

**PTO
MEETING:
MONDAY
2.7.22,
6:30PM**

**ZOOM
MEETING
LINK**

**Meeting ID:
896 2667 4649
Passcode:
399576**



FEBRUARY PARENT NEWSLETTER

**Beechwood Knoll
Elementary School
2022**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|----------|--------|
| | 1 LUNAR NEW YEAR | 2 <i>Early Release, 11:55</i> | 3 | 4 |
| 7 PTO Meeting, 6:30 MAP Data Sent Home, Gr 2-5 | 8 | 9 <i>Early Release, 11:55</i> | 10 | 11 |
| | Olympics in PE with Mrs. Fran | | | |
| 14 Valentines Day and Lunar New Year Classroom Celebrations | 15 | 16 <i>Early Release, 11:55</i> | 17 | 18 |
| | Jump Rope for Heart Week with Mrs. Fran | | | |
| 21 | 22 | 23 | 24 | 25 |
| February Vacation | | | | |
| 28 | | | | |

Principal
Janet Loftus

Assistant Principal
Marisa Forrester

Secretary
Diana Craig

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

BKS UPDATES

***Check your child's backpack on Monday, the 7th! Teachers in grades 2-5 will be sending home our most recent MAP data that will show your child's progress over the past few months (as well as compared to last year)! We do not have Report Card Conferences until March, but please feel free to email your child's teacher or Ms. Loftus with any specific questions regarding these reports. Please see the suggestions below on how we can work together to support our children's learning in the next few months!**

***Valentine's Day/Lunar New Year Celebrations, Feb 14th: Please keep an eye out for information from your child's teacher regarding any celebrations they may be having in their homeroom. There is no food allowed to be shared or distributed within the classroom, but feel free to send your child with an extra fun snack that day if you so choose!**

Supporting Your Child at Home

The BKS staff wanted to feature some ways to support your child's learning at home in each newsletter for the next few months. With winter testing complete in our upper grade levels, here are some ideas from our 3rd, 4th and 5th grade math team!

- **Games:**
 - Playing cards: play math war to practice multiplication facts! Each player puts down a card... (J=11, Q=12, K=0, A=1) then they would multiply to find the product. Whoever says the product first wins the cards. If they say the product at the same time, they can rock, paper, scissors to see who wins! (this also works for our younger learners for addition or subtraction!)
 - Dice: Roll one or two dice to create a fact to solve!
- Create **flashcards** to practice facts anywhere!
- **Websites:**
 - Khan Academy
 - XtraMath
 - Prodigy
 - Cool math games
 - Mr. Math Blog videos





Nurse's Message

As we enter February, Quincy Public Schools has elected to participate in the COVID home testing option offered by DESE and the state of Massachusetts. This option will distribute two test kits every other week to families to begin testing at home. These kits are rapid antigen tests. We do not need to know if your child is negative - they would attend school as expected. If your child is positive you would need to inform our office so we could initiate the home quarantine 5 day protocol. This will provide another option for testing to those families that are looking for it. You are not obligated to participate.

Beechwood will continue pool testing. Our pool testing day is Wednesday. If we find a positive pool the children in that pool will be given a rapid antigen test to determine who has COVID and that child will be dismissed home on the 5 day quarantine protocol. If no positive test results are found the children will be retested the next day. Because Pool testing is a PCR test it can detect minute levels of virus and even dead virus. There will be occasions when we do not have a child sent home. If you would like to opt in or out of pool testing please call my office so I can help facilitate this for you.

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.

Keep warm and healthy and Spring will be here before you know it.

Mrs. Cerone

Counselor's Corner

It seems that the past two years with COVID have taken its toll on everyone in more ways than we can count. From illness and grief to social isolation and loneliness, so many have been focusing on surviving, never mind thriving. My role in school is to focus on the children's overall well-being, which includes their mental health. I wanted to take the opportunity this month to explore mental health and share some resources that may be useful to parents.

"What is mental health?"

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including: biological factors, such as genes or brain chemistry; life experiences, such as trauma or abuse; or a family history of mental health problems.

Positive mental health helps us realize our full potential, cope with stress, work productively and made meaningful contributions to our community.

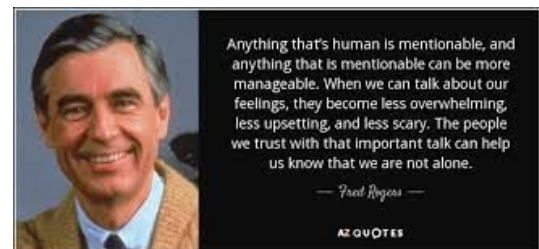
"How can we support the mental health of children?"

There are so many things we can do, and continue to do, to foster positive mental health in our children and students. We can help them establish and maintain connections with others. We can stay positive and help them be physically active. We can teach them to help others. We can make sure they get enough sleep. We can help them develop coping skills- the healthy ways to deal with life's stressors. And when needed, we can seek professional help.

One important thing to note: There will always be stressors in life. We cannot take those away from the children. We can however teach them how to deal with stressors so that as they grow, they will be able to cope. We can model for them how we deal with life's troubles. We can problem solve with them when their own arise. We can support them when they make brave attempts. Above all, we can listen and love them.

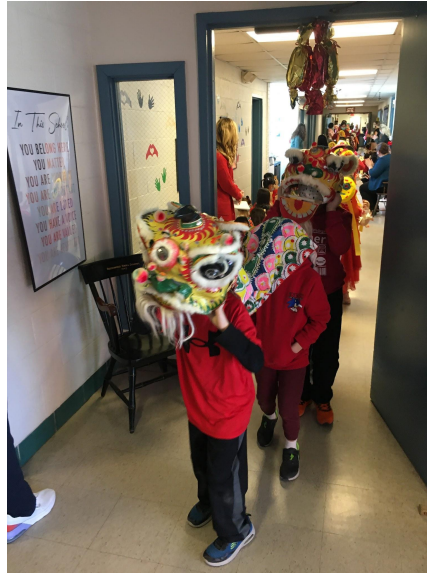
In the coming months, I plan to share more mental health-related resources for families. As always, I am a phone call (or email or a stop-by) away.

Maura Hurst, School Counselor



(Source: <https://www.mentalhealth.gov>)

Lunar New Year Parade at BKS



Jump Rope for Heart

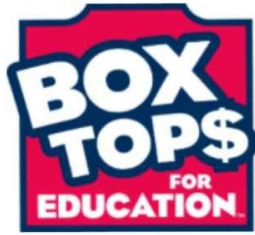
The week of February 14th in your physical education class, YOU will be participating in the annual Jump Rope For Heart!! Please wear the color RED to your PE class this week to support the JRFH and those who need it! Ms. Loftus sent a link to your email from the American Heart Association, if you choose to get sponsors for your participation. Check your email!



The Olympics are coming to Physical Education!



It's that time!! 2022 WINTER Olympics!! This years Olympics are held in Beijing and I am waiting for you at BKS to participate!! During your physical education time, YOU will be participating in the Winter Olympic activities such as speed skating, skeleton racing, skiing, curling and MUCH MORE!! Please wear you favorite countries color or favorite shirt to physical education the week of February 7th!!



Earn 3 Bonus Box Tops on Betty Crocker Baking
when you buy any 2 participating Betty Crocker Baking products starting on 12/01/21.

Purchase by 12/26/21. Limit 3 claims per user. Offer valid while supplies last.



Earn 5 Bonus Box Tops on Pillsbury Sugar Cookie Dough
when you buy any 3 participating Pillsbury Sugar Cookie Dough products starting on 12/01/21.

Purchase by 12/26/21. Limit 5 claims per receipt. Offer valid while supplies last.



Earn 1 Bonus Box Top on Sugar Cookie Toast Crunch
when you buy any 1 box of Sugar Cookie Toast Crunch cereal starting on 12/01/21.

Purchase by 12/26/21. Limit 1 claim per receipt. Offer valid while supplies last.



Earn 3 Bonus Box Tops on Hamburger Helper
when you buy any 5 participating Hamburger Helper products starting on 12/01/21.

Purchase by 12/26/21. Limit 3 claims per receipt. Offer valid while supplies last.



Earn 50 Bonus Box Tops at Target
when you buy any 5 participating Annie's Mac & Cheese and/or Dry Dessert Mixes starting on 12/01/21.

Purchase by 12/26/21. Limit 5 claims per receipt. Offer valid while supplies last.



Earn 50 Bonus Box Tops with Annie's!
when you buy any 5 participating boxes of Annie's Mac & Cheese and/or Dry Dessert Mixes products starting on 12/01/21.

Purchase by 12/31/21. Limit 5 claims per receipt. Offer valid while supplies last.

ATTENTION
Walmart
Online
Shoppers!



New! How to Submit Your Walmart Digital Receipt

Check out this video to see how to ensure you get credit for all the Box Tops products you buy!

You may have noticed that Walmart recently changed their digital receipts, so only the first few items of your purchase appear in your purchase history.

Unfortunately, this makes it hard for the Box Tops app to validate your items. Watch this video to see the new process for submitting Walmart.com purchases.

[See How](#)

<https://youtu.be/gb0Y8dbSFSg>



We are now recycling 6 programs with Terracycle!

