

Dear Stony Brook Families,

We had a fun day on Wednesday with our 2nd annual spring Panthermonium games! We started the day with a pep rally in celebration of Pounce's honorary birthday and had friendly competition for the remainder of the morning. Students participated in some team Scattergories games, relay races, and tricky brain teasers and riddles. It was a fun day and students showed their team spirit with team colors. Congratulations to Mrs. Holden and Mrs. Krampf's advisory group who won the games overall!

Next week we begin our MCAS testing, starting with ELA. **It will be important that all students charge their Chromebooks on Monday night and Tuesday night so they are ready for the testing on Tuesday and Wednesday morning.** We know that some students get nervous about testing and we want to assure everyone that we only want students to do their best to show what they have learned. We hope you can help by reinforcing that message at home if your child is worried about the testing.

We continue to collect clothing for Cradles to Crayons in a drive organized by our Project 351 Ambassador. Please see below for more details.

We hope you have a great weekend!

Sincerely,
Allison and Rick

Below is important information for families:

Family/Caregiver Survey open until April 8

We are looking for feedback pertaining to the communication and events we provide for middle school families. We have created a survey to gather that information and hope that you will take some time to fill out a survey. [Please click HERE to access the survey.](#) We will keep it open until Monday, April 8. Thank you in advance for your feedback.

MCAS Testing Dates

Here are the dates for our MCAS testing this spring. It is helpful if students are in attendance and on time to school on the days when MCAS testing occurs to avoid the need for making up the test and missing class time. Here are the dates for the testing:

- Tuesday, April 2 - ELA Session 1 for all grades
- Wednesday, April 3 - ELA Session 2 for all grades
- Friday, May 10 - Science Sessions 1 and 2 for 8th grade only
- Monday, May 13 - Math Session 1 for all grades
- Tuesday, May 14 - Math Session 2 for all grades
- Wednesday, May 30 - Civics Sessions 1 and 2 for 8th grade only

Cradles to Crayons - Project 351 Fundraiser

Our Project 351 Ambassador, Addie Hale, is leading a collection of clothing for children in sizes newborn to adult medium starting on Monday. The clothing drive will last through April 5th and there will be a collection box in the main lobby starting on Monday. If you have clothing that you can donate for this cause, please send it in with your child. Here is the [link to the flyer](#) with details.

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.

WEF March Madness Raffle Fundraiser

Feeling Lucky? The Westford Education Foundation March Madness Raffle for Education fundraiser is here! Follow WEF on Facebook and check out www.westford.org/wef/march-madness/ to purchase your tickets. Don't miss out - the raffle includes a WA Junior Parking Pass, a Ride to School in a Police Cruiser, and a Ride to School with the Fire Department! Winners will be announced on April 1! Click [HERE](#) for more information.

Annual SEPAC Parent/Caregiver Survey

The Westford SEPAC, in collaboration with Westford Public Schools Office of Special Education and SEL is interested in your feedback as it relates to special education. Our annual survey allows both the SEPAC and the district to self-reflect on current practices, make improvements, and plan for meaningful SEPAC activities.

If you have a child on a 504/IEP, please take a moment to fill out this brief survey, we expect the survey should take less than 10 minutes to fill out. You can access the survey here: [SURVEY](#).

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.