



March 2022 Parent Newsletter Beechwood Knoll Elementary School

Monday	Tuesday	Wednesday	Thursday	Friday
Extended Day Programs begin <div style="border: 1px solid black; padding: 2px; display: inline-block;">Women's History Month</div>	1 Grade 5 DARE	2 Early Release 11:55 Role Model Assembly	3 Penguin Pizza Fundraiser PTO	4
<div style="border: 1px solid black; padding: 2px; display: inline-block; width: 80%;">Read Across America</div>				
7	8 Grade 5 DARE	9 Early Release 11:55 BOKS begins Grade 4 REACH	10	11
14 <div style="border: 1px solid black; padding: 2px; display: inline-block;">National Deaf History Month</div>	15 Quincy Historical Grade 3 Grade 5 DARE	16 Early Release 11:55 Quincy Historical Grade 3	17 Hearing Screening K-3 Neoponset River Watershed Grade 5	18 <div style="border: 1px solid black; padding: 2px; display: inline-block;">St. Patrick's Day</div>
21	22 Grade 5 DARE	23 Early Release 11:55 APC Testing	24	25
28 Grade 5 End of Year Activities Family Meeting	29 Grade 5 DARE	30 Early Release 11:55	31	

Acting Principal
Marisa Forrester

Secretary
Kathy Hughes

Nurse
Debbie Cerone

Guidance
Maura Hurst

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

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

BKS Info:
225 Fenno Street
Quincy, MA 02171
Tel: 617-984-8781
Fax: 617-984-8636
Nurse: 617-984-8632

BKS Updates

With the 100th day of school occurring just before the February break, it was a nice reminder of how far we have made it into this school year! The weeks go by in the blink of an eye! Thank you for all of the hard work and support you and your families have put into the first 100 school days this year. The next 80-ish will be jam packed with many events, MCAS testing, and celebrations. It will surely fly by! We will miss Ms. Loftus while she helps support Lincoln Hancock for these remaining days, but I know she is confident in the BKS community she is leaving behind! As we transition into this new month, please know I am always available to any BKS community member! My phone, email and office are always open. I am honored to fulfill the role of Acting Principal for March, April, May and June. I hope you all have a wonderful month ahead!

~ Miss Marisa Forrester

Extended Day

This session of extended day will begin the week of Monday, February 28 and end the week prior to April vacation.

Mondays (2:30-3:30pm)

- Grades 4 & 5: Drama Kids with Ms. Bina & Mrs. Mulcahy

Tuesdays (7:45-8:15am)

- Grades 1 & 2: Morning Media with Ms. DeAngelis and Ms. Monahan-White

Wednesdays (7:30-8:15am)

- Grades 4 & 5: Morning Math with Mr. Caswell

Thursdays (7:45-8:15am)

- Grades 1 & 2: Morning Media with Ms. DeAngelis and Ms. Monahan-White

Thursdays (2:30-3:30pm)

- Kindergarten: Computer Skills with Ms. Moy & Ms. B
- Kindergarten: Fun with Mrs. Fran
- Grade 1: First Grade Fun Math Games with Ms. Monahan-White & Mrs. Sullivan
- Grade 3: Culture Club with Mrs. Hurst

Yearbook and BOKS will be starting up later this Spring!

Please look for communications directly from Ms. Bina/Ms. Coughlin and Mrs. Fran/Mr. Caswell for these!



Nurse's Message

A quick update from the health office. Our school committee voted to follow the Governor's guidance, Quincy Board of Health recommendation, and the Department of Elementary and Secondary Education advisory to remove the mask mandate when we return from Winter break. What does this mean? Families will have a choice to send their children in with a mask or not. "Choice" means we will have people who choose different things. Beechwood is committed to making sure everyone is comfortable and supported in the choice they make. If you have any questions please feel free to call or email me.

On another note screenings have been ongoing throughout this year. If you did not receive notification of a vision failure or postural problem your child fell within the normal limits. If you have received an abnormal vision form, please call your provider and book an eye exam as soon as possible. As always, if you are experiencing a hardship or have trouble booking the appointment - call my office. I have access to resources you may not be aware of. Screenings will wrap up March 17 with hearing.

4th grade physicals are overdue. If you have sent one in - Thank you. If you have not March is the perfect month to call and book an appointment. I will be sending reminders out next month to all those over due.

Our electronic medical record is connected to the state Immunization system so I am able to update your child's records. I never mind a paper copy for the file if you want to also send that in.

As we continue to progress through this year I can be reached by phone during school hours at 617 984-8632 or email deborahcerone@quincypublicschools.com .

I greatly appreciate your help in keeping our school community healthy and safe. If you have any questions please feel free to reach out. You can never over communicate with the nurses office.

~ Mrs. Cerone

Counselor's Corner

Last month, I shared about mental health and children. This month, I'd like to share a few resources that I find helpful and perhaps you will too as parents and caregivers.

- **Child Mind Institute:** This online *Family Resource Center* has useful information for mental health, behavior and learning challenges. <https://childmind.org/resources/>
- **Good Inside** podcast and website: Dr. Becky Kennedy is a new social media discovery for me that I'm enjoying. She is challenging me to rethink my strategies and approaches with kids. <https://goodinside.com/>
- **Joanna's Place:** Joanna's Place is a wonderful community resource for families who are facing life's most stressful events. They offer support for children and adults dealing with the many forms of grief. <https://www.joannasplace.org/>

I am also looking for new resources and ideas. If you have a resource that you've really enjoyed, please feel free to share.

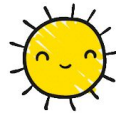
~ Maura Hurst, School Counselor

Self-Care & Mental Health

for Kids



Share your own feelings to encourage self-awareness.



Find social groups that help them feel like they belong.



Focus on articulating feelings.
"I am angry."
"I am sad."


Set aside time for low-stress or solo activities.



Practice self-care for yourself to set the standard.

Encourage journaling and diaries.

Encourage your child to focus on the moment.



Establish a self-care routine.

Recognize toxic stress events.

Blessing Manifesting

Cultivate interests and hobbies.

PTO Page

Websites:

<http://bkspto.weebly.com/>

<https://m.facebook.com/groups/BKSPTO/>

This Month's Events:

- Thursday, March 3, 2022
Beechwood Knoll Pizza Night by Penguin Pizza
[Order Form](#) The google form is also available via our Facebook page
Please send payment via VENMO to @BKS-PTO
A portion of the proceeds will be donated to the students of Beechwood Knoll Elementary School. Thank you for your support!
- Monday, March 28, 2022 at 6:30pm
Grade 5 End of Year Activities Family Meeting
<https://quincypublicschools.zoom.us/j/83987515330?pwd=YU9YY2NoQkd6eXRWS3ZobFh2O0x1Zz09>
Meeting ID: 839 8751 5330
Passcode: BKS

Supporting Your Child at Home

The following free sites are suggested by our K-3 teachers for supporting literacy at home:

- Starfall.com
- TeachYourMonsterToRead.org
- PBSkids.org
- ABCya.com
- GetEpic.com
- RVappStudios.com



Here are some activities you can also do at home:

- Draw the Plot - After reading a story with your child, ask them to put the events of the story in order. Encourage your child to draw pictures showing the beginning, middle, and end of the story to describe in words the scenes depicted.
- Puppet Narrator - After reading a story with your child, have them use a puppet to retell the main events of the story. A sock or a favorite stuffed animal works great for this! You can ask the puppet questions about the story.

Celebrating Reading at BKS

This year our annual
Read Across America celebration will be

MARCH MADNESS:

A Tournament of Books

Throughout the month, we will be
reading and choosing our favorite
books until we come to
one champion book!

