



JANUARY CALENDAR

Beechwood Knoll
Elementary School

2021

Remote Students'
Pick-Up Day: 1.6

**Please check in with your child's homeroom teacher prior to your pick-up, as not all classrooms need to come get materials!!!

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6 Remote Materials Pick-Up, 12-1:30 PTO Free Event: Coco and Craft Pick-Up PBIS Kickoff <i>Beechwood Bedtime Story Release</i>	7	8 PTO Remote Coco and Craft Night! 6pm
11 Kindness Week Starts at BKS	12	13 <i>Beechwood Bedtime Story Release</i>	14	15
18 MLK Jr Day NO SCHOOL	19 PTO Meeting, 6:30	20 <i>Beechwood Bedtime Story Release</i>	21	22
25	26	27 Role Model Assemblies <i>Beechwood Bedtime Story Release</i>	28	29

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

PRINCIPAL'S MESSAGE:

Happy New Year! I hope everyone had a wonderful holiday and some time off to relax! As we dive into 2021, I am thankful that from all the challenges this past year has presented we have remained a strong, supportive, and positive Beechwood Knoll Community. Our staff has brought their best each and every day, with a smile on their faces from behind a screen to keep our students engaged and thriving. Our families have shared their positivity and have stepped up for each other in the community when the need has presented itself without hesitation. It is because of all these efforts that I am confident 2021 is going to continue moving in a positive direction. Thank you to EVERYONE for their grit, their patience, and their support. Our BKS Community is second to none!

As always, please do not hesitate to reach out at anytime if needed. There are A LOT of fantastic initiatives coming up this month, so please take some time to read through our newsletter. Thanks!

~Ms. Janet Loftus

Nurse's Message

Cold and Flu season is here!! Two of the greatest defenses against illness are **hand washing and isolation**. Please keep your child home if he/she has any of the following symptoms:

- Temperature of 100 or higher within the last 24 hours
- Nausea that lasts for more than one hour and/or prevents your child from eating
- Vomiting or diarrhea (must be symptom-free for 24 hours before returning to school)
- Coughing that is painful, keeps your child awake at night and is uncontrolled
- Congestion that is so severe your child is having difficulty walking up stairs without getting short of breath and/or cannot talk easily
- A sore throat that has lasted for more than 24 hours and is preventing your child from eating/drinking--even more of a concern when there has been a known exposure to strep throat
- Dizziness with or without a headache

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. My phone number is 617 984-8632 or email

deborahcerone@quineypublicschools.com .

I greatly appreciate your help. Wishing you all a healthy winter!

Mrs. Cerone

Flu Vaccination Deadline Extended

Influenza Vaccine Requirement for School Attendance:
Kindergarten through Grade 12
Updated December 22, 2020

Beginning with the 2020-2021 school year, influenza vaccine will be required for all students. Influenza vaccine is always important to receive to reduce the risk of getting sick with influenza, reduce the severity of disease if one does get sick (including the risk of hospitalization) due to influenza, as well as preventing the spread of influenza to others. During the COVID-19 pandemic, influenza vaccine will be especially critical to reduce the overall impact of respiratory illness on the population, protect vulnerable populations from severe illness, and decrease the overall burden on the healthcare system.

Which students need to receive influenza vaccine? Students in Kindergarten – Grade 12 will be required to receive influenza vaccine for the current influenza season for school attendance unless they have a medical or religious exemption.

When do students need to receive influenza vaccine? Students must receive influenza vaccine for the current season (i.e., school year 2020-2021) by **February 28, 2021**. New students entering school before March 31, 2021 must have received a dose of vaccine for the current flu season for entry.

Are there any exemptions to receiving influenza vaccine? Medical and religious exemptions are allowable in the state of Massachusetts. Medical exemptions must be renewed annually and include a statement from a physician stating that the vaccine is medically contraindicated for the student.

What type of influenza vaccine can students receive? Any age-appropriate licensed influenza vaccine for the current season fulfills the requirement. This includes injectable and nasal spray vaccine types.

Should students without a documented dose of seasonal influenza vaccine be excluded from school on January 1st? Enforcement of school immunization requirements is determined at the local level. We encourage school communities to work with families and healthcare providers to satisfy the requirements for students who are not compliant on January 1st. For the 2020-2021 school year only, influenza vaccine must be received by February 28, 2021. Post-secondary institutions are encouraged to work with families and healthcare providers to satisfy the vaccination requirements for students who are not compliant by March 1, 2021.

One of the more common things I am hearing from kids lately is that they are having a hard time sleeping. Whether it is a symptom of the stress of the world, the changes in routine, or just a to-be-expected phase, it sounds like kids and adults alike are having trouble falling asleep.

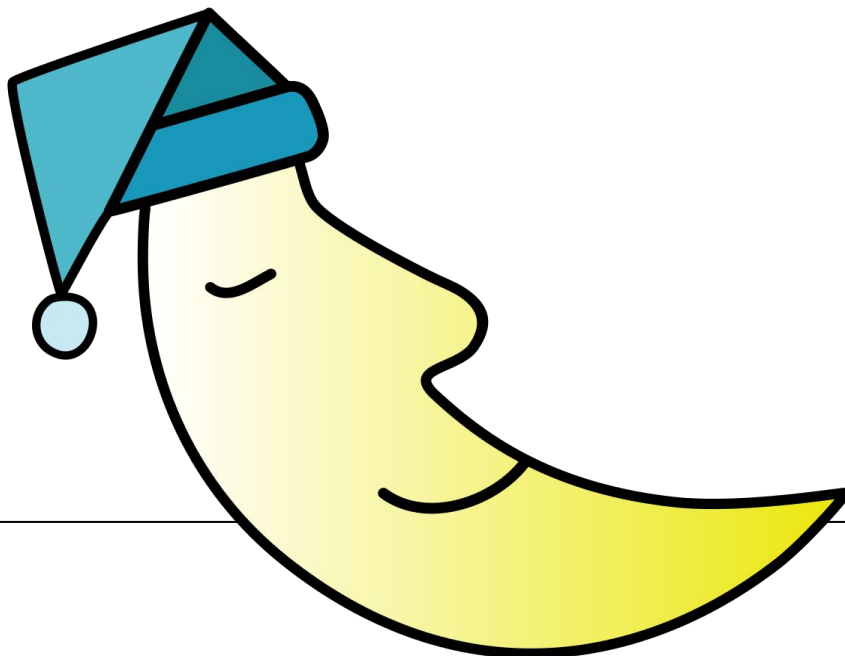
I thought it might be helpful to share a script of a relaxation exercise called a Body Scan, that parents could do with kids to help them settle into sleep mode. It may take a few tries to get used to it, but give it a shot. See how it works. (And if you like this, a quick Google search will provide you with countless more. And even recordings of sleep meditations if you want to try it with the kids.)

First though adults, take a deep breath for yourself. You'll want to feel settled and calm yourself. Use a soothing voice. Pause and take a deep breath between each step. I bet you'll be relaxed at the end too.

Most of our older kids will know about Belly Breathing. Even some of our younger kids will know too. This is a technique I teach them during my lessons. They will put their hands on their bellies. Take a breath in through your nose that makes your belly go out. And out through your mouth and feel your belly go back in. They may remember the visual of holding a mug of hot chocolate and smelling it as they inhale and cooling it off as they exhale.

I hope the Body Scan on the next page brings some calm nights and sweet dreams to your house.

Maura Hurst, School Counselor



Body Scan Meditation for Kids

Source: <https://www.mindful.org/body-scan-kids/>

1) Lie down on your back. Let your legs and your arms relax and fall to the sides. Settle yourself in a comfortable position and close your eyes.

2) Start by taking two or three gentle, large breaths. Pay attention to how that feels. Your belly rises and falls. Air moves in and out of your body. If you like, place a hand on your belly and feel it move with each breath.

3) Now we're going to pay attention to the other parts of the body. Start with your feet. They might feel warm or cold, wet or dry, relaxed or restless. It's also okay if you feel nothing at all. If you can, relax your feet now. If that's hard to do, that's fine. Take a moment and notice how that feels too.

4) For these few minutes, let yourself be still. There's nothing to do. Pay attention as best you can. You might feel a blanket or socks on your feet, or you might feel them pressing against the bed or the floor. When your mind gets busy, gently bring your attention back to your feet again.

5) Now move your attention to your lower legs, noticing whatever is there. Do they feel heavy, light, warm, cold, or something else? Let go of frustration and trying to do anything. Just do your best and give yourself a few moments of rest.

Next, move your attention next to your knees and relax them. Feel the front, back, and sides of your knees.

6) After a few more breaths, move your attention to your upper legs. Whatever you feel, or don't feel, is fine. Notice your legs and let them relax. If you feel restless or wiggly, that's okay too. That happens.

7) Now move your attention to your belly. It always moves when you breathe, rising and falling, like waves on the sea. You might feel something on the inside, like full or hungry. You might notice the touch of your clothing or a blanket. You might even feel emotions in your belly, like happy or sad or upset.

8) Next, bring your attention to your chest. Notice it rising and falling as you breathe. If you feel that it's hard to focus, that's normal. Gently practice coming back again and again to how your chest feels when you breathe.

9) Now turn your attention to your hands. There is no need to move them or do anything with them. They may be touching the bed, or the floor, or somewhere on your body. Relax them if you can, and if not, simply paying attention to your hands for another moment.

10) Move your attention up into your arms. Maybe notice if you can find a moment of stillness inside you, like the pause at the end of each breath.

11) Next, move your attention around to your back. How does it feel against the bed or the floor? Notice how it rocks with each breath. When your mind gets busy or angry or scared, you can always come back to how your body feels in this way for a moment.

12) Now move attention to your neck and shoulders, letting go and relaxing them. If your mind wanders, that's fine. No one can pay attention all the time. Just keep returning to noticing your body whenever you find yourself thinking of something else.

13) And now feel your face and head. What expression do you have right now? What would it feel like to smile? What else do you notice in your face, your head, and in your mind?

14) Finally, spend a few moments, paying attention to your whole body. If it is easier, continue to pay attention to your breath. If it's time for sleep, let that happen, remaining still and continuing to pay attention to your breath or feelings in your body. And if it's time to wake up, open your eyes and sit for a few moments before deciding when to move again.

Cocoa and Craft Night!

Sponsored by the PTO



THIS FRIDAY!

COME HAVE FUN WITH MRS. FRAN, VIRTUALLY!!

WE HAVE TWO CRAFTS FOR YOU TO PUT TOGETHER,
AND SOME HOT COCOA. KITS WILL BE GIVEN OUT AT
WEDNESDAY'S PICK-UP DAY AND IN HOMEROOMS.

COME JOIN THE LIVE ZOOM CALL WITH MUSIC AND FUN
WHILE SIPPING YOUR HOT COCOA AND MAYBE A LITTLE
DANCE PARTY!!!!!!

WHEN: FRIDAY, January 8TH, 2021

TIME: 6 P.M. – 6:45 P.M.

PLACE: YOUR HOUSE!!!

ZOOM:

<https://quincypublicschools.zoom.us/j/81460802779?pwd=TDh5U215TGtpL2E1WjA2Q0VYV05uQT09>

Meeting ID: 814 6080 2779

Passcode: 174846



Grades 3-12 Student Emails



QUINCY PUBLIC SCHOOLS

Kevin W. Mulvey, J.D.
Superintendent of Schools
34 Coddington Street, Quincy, MA 02169
617.984.8701
kevinmulvey@quincypublicschools.com

December 11, 2020

Sign in

1. On your computer go to mail.google.com
2. Enter your QPS Google Login and password.

*If already signed into Google, click the App Launcher and choose Gmail

The image shows two screenshots. The left screenshot is the Google sign-in page with a red arrow pointing to the "Sign in" button. The right screenshot is the Google App Launcher with a red circle around the Gmail icon and a red arrow pointing to it.

Dear Quincy Public Schools Students, Parents, and Guardians,

As you know, over the past year Quincy Public Schools has expanded the use of the Google platform dramatically to facilitate the remote learning environment, including Google Classroom, Google Meet, and other Google apps. All Quincy Public Schools students and staff have active Google accounts and I am pleased to announce that on Monday, December 14, 2020, Quincy Public Schools will be implementing Google email (Gmail) accounts for all students in Grades 3-12.

The Quincy Public Schools Gmail accounts are strictly for internal use for communication between students and staff. The QPS Gmail accounts can be accessed through any web browser or mobile device using the student's Quincy Public Schools Google login credentials. The main benefit of the QPS email accounts is to allow students to easily communicate with teachers and classmates about curriculum and instruction, homework, and group projects. As part of the QPS Gmail rollout process, students are being asked to use these email accounts safely and responsibly by:

- Using their QPS email accounts for educational purposes only;
- Avoiding sharing personal information through their email accounts;
- Remembering that the email accounts are being monitored by school administrators and that parents and guardians will be able to access these accounts upon request; and
- Maintaining digital etiquette at all times and not engaging in cyberbullying.

We look forward to providing students the opportunity to enhance their learning opportunities through this tool. Your assistance in ensuring that these email accounts are used effectively and appropriately is appreciated. If you have any questions or concerns, please feel free to email the QPS Information Technology Department at googlesupport@quincypublicschools.com.

Sincerely,

A handwritten signature in black ink that reads "Kevin W. Mulvey".



PBIS: Reimagined



Starting in January, BKS will be relaunching our PBIS efforts. PBIS is the framework we use to instill positive behaviors in school. Our school's core "Expected Behaviors" are respect for self, others and property. The focus of our reimagined version of PBIS will be on reinforcing Expected Behaviors in an effort to strengthen our school community and foster positive learning environments for both in-person and remote classrooms.

Each month, as we have done in the past, will have a highlighted Expected Behavior that we will be focused on. The behavior will be discussed in the classroom and reinforced throughout the month. For the month of January, we will be focused on **Respect for Others in the Classroom**. This will involve behaving in ways that allow others to learn, helping others and cooperating.

At the end of every month, on the last Wednesday, each grade level, hybrid and remote together, will gather in a virtual assembly to celebrate everyone's hard work and recognize the Role Models for that month's behavior. A Role Model is a student in each class who worked hard to demonstrate the month's Expected Behavior. Our assemblies will be a great time for the students to connect with friends from other classrooms and for the whole grade to build community.

PBIS: Reimagined will kick-off with a virtual assembly on Wednesday, January 6th to reintroduce the program to the students.

BKS Expected Behavior of the Month

For the month of January, students will be working hard to demonstrate *Respect for Others in the Classroom*. This will include allowing others to learn, helping others and cooperating.

Kindness Week

The week of January 11th will be annual Kindness Week at BKS. Student Council is busy organizing a theme for each day that will give students and staff inspiration for creative ways to show kindness to each other.

Being kind connects to this month's Expected Behavior of Respect for Others in the Classroom. It also honors the late Dr. Martin Luther King, Jr. who continues to inspire us to treat others with respect and justice.

We welcome your family to extend these acts of kindness beyond the school day and into your home and neighborhood. If your family would like to share a photo of your act of kindness, please email it to maurahurst@quincypublicschools.com and we will share a collection of the good works our school community shared during Kindness Week.





The Beechwood Knoll Staff is excited to introduce:

“Beechwood Bedtime Stories”

Every Wednesday, a member of the BKS staff will release a video of them reading their favorite stories to you. Videos will be published in your child's google classroom.

The first video was released on Wednesday, December 16th! Videos will resume after vacation beginning again on Wednesday, January 6th!

Beechwood Bedtime Stories helps us stay connected as a school community while supporting a love of literacy among children and adults. We hope you enjoy listening to these stories as much as we have enjoyed recording them.

Get your pajamas on, cuddle up and listen to your favorite BKS teacher read.



~Your BKS Staff





FITNESS CHALLENGE

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 18 Heel Kicks 15 Jump and Twists					1 5 Basic Lunges 5 Squat Jumps	2 HOBBY DAY Choose 1 hobby
3 6 Heel Kicks 5 Jump and Twists	4 8 Basic Lunges 7 Squat Jumps	5 6 Heel Kicks 5 Jump and Twists	6 8 Basic Lunges 7 Squat Jumps	7 6 Heel Kicks 5 Jump and Twists	8 8 Basic Lunges 7 Squat Jumps	9 HOBBY DAY Choose 1 hobby
10 9 Heel Kicks 8 Jump and Twists	11 10 Basic Lunges 9 Squat Jumps	12 9 Heel Kicks 8 Jump and Twists	13 10 Basic Lunges 9 Squat Jumps	14 9 Heel Kicks 8 Jump and Twists	15 10 Basic Lunges 9 Squat Jumps	16 HOBBY DAY Choose 1 hobby
17 12 Heel Kicks 10 Jump and Twists	18 12 Basic Lunges 11 Squat Jumps	19 12 Heel Kicks 10 Jump and Twists	20 12 Basic Lunges 11 Squat Jumps	21 12 Heel Kicks 10 Jump and Twists	22 12 Basic Lunges 11 Squat Jumps	23 HOBBY DAY Choose 2 hobbies
24 14 Heel Kicks 12 Jump and Twists	25 15 Basic Lunges 13 Squat Jumps	26 14 Heel Kicks 12 Jump and Twists	27 15 Basic Lunges 13 Squat Jumps	28 14 Heel Kicks 12 Jump and Twists	29 15 Basic Lunges 13 Squat Jumps	30 HOBBY DAY Choose 2 hobbies

Get Active for the New Year!

Use this printable calendar to keep kids active during the month of January and for virtual learning! It's also National Hobby Month, so you can encourage students to try a new hobby on the weekend with family members.

- For Basic Lunges, do the number listed for each side
- HOBBY DAY – choose 1-2 activities listed on Page 4 or choose your own

Find the visuals for each fitness activity below.

Special thanks to:



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

January is National Hobby Month

For the month of January, we are celebrating National Hobby Month! Each Saturday, students can choose from a list of over 30 hobby ideas on page 4, or choose their own. Make sure they record on the calendar which hobbies they chose. This is a great opportunity to stay active while also spending time with family members, doing something they enjoy. They may even find a new hobby! Suggest to your students that they choose something they love, and also something they haven't tried before to gain a new experience.