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Dear Stony Brook Families,

We appreciated having the opportunity to meet with families to discuss student progress during conferences this past week. If you were unable to attend conferences or if at any time you have questions or concerns about your child's progress in school, please reach out to the teacher(s) to get additional information and/or to schedule a meeting with them. Conferences are not the only time that families can meet with teachers.

A huge thank you to the PTO and to all of you for the snacks and lunch on the two half days this week. The teachers were so appreciative of your generosity and really appreciated this on two long days in a row.

Some of our former and current students who are part of the Environmental Leadership Club presented to the School Committee on 12/4 to share their concerns about recycling and materials used in the cafeteria. Check out this [Ghostwriter article on ELC](#) to read more. We're very proud of our students for their efforts to make our cafeteria more environmentally responsible.

There is no school on Monday in observance of Martin Luther King, Jr. Day. We hope everyone enjoys the long weekend!

Sincerely,
Allison and Rick

Below is important information for families:

WEPTO Meeting Tuesday 1/30/2024 at 7pm-8:30pm (Virtual)

Dr. Chew & Town Manager Kristen Las will be in attendance to give a brief budget presentation and answer questions at the latter half of the meeting.

WPS Parents & Caregivers should email weptopresident@gmail.com to request a link to the virtual meeting.

News from the SEPAC–Annual Basic Rights Workshop - January 18, 7-9pm

Please join the Westford Special Education Parent Advisory Council (SEPAC) at our annual presentation of Basic Rights, presented by Elaine Rabbitt from the Federation for Children with Special Needs (FCSN). This free workshop aids parents and caregivers in their understanding of their family's basic rights under special education state and federal law, and gives an overview of the special education process. To learn more about this event see the [FLYER](#).

This will be a virtual event, please register to attend the event [HERE](#). If you have any questions, reach out to the SEPAC at sepacwestford@gmail.com.

Youth Mental Health First Aid Training - January 30

The Westford Health Department is offering a free Youth Mental Health First Aid training on January 30, from 10:15-4:00 at the J.V. Fletcher Library. Click [HERE](#) for more information.

PTO Sponsored Event in February

Friday, 2/2/24 7:15pm

Blanchard & Stony Brook PTO's have organized a fun night out for Westford Middle Schoolers, their friends and families to watch the UMass Lowell Riverhawks hockey team take on the BC Eagles at the Tsongas Arena in Lowell. Tickets are \$18 each and if purchased with this [link](#) you will get tickets in that same section(s) as other Blanchard and Stony families.

Lunar New Year

There is an ongoing poster contest for students to participate in to promote the Lunar New Year Festival. Please click [HERE](#) for more information. Even though the submission date on the attached document has passed, they are still accepting submissions. The Lunar New Year Festival will be held on February 10, at Westford Academy.

WA Chorus Clinic for All Singers- February 3

The Westford Academy Chorus is hosting a day of fun, games, singing, and MORE on Saturday February 3rd from 9am - 12PM. Any student in grades 4-8 with an interest in singing is welcome to attend and work with our wonderful students. Click [HERE](#) for a flyer with information. The cost is \$20 per student and proceeds benefit students attending our field trip to Philadelphia this spring. Email kstgeorge@westfordk12.us with any questions. Sign-up and more information at <https://forms.gle/5qK2RoNnvBiq8Fkr5>.

Parent Presentation about Substance Abuse at WA in March–Sullivan’s Message

WA is hosting a parent/caregiver presentation on March 20th at 6:30pm in the Performing Arts Center. Blanchard and Stony parents/caregivers are welcome to attend. Click [HERE](#) for a flyer about the presentation. You can also find more information and how to RSVP [HERE](#).

Video Webinars and Recordings to Assist Families

This year WA has a partnership with an organization called Cartwheel, which includes the ability for free attendance at monthly webinars and access to the recordings of those webinars after the initial presentation. The topics include information that many families may find helpful.

Below are links to the three recordings of past webinars:

[Five Keys to Parenting Children with ADHD](#)

[Raising Healthy Kids in a Digital World](#)

[Addressing School-Related Anxiety and School Avoidance \(English\)](#)

"How and when to seek mental health support for your child or teen" - 1/10 recorded webinar will be posted when available

Here are the topics for upcoming webinars. As registration links and the recorded webinars become available, we will share them with families.

February 6 at 7pm ET: "Understanding OCD and tic disorders in children and adolescents"

March 7 at 12pm ET: "Breaking generational cycles: Rewriting parenting patterns"

April 3 at 7pm ET: "Helping preteens and teens thrive"

Massachusetts Partnerships for Youth - Free Resources for Families

Massachusetts Partnerships for Youth (MPY) is pleased to announce its new [MPY Parenting Solutions Library](#). The MPY Parenting Solutions Library is offered at no charge, in partnership with Peace At Home Parenting Solutions, a non-profit located in Mansfield, Connecticut. Peace At Home Parenting Solutions is a dynamic hub of trusted knowledge and compassionate support that inspires parents to create positive change for their children, their families and themselves. Through this new partnership, MPY is pleased to offer proven resources to help students' families thrive.

Peace At Home Parenting Solutions specializes in empowering parents with evidence-based strategies to foster nurturing connections that safeguard their children's mental well-being. The trainings are presented by experts with advanced degrees and the trainings focus on child and adolescent development, including difficulties in school, mental health challenges, neurodiversity, LGBTQ+ identity formation, racism, and grief. These trainings present easy-to-use strategies for long-lasting change.

Attendance - Reporting Absences, Early Dismissals, and Tardies

If your child will be **absent from school, please call the main office at 978-692-2708 and press 1 before 8:30 am to report the absence.

If you need to **dismiss your child early from school, please send in a note with your child on the morning of the dismissal to bring to the main office so they can receive a dismissal slip. A parent/guardian will need to sign the child out at the main office when they pick them up.

If your child arrives at school **after 7:35 am, they need to report to the office to sign in and receive a pass to their class. If your child will arrive **tardy to school after 8:30 am**, please call the main office at 978-692-2708 and press 1 before 8:30 am to report the tardy.

Stony Brook Events Calendar

Throughout the school year we post important events and information on the [Stony Brook Events Calendar](#). This includes holidays and no school days, evening events for families, and after school activities.

Stony Brook's Instagram

If you would like to follow us on Instagram to see what is happening at Stony Brook, please follow us at @sbpanthers.