & Grape Jelly Sandwich

- 12**
- Main Entrees**
- Classic American Cheeseburger
  - Baked Crinkle Fries
  - Seasoned Mixed Vegetables
- Alternate Entrees**
- Sunbutter & Grape Jelly Sandwich
  - Garden Salad & Bread Stick Fun Lunch

- 13**
- Main Entrees**
- Ham and Cheese Bagel Melt
  - Baked Crinkle Fries
  - Fresh Baby Carrots
- Alternate Entrees**
- Sunbutter & Grape Jelly Sandwich
  - Garden Salad & Bread Stick Fun Lunch

- 14**
- Main Entrees**
- Beef Hot Dog on Whole Wheat
  - Confetti Coleslaw
  - Baked Beans
- Alternate Entrees**
- Sunbutter & Grape Jelly Sandwich
  - Garden Salad & Bread Stick Fun Lunch

- 15**
- Main Entrees**
- Deep Dish Cheese Pizza
  - Tossed Side Salad
- Alternate Entrees**
- Sunbutter & Grape Jelly Sandwich
  - Garden Salad & Bread Stick Fun Lunch

- 18**
- Main Entrees**
- Toasted Cheese Sandwich
  - Tater Tots
  - Fresh Carrots
- Alternate Entrees**
- Sunbutter & Grape Jelly Sandwich
  - Bagel, Yogurt and Cheese Fun Lunch

- 19**
- Main Entrees**
- Beef Walking Tacos
  - Mexicali Corn
- Alternate Entrees**
- Sunbutter & Grape Jelly Sandwich
  - Bagel, Yogurt and Cheese Fun Lunch

- 20**
- Main Entrees**
- Rotini Tossed in Italian Meat Sauce
  - Tossed Side Salad
  - Garlic Breadstick
- Alternate Entrees**
- Sunbutter & Grape Jelly Sandwich
  - Bagel, Yogurt and Cheese Fun Lunch

- 21**
- Main Entrees**
- Whole Grain French Toast Sticks
  - Pork Sausage Link
- Alternate Entrees**
- Sunbutter & Grape Jelly Sandwich
  - Bagel, Yogurt and Cheese Fun Lunch

- 22**
- Main Entrees**
- Deep Dish Cheese Pizza
  - Tossed Side Salad
- Alternate Entrees**
- Sunbutter & Grape Jelly Sandwich
  - Bagel, Yogurt and Cheese Fun Lunch

- 25**
- Main Entrees**
- Italian Chicken Parm Sandwich
  - Tater Tots
  - Savory Green Beans
- Alternate Entrees**
- Sunbutter & Grape Jelly Sandwich
  - Muffin, Granola & Yogurt Fun Lunch

- 26**
- Main Entrees**
- Sausage & Pancake Stick
  - Hash Brown Patty
- Alternate Entrees**
- Sunbutter & Grape Jelly Sandwich
  - Muffin, Granola & Yogurt Fun Lunch

- 27**
- Main Entrees**
- Mashed Potato & Chicken Bowl
  - Seasoned Corn
  - Whole Grain Dinner Roll
- Alternate Entrees**
- Sunbutter & Grape Jelly Sandwich
  - Muffin, Granola & Yogurt Fun Lunch

- 28**
- Main Entrees**
- Italian Combo Hoagie
  - Baked Crinkle Fries
- Alternate Entrees**
- Sunbutter & Grape Jelly Sandwich
  - Muffin, Granola & Yogurt Fun Lunch

- 29**
- Main Entrees**
- Deep Dish Cheese Pizza
  - Tossed Side Salad
- Alternate Entrees**
- Sunbutter & Grape Jelly Sandwich
  - Muffin, Granola & Yogurt Fun Lunch

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[f](#) [@](#)coatsforkids [antons.com/cfk](http://antons.com/cfk)

# COAT DRIVE

## now through Jan 6



Help the **Amesbury Lions Club** keep our community warm this winter!  
Donate gently used or new warm winter coats for children and adults at



**CITY HALL, 62 FRIEND ST. OR COCO, EARLY & ASSOCIATES, 87 MAIN ST.  
IN BEAUTIFUL DOWNTOWN AMESBURY.\***

\*Coats also accepted at Anton's in Newburyport; tell Anton's the Amesbury Lions sent you.



Donated coats are professionally cleaned by Anton's and distributed to families in need through a network of local social service agencies.

Coats only, please. All sizes welcome. Early donations appreciated.



**AMESBURY LIONS CLUB**  
[facebook.com/AmesburyLionsClub](https://facebook.com/AmesburyLionsClub)



facebook.com/AmesburyLionsClub

# AMESBURY LIONS CLUB FALL SOUP DRIVE



**PLEASE HELP THE FOOD INSECURE  
IN OUR COMMUNITY STAY WARM!**

Throughout the Fall, the Amesbury Lions are gathering canned and dry-packaged soup for the needy, asking the good citizens of Amesbury to bring soup early and often to one of four drop off locations; the donated soup will then be brought to area food pantries for proper distribution to the food insecure.

**Please bring soup to either:**

- **Gould Insurance Offices, 41 Sparhawk Street**
- **Coco, Early and Associates, 87 Main Street**
- **Phat Cats Bistro, 65 Market Street**
- **Amesbury City Hall, 62 Friend Street**



**Junie B.  
Jones**  
The Musical **JR.**



**TICKETS ON SALE!!!**

*The Top Secret Personal Beeswax is out of the bag!*

ACT is excited to present

**JUNIE B. JONES**  
**THE MUSICAL**

**November 11, 12 & 13 @ 7pm**

**November 13 @ 2pm**

**ACT Studios, 109 R Main St., Amesbury**

Reserve your tickets today by calling the  
Box Office @ 978-518-7752

*Tickets are \$20 each*

Note masks will be required for all audience  
members regardless of vaccination status

# MITE INSTRUCTIONAL HOCKEY PROGRAM



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**For more information please visit**

**[www.ayhl.org](http://www.ayhl.org)**

**or**

**[www.tritonyouthhockey.com](http://www.tritonyouthhockey.com)**

# REGISTRATION NOW OPEN!

## LEARN TO SKATE & LEARN TO PLAY HOCKEY



Saturdays, 8am starting October 16<sup>th</sup> (10 weeks)

Where: Graf Rink, Newburyport, MA

Cost: \$125 or sibling discount 2 for \$200

For more information go to:

[www.ayhl.org](http://www.ayhl.org) or

[www.tritonyouthhockey.com](http://www.tritonyouthhockey.com)





**Amesbury Youth Lacrosse and MBYLL's Director of Girls Lacrosse Jenn Salsich are proud to host a Girl's Learn to Play Lacrosse Clinic**

Girls who are interested in lacrosse and are unsure what it is all about are welcome to join an introductory clinic. Coaches will work on fundamentals, so players grasp the concept of the game.

We are trying to grow the game of lacrosse and start a girl's league here. If any girls are interested please come to our girl's lacrosse clinic. If you have a stick please bring it.

Please email [aylacrosse@gmail.com](mailto:aylacrosse@gmail.com) to register. Please include your player's name and if they have their own stick. Sticks will be provided if a player does not have one.

Who: Girls ages 9 and under

Cost: Free

When: Saturday, November 6th 10:30-11:30