

Dear Stony Brook Families,

We had some creative spirit today with our 'Rhyme Without Reason' Spirit Day. Students and staff partnered up and dressed as creative rhymes. It was fun trying to figure out what everyone was as they walked through the halls with or without their rhyming partner(s). Some examples we saw today were: Lionel *Messi* and *Jessie* from Toy Story; flower and shower; and ghost and toast.

This week Officer Bernadin visited with our 8th graders to answer questions and talk about the Fourth Amendment. There were great questions and it was nice for our students to be able to interact with Officer Bernadin in the auditorium for the presentation.

Have a wonderful weekend!

Sincerely,  
Allison and Rick

**Below is important information for families:**

**8th Grade Curriculum Night at Westford Academy on 2/15/2024**

Please click [HERE](#) for the letter that was sent out to all 8th grade families about the curriculum night at Westford Academy. Students brought home a permission slip for their upcoming visit to Westford Academy on the same day during school. That permission slip is due by February 2.

**8th Grade Field Trip to APEX**

The 8th graders brought home permission slips this week for the APEX trip in June. In order for us to reserve the entire facility for our students, we need to collect permission slips and payment earlier than usual. Permission slips are due February 2 and we have extra copies in the office if needed.

**Scholastic Book Fair**

The Scholastic Book Fair will happen in the library from February 12 through the morning of February 16. ELA classes will be coming to the book fair for a class during that week so students will be able to purchase books. Your child's digital payment account, called an eWallet, can replace cash if you so want. You can prepare your eWallet in advance of the Fair to make worry-free, cash-free transactions. Families and students can also **shop at our school's Book Fair online**. All orders ship directly to your home, and shipping is free for book orders over \$25. Every online purchase will also benefit our school. Visit our Book Fair homepage to learn more and get started with eWallet and online shopping: <https://www.scholastic.com/bf/stonybrook> Click [HERE](#) for the link to the flyer with more information.

**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.

### **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 specializes in empowering parents with evidence-based strategies to foster nurturing connections that safeguard their children's mental well-being. These trainings present easy-to-use strategies for long-lasting change. You can also access this through the district website by clicking [HERE](#). The 24 library presentations focus on the topics below. Each presentation includes 10-minute videos and handouts.

\*\*Inspire School Success for Elementary, Middle and High School Students

\*\*Parenting Principles for Progress Not Perfection

\*\*Mental Health Knowledge and Skills

\*\*Support Your Anxious Child Library

\*\*ADHD and Autism: How to Help Your Child Thrive

### **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](#).