



**September 2022 Parent Newsletter
Beechwood Knoll Elementary School**

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Hispanic Heritage Month				
5 Labor Day	6	7 FIRST DAY OF SCHOOL GRADES 1-5	8	9 KINDERGARTEN ORIENTATION Mid-Autumn Festival
12 FIRST DAY OF SCHOOL KINDERGARTEN 9/11 Day of Remembrance	13	14	15	16 PTO Movie Night 7:30 pm BKS Field
19 Picture Day Strings Demo 1:00 Grades 2-5	20 Open House 5:00 - 6:30 pm	21	22 Band Begins	23 First Day of Autumn
26	27	28	29	30
Rosh Hashanah				

Principal

Marisa Rodriguez

Secretary

Katie DeLancey

Nurse

Debbie Cerone

617-984-8632

deborahcerone@

quincypublicschools.com

Guidance

Maura Hurst

School Hours:

M, T, Th, F

8:15am - 2:30pm

Wednesday

Early Release

8:15am - 11:55am

BKS Info:

225 Fenno Street

Quincy, MA 02171

Tel:

617-984-8781

Fax: 617-984-8636



**OPEN HOUSE
Tuesday, September 20, 2022
5:00 - 6:30 pm**

Counselor's Corner

Welcome back, Beechwood Families! I hope you all had a wonderful summer break and are looking forward to a great new school year.

The transition at the start of the school year can be hard for kids and adults alike. I'd imagine there are a lot of tired kids and parents in the neighborhood these days. (*I'm right there with you!*) All of these new experiences, demands and expectations can lead to sensory and emotional overload and fatigue for sure.

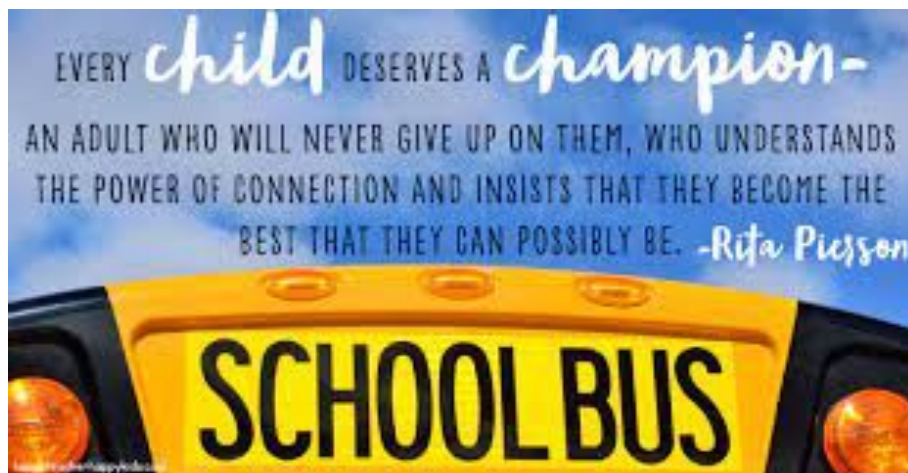
I found a few tips to help with potential after school meltdowns that I wanted to share.

- Plan to play for 10 minutes after school on the playground to ease the transition.
- Bring ice water and a snack to combat “hangry” kids.
- Try not to ask too many questions. Instead of “How was your day?”, try “It’s good to see you. I missed you.” Then be quiet. Wait for them to be ready to talk rather than asking a bunch of questions. Maybe put some quiet music on the car radio.
- Don’t take big emotions personally. They are going to be exhausted and will very likely melt down. Dysregulation and tantrums would be a normal reaction after keeping up with behavioral expectations all day.
- Avoid after school plans for the first few weeks. Unstructured time with a trusted adult nearby will give them time to decompress and get themselves back together again.

(Adapted from: Mary Van Geffen, “Parent Coach for Spicy Ones”)

Wishing you all well this year. Please reach out if I can support your family this year.

Maura Hurst
School Counselor



GUIDELINES & INFORMATION FOR A HEALTHY SCHOOL YEAR

The goal of the school nurse is to maximize your child's potential to learn and grow by providing a climate of health and well being. Your nurse is always willing to listen to any concerns regarding your child's health. Please do not hesitate to call us with questions or concerns.

WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL:

A child, who feels very ill, is too uncomfortable to learn.

Your child cannot attend school when experiencing the following:

- A fever, 100 degrees or higher, within 24 hours of school. *Do not give your child medication in the morning for an elevated temperature and then send them to school.* A fever signifies illness and should be treated as such with rest, fluids and Tylenol.
- Vomiting or loose stools within 24 hours of school.
- A cough that keeps your child awake, is painful or excessive and uncontrolled.
- A sore throat for 24 hours, especially with swollen glands or fever. If your child has been diagnosed with strep throat, they must remain home for at least 24 hours after they start antibiotic treatment.
- A suspicious rash or eye drainage should be evaluated by your child's doctor before coming to school.
- Lice needs to be successfully treated before returning to school.

To allow for surveillance of contagious illnesses, notify your school nurse if your child has been diagnosed with the following: **Covid-19, Strep Throat, Pertussis ("Whooping Cough"), Conjunctivitis, Impetigo, Scabies, MRSA (Methicillin resistant Staphylococcus aureus), Lice, Fifth Disease, Influenza (the flu), or other contagious illnesses.**

ABSENCES:

If your child is absent, it is important that you call the main office each day and provide a reason for their absence.

COVID-19 UPDATE:

If your child has tested positive for Covid-19 they must stay home and isolate for 5 days. On day 6 they may return to school with a mask through day 10. If they are unable to wear a mask please use a home test and if negative on day 6 they may return to school.

IMMUNIZATIONS:

All students PK-12 must be fully immunized. Failure to do so will result in exclusion from school. Please provide the school nurse with updated paperwork and an immunization record each time your child has a Physical Exam.

PHYSICALS:

Physical exams are mandated for any student entering our school system.

State law requires current physical exams (within the last 12 months) for students entering Pre-K, K, 4th, 7th, and 10th grades.

An annual physical exam is also required to participate in sports. An M.I.A.A. health history form must be filled out by parents. Since only one exam per year is required for sports participation, any student suffering an injury during a sport must have a special release signed by their PCP, before returning to that sport or entering another sport. **No one can participate in sports or even practice without a completed physical exam on file.**



ALLERGIES:

Life-threatening allergies are a major concern for schools. Children with such allergies can be put in harm's way if they come in contact with and/or consume certain foods such as: peanuts, eggs, nuts and milk. Allergic reactions can vary with each child and can be life threatening. QPS has guidelines based on the health needs of their students and parents are asked to comply.

Parents are asked not to send in food for their child's classroom.

HEALTHIER GENERATION:

Quincy Public Schools has partnered with an Alliance for a Healthier Generation—a federally funded program focused on encouraging healthy choices among children. Through healthier food options in the cafeteria and an array of sports and healthy activities, QPS encourages students to make healthy choices. During the school year activities such as organized walks or sporting events take place throughout the city.

Visit www.quincypublicschools.com throughout the year to see what events and activities are taking place within your school and throughout the city.



MEDICATIONS DURING THE SCHOOL DAY:

Students requiring medication while in school must have a signed doctor's order from his/her physician for each new school year along with documented parental consent. The medication must be brought to school by an adult in the original prescription bottle. If the decision is made to stop administration in school, a letter from the doctor and parent is required.

Short-term medications (antibiotics, allergy-relief, etc.) can and should be given at home. Physicians can prescribe a convenient schedule to conform to this ruling. If this is not possible, the above rules apply.

The following over-the-counter medications have been prescribed as a "Standing Order" by the QPS doctor : acetaminophen (up to 650 mg), Tums (up to two tabs), and ibuprofen (up to 400 mg). These medications can be administered by your child's nurse with signed parental consent (an option on the Student Health Information Update Form, which is distributed yearly).

Elementary students should never carry medications of any kind to school in their pocket, backpacks or lunch boxes. This could be very harmful to your child if the incorrect dose is taken and, if lost, dangerous to other students who may ingest the lost medicine.

Middle and High school students may carry certain medications with parent permission. Please speak with your nurse for proper paperwork.

Please make plans with your school nurse to pick up any medication you supplied at the end of each school year.

SCREENINGS:

The following screenings are **state-mandated** and are done as part of the regular school health program:

- **Vision:** Grades PK through Gr. 5, Gr.7, and 9
- **Hearing:** Grades PK through Gr. 3, Gr. 6, and 10
- **Height and weight (BMI):** Grades 1, 4, 7, and 10
- **Scoliosis:** Grades 5 through 9

The schedule for screenings varies from school-to-school. Unless a written document has been submitted that school year by a parent, all students will be screened. Screenings are done respectfully and discreetly. **Parents will be notified if their child deviates from the normal.** These screenings are important since they can reveal an issue that was overlooked in the past.

CONCUSSIONS/INJURIES:

Nurses must be informed of any concussion diagnosis, even if it happened outside of school. A written document from a medical provider must be provided with information on any physical or educational modifications required.

QPS may use a student's history of head injury or concussion as a factor to determine whether to allow the student to participate in an extracurricular athletic activity or whether to allow such participation under specific conditions or modifications.

If your child requires crutches or another assistive device, please call the nurse as soon as possible so that a plan can be created to insure they are safe throughout the day.

Documentation from a doctor is needed in order to miss physical education classes and a clearance letter is needed before returning to all sports and exercise.

BKS Updates

- Lunch Schedule: Mondays, Tuesdays, Thursdays & Fridays
 - 11:15 am - 11:45 am Kindergarten & Grade 1
 - 11:50 am - 12:20 pm Grades 2 & 5
 - 12:25 pm - 12:55 pm Grades 3 & 4
- Lunches on Wednesdays
 - The Quincy School Nutrition Department will serve elementary school meals five days a week, including half day Wednesdays. Wednesday lunches will be served during what typically has been the student's end of day snack time.
- All students, regardless of their socioeconomic status will have access to free lunch and breakfast throughout the school year. Therefore, it is not necessary to complete the free/reduced meal application to receive breakfast or lunch. However, completing the application helps families receive other benefits such as P-EBT.
- Breakfast is served daily at 8:15 am. Students self-select their breakfast choice upon entering school.
- Friendly reminder that we will be going outside for recess most days, unless it is raining or the temperature is too low. Please have your child dress accordingly. If you would like your child to wear sunscreen or bug spray, this must be applied at home. *Thank you!*

PTO

Websites:

bkspto.weebly.com/

m.facebook.com/groups/BKSPTO/

This Month's Events:

- Friday, September 16 at 7:30 pm
Movie Night!
BKS Field

Citywide:

- Monday, September 19 at 7:00 pm
Citywide PTO Meeting
The zoom link will be posted soon
<https://www.quincycitywidepto.com/>

The Beechwood Knoll PTO
Presents our Annual
Outdoor

MOVIE NIGHT



Light snacks and refreshments will be provided to children first. Bring your own chair or blanket to sit on. This is not a “drop off” event. An adult needs to be present .

FRIDAY, SEPTEMBER
16TH AT 7:30 PM

Beechwood Knoll Elementary School

Staff Listing 2022-2023

Office Staff		Student Support Staff	
Mrs. Marisa Rodriguez	Principal	Mrs. Maura Hurst	Guidance
Mrs. Laura Latini	Acting Assistant Principal	Mrs. Kathleen DeMayo	Literacy
Mrs. Katie DeLancey	Secretary	Mrs. Lori Higgins	Resource Teacher
Mrs. Debbie Cerone	Nurse	Ms. Patricia Stacpoole-Gilmartin	EL
		Ms. Yao Zeng	EL
		Ms. Shirley Tan	Psychologist
Kindergarten		Mr. Thomas Whittico	Speech
Mrs. Lauren Lindsay	Room 15	Amy Danick	Occupational Therapy
Ms. K Moy	Room Sawyer 1	Debbie Donelin	Cafeteria Manager
Gina Amaral	Room Sawyer 2	Julie Campbell	Math Interventionist
		Kim Walsh	Digital Literacy
		Rebecca Cordero	REACH
Grade 1			
Colleen Monahan-White	Room 16	Specialists	
Mrs. Tracy Ciulla	Room 17	Dianora Bennett	Art
Mrs. Marion Sullivan	Room 18	Catherine Healy	Art
		Mrs. Katelyn Downey	Music
		Robin Franceschini	P.E.
Grade 2		Caitlyn Schmidt	Band
Debra DeAngelis	Room 10	Mrs. Bhagyajyothi (Jyothi) Arun	Media
Ms. Lisa Vallatini	Room 19		
Mrs. Katie Connolly	Room 20	Custodians	
		Mr. Dave Kiley	
		Mr. Jay DeBartolo	
Grade 3			
Mrs. Mary Lynne DePaolo	Room 5	Para-Professionals	
Ms. Catherine Connolly	Room 6	Lina Balsamo	Room Sawyer 1
Mrs. Erin Gerry	Room 8	Jo-Anne Flores	Room Sawyer 2
		Min Zhi (GiGi) Xu	Room 15
Grade 4		Phyllis Kozlowski	Room 15
Mrs. Laura Mulcahy	Room 1	Sophia Gregoriadis	Room 16
Ms. Kelsey Bina	Room 2		
Gregory Caswell	Room 3	Crossing Guard	
		Tricia Rooney	
Grade 5		IT Support	
Mrs. Laura Latini	Room 4	Van Lam	
Karen Kelliher	Room 7		
Ms. Lesley Coughlin	Room 9		

Expected Behavior of the Month

September

Respect for self in the classroom

Be on task

Keep a positive attitude

