



**May 2022 Parent Newsletter**  
**Beechwood Knoll Elementary School**

Monday	Tuesday	Wednesday	Thursday	Friday
2  Josh the Otter <i>Kindergarten</i>	3  Eid al-Fitr  Jewish Heritage Month  Asian American and Pacific Islander Heritage Month	4  Early Release 11:55	5  Larry's Laps Fun Run & Pizza Lunch  Cinco de Mayo	6
Teacher Appreciation Week				
9  Grade 4 Math MCAS  School Council Meeting 9:00am	10  Grade 4 Math MCAS  DARE <i>Grade 5</i>  Quincy Historical <i>Grade 3</i>	11  Early Release 11:55  Kindergarten Screenings  Quincy Historical <i>Grade 3</i>	12  Grade 5 Math MCAS	13  Grade 5 Math MCAS
May 8 Mother's Day		School Nurse Appreciation Day		
16  Grade 3 Math MCAS  PTO Meeting 6:30 <a href="#">Meeting Link</a>	17  Grade 3 Math MCAS  DARE	18  Early Release 11:55	19  Grade 5 Josiah House Field Trip <i>Room 5 and 1/2 of Room 9</i>	20  Math MCAS Make Up  Grade 4 Poetry Presentations
23  Grade 5 STE MCAS	24  Grade 5 STE MCAS	25  Early Release 11:55	26  STE MCAS Make Up	27  Book Fair Begins
30  Memorial Day No School	31  DARE <i>Grade 5</i>  Grade 5 Growth & Development Talk	Benchmark Windows for QPS Spring Testing are as following: <ul style="list-style-type: none"> <li>● <b>MAP:</b> May 2nd to 20th</li> <li>● <b>mClass Amplify DIBELS:</b> May 15th - June 3rd</li> </ul>		

**Acting Principal**

Marisa Forrester

**Secretary**

Kathy Hughes

**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

# BKS MCAS Schedule Spring 2022

May				
Monday	Tuesday	Wednesday	Thursday	Friday
9 Math Gr 4	10 Math Gr 4	11	12 Math Gr 5	13 Math Gr 5
16 Math Gr 3	17 Math Gr 3	18	19	20 Make Ups
23 STE Gr 5	24 STE Gr 5	25	26 Make Ups	27

## MCAS

With the first round of ELA MCAS complete, we will finish MCAS testing this May. Students in Grades 3-5 will take two sessions of Mathematics and 5th Graders will also take two sessions of Science, Technology and Engineering.

Preparing for the MCAS is as easy as **ABC**...

**A** good night's sleep. Getting a full night's sleep is the start to a great day!

**B**reakfast is the most important meal of the day! Take some extra time in the morning to have a filling breakfast to power your brain.

**C**onfidence is key! We know how hard each student works here at BKS. We are already so proud of you!! MCAS is a day to show what you know. As long as you try your best, that is the most important!!

Other reminders...

- If possible, please leave phones, smart watches and any other electronic devices home on test days. If it is not possible, please remind your child that they must be kept off and in their backpacks during the school day (as they must be for every other school day)
- Students are expected to be in school on their scheduled testing days. If your child is absent on a testing day, please contact our office immediately and they will be rescheduled on one of our make up days.

*...life is not a multiple choice test; it's an open book essay exam. - Allan Blinder, Princeton University*



## Nurse's Message

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

Our community has made it possible to have a healthy and productive year. With the 2021-22 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's 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 course is the best. It is better to be late to school than to be ill in school.

Debbie Cerone, MSN, RN

## Counselor's Corner

When I ask parents what they hope for their child, the most common response is for their child to be happy and healthy. I'd imagine that is the most basic wish for all of our children. "Happy and healthy" comes in a lot of different forms. Since the month of May is Mental Health Awareness Month, I'd like to take this opportunity to share a few resources with families as we work together to support your children's mental health (and hopefully our own along the way. We grown-ups deserve to be happy and healthy too!)

This article shares some nice tips on ways to support your child's mental health. From modeling coping skills and communication to setting boundaries and getting exercise, it is a good reminder of ways we can address mental health into our daily lives.

<https://discoverymood.com/blog/10-ways-to-support-your-childs-mental-health/>

If you are looking for a list of books to read with your child as a way to opening the door to discussing mental health, here is a list of recommended books:

<https://www.newyorkfamily.com/12-kids-books-mental-health-awareness-month/>

Taking care of your own mental health is so important as well. Not only does it provide children with a role model for healthy habits but it also restores our ability to meet the needs of the children. So go for that walk. Make a date with a friend. Take care of yourselves!

<https://www.melbournechildpsychology.com.au/blog/parents-look-mental-health-child-struggling/>

As always, I am here to support you and your child on their road to "happy and healthy." Please reach out if I can be of support.

Maura Hurst, School Counselor



## 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:

- Thursday, May 5, 2022  
**Larry's Laps Fun Run & Pizza Lunch**
- Monday, May 16, 2022 at 6:30pm: **PTO Meeting**  
<https://quincypublicschools.zoom.us/j/8021462689?pwd=UzAxOm9oNzBTNkg4N1drMWNLWWJBdz09>  
Meeting ID: 802 146 2689  
Passcode: BKS
- Sunday, May 22, 2022  
**Beechwood at Red Sox PTO Event**
- Friday, May 27, 2022  
**Book Fair Begins**

### Citywide:

- Thursday, May 5, 2022 from 6pm - 8pm  
**Quincy Multicultural Festival at Pageant Field**
- Thursday, May 26, 2022 from 6:00 to 7:30pm  
**Welcome to Kindergarten Parent Academy**

## Supporting Your Child at Home

- The following free sites are suggested by our Kindergarten to Grade 2 teachers for supporting Mathematics at home:
  - <https://www.ixl.com/math>
  - <https://www.mathplayground.com>
  - <https://www.coolmath4kids.com>
  - <https://www.abcya.com/>
  - <https://www.education.com/>



A Big THANK YOU from the BKS Student Council!!!

Thank

You

Thank you to all who supported our bake sale.  
We raised **\$505** for World Central Kitchen.  
The money went to their work with refugees in Ukraine.  
Thank you! Thank you! Thank you!







# OUR FUNDRAISER IS COMING!

**MYBOOSTER.COM**

## Larry's Laps Fun Run - Thursday, May 5, 2022

We made it easy:

### STEP 1

# REGISTER

your student on mybooster.com.



Scan code with phone camera.

### STEP 2

# SHARE

with friends, family, and businesses to help us exceed our goal. Use the Student Star Video - it's the easiest way to get donations!



Student Star Video

← Your student here!

### STEP 3

# GIVE

online to support your student.

VISIT **MYBOOSTER.COM**

**BOOSTER THON**

*Special thank you to our generous community sponsors!*

### Gold Level

Dependable Cleaners  
C. Naughton Group  
The Shiner Group  
BP&CO

Colonial Federal Savings Bank  
South Cove Community Health  
Granite Links Golf Course  
Quincy Fire Department IAFF  
Local 792

### Silver Level

The Clam Box  
George Burke Attorney At Law  
Balducci's House of Pizza

### Bronze Level

Village Common Food Court  
Burke's Seafood  
ScrubaDub Carwash

CITYWIDE PTO EDI SUBCOMMITTEE AND QUINCY PUBLIC SCHOOLS

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# QUINCY MULTICULTURAL FESTIVAL

MAY 5, 2022 | 6:00 PM - 8:00 PM

Discover & Connect through culture, art, food & games.

## DISCOVER

Traditional Music

Traditional Performances

Food Trucks with  
Authentic Food

## CONNECT

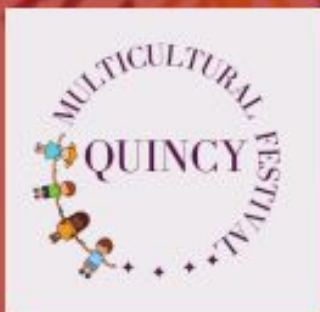
Arts & Crafts

Kids' Activities & Games

Cultural Games from  
Around the World

[quincymulticulturalnight@gmail.com](mailto:quincymulticulturalnight@gmail.com)

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**PAGEANT FIELD**  
**1 Merrymount**  
**Pkwy, Quincy, MA**

