

Dear Stony Brook Families,

Thank you very much to our PTO for the Valentine's Day treats on Wednesday morning. We really appreciate the kindness!

Our 8th graders had a great visit yesterday morning to Westford Academy to learn more about high school and to tour the building. Information about scheduling and course selections will be forthcoming and we hope that the curriculum night last night at Westford Academy for families was helpful as you begin this process.

Our 6th and 7th graders spent time in Advisory yesterday thinking about some discussion questions related to doing the right thing. During these special Advisory periods, we have students think about different types of leadership questions, which they share with a partner and then discuss as a whole class. In the 6th grade our students focused on telling the truth and being kind. In the 7th grade our students focused on how difficult it can be to decide to do the right thing and whether it is more difficult if there is no one watching. Advisory groups had interesting conversations and our students shared some encouraging thoughts about doing the right thing. Typically our 8th graders would also participate in a round of discussion questions, but their trip to WA interfered with it this time around.

We had a great Book Fair this week and hope that students were able to find a good book to read. If your child was unable to purchase a book at the Scholastic Book Fair because they forgot their money or the book they wanted was sold out, it can be purchased online at <https://www.scholastic.com/bf/stonybrook>. All orders ship directly to your home, and shipping is free for book orders over \$25. Every online purchase will also benefit our school.

Recently the 2024-2025 school calendar was approved by School Committee. You can see the calendar by clicking [HERE](#), which will bring you to the district website where the calendar is located.

We are off for a week of school vacation next week. When we return to school on Monday, February 26, it will be a day 2 in our schedule.

Have a wonderful vacation week!

Sincerely,
Allison and Rick

Below is important information for families:

Band Field Trip to Westford Academy - Wednesday, February 28

All students in band will have an opportunity to participate in a band field trip to Westford Academy on Wednesday, February 28, from 8:30 to 10:30 am. The purpose of this field trip is to give an opportunity for all band students across the district to come together for a presentation about opportunities available to them as they progress through the band program. Students will travel by school bus to Westford Academy for a performance by the Westford Academy Bands. There is no cost for participation in this event. Permission slips

were sent home with students and will need to be returned to Mrs. Garino and signed by a parent/guardian in order for students to participate.

Information for Parents of 8th Graders Following Curriculum Night and Link to Freshmen Transition Page

Here is a note from Lauren Clark, the Director of School Counseling at Westford Academy:

Thank you for your valuable time and active participation at the 9th Grade Curriculum Night held at Westford Academy. We are grateful for the opportunity to share important insights into the academic journey that awaits your soon-to-be high schoolers. Your engagement, thoughtful questions and eagerness to understand the curriculum and resources available for the 9th-grade students was appreciated. We look forward to a collaborative and successful journey ahead. Please use the slide decks that can be found on the [Freshmen Transition page](#) as a resource.

Riding the Bus to and from Stony Brook

If your child is registered to ride a school bus to and/or from school, it is important that they are only riding the bus that they are registered to ride. If your child is not registered to ride a bus to or from school, then it is important that they do not attempt to take a bus.

There is no room on buses for additional riders and we need to ensure that students who are registered to ride the bus have enough room to ride to and from school safely. This has been a long-standing rule and needs to be followed by all students every day on the way to and from school. We will continue to remind students of this expectation, but we want to be sure all families are aware as well.

Annual Blanchard v. Stony Brook Volleyball Game - Thursday, March 14 at Blanchard

Stony Brook will be defending their volleyball championship from last year on Thursday, March 14, from 3:00-4:30, at the Blanchard School. Our 8th graders and staff will be signing up to compete in some fun competition over the next couple of weeks. We would love it if students could come and cheer on the Stony Brook team. Click [HERE](#) for more information. This is a PTO sponsored event and refreshments will be available for purchase outside the gym.

Upcoming Events at Roudenbush for Middle Schoolers

The [Free Family Movie Night "Hop"](#) will be held on Friday, March 8, at 6:30 pm. Please bring your own chair/blanket. Concessions will be available for purchase. Please click [HERE](#) for their flyer.

There is a [MIDDLE AND HIGH SCHOOL AGE POEM CONTEST](#) celebrating Earth Day between March 24 and April 6. The winner will be chosen April 7 and will be featured in their catalog, on their website, on their social media pages, and in their newsletters, and they will receive a \$50 gift certificate. Click [HERE](#) for their flyer.

Empty Bowls Dinner at WA—March 7, 5-7

Westford Academy's National Honor Society is happy to announce our Empty Bowls Charity dinner for Thursday, March 7th from 5-7pm in the WA dining room. This is an excellent opportunity for younger students to come visit Westford Academy and hear how our student leaders are serving our community. We would love to see you there! Please click [HERE](#) to see a short video that some of our high school students created to publicize the event.

Westford Youth Basketball Association Fundraiser–Comedy Night 3/9 at Westford Regency

Please Support the WYBA. Back again this year... the funniest night in town! Grab your spouse and/or some friends and have an adult night out all while supporting Westford Youth Basketball! Don't wait until tickets are sold out! It will be on Saturday, March 9, at 7 pm at the Westford Regency Ballroom. Purchase your tickets at: <https://registration.teamsnap.com/form/3595>. Click [HERE](#) for more details.

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](#)

[Understanding OCD and tic disorders in children and adolescents](#)

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

March 7 at 12 pm: "Breaking generational cycles: Rewriting parenting patterns" –to register, click [HERE](#)

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

May 7 at 7:30 pm: Finding the words: How to effectively speak with kids and teens about suicide and mental health

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.