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Dear Stony Brook Families,

The dance last Friday night was well attended and the students had a great time! We thank our Student Leadership Council members for organizing a great dance for all of us. This past Wednesday was “The Outsiders Day” for our 8th graders. Many students dressed up as a Greaser or a Soc from the novel that everyone read and they watched the movie. It was great to see the creativity of our students as they chose their role from the novel.

This coming Thursday we have the annual Blanchard-Stony Brook volleyball game at Blanchard from 3:00 to 4:30. We have a roster of 8th graders who are signed up to play and it would be great to have a strong showing of Stony Brook students there to cheer them on. The PTO will be selling snacks as well. The doors will open to students close to 3:00 and pick up is by 4:30. Carpooling with friends may make this easier to manage. We hope to see our students there. Next Friday is the Talent Show at 7:00 pm in the auditorium. We have great talent among our students and can't wait to see them shine!

We hope you have a great weekend!

Sincerely,
Allison and Rick

Below is important information for families:

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](#)

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.

SEPAC Move Up Fair on Wednesday, March 13, at 7pm at Blanchard

Please join the SEPAC on March 13th @ 7pm for our biennial Move Up Fair, at the Blanchard Middle School. **Do you have a child on an IEP who is entering Kindergarten, 3rd grade, 6th grade, or 9th grade in September 2024 or September 2025?** If so, you may be anxious about this move and curious to understand what services and special education will look like in your child's new school. The Westford SEPAC in collaboration with the Office of Special Education and SEL invites you to attend our biennial Move Up Fair. The event begins with a brief presentation from our school psychologist on change and how children adapt to

changes in their daily routines. Following the presentation, members of Westford's Student Services will be available to answer your questions and discuss common transition issues for students at their grade levels. Please see this [FLYER](#) for more information. [RSVP](#) is not required but greatly appreciated so we can ensure adequate seating.

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.

Family Presentation About Alcohol Awareness for Caregivers of Teens—March 20 at 6:30 at WA

Westford Academy is hosting a presentation entitled *Taylor's Message* for parents/caregivers on March 20, at 6:30pm. Kathi Meyer began to speak about alcohol awareness and the importance of making good choices in 2009 after her daughter passed away from underage drinking. She met her future husband, Chris Sullivan, when she presented at her first parent night. A former NFL player, Chris was attending not as a parent, but as a man suffering from substance use disorder, anxiety and depression. Key Takeaways from the presentation will include: alcohol awareness, underage and binge drinking, choices and consequences, how to protect the ones you love, and parenting and social host liability. *We never know how one word, one message, one act of kindness can change the outcome of someone's life and make a positive change in this world.* Click [HERE](#) for more information. Completion of [THIS FORM](#) reserves your spot for the evening presentation on March 20th.

Poetry Contest Celebrating Earth Day through Roudenbush

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.

Opportunity to Support Graduating Seniors—Pay it Forward

Westford Academy Last Night 2024 will be on June 7th starting at 10pm. Last Night is a fun celebration for the Class of 2024 to spend a night at Westford Academy with their friends. Last Night is possible due to the efforts of hundreds of volunteers and the generous donations from our community. Please check out the pages here for more details and information on how you can help! All links can be found on the Last Night Event page [here](#):

- **Last Night Volunteers Needed - <https://bit.ly/49MDORF>
- **Last Night Photo Wall - <https://walastnight.org/for-parents>
- **Last Night Wish List - <https://amzn.to/48Mp6Jd>
- **Last Night VIP Raffle - <https://bit.ly/4c1UuLD>

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**](#)

"Breaking generational cycles: Rewriting parenting patterns"--recording will be available soon

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

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.