

Dear Stony Brook Families,

Today there was green all throughout the school as students showed their St. Patrick's Day spirit. It's great to see how creative our students can be in how they show their spirit.

Yesterday the PTO hosted the annual Blanchard-Stony Brook volleyball game at Blanchard. It was a lot of fun and we had a great turn out of kids and adults to cheer on Stony Brook. Our teams played well and showed a lot of skill, but Blanchard was victorious. Thank you to all who helped through the PTO and/or in driving kids to the game so they could participate and/or watch.

Next week the sports sign ups are on Thursday morning during advisory. We will make announcements about where students should go for each of the sports. If your child is planning to try out, please be sure that your child's updated physical is on file with the school nurse, Mrs. O'Donnell. She has some specific information about this and other health office information below.

Next week is Neurodiversity Celebration Week. We will have special announcements each day and we have hung posters in the main lobby and hallways highlighting different types of neurodiversity and individuals who are neurodivergent. Next Friday there is an event to celebrate Neurodiversity Week after school at the First Parish Church United in Westford from 3-7 pm as well. There is more detailed information below and all are welcome to join.

We hope you have a great weekend!

Sincerely,
Allison and Rick

Below is important information for families:

A Few Notes from Mrs. O'Donnell, RN, the School Nurse:

Spring sports registration is coming soon! Any student that wants to participate in sports with Stony Brook must have an up-to-date physical handed in to the nurse office. Physicals are good for 13 months. If you know your child's physical has expired, please send me an updated one as soon as possible. If you're not sure, please email me and I'll be happy to look for you. Students WILL NOT be allowed to participate until they have an updated physical handed in to the nurse office—there are no exceptions to this rule.

To all grade 6-8 parents regarding postural screening:

The state used to mandate scoliosis checks on every student in grades 5-9. With most children seen on a yearly basis with their pediatrician, scoliosis screenings are no longer mandated. It is opt in only. Email me at sodonnell@westfordk12.us if you would like me to screen your child for scoliosis.

To grade 6 parents:

Please send in your child's physical and immunization records as you take them for physicals. We require up to date physicals and immunization records **prior** to your child's 7th grade year. Physicals dated September 1, 2023 or after are what I'm looking for. The required immunizations for 7th graders are the Tdap and Menactra.

Community Lego Build to Celebrate Neurodiversity Week - Friday, 3/22, 3-7 pm

In celebration of Neurodiversity Celebration Week, our community is coming together for a special LEGO building event. On Friday, March 22nd, NELUG (New England Lego Users Group) will lead people of all ages and backgrounds in creating a 3D Lego Sculpture that celebrates neurodiversity. NELUG works with communities across the state, using Lego to create community art with meaning. This will be held at the First Parish Church United in Westford from 3-7 pm.

Alongside the main event, various other engaging activities and refreshments will be available, promising a delightful and fun-filled afternoon for all. This is a free event hosted by SEPAC; no tickets or registration are required. Please click [HERE](#) to see the flyer with more information.

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](#)

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.

Fundraiser for American Foundation for Suicide Prevention

Brighter Place, a club for students at Westford Academy, is raising money through food sales for the American Foundation for Suicide Prevention on March 23, from 4-9 PM at Bamboo. Please see [this flyer](#) for more information.

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/4c1UbLD>

First Annual Tri-Town ELPAC Event - May 22, 6-7:30 pm

Join the towns of Chelmsford and Tyngsborough for a Tri-Town ELPAC event. The goal is to create a greater sense of community and belonging in order to share information about social services, financial services, and schooling in the US. Come for food, friendships, services, prizes, and more at the McCarthy Middle School at 250 North Road in Chelmsford. If you are interested in participating or contributing in any way, please complete this [google form](#).

Westford Health and Wellness Fair-Saturday, April 6, 10-2

Please join us for a fun filled day presented by the Westford Health Department. It is open and free to the public. This event will take place rain or shine! Click here to view flyer details: [Westford Health and Wellness Flyer](#)

Date: April 6, 2024

Time: 10:00AM-2:00PM

Location: Stony Brook School, 9 Farmer way Westford, MA 01886

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](#)

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](#).