

Dear Stony Brook Families,

Congratulations to all of our band students for a fantastic concert last night! We are very proud of our students' effort and practice and it was great to see how well they did in their first performances of the year. We know that participation in an ensemble involves effort from families, as well as the students involved themselves. Thank you to all of the families who help their children by bringing instruments to school, coming back to school to get a forgotten instrument, reminding them about practice, driving to extra rehearsals, and supporting them in their love of musical expression.

We hope everyone fared well during the snow earlier this week. Thank you for your flexibility and understanding as we released our middle schoolers early to help ensure that our youngest students' buses were not later than needed.

We wanted to share some reminders about TikTok and other social media with families. Many of the videos and content shared is relatively harmless, but sometimes there is content that is more negative and potentially upsetting to students. Unfortunately, students sometimes become a recipient of something that they did not ask for or happen upon something that they did not expect and they are not sure what to do about it. We always encourage students to let an adult know if this happens, and we know that sometimes they are hesitant to do so in case they might get in trouble. We encourage families to discuss the types of content their children are receiving and/or viewing on social media in whatever way is appropriate based on your child's access to social media and/or TikTok.

Have a wonderful weekend!

Sincerely,  
Allison and Rick

**Below is important information for families:**

**Sensory Free Day at Wamesit Lanes - Sunday, 1/21**

On Sunday, January 21, Wamesit Lanes is having a Sensory Free Day from 10:00-12:00. Please click [HERE](#) for their flyer.

**ELPAC Meeting - 1/25**

ELPAC will be hosting their January meeting on the 25th, virtually from 6:30 pm - 7:30 pm. Here is the zoom link:

[Zoom Meeting Link for Virtual Participation](#) We will be reviewing ACCESS testing and scoring.

**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](mailto:weptopresident@gmail.com) to request a link to the virtual meeting.

### **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](mailto: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 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](#)

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. You can also access this through the district website by clicking [HERE](#).

### **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](#).