



**February 2023 Family Newsletter
Beechwood Knoll Elementary School**



Principal
Marisa Rodriguez

**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

Telephone:
617-984-8781

Fax: 617-984-8636

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Black History Month</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">February 6 - 10 National School Counseling Week</div> <div style="border: 1px solid black; padding: 5px;">February 27 - March 3 Read Across America</div>		1 PBIS ASSEMBLY Grade 4 REACH <i>Early Release 11:55 am</i>	2	3 <div style="border: 1px solid black; padding: 5px; text-align: center;">February 5 Spring Lantern Festival</div>
6 School Council Meeting 8:30-9:30am	7 Grade 5 DARE begins QPS CKLA Parent Academy 6pm	8 <i>Early Release 11:55 am</i>	9 100th DAY OF SCHOOL GRADES 1-5 5th Grade Leadership Summit	10
13 BKS K-5 Winter Benchmark Reports go home Citywide PTO 7-8	14 100th DAY OF SCHOOL KINDERGARTEN <div style="border: 1px solid black; padding: 5px; text-align: center;">Valentine's Day</div>	15 <i>Early Release 11:55 am</i>	16 PTO BINGO Night 6-7pm <i>Gymnasium</i>	17
20 <div style="border: 1px solid black; padding: 5px; text-align: center;">Presidents' Day</div>	<div style="border: 1px solid black; padding: 5px;">February 18 - 26: February Recess ~ No School</div>			
27	28	Check out our updated website pages: beechwoodknoll.quincypublicschools.com Our School School Information News Parent Teacher Organization		



BKS Celebrates
100 Days of School on...
February 9, 2023

To celebrate being 100 days smarter, we are inviting our BKS community to dress like they are 100 years old on Thursday, February 9th. If your child would like to participate, we have listed a few suggestions below that may help give you some ideas. This is voluntary. Our kindergarten friends will be celebrating their 100th day later in February.

Thank you!



Valentine's Day Reminder

Please keep an eye out for information from your child's teacher regarding any celebrations they may be having for Valentine's Day.

Please note: There is no food allowed to be shared or consumed within the classroom, but feel free to send your child with an extra fun snack that day if you so choose! If a Valentine that you purchased happens to have candy attached, we will send it home in a sealed envelope or bag to be consumed at your discretion.

Thank you!

Counselor's Corner

I love that I get to start my work day hanging out with the kindergartners before they head into class. As we approach the 100th day of school, I've been thinking about how much our youngest students have grown since September. Then the other day, I had my last classroom lesson with the 5th grade. They caught me getting a little misty eyed as we reminisced about how much they've grown over our six years together.

These two reflections brought to mind a favorite piece of writing from years ago. While many things have changed since the author was in kindergarten, most of this has stayed true. We may not get to take a nap every afternoon anymore, but we sure do learn a lot in kindergarten that helps makes this world a better place.

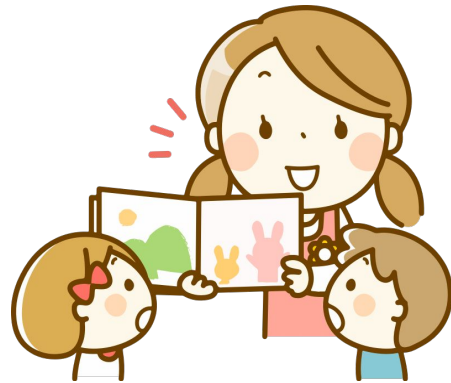
"These are the things I learned (in Kindergarten):

- 1. Share everything.*
- 2. Play fair.*
- 3. Don't hit people.*
- 4. Put things back where you found them.*
- 5. CLEAN UP YOUR OWN MESS.*
- 6. Don't take things that aren't yours.*
- 7. Say you're SORRY when you HURT somebody.*
- 8. Wash your hands before you eat.*
- 9. Flush.*
- 10. Warm cookies and cold milk are good for you.*
- 11. Live a balanced life - learn some and drink some and draw some and paint some and sing and dance and play and work everyday some.*
- 12. Take a nap every afternoon.*
- 13. When you go out into the world, watch out for traffic, hold hands, and stick together.*
- 14. Be aware of wonder. Remember the little seed in the Styrofoam cup: The roots go down and the plant goes up and nobody really knows how or why, but we are all like that.*
- 15. Goldfish and hamster and white mice and even the little seed in the Styrofoam cup - they all die. So do we.*
- 16. And then remember the Dick-and-Jane books and the first word you learned - the biggest word of all - LOOK."*

– Robert Fulghum, All I Really Need to Know I Learned in Kindergarten

Happy February.

Maura Hurst,
School Counselor





Nurse's Message

February is American Heart Month. A time when we spotlight cardiovascular health. The younger we adopt healthy habits the more benefit we gain and the more likely the habits will stick.

Healthy food intake equals healthy hearts. A heart healthy diet focuses on whole foods. Increasing fruits and vegetables will provide you and your child with good fiber, vitamins and minerals. Whole grains, lean protein and low fat dairy round out the balanced diet. Reduce processed food to the extent possible aiming to avoid high fat baked goods and foods with saturated fats. Keeping healthy foods available and limiting access to snack foods can make a huge difference in caloric intake. One good resource with tips and recipes is <https://www.myplate.gov/eat-healthy/what-is-myplate>

A strong heart is a healthy heart. Exercise is recommended for all age groups. A simple walk once daily for 30 minutes can be a great start. Studies have shown exercise can still be beneficial even if broken up into smaller increments (ie. 3 10 min walks daily). If you are truly sedentary make sure you stand up and walk around every hour you are awake for a few minutes. Limiting or earning screen time by being active can help the whole family get moving. As the routine takes hold, challenge yourself to increase your minutes or intensity. Family activities to get everyone moving include bike rides, nature walks, swimming, and outdoor games. Another great resource with exercise tips is

<https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-get-your-family-active>

If you need help or are in need of suggestions to help your child, please feel free to call the health office. My phone number is 617-984-8632 or email deborahcerone@quincypublicschools.com

I greatly appreciate your help in keeping me informed and keeping our kids healthy and learning.

Mrs. Cerone, MSN, RN
617-984-8632
deborahcerone@quincypublicschools.com

PTO Page

Websites:

bkspto.weebly.com

m.facebook.com/groups/BKSPTO

This Month's Events:

- Thursday, February 16, 2023 from 6:00 to 7:00pm
BINGO Night! *Beechwood Knoll Gymnasium*
- Ways to support PTO: **Read Across America Read-a-thon!**
See flier on the next page for more information

Citywide:

- Monday, February 13, 2023 from 7:00 to 8:00 pm
Citywide PTO Meeting
Zoom Link: <https://www.quincycitywidepto.com/>

Book Donation Bin

In December, we had a book donation drive through Bay State Books to make room for our new curriculums. This was so successful, Bay State Books has set up a book donation bin in our parking lot. All teachers, students and community members are welcome to support our school by donating books to this bin. Bay State Books will provide a benefit to BKS from the collected donations!

To learn more, visit:

www.baystatebooks.com



BKS PTO Fundraiser: Read Across America Read-a-thon!

For this year's Read Across America, we are hosting a Read-a-thon for Beechwood Knoll! Our PTO could not engage in the wonderful learning opportunities and the fun things we do here without your monetary support. Please know that no amount is too small.

Please register your student using the QR code or URL below on or before February 17th. We will have a special prize for the classroom with the most students registered by this date.

Dates: February 27 – March 3rd

<https://app.99pledges.com/fund/beechwoodk3/addme>



**Quincy Public Schools Presents:
Understanding Amplify's
Core Knowledge Language Arts (CKLA)**



**Parents and Caregivers with students in grades K-5,
please join us virtually to learn about
Quincy Public Schools' newly adopted K-5
English language arts program, CKLA**

**Tuesday, February 7th, 2023, 6:00-7:00 pm
Google Meet Log-In Information:**

Video call link: <https://meet.google.com/qik-pkuo-sap>

Or dial: (US) +1 585-491-8397 PIN: 686 983 007#

This hour together will provide an overview of the science of reading, upon which CKLA is based. We will look at how the lessons are designed for our K-2 classrooms and our 3-5 classrooms and how the rich knowledge topics build from year to year. We will also look at the ways that the curriculum is designed to support all learners. Resources for how families can support their growing readers will be included.

If you have any questions, please contact Bridget Vaughan at
bridgetvaughan@quincypublicschools.com



Quincy Public Schools is Hiring!

- . Classroom Paraprofessionals***
- . Substitute Teachers***
- . Lunch Attendants***
- . Bus Drivers***
- . Substitute Secretaries***



For more information, go to:

https://www.quincypublicschools.com/our_district/academic_support/human_resources_department/current_employment_opportunities

Or call the QPS Human Resources Department at 617-984-8767

If you are interested or have any questions, please contact our Beechwood Knoll Secretary Mrs. DeLancey at 617-984-8781 or kaitlindelancey@quincypublicschools.com

QPS Kindergarten Registration for the 2023-2024 school year is open!

Children who will be 5 years of age on or before August 31, 2023 are eligible to attend Kindergarten beginning in September 2023.

Kindergarten registration is a two-step process:

1. Families must first complete [this online Pre-Registration form](#).
2. Families will be contacted to complete the registration process beginning in February; this appointment may be at the school site or at the Central Registration office. [Families should review and complete the Kindergarten Registration packet in advance of this appointment](#).

Translation services are available at Central Registration.

If your child presently attends a Pre-Kindergarten program at the Amelio Della Chiesa Early Childhood Center, Point Webster, or Snug Harbor it is *not* necessary to register your child for Kindergarten.

If you have questions about Kindergarten registration, please email lauraowens@quincypublicschools.com or call 617-984-8702.

We look forward to having your child enter our Kindergarten program in the fall!

For information on after school care, please contact the program directly:

- Quincy Afterschool Childcare at 617-773-3299
- South Shore YMCA at 617-481-4477
- STARS, IDILL, Uplift and New Star Art School and Ivy are other local after school programs many of our students go to

Expected Behavior of the Month

February

**Respect for others
in the classroom**

Allow others to learn

Help others

Cooperate

