

Dear Stony Brook Families,

We had a great first week back from vacation! Yesterday was a fun 'formal wear' spirit day and some students and staff took this very seriously! It was great to see such great spirit.

Tonight we have our Spring Fling Dance from 7:00 to 9:00pm. Tickets may be purchased at the door and are \$10 each. Some students may have purchased them ahead of time this week and their names will be listed so they will just need to check in with one of the chaperones at the doors. Drop off and pick up will be on the auditorium side of the building. If you can carpool, it may save you some time waiting in traffic. Pick up is at 9 pm sharp.

We hope you have a great weekend!

Sincerely,
Allison and Rick

Below is important information for families:

Course Registration for 8th Graders Begins TODAY

Course registration is starting on March 1st after school! 8th graders are asked to log into their PowerSchool portal to complete their course registration for the 24-25 school year. The portal will close on Friday, March 8, at 2pm. All information can be found on the [Freshmen Transition page](#). Students and parents can reach out to Mr. O'Connell if there are questions.

Annual Town Meeting–Saturday, March 23 at 9 AM

Westford's Annual Town Meeting is scheduled for Saturday, March 23, 2024, at Westford Academy starting at 9:00 am. More information regarding logistics, the timeline of the day, as well as the articles on the warrant can be found on this webpage: <https://www.westfordma.gov/393/Town-Meeting> The Recreation Department will once again be providing childcare for families who register in advance using this link: [TM Childcare Signup](#)

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](#).