

Blue Knight Highlights for March 16, 2025

What's Happening in the Sandwich Public Schools

SPS Holds Its First-Ever Wellness Fair

The Sandwich Public Schools Wellness Committee, spearheaded by Nursing Department Chair Nicola Bordelon, MSN, RN, held its first-ever District Wellness Fair last Thursday, March 13. It was an unqualified success! Thank you to all of our wonderful and supportive sponsors. With a fantastic turnout, students, staff, and community members enjoyed an exciting variety of health-focused activities, informative booths, and interactive experiences. From free health assessments to delicious food tastings and engaging wellness workshops, the event was filled with energy and enthusiasm. Attendees expressed overwhelmingly positive feedback, highlighting the valuable resources and connections made throughout the day. We are thrilled with the response and look forward to making the next SPS Wellness Fair even bigger and better!

SMHS Jazz Band Performs at the All Cape Jazz Festival

Members of the Sandwich Middle High School Jazz band, pictured above and led by SMHS Band Director Alexander Breault, participated in this weekend's All Cape & Islands Jazz Festival in Hyannis. Sponsored by the Cape Cod Music Educators Association, the festival is designed for Cape and Islands students grades 9-12 interested in participating in a Jazz Big Band (reading jazz sheet music with dense harmony) or a Jazz Improvisational Combo (emphasis on aural & improvisational music skills) with a group of experienced and enthusiastic peers, excellent workshop leaders/conductors, and supportive music educators. The SMHS ensemble had the opportunity to deftly perform two pieces, "So Nice (Summer Samba)" by Marcus Valle and "Caravan" by Duke Ellington. To see the "Caravan" performance, please [click here](#).

Three of the students also performed in the auditioned ensembles, with junior Daniel Flynn playing drum in the Combo, and senior Angelina Varao and freshman Sofia DiSavino on saxophone in the Big Band. (All three pictured below) All of our students ate it up both on stage and in the workshops earlier in the day, and we are incredibly proud of how they represented Sandwich!

Young Artists Gallery Continues at the Sandwich Arts Alliance

The next rotation of the Young Artists Gallery at the Sandwich Arts Alliance opens to the public this coming Tuesday, March 18. SMHS student interns Isabelle Anders, '25 and Lee Schaubert, '25 have been hard at work preparing a beautiful gallery that showcases talented Sandwich artists, grades K-12. The SAA Gallery is open each Tuesday-Saturday from 11:00 am to 4:00 pm. There will also be an Open House & Reception for the artists and their families on Wednesday, March 26 from 5:30 pm to 7:30 pm. New artwork from our students will be displayed seasonally.

SEPAC to Host “Coffee and Conversation” on March 21

Join the Sandwich SEPAC for an informal meeting this Friday, March 21 at 9:00 am at Cafe Chew (40 Merchants Road in Sandwich). If you have any questions, please email SEPAC Chair MaryKate Lott at sepacsandwich@gmail.com

Girls on the Run to Return to Oak Ridge

Hello, Mountain Mover!

Girls on the Run is coming back to Oak Ridge - Sandwich!

Get ready to build the confidence to do hard things. Join a team where you can make new friends and feel like you belong!

Are you ready to believe in yourself as you take on challenges?

- Your team meets twice a week for eight weeks (16 lessons)
- Caring coaches lead fun lessons and games, group discussions, and physical activities

Each team dreams up and completes a Community Impact Project that helps make the world a better place

You will cross the finish line with your team in an exciting and joyful 5K in June!

SEASON DETAILS

Site/Team Name: Oak Ridge School - Sandwich

Grades: 3-6

Practice Days & Times: M/Th 4:00-5:30

Season Starts: Monday, 3/31

Celebratory 5K: Saturday, May 31 @ Boston Common

GOTR Program Fee: Sliding scale (\$35 - \$225)

Financial Assistance always available!

School/Site Contact: Lorely Martinez, lorelly.martinez@girlsontherun.org

GOTR Contact: Katie Royer, katieroyer@hotmail.com

<https://www.girlsontherunboston.org/>

Girls

the run

SCAN TO REGISTER!

FINISH!

From the Nurse's Office

If you haven't done so already, please visit the [Health Services page](#) of the Sandwich Public Schools website. Many of the health forms you need and health related answers that you seek can be found on this page.

