



Acting Principal
Marisa Forrester

Secretary
Kathy Hughes

Nurse
Debbie Cerone

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

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Nurse:
617-984-8632

April 2022 Parent Newsletter Beechwood Knoll Elementary School				
Monday	Tuesday	Wednesday	Thursday	Friday
Diversity Month		April 2nd World Autism Awareness Day		1
Ramadan				
4 REACH Gr. 5 Report Cards released in Aspen & printed for backpacks Commonwealth Museum Gr. 3 Gr. 5 End of Year Family Planning Meeting 5:30pm & PTO 6:30pm Zoom Link (full link on page 5)	5 Grade 5 DARE	6 Early Release 11:55 1:00-2:30 Bake Sale BKS Lobby REACH Gr. 4 Report Card Conferences Role Model Assembly Science Space Presentations Gr. 5	7 MCAS begins (see full schedule on p. 2)	8
11 REACH Gr. 5	12 Grade 5 DARE Fun Run Registration Opens MyBooster.com	13 Early Release 11:55	14 Extended Day Programs End *Student Council, BOKS, Robotics & Yearbook will continue	15 Good Friday No School
18 April 17th Easter	19	20	21	22
April Vacation - No School				
Patriots' Day	Fun Run Donations Open MyBooster.com			Earth Day
25 REACH Gr. 5 Fun Run Kick Off Assembly	26 Grade 5 DARE	27 Early Release 11:55	28	29

BKS MCAS Schedule Spring 2022

April

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7 ELA Gr 5	8 ELA Gr 5
11 ELA Gr 4	12 ELA Gr 4	13	14 Make Ups Gr 4/5	
25	26 ELA Gr 3	27	28 ELA Gr 3	29 Make Ups Gr 3

May

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

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

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

Happy Spring!

With the warm weather hopefully coming soon we are excited to get more chances to be outside in the fresh air. This should provide us with increased opportunities to exercise and soak in that Vitamin D.

For those who suffer from seasonal allergies - trees, plants and grass pollination can cause symptoms that are often confused with viruses. Primary symptoms of allergies can be sneezing, fatigue and itchy eyes. Additional symptoms can be congestion, cough, headache and sore throat. Allergies generally present as symptoms that come and go or persisting mild symptoms that do not show a sign of resolving. The most common treatments can be found over the counter. If your child suffers from seasonal allergies please talk to your pediatrician about effective medications to alleviate symptoms. The school does not have allergy medication available in the nurse's office to treat allergies. Our goal is to alleviate unnecessary absences and worry for families.

Please remember to call with any questions or concerns. You can never over communicate with this office.

~ Mrs. Cerone

Counselor's Corner

One of the best parts of my job is the time I get to spend in the classroom with your children. Throughout the years we cover a lot of topics as they develop their social and emotional learning. This month, I'd like to give you a little update on the lessons we've been covering lately.

Kindergarten, first and second grades continue to work through the Second Step curriculum. In the last few months they have learned about empathy (feeling or understanding how someone else is feeling), recognizing their own emotions, and strategies to calm down. ("Stop. Name your feelings. Calm Down.") They practice *Belly Breathing* as a great strategy to calm themselves down when they are having strong feelings. Soon we will be moving onto problem solving skills.

In **third grade**, they recently finished a lengthy unit on Executive Functioning. We covered a wide range of topics include planning, organization, using time effectively, memory strategies, and perseverance. These are skills that help us in all aspects of our lives- in school and out. They are starting a new unit on emotions through which they will be expanding our Feelings Vocabulary and building coping skills to help when strong emotions come to visit.

The **fourth graders** are nearly finished with their Steps to Respect lessons which focus on preventing and responding to bullying. The students have learned *The Three Rs of Bullying: Recognize, Refuse and Report*. They have been practicing the skills they need to respond to a bullying situation and hopefully prevent bullying in the first place. We are all responsible for creating a safe and respectful school and our fourth graders are building the skills to be part of the solution.

My time in **fifth grade** came to an end a short time ago in order to make room in their schedule for DARE. I was thrilled to have time in the fifth grade classes to discuss study skills and other executive functioning skills that will help them as they prepare to move onto the demands of middle school.

I look forward to the coming weeks in the classroom with your children and the ideas we will explore together.

Maura Hurst, School Counselor



PTO Page

Websites:

bkspto.weebly.com/

m.facebook.com/groups/BKSPTO/

This Month's Events:

- Monday, April 4, 2022
5:30pm: Grade 5 End of Year Family Planning & 6:30pm: PTO Meeting

Join Zoom Meeting

quincypublicschools.zoom.us/j/8021462689?pwd=UzAxQm9oNzBTNkg4N1drMWNLWWJBdz09

Meeting ID: 802 146 2689

Passcode: BKS

- looking ahead...* Thursday, May 5, 2022
Larry's Laps Fun Run - see more info on page 8

Citywide:

- Complete the form if interested by...* Friday, April 15, 2022
The Quincy Multicultural Festival will be held on Thursday, May 5, 2022 from 6pm - 8pm at Veterans Memorial Stadium. We are asking parents, guardians, families, care-takers to volunteer by hosting a table at the event using this link: [Family participation form](#) In lieu of a table, participants may also choose to perform if they have a talent they can show!

Supporting Your Child at Home

- The following free sites are suggested by our Science teachers for supporting learning at home:

- mass.pbslearningmedia.org/subjects/science/
- science-u.org/everyday-activities/kitchen-science.html
- littlebinsforlittlehands.com/4-mini-easiest-kitchen-science-activity-trays/
- www.gardeningknowhow.com/special/children/composting-ideas-for-kids.htm



Report Card Conferences

Wednesday, April 6, 2022

In-person: 1:00-2:30 pm

****Virtual: 5:00-6:30 pm****

Please use the link below to sign up for your child/children's report card conferences by Monday, April 4, 2022!

All you need is the name of your child's homeroom teacher!

<https://www.ptcfast.com/schools/BKS>

- Conferences will be 10 minutes per child. We encourage parents to look over the report cards the day before and come with any questions or concerns.
- Families who have requested a translator need to return the "Translated Appointment Notification" form to school as soon as possible. You have already been signed up for an appointment.
- While your child may have more than one academic teacher, we are asking that we keep the conferences to the homeroom teacher and any support staff listed only, so that all parents can be accommodated for.
- Once you have signed up, www.ptcfast.com will send you reminders for your scheduled conference!
- If you choose a remote conference (all evening times), please make sure you are able to log into Google Meet prior to your conference to ensure there aren't technology issues during your scheduled meeting. All Google Meet links will be emailed on Monday, April 4, 2022.



BEECHWOOD KNOLL SCHOOL
STUDENT COUNCIL

BAKE SALE FUNDRAISER

Benefiting World Central Kitchen

APRIL 6, 2022

DURING REPORT CARD CONFERENCES
BEECHWOOD KNOLL SCHOOL LOBBY

Enjoy a variety of baked goodies and help raise
funds for people in need around the world!
We appreciate your support!



SAVE THE DATES!
A fundraiser for your school and community!

Registration Opens 4/12 <small>Go to MYBOOSTER.COM</small>	Donating Opens 4/19 <small>Go to MYBOOSTER.COM</small>	Kick Off Day 4/26	Event Day 5/5
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Beechwood Knoll Families -

We are excited to kick off our Larry's Laps Fun Run on April 26th. Our goal is to raise \$15,000 for student events, teacher supplies and to strengthen our school community.

Our school has always relied on fundraising to provide exceptional opportunities to enhance student learning. And this year, we have more needs than we've ever had before, which means we need your support more than ever!

We completely understand if your family is not in a position to financially support the school right now. You can still be involved by simply SHARING about our fundraiser with friends and extended family online at mybooster.com. Sharing IS supporting!

Just as we worked to safely begin school this year, we are also safely hosting this essential fundraiser based on our school's current guidelines. We'll send more details, as we get closer to our kick off.

We are grateful for our Beechwood Knoll family! Thank you for your support this year. We all need it!

~ The Students of Beechwood Knoll

Best Practices for Recycling with Terracycle



What Can We Recycle?

Here is a breakdown of what we recycle:

- ❖ **Late July** (chips bags) – remove all excess product (leftover chips) in bags; if you choose to rinse bag, make sure it's completely dry and not dripping wet.
- ❖ **Entenman's Little Bites** (pouches) & Minis film packaging (clear packaging) – remove all excess product (crumbs) in bags.
- ❖ **Swiffer** – wet and dry cloths; be sure to have the wet cloths dried completely – best to place all Swiffers together in a bag to air dry, then submit entire plastic bag in blue bin.
- ❖ **Bimbo Bakeries** (bread bags) – remove all adhesives/stickers and bread crumbs.
- ❖ **BIC Stationary** (Writing instruments and packaging) – ALL brands of empty writing instruments, glue sticks, watercolor dispensers, paint sets, and flexible packaging.
- ❖ **Colgate** – ALL brands of used or empty toothpaste tubes and caps, toothbrushes, toothpaste cartons, toothbrush outer packaging, and floss containers.

For more information visit our website at:

<http://bkspto.weebly.com/recycling-programs.html>