



**November 2022 Family Newsletter  
Beechwood Knoll Elementary School**

**Principal**  
Marisa Rodriguez

**Acting Assistant Principal**  
Laura Latini

**Secretary**  
Katie DeLancey

**Nurse**  
Debbie Cerone  
617-984-8632  
deborahcerone@quincypublicschools.com

**Guidance**  
Maura Hurst

**School Hours:**  
M, T, Th, F  
8:15am - 2:30pm

Wednesday  
Early Release  
8:15am - 11:55am

**BKS Info:**  
225 Fenno Street  
Quincy, MA 02171

Tel:  
617-984-8781

Fax: 617-984-8636

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>PAJAMA DAY!</b> All Saint's Day	2 <i>Early Release</i> 11:55 am	3 English Learner Parent Advisory Council Meeting (ELPAC) 6pm	4
7 QATV Annual Christmas Poster Contest Gr 1-5 submissions due	8 No School Election Day	9 <i>Early Release</i> 11:55 am	10	11 No School Veteran's Day
14 Grade 4 Quincy History Virtual Field Trip PTO Meeting 6-7 Grade 3 Field Trip <i>Plimoth Plantation</i>	15 Grade 4 Quincy History Virtual Field Trip	16 Grade 4 REACH <i>Early Release</i> 11:55 am	17	18 <b>EXTENDED DAY PROGRAMS END</b>
21 Citywide PTO Meeting 7-8 pm	22 BKS Annual Turkey Trot	23 RAIN DATE Turkey Trot <i>Early Release</i> 11:55 am	24 25 No School Thanksgiving Break	
28 <b>BKS BOOK FAIR BEGINS</b> Citywide PTO Equity, Diversity & Inclusion (EDI) Subcommittee Meeting	29 November 28-29 Elementary School Improvement Plans Presented to School Committee	30 <b>PBIS ROLE MODEL ASSEMBLY</b> <i>Early Release</i> 11:55 am	Native American Heritage Month	

# Counselor's Corner

Happy November Beechwood Families. How is it November already?!?!

Last month I shared about our new social-emotional learning program- Open Parachute. I am really enjoying learning along with your children as we explore this new program. While each grade will cover different topics as the year goes on, all classes first receive an introduction to “mental health” and agree on ways to show respect for each other. (If you are curious about lesson topics, go to: <https://openparachuteschools.com/student-mental-health-curriculum/> and scroll to the bottom of the page.)

Here is a glimpse into how mental health is introduced in our first Open Parachute lesson:

“Mental Health is how our thoughts and feelings change, depending on what we go through (for example, feeling happy or frustrated when we win or lose).”

“When we go through hard things, we feel sad, angry, and scared. When we do things we like, we feel happy, joyful, and proud. All of these positive and negative experiences make up our mental health, and are a normal part of being human.”

“It is very important that we talk about mental health because it helps to explain why we feel so many different things all the time. The more we talk about it, the more we can help ourselves and each other!”

Addressing mental health with the students has become an increasingly important topic. I am so glad to have this new tool to help the children develop these important life skills.

Open Parachute also has a parent component that you may be interested in. Use the link below to access the Parent Dashboard. There is an audio series focused on skill building as well as three different parent resource courses (childhood, preteen & teen). I'll be sure to check it out with you. (There is an educator's version that I'll also be doing with some of the BKS teachers.)

[https://learn.openparachuteschools.com/parent/login?id=US\\_rl4tMOYYkYQJhLHGLHimx](https://learn.openparachuteschools.com/parent/login?id=US_rl4tMOYYkYQJhLHGLHimx)

As always, it is my honor to walk with you and your children through childhood. Please reach out if I can be of support to your family.

Maura Hurst, School Counselor  
617-984-8631  
maurahurst@quincypublicschools.com





## Nurse's Message

With the holidays fast approaching, I wanted to reach out with a few reminders. November is a month when we have a few days at home to get those important appointments scheduled.

If your child is in **4th grade** and you received notice about submitting a recent physical: Either schedule an appointment with your primary care physician or send in the one you have at home.

If you received notification that your child needs a **vision appointment**: Please call an eye doctor to have an exam. This can not be done by your primary care physician. If you need help with a referral please contact my office.

It is important for children who have eyeglasses to wear them while they are at school. Myopia (where far objects are blurry) is a progressive disorder. If left untreated, myopia can lead to an increased risk of cataracts, glaucoma and retinal detachment. Please follow the 20/20/20 minute rule. Every 20 minutes look 20 feet away for 20 seconds. Please call me if your child needs support at school to wear their glasses.

Hearing screenings will occur throughout the year. You will only receive a letter if your child does not pass the screening.

Lastly, I have received a large donation of clothing from Cradle to Crayons. If your child is in need of any clothing items please let me know or have them stop by my office.

During this time of Thanksgiving, I am most thankful to have the opportunity to care for your students and work with all the Beechwood Knoll families. Please feel free to call me if you have any questions or concerns.

I wish you all a wonderful Thanksgiving,

Mrs. Cerone, MSN, RN  
617-984-8632

[deborahcerone@quincypublicschools.com](mailto:deborahcerone@quincypublicschools.com)

# PTO Page

## **Websites:**

[bkspto.weebly.com/](https://bkspto.weebly.com/)

[m.facebook.com/groups/BKSPTO/](https://m.facebook.com/groups/BKSPTO/)

## ***This Month's Events:***

- Monday, November 14, 2022 from 6:00 to 7:00 pm

### **PTO Meeting**

*Zoom Link:*

<https://quincypublicschools.zoom.us/j/8021462689?pwd=UzAxQm9oNzBTNkg4N1drMWNLWWJBdz09>

Meeting ID: 802 146 2689      Passcode: BKS

- Ways to support PTO: **Amazon Smile**

## ***Citywide:***

- Thursday, November 3, 2022 at 6:00pm

### **English Learner Parent Advisory Council Meeting (ELPAC)**

*Zoom Link:*

[quincypublicschools.zoom.us/j/85465320438?pwd=WnYyWHJsSVVlc29EZ050b0NJdUYxUT09](https://quincypublicschools.zoom.us/j/85465320438?pwd=WnYyWHJsSVVlc29EZ050b0NJdUYxUT09)

Meeting ID: 854 6532 0438 Passcode: 077609

- Monday, November 21, 2022 from 7:00 to 8:00 pm

### **Citywide PTO Meeting**

*Zoom Link:* <https://www.quincycitywidepto.com/>

- Monday, November 28, 2022 from 7:00 to 8:00 pm

### **Citywide PTO Equity, Diversity & Inclusion (EDI) Subcommittee Meeting**

*Zoom Link:* <https://www.quincycitywidepto.com/>



**Save the Date!**

# **Beechwood Knoll School Scholastic Book Fair**

**November 28 to December 2**



# Do you shop with Amazon?



**If you do, did you know you can earn cash back to our school?**

**Check out their website:**

**<https://smile.amazon.com/charity/smile/about>  
to learn more about helping our students!**

On Smile.Amazon.com select Beechwood Knoll Elementary School PTO as the chosen Charity. Note: if you use your mobile phone's app, you will need to "renew" twice a year, so be sure your app still shows the AmazonSmile logo at the top left corner in the app.

Visit this website to set up: <https://smile.amazon.com/ch/82-2535752>





# **Operation: Trick-or-Treat**

Sponsored by BKS Student Council

Student Council is collecting candy for American soldiers. Please consider donating some of your Halloween candy to the troops. Donated candy will be included in holiday stockings given to soldiers by the USO at Logan Airport this year.

**Bring all candy donations to school by  
Friday, November 4th.**

**Thank you!**

# Expected Behavior of the Month

## November

### Respect for others on the playground

Include others  
Share  
Take Turns

