



# NOVEMBER NEWSLETTER

Beechwood Knoll  
Elementary School

## 2020

### Masks

Masks should be worn by all adults at drop-off and pick-up. As a community, we need to respect the health and wellness of those around us. Thank you.

### 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

2	3 Election Day  No School	4 Early Release Day  Remote Pick-Up Day, Gr K-3	5	6
9	10 Superint. Visit, 9am	11 Veteran's Day  No School	12	13
16	17	18 Early Release Day	19 Turkey Trot Cohort B	20
23 PTO, 6:30  Turkey Trot Cohort A	24	25 Early Release Day  Whole School Turkey Trot	26 THANKS-GIVING NO	27 SCHOOL
30	Check out ALL that is going on in QPS and at BKS by viewing the following pages:  <a href="http://bkspto.weebly.com/">http://bkspto.weebly.com/</a> <a href="https://www.facebook.com/groups/BKSPTO">https://www.facebook.com/groups/BKSPTO</a>			

# Principal's Reminders:

Please read the next page...we need all families to participate!

**Nov/Dec Remote Student Materials Pick Up:** Wednesday, Nov 4th from 12:30-2:00 at BKS.

**MAP Testing:** Students in grades 2-5 will be completing their MAP Assessments over the course of November.

If the children are REMOTE, please have headphones for your child while they are on the computer. Also, please go to the following site for a quick check to ensure your child's device is able to support the MAP testing: <https://check.nwea.org/>

**Parent Academy:** *Structuring the Home Environment for Remote Learning*

Learn about best practice strategies related to setting up your home environment to help support your child during remote learning. A presentation will be followed by Q&As.

- Friday Morning Session: November 6, 8:00-9:00 AM

Link: <https://zoom.us/j/92499791142?pwd=ZXYxR1F3RWxkNWVtdEU3QS9ycmROUT09>

To send specific questions to the presenter ahead of the parent meeting, please submit your question using this form: <https://forms.gle/dswSkmMUt831FTYu8>

PTO

Join us Monday, November 23rd at 6:30 for our PTO Meeting on Zoom!

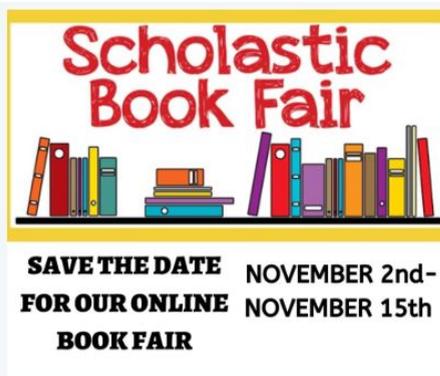


All you have to do is:  
Log on to [www.stopandshop.com/aplus](http://www.stopandshop.com/aplus) to register online **OR**

After you register your card, each shopping trip at any Stop&Shop using your Stop&Shop Card earns CASH for our school! Each month, the amount of CASH awarded will be updated on the Stop&Shop website. You can track the amount of points you earn for our school by checking your grocery receipt and online when you create an account at [stopandshop.com](http://stopandshop.com). Our school will receive a check at the end of the program. The money can be used for any of our school's educational needs. We need your support. Please be sure to register your card to benefit **Beechwood Knoll Elementary School**, using ID **#06065**.



Smile.Amazon.com with Beechwood Knoll Elementary School PTO as the chosen Charity. Note: if you use your mobile phone's app, you will need to "renew" twice a year, so be sure your app still shows the AmazonSmile logo at the top left corner in the app.



<https://www.scholastic.com/bf/beecknollknollelementarysch>

# Parent Survey

Our Beechwood Knoll School (BKS) Diversity, Equity and Inclusion team has designed a 35 question survey to help assess our current school culture and to establish additional steps going forward. We kindly ask that you and your family take the time to complete this and share your thoughts and reflections on our school community.

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.

We thank you for helping us make BKS a more welcoming place!

To access the survey, please click the link below.

[https://beechwoodknoll.quincypublicschools.com/our\\_school/news](https://beechwoodknoll.quincypublicschools.com/our_school/news)

This survey will close on Monday, November 16th., 2020.



# BKS Classroom Highlights!

## PHYSICAL EDUCATION

In the physical education world, the kiddos are rocking it!! Stay tuned for lessons using dance, fitness, games and so much more!! We will be incorporating math and a bit of social studies in our lessons...we might even go around the world!

## GRADE 4

SHOUT OUT to our 4th grade hybrid learners who are entering their second week of in-school/remote learning mode. We know there have been a lot of changes for you and we are so proud of your ability to adapt and stay positive. You guys rock!!

*Grade Four Remote Learners, please check your email for our Weekly Newsletter!*

*GRADE 5 Ask your 5th grade scientist how he/she learned about the property of solubilty! You will be impressed with all their new vocabulary.*

*KINDERGARTEN Shout out to the remote kindergarteners for working incredibly hard! Their quality of work and patience is remarkable, and it is a joy to watch them concentrate immediately when set off to complete a task. Be very proud!*

GRADE 3 Grade three enjoyed the Humorous Fiction Unit that we just completed in our Close Reading program! We are moving onto Informational Texts for the next month. In math, we are starting multiplication and have been using skip counting to help with this new concept. In science we have been exploring weather and the kids have done a great job with being mini meteorologists! The third grade teachers are so proud of all of the hybrid and remote learners! Keep up the great work!



Check out our  
Grade 5 Band  
Students!!!  
Thank you Mrs.  
Schmidt!



# Office Notes from the Nurse

This is typically the time of year when ILI (Influenza Like Illness) begins to spread. To help combat the spread the Massachusetts DPH has made **flu vaccination mandatory** for school enrollment. This requirement needs to be met by **December 31, 2020**.

Influenza can vary widely from season to season as well as from person to person.

People who have the flu often feel some or all of these signs and symptoms:

Fever* or feeling feverish/chills (100 degrees or greater)	Cough
Sore throat	Runny/Stuffy nose
Muscle or body aches	Headaches
Vomiting and diarrhea (more common in children than adults)	Fatigue (very tired)

\*It's important to note that not everyone with the flu will have a fever.

If you are unsure about whether or not your child's symptoms are serious enough to keep him/her home, please feel free to call the health office. We can review the symptoms over the phone. It is preferred to arrive late than to arrive on time with contagious symptoms. Please do not hesitate to contact me this year either by phone (617 984-8632) or email ([deborahcerone@quincypublicschools.com](mailto:deborahcerone@quincypublicschools.com)) with any questions or concerns.



## Counselor's Corner

This highly unusual year has offered the opportunity to look at school differently. That opportunity includes the way we do things in the counseling office. Classroom lessons are happening remotely with a focus on adjusting to life in hybrid or remote schooling. Lunch groups are being held outside. Smiles are being shared behind masks. There is even a new face in the office. Ms. Nicole DeSantis, a graduate student at Boston College School of Social Work, is working with me this year. She has been a great addition to the BKS support system.

What has not changed is how cared for your children are. As always, it is the honor of a lifetime to journey with your children through elementary school (and beyond). If I can be of support to your child or family, please do not hesitate to reach out. If your child has not joined my Google Classroom, please encourage them to do so. I add something daily. Class code: ssfuw40.

Maura Hurst, School Counselor

## CDC "CLOSE CONTACT" CHANGES

The latest change regarding COVID-19 is an [update to the Close Contact definition](#). This has been a debated topic since the spring. Does it matter if the 15 mins of time together is consecutive or cumulative?

Wednesday afternoon, the CDC changed their definition to now include cumulative/accruing time. This comes after one prison guard in Vermont acquired COVID. They attributed this to small bursts of time together with positive cases that could spread the disease (something many assumed, but this case provided some evidence).

### [What does this change mean?](#)

Your daily interactions with others add up and have an impact.

"It's easy to accumulate 15 minutes in small increments when you spend all day together — a few minutes at the water cooler, a few minutes in the elevator, and so on," Rivers said. "I expect this will result in many more people being identified as close contacts."

### [Does being a close contact matter?](#)

Yes since it means you are at a much greater risk for contracting COVID-19.

At the very least, your life will be impacted by having to quarantine (cannot leave your home for anything other than a medical appt) for FOURTEEN days.

### ["I only chat / hang out with / visit / eat with / take drives with people who are healthy."](#)

You cannot tell who has COVID-19. Many people never show symptoms, but are "carriers" and unknowingly infect others. People who do have symptoms are able to spread the disease before their sick symptoms show up (2 days before they started feeling unwell). \*Remember: wearing a mask when within 6 feet does not exclude you from being a close contact.

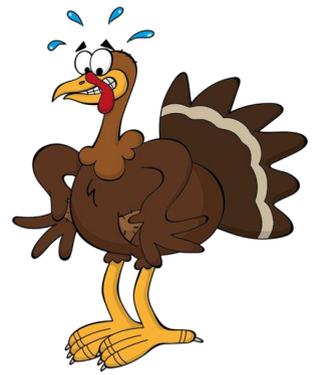
### [What can I do?](#)

Continue keeping that distance. Get at least 6 feet of space between you and non-household individuals. If you do have contact with non-household individuals (dining out, even a hair appt), be selective and find ways of reducing risk (outdoor dining vs indoor; hair appts less regularly than usual).

### [What does this mean for school?](#)

Kids should be at least 6 feet away from each other while in school. Kids should sit in the same desk everyday IN CASE Quincy changes their quarantine policy and we need to know who sat close to a positive case.

# TURKEY TROT

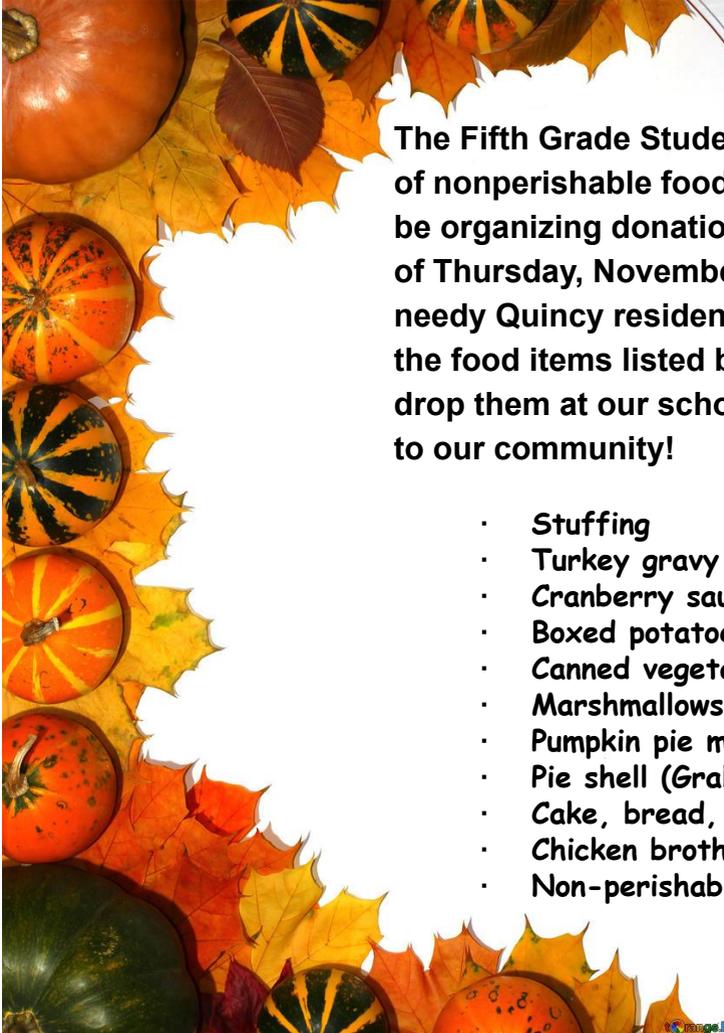


This year's Turkey Trot is going to look different, as we continue to social distance as a school! If your child is hybrid, please have them wear warm clothes on the following dates:

Cohort B: Thursday, Nov 19th

Cohort A: Monday, Nov 23rd

Please know, this is not an open event for parents. However, on Wednesday, the 25th, we will all be Trotting our way to Thanksgiving together by doing a Virtual Turkey Trot as a school at 11:00am. More details to follow!



## ***Thanksgiving Food Drive***

The Fifth Grade Student Council will be collecting and donating boxes of nonperishable food items to benefit Quincy's Food Pantries. We will be organizing donations and have a pick-up scheduled for the morning of Thursday, November 18th<sup>t</sup>. Please help us fill the plates of many needy Quincy residents during this holiday season with donations of the food items listed below. You can send items in with your child or drop them at our school office. Thank you in advance for giving back to our community!

- Stuffing
- Turkey gravy
- Cranberry sauce
- Boxed potatoes
- Canned vegetables
- Marshmallows
- Pumpkin pie mix
- Pie shell (Graham cracker crust)
- Cake, bread, and pudding mixes
- Chicken broth
- Non-perishable Holiday Treats



# THANKSGIVING FEAST

**FREE**

*Thanksgiving meal kits to all QPS  
families*

**ALL FAMILIES ARE ELIGIBLE**

*Pick-up is on November 25, 2020  
from  
8 AM-10 AM  
North Quincy High  
Hunt Street Entrance*

**CALL: 617-984-8768  
BEFORE NOVEMBER 13, 2020  
FOR A FAMILY OF 4 OR 8**



Monday,  
November 2 at  
6:00 pm via  
Zoom

## QPS ENGLISH LEARNER PARENT ADVISORY COUNCIL

Quincy Public Schools invites you to a meeting for parents and guardians of English Learners. Come learn how you can support your student's school experience in learning English!

### 英语学习者家长咨询委员会

昆士公立学校诚邀您参加为英语学习者的父母和监护人举行的会议。快来学习如何更好支持您的学生提高英语学习经验!

## CONSELHO CONSULTIVO DE PAIS DE APRENDIZES DE INGLÊS

As Escolas Públicas de Quincy o convidam para uma reunião de pais e responsáveis de alunos de inglês. Venha aprender como você pode apoiar a experiência escolar de seu aluno no aprendizado de inglês!

## CONSEJO ASESOR DE PADRES DE ESTUDIANTES DE INGLÉS

Las Escuelas Públicas de Quincy lo invitan a una reunión para padres y tutores de estudiantes de inglés. ¡Venga y aprenda cómo puede apoyar la experiencia escolar de su estudiante en el aprendizaje del inglés!

## Tư Vấn cho Phụ Huynh các Học Sinh học Tiếng Anh của Quincy

Trường Quincy kính mời các phụ huynh và giám hộ tham dự một cuộc họp cho các học sinh đang theo học Tiếng Anh. Hãy đến tìm hiểu cách bạn có thể hỗ trợ các học sinh về trải nghiệm trong quá trình học Tiếng Anh!

[https://quincypublicschools.zoom.us/j/86123246061?  
pwd=dElQSUZ2U3dQbFFWQ1dENytBOFpJZz09](https://quincypublicschools.zoom.us/j/86123246061?pwd=dElQSUZ2U3dQbFFWQ1dENytBOFpJZz09)

Meeting ID: 861 2324 6061    Passcode: 699839



# FITNESS CHALLENGE

## November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 5 Side Lunges 5 Tricep Dips	2 6 Leg Raises 6 Sumo Squats	3 5 Side Lunges 5 Tricep Dips	4 6 Leg Raises 6 Sumo Squats	5 5 Side Lunges 5 Tricep Dips	6 6 Leg Raises 6 Sumo Squats	7 Jumping Jacks (30 seconds)
8 8 Side Lunges 7 Tricep Dips	9 10 Leg Raises 8 Sumo Squats	10 8 Side Lunges 7 Tricep Dips	11 10 Leg Raises 8 Sumo Squats	12 8 Side Lunges 7 Tricep Dips	13 10 Leg Raises 8 Sumo Squats	14 Jumping Jacks (45 seconds)
15 10 Side Lunges 10 Tricep Dips	16 12 Leg Raises 10 Sumo Squats	17 10 Side Lunges 10 Tricep Dips	18 12 Leg Raises 10 Sumo Squats	19 10 Side Lunges 10 Tricep Dips	20 12 Leg Raises 10 Sumo Squats	21 Jumping Jacks (60 seconds)
22 FAMILY FITNESS WEEK	23 FAMILY FITNESS WEEK	24 FAMILY FITNESS WEEK	25 FAMILY FITNESS WEEK	26 FAMILY FITNESS WEEK	27 FAMILY FITNESS WEEK	28 FAMILY FITNESS WEEK
29 12 Side Lunges 12 Tricep Dips	30 15 Leg Raises 12 Sumo Squats					

**November Fitness Challenge Calendar** – Use our November calendar for fitness exercise ideas, plus activities for Family Fitness to do at home with family members over school break!

-  FAMILY FITNESS WEEK – Refer to the activity list starting on Page 2
-  Side Lunges – Complete one rep by alternating each leg

Special thanks to:



Visit [www.healthiergeneration.org](http://www.healthiergeneration.org) for more ideas on how to inspire a healthy, active lifestyle.

# BKS APPAREL ORDERS!

Hello BKS Families!! It is that time of the year again where the BKS apparel is going to be offered! The form is in this newsletter on the last page, where you can choose as you wish!!

ALL ORDERS MUST BE RECEIVED BY MONDAY, NOVEMBER 16TH, and we ACCEPT CASH AND CHECK ONLY. CHECKS CAN BE MADE OUT TO THE BEECHWOOD KNOLL PTO.

Children who are remote have a chance to drop the order forms off from Monday, November 2nd-Monday, November 16th. between the times of 11-1 p.m.



