



MAY PARENT NEWSLETTER

Beechwood Knoll
Elementary School
2021

**GRADES 3-5
MCAS Testing
Window: May
12-June 11th
BKS Schedule
Coming Soon!
*Join us at PTO
for more info!**

PTO Meeting: Monday, May 10th

Meeting ID: 843 9634 2592 **Passcode:** 189138

<https://us02web.zoom.us/j/84396342592?pwd=d2grMG4rYmhZclFhV25VMml1V2d3QT09>

Remote Pick-Up Day: May 5th, 12:30-2:00 for the following classes
Ms. Moy-Kindergarten, Mrs. Ciulla and Mrs. Demayo-Gr 1, Mrs. Coughlin-Gr 4

****ALL REMOTE STUDENTS ARE ENCOURAGED TO COME TO BKS TO PICK UP OUR PAPER CRANE MATERIALS!!! SEE PAGE 5 FOR DETAILS!**

Principal
Janet Loftus

Assistant Principal
Marisa Forrester

Secretary
Jane MacDonald

Nurse
Debbie Cerone

Guidance
Maura Hurst

School Hours:
M, T, Th, F
8:15am - 2:30pm.
Wednesday
Early Release
Hours:
8:15 am. - 11:55 pm

BKS Info:
225 Fenno Street
Quincy, MA 02171
Tel:617-984-8781
Fax: 617-984-8636

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| 3 | 4 | 5 REMOTE PICK UP DAY 12:30-2:00 | 6 | 7 |
| Teacher Appreciation Week-THANK YOU TEACHERS! | | | | |
| 10 PTO Meeting, 6:30 | 11 | 12 | 13 Kindergarten ABC Countdown Begins! Grade 3 Remote Virtual Field Trip to Commonwealth Museum | 14 Grade 3 Remote Virtual Field Trip to Commonwealth Museum |
| 17 | 18 Grade5 , room 7 Josiah House Virtual Field Trip | 19 | 20 | 21 |
| Virtual Book Fair | | | | |
| 24 Grade 5, rm 7 Josiah House Virtual Field Trip | 25 Grade 5, rm 7 Josiah House Virtual Field Trip | 26 LAST PBIS Assembly | 27 | 28 |
| 31 NO SCHOOL MEMORIAL DAY | J | U | N | E |

Counselor's Corner

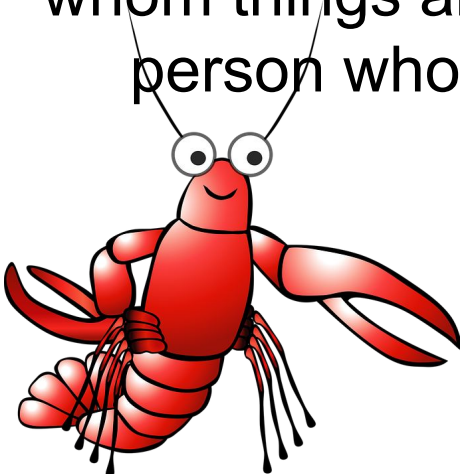
The Role Models for the month of May will be chosen by our STUDENTS!

This month is Kid's Choice!

What should you be looking for in a Role Model?

Who do you look to when you are confused?
Who do others count on in the classroom?
Who have you seen working hard this year?

The Role Model is not always the person for whom things are easy. The Role Model is the person who puts in effort day after day.





NURSES CORNER

How is it possible that we have made it to May?

Our community has made it possible to have a healthy school year overall. With the 2020-2021 school year winding down and only 34 days left of school I wanted to remind parents when it is appropriate to keep your child home from school.

A child who feels ill will be too uncomfortable to learn. You should keep your child home when they are experiencing the following:

- A fever, 100 degrees or higher, within 24 hours of school. ***Do not give your child medication in the morning for an elevated temperature and then send them to school.*** A fever signifies illness and should be treated as such with rest, fluids and Tylenol.
- Vomiting or loose stools within 24 hours of school.
- A cough that keeps your child awake, is painful or uncontrolled.
- A sore throat for 24 hours, especially with swollen glands or fever. If your child has been diagnosed with strep throat, they must remain home for at least 24 hours after they start antibiotic treatment.
- A suspicious rash or eye drainage should be evaluated by your child's doctor before coming to school.
- Lice needs to be successfully treated before returning to school.

To allow for surveillance of contagious illnesses, notify your school nurse if your child has been diagnosed with the following: Strep Throat, Pertussis ("Whooping Cough"), Conjunctivitis, Impetigo, Scabies, MRSA (Methicillin resistant Staphylococcus aureus), Lice, Fifth Disease, Influenza (the flu), or other contagious illnesses.

If you have any questions or are not sure if your child can attend school please contact me at 617 984-8632. We can go over symptoms and decide which is the best course. It is better to be late than to be ill in school.

Debbie Cerone, MSN, RN

ASIAN PACIFIC AMERICAN HERITAGE MONTH



“May is Asian/Pacific American Heritage Month – a celebration of Asians and Pacific Islanders in the United States. A rather broad term, Asian/Pacific encompasses all of the Asian continent and the Pacific islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia) and Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island).”

“The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants.”

For more information check out these links:

<https://asianpacificheritage.gov/about/>

[National Park Service Celebrates Asian Pacific Islander Heritage Month](#)**[Link](#)**

Asian Americans and Pacific Islanders have a rich heritage thousands of years old and have both shaped the history of the United States and had their lives dramatically influenced by moments in its history. Every May during Asian American and Pacific Islander Heritage Month and throughout the year, the National Park Service and its partners share those histories and the continuing culture thriving in parks and communities today.

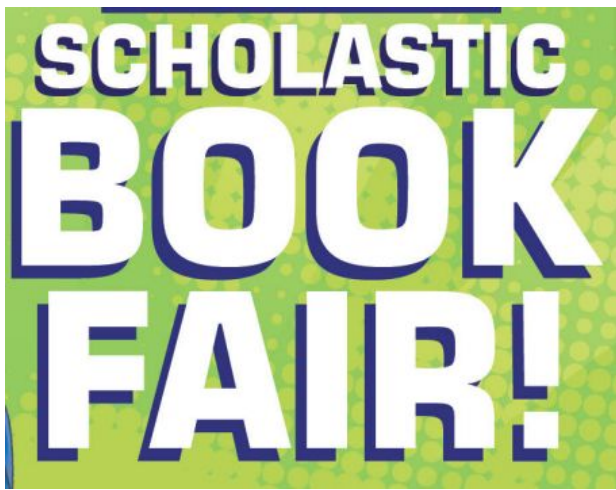
[Smithsonian Asian Pacific American Center's Learning Together Page](#)

Quincy Parents Citywide EDI Committee 1000 Crane Project for AAPI Heritage Month

****ALL REMOTE
STUDENTS
ARE
ENCOURAGED
TO COME TO
BKS TO PICK
UP YOUR
PAPER CRANE
MATERIALS
ON
WEDNESDAY,
MAY 5TH,
12:30-2:00!!!**



In support of our Asian American Pacific Islander community, students at each school will fold origami cranes that represent peace and unity. All the cranes will be strung together and hung at the Thomas Crane Library Children's Room over the summer. An unveiling ceremony will take place in June.



Set up an eWallet today!
A safe and secure cash alternative 

- Free to set up
- Easy to set a spending limit
- Funds available immediately
- Invite family and friends to contribute

Find our school at
[scholastic.com/fair](https://www.scholastic.com/fair)

You're invited to shop our Scholastic Book Fair online from **Saturday May 15th - Friday May 28th**! All purchases benefit our school and connect kids with new books, favorite characters, complete series, and more.

You'll love the NEW option to shop for **Book Fair exclusives** directly from the interactive booklist and enjoy these special online shopping features:

- Over 6,000 items, including new releases, best sellers, and value packs
- All orders ship **direct to home**
- **FREE shipping** on book-only orders over \$25*
- All purchases **support our school** and earn 25% in rewards

Visit our Book Fair Homepage and click "Shop Now" to get started:
<https://www.scholastic.com/bf/beechwoodknollelementarysch2>

Happy reading!

Beechwood Knoll May Fitness Challenge

As the weather gets nicer, let's try to complete some sort of fitness challenge every day!! Try and get your families involved and GET MOVING!! Check off the activity when your done. HAVE FUN!!

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|--------|--------|--------|--------|
| W 1 | W 2 | W 3 | W 4 |
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Mindful Monday

Meditate: Sit for 2 minutes with your eyes closed and repeat the same phrase over in your head. (Ex. I am awesome or today is an awesome day).

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Turn it up Tuesday

Cardio Activities (min. 20 minutes)

*40 jumping jacks *Run with high knees for 20 seconds

*Skipping in your own space or around an area. *Dancing to your favorite song.

*Walk your dog. *Ride your bike.

*Work extra hard at your sports practice today!

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Wacky Water Wednesday

Try a new movement activity with a family member!

*Use balloons and wooden spoons and play tennis with someone in your house.

*Find empty bottles or cans and use as bowling pins and use your rolled-up socks as the ball and bowl against someone

*Try really hard to drink 4-8 glasses of water today and every day! Remember, when we sweat, we have to replace our fluids with water, not Gatorade!

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30 Thursday *Do 30 minutes of exercise today!

*Examples: Playing outside, *Fitness videos on Youtube *Having a dance party, *Riding your bike, *Playing at a park

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FUN FRIDAY *Choose your favorite movement activity to do!

Find a friend, brother, sister, or any family member to join YOU!!!

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