



DECEMBER CALENDAR

Beechwood Knoll
Elementary School

2020

MON

TUES

WED

THURS

FRI

Save the Date!
Remote Student
Material
Pick-Up Day:

Wednesday,
January 6th
at BKS

Principal

Janet Loftus

Assistant Principal

Marisa Forrester

Secretary

Jane MacDonald

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

30	1 PTC Fast Goes Live, 4:00pm	2	3	4
7	8 Report Cards Released on ASPEN	9 Report Card Conferences, 1:00-2:30 pm	10	11
14	15	16 Report Card Conferences, 5-7:00 pm BKS Pajama Day!	17	18
21	22	23	24	25
WINTER BREAK				
28	29	30	31	1
NO SCHOOL				



A Note from the Principal

I would like to wish everyone a happy holiday season! Whether you celebrate Hanukkah, Diwali, Christmas, or Kwanzaa, I hope that you are able to enjoy with your families with gratitude and happiness!

Our BKS staff has been working around the clock to ensure that our students are learning and growing academically, socially, and emotionally to the best of our ability. I hope all families are able to sign up for Report Card Conferences in order to check in with your child's teacher so that 2021 starts out on the right foot once we are back in school on January 4th.

In this newsletter, you will find preliminary results of our Family Inclusion Survey. Thank you to all who participated! Our Diversity, Equity and Inclusion Team will now dive into this data so that as we move forwards we can do so with a purposeful intent. A big thanks goes out to our PTO who helped us purchase books for every student in our school that we will use to help guide our lessons and conversations regarding diversity at an age-appropriate level. I am so proud of our community and all that we are doing in order to further our efforts to make sure that BKS is equitable for all.

Again, I hope you all enjoy some time off over the holidays and I wish you nothing but health and happiness in the coming New Year!

~Ms. Janet Loftus

祝大家节日快乐！无论您是庆祝光明节，排灯节，圣诞节还是宽扎节，我都希望您能够与家人一起充满感激和幸福！

我们的BKS员工一直在全天候工作，以确保我们的学生在力所能及的范围内在学术，社交和情感上不断学习和成长。我希望所有家庭都能报名参加报告卡会议，以便与您孩子的老师一起办理登机手续，以便我们于1月4日回到学校后，从2021年重新开始。

在本新闻通讯中，您会发现我们的家庭参与调查的初步结果。谢谢所有参加的人！我们的多元化，公平与包容团队现在将深入研究这些数据，以便随着我们的前进，我们可以有目的地做到这一点。非常感谢我们的PTO，他帮助我们为学校中的每个学生购买了书籍，以确保我们在这个冬天和春天都可以利用。我为我们的社区和我们正在做的一切感到骄傲，以进一步努力确保BKS对所有人平等。

再次，我希望大家在假期中都放假，并且祝您在新的一年里健康和幸福！

~女士珍妮特·洛夫图斯(Janet Loftus)

Zhù dàjiā jié rì kuàilè! Wúlùn nín shì qīngzhù guāngmíng jié, pái dēngjié, shèngdàn jié háishì kuān zhā jié, wǒ dū xīwàng nín nénggòu yǔ jiārén yīqǐ chōngmǎn gǎnjī hé xìngfú!

Wǒmen de BKS yuángōng yīzhí zài quántiānhòu gōngzuò, yǐ quèbǎo wǒmen de xuéshēng zài lìsuǒnéngjí de fànwéi nèizài xuéshù, shèjiāo hé qínggǎn shàng bùduàn xuéxí hé chéngzhǎng. Wǒ xīwàng suǒyǒu jiātíng dōu néng bàomíng cānjiā bàogào kǎ huìyì, yǐbiàn yǔ nín háizi de lǎoshī yīqǐ bàn lǐ dēng jī shǒuxù, yǐbiàn wǒmen yú 1 yuè 4 rì huí dào xuéxiào hòu, cóng 2021 nián chóngxīn kāishǐ. Zài běn xīnwén tōngxùn zhōng, nín huì fāxiàn wǒmen de jiātíng cānyù diàochá de chūbù jiéguǒ. Xièxiè suǒyǒu cānjiā de rén! Wǒmen de duōyuán huà, gōngpíng yǔ bāoróng tuánduì xiànzài jiāng shēnrù yánjiū zhèxiē shùjù, yǐbiàn suízhe wǒmen de qiánjìn, wǒmen kěyǐ yǒu mùdì de zuò dào zhè yīdiǎn. Fēicháng gǎnxiè wǒmen de PTO, tā bāngzhù wǒmen wéi xuéxiào zhōng de měi gè xuéshēng gòumǎile shūjí, yǐ quèbǎo wǒmen zài zhège dōngtiān hé chūntiān dū kěyǐ liyòng. Wǒ wèi wǒmen de shèqū hé wǒmen zhèngzài zuò de yīqiè gǎndào jiāo'ào, yǐ jìnyībù nǚlì quèbǎo BKS duì suǒyǒu rén píngděng.

Zàicì, wǒ xīwàng dàjiā zài jià qí zhōng dōu fàngjià, bìngqiě zhù nín zài xīn de yī nián lǐ jiànkāng hé xìngfú!

~Nǚshì zhēnnī tè-luò fū tú sī (Janet Loftus)

A NOTE FROM THE NURSE.....



Hello Everyone!

With the holidays fast approaching, I wanted to reach out with a few reminders but wanted to first tell you that during Thanksgiving, I was most thankful to have the opportunity to care for your students and work with all the Beechwood Knoll families. This year is full of unique challenges and I appreciate everyone's understanding as we work together to navigate the current craziness.

Please take a minute to review the following important reminders.

HOLIDAY CELEBRATIONS: Please click on this link to read the most recent guidance offered by the state regarding holiday celebrations:

<https://www.mass.gov/holidays-during-covid-19-in-massachusetts>

TRAVEL GUIDELINES: If you are unsure what is required to travel and then return to school, please click on this link to connect to the most recent state issued travel guidelines or give me a call and we can discuss: <https://www.mass.gov/info-details/covid-19-travel-order>

FLU SHOTS: This year, the state has mandated that all students, **remote and hybrid**, provide proof of their flu shot by **12/31/2020**. Thank you to everyone who has already submitted documentation of their child's flu shot and for those who haven't yet, please make the time to have your child immunized against the flu as soon as possible.

If you are remote, documentation can be mailed, emailed or faxed to me. If your child is in school, they are welcome to drop it off to my office.

Please feel free to call me if you have any questions.

I hope you all had a wonderful Thanksgiving,

Mrs. Cerone, MSN, RN

Counselor's Corner

This time of year can be so hectic for families. (Although it seems like every time of year is hectic these days.) The busyness of the season and the changes to schedules often have an effect on the children. Being mindful during this busy time can make such a difference.

Simply put, *mindfulness* is being aware of what you are doing while you are doing it. Many of your children have been learning mindfulness skills in school. In third grade, students are learning about mindfulness strategies such as breathing, focusing and generally “being where your feet are.” In younger grades, they will learn to “Stop, Name your feelings, Calm Down” as a way to check in with what is happening in their bodies and getting the “thinking part of their brain back in charge.” These strategies can be so helpful when feeling like we are moving too fast and not enjoying the moment.

The holidays offer so many opportunities to practice mindfulness as a family.

- That mug of hot chocolate is a chance to practice mindful breathing: breathe in smelling the delicious hot chocolate; breathe out to cool it off.
- A family walk around the neighborhood looking at the lights is a chance to use our senses. What do we see, hear, smell?
- While nibbling holiday cookies, can you describe the smell, taste, texture?
- While listening to festive music, how many different instruments can you hear?
- Play a gratitude game: go back and forth naming as many things as you can that you are grateful for.

As always, if I can be a support to your child, please do not hesitate to contact me.

Maura Hurst, School Counselor



Report Card Conferences
December 9th: 1-2:30 pm
December 16th: 5:00-7:00 pm

We are going digital! Please use the link below to sign up for your child/children's report card conferences! All you need is the link and the name of your child's homeroom teacher!

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

***Site will be live Tuesday, 12/1 at 4:00 pm**

*In order to fit everyone in, our conferences will be 10 minutes per child. We encourage parents to look over the report cards on ASPEN the day before and come with any questions or concerns.

*Families who have requested translators have been scheduled in already. Teachers will be reaching out to let you know the times. If you cannot make it then, please let your teachers know right away.

*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!

*Please make sure you are able to log into Zoom and Google Meet prior to your conference to ensure there aren't technology issues during your scheduled meeting.

*See next page for a reminder on how to log into ASPEN to view your child's report card on December 8th.

报告卡会议

12月9日：下午1-2:30
12月16日：下午5:00-7:00

我们要数字化！请使用下面的链接注册您的孩子的报告卡会议！您只需要链接和孩子的班主任的名字！

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

*为了适合所有人，我们的会议将为每个孩子10分钟。我们鼓励父母前一天在ASPEN上查看成绩单，并提出任何问题或疑虑。

*已安排翻译的家庭。老师将与您联系，让您知道时代。如果您无法做到这一点，请立即让您的老师知道。

*虽然您的孩子可能有一位以上的学术老师，但我们要求我们将会议保留给班主任老师和仅列出的任何支持人员，以便所有父母都可以容纳。

*注册后，www.ptcfast.com将为您安排的会议发送提醒！

*请确保在会议开始之前可以登录Zoom和Google Meet，以确保在预定会议期间不会出现技术问题。

*请参阅下一页，以提醒您如何在12月8日登录ASPEN查看孩子的成绩单。

ACCESS TO ASPEN IN 5 EASY STEPS

Step 1. Type in the address in your browser:
aspen.quincypublicschools.com

Step 2. Your Login ID is your child's local student ID Number.
Your generic password is quincy123. You will be prompted to change your password after logging on. Your new password should be at least one UPPER CASE LETTER and at least ONE NUMBER. Minimum of 6 digits. The password will be encrypted for security reasons. The example is showing the encrypted password.

Step 3. After logging on for the first time... You will be prompted to change your password. Your current password is quincy123. Type in your new password and then confirm the new password

Step 4. After logging on to Aspen, click on **Set Preferences** Tab up at the TOP right hand corner of the page. Click on the **Security Tab**. Enter your primary and alternate email address. Answer at least one of the security questions in the drop down menu. By answering the security question, if you forget your password it will be emailed back to you. Click on the link – *I forgot my password at the log in screen.*

Step 5. After Logging on you will see PUBLISHED REPORTS on the right hand side of the screen. This is where the link will be located for the student's report card. After double clicking on the link you will be able to view the report card.



If you need further assistance please call the school's main office.

BKS Family Inclusion Survey - Preliminary Results!

Results: Responses collected from October 30 through November 25, 2020

Total Results: 162

- English - 107 (66%)
- Albanian - 3 (2%)
- Chinese - 49 (30%)
- Spanish - 1 (1%)
- Vietnamese - 2 (1%)

Outreach:

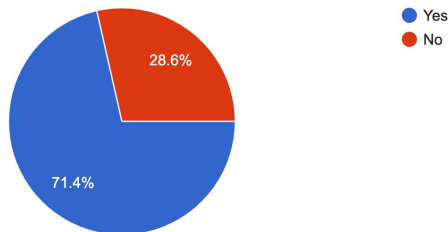
- Posted on QPS Website
- Fliers sent home
- Parent Newsletter Emails

Incentive:

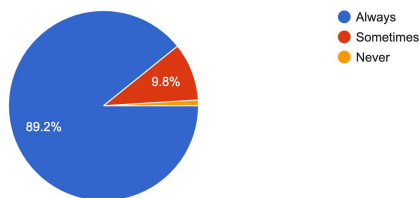
To show our appreciation for your time, families who complete the survey will be entered in a BKS Family Fun Night prize basket raffle upon completion.

Connection

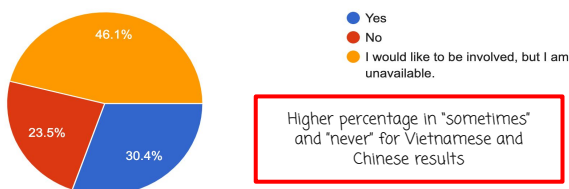
Are you as involved as you would like to be in your child's school experience?



My family feels welcome at BKS and is equally valued by members of the school community.



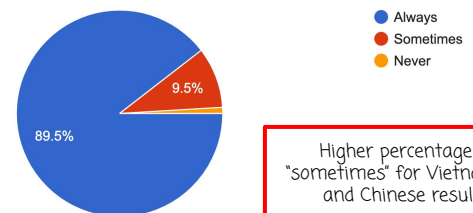
Would you like to be involved in helping to plan cultural events at BKS?



Higher percentage in "sometimes" and "never" for Vietnamese and Chinese results

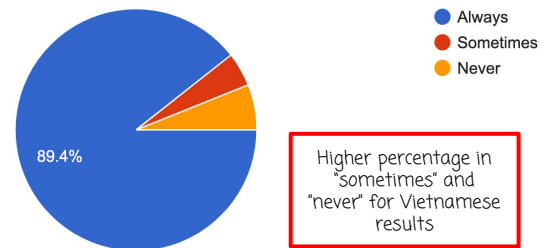
Communication

When BKS sends communications and announcements, my family can access them:



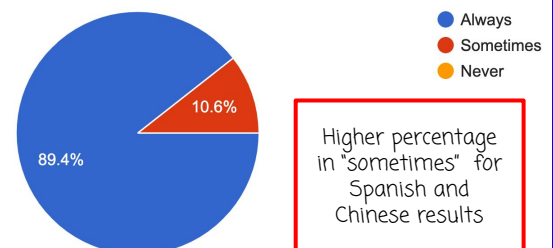
Higher percentage in "sometimes" for Vietnamese and Chinese results

The translation services my family needs are available at BKS:



Higher percentage in "sometimes" and "never" for Vietnamese results

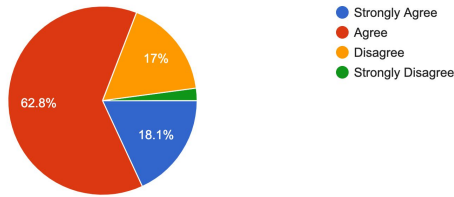
I feel comfortable reaching out to school staff for help or clarification.



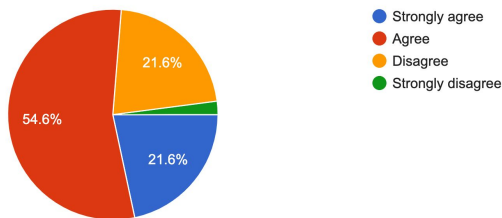
Higher percentage in "sometimes" for Spanish and Chinese results

Learning Experiences

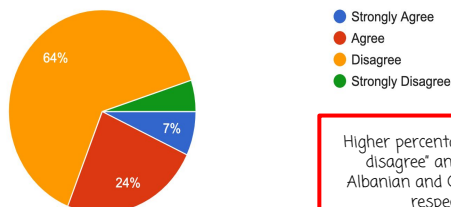
My child reads books in class that include people who are similar to our family (for example: we look the same, speak the same, or live in a similar neighborhood).



My child's schooling differs from my own schooling experiences as a parent/guardian.



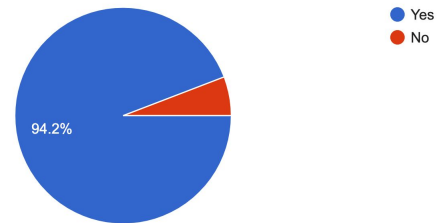
The staff expectations of my child as a student at BKS are different from my own expectations of my child as a student.



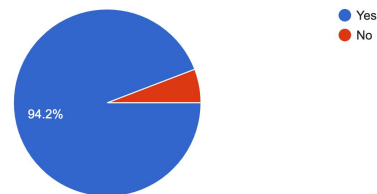
Higher percentage in "strongly disagree" and "agree" for Albanian and Chinese results respectively

Relationships

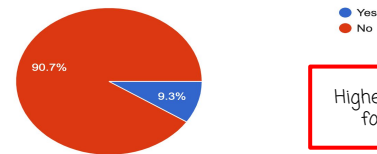
Do you feel that your child has positive friendships or social relationships at school?



Does your child have friends who are different from themselves (for example: friends of different gender, who speak a different language or who are of a different race/ethnicity).



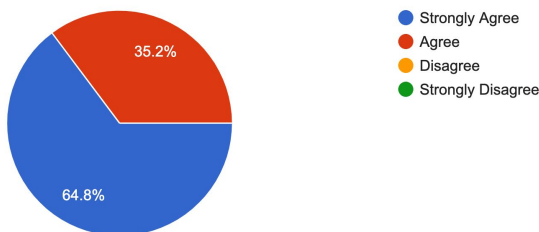
Are there school activities that your child is a part of, or would like to take part in, but does not feel a sense of belonging or welcome?



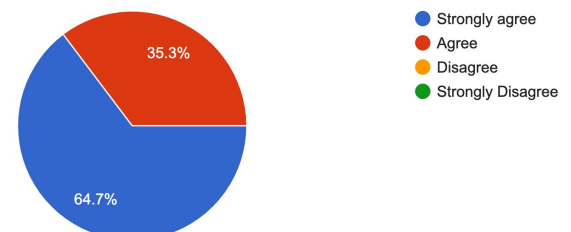
Higher percentage in "yes" for Spanish results

Overall

BKS accepts our family for who we are.



The staff at BKS cares about our family as people.



Next Steps: BKS Diversity Team will meet for a full analysis of the data in December and these findings will drive our initiatives moving forward!

BKS Classroom Highlights!



Our grade 4 scientists have wrapped up their Earth Science Unit and will begin our units on Energy this month. We are learning the importance of nonfiction text features and how these features aid in our understanding of what we read. Students will continue to grow as writers as we focus on figurative language and personal narratives this month!



It's that time of year where third graders learn how to multiply! Our classes have been working hard to explore multiplication through strategies such as skip counting, drawing groups and repeated addition. For the month of December, we will begin fact practice! Let's get ready to learn $\times 2$ and 4, $\times 5$ and 10, and $\times 3$ and 6!



**It's Pajama
Day
At BKS!**

**Wednesday,
December 16**

**Get comfy and have an
awesome day!**

Thank You For Your Donations for The Food Drive

The food drive was
incredibly successful. Thank
you to everyone who
participated.

*From the Fifth Grade
BKS Student Council*



BKS PTO

SAVE THE DATES:

Virtual Cocoa and Craft Night: January 4th

PTO Meeting: January 11th

Join us on Tuesday December 15 12-6
Babycakes is hosting a Cupcake decorating kit
fundraiser for Beechwood Knoll

Christmas Cupcake kits
6 cupcakes, red & green frosting and assorted sprinkles



As always we will have a variety of cupcakes available
Ice Cream, Vegan Ice cream, Richie's Slush & Specialty Milkshakes
Including gluten free & vegan options
All items can be pre ordered
Proceeds from the sales will be donated to Beechwood knoll

Babycake
163 Beale St. Quincy 02170
617-773-4458
Babycakescafe163@gmail.com



FITNESS CHALLENGE

December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8 Arm Circles 5 Bicycles	2 CARDIO DAY (1 MIN)	3 3 Pushups 5 Crunches	4 8 Arm Circles 5 Bicycles	5 3 Pushups 5 Crunches
6 10 Arm Circles 12 Bicycles	7 5 Pushups 8 Crunches	8 10 Arm Circles 12 Bicycles	9 CARDIO DAY (2 MIN)	10 5 Pushups 8 Crunches	11 10 Arm Circles 12 Bicycles	12 5 Pushups 8 Crunches
13 15 Arm Circles 15 Bicycles	14 7 Pushups 10 Crunches	15 15 Arm Circles 15 Bicycles	16 CARDIO DAY (3 MIN)	17 7 Pushups 10 Crunches	18 15 Arm Circles 15 Bicycles	19 7 Pushups 10 Crunches
20 20 Arm Circles 18 Bicycles	21 9 Pushups 12 Crunches	22 20 Arm Circles 18 Bicycles	23 CARDIO DAY (4 MIN)	24 9 Pushups 12 Crunches	25 20 Arm Circles 18 Bicycles	26 9 Pushups 12 Crunches
27 25 Arm Circles 20 Bicycles	28 10 Pushups 15 Crunches	29 25 Arm Circles 20 Bicycles	30 CARDIO DAY (5 MIN)	31 10 Pushups 15 Crunches		

December Fitness Challenge Calendar – Use these fitness exercise ideas for your program, and encourage kids to continue to stay active with friends and family during winter break!

- Arm Circles – repeat movement in opposite direction
- Cardio Day – Jump Rope, Hula Hoop, Jog in Place (choose 1, a combination, or all activities)

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.