

Dear Stony Brook Families,

We completed our ELA MCAS testing this week and the kids did great! If your child missed one of the testing sessions, they either made up the test today or will be making it up early next week.

During the last 5 minutes of school on Monday, we will be giving each student a pair of eclipse glasses.

Teachers will also be sharing the following guidelines and information:

\*The eclipse begins at 2:15 in Westford and ends at 4:38 pm.

\*The maximum coverage of the sun will be at 3:29 pm, but it will not be total coverage so you cannot look at the sun without the eclipse glasses.

\*Do NOT look at the sun or toward the sun except through eclipse glasses. It is very dangerous for your eyesight to do so.

\*Regular sunglasses do NOT provide enough protection. You can only use the eclipse glasses.

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.

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

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

**Updated COVID/Respiratory Infection Guidance**

Mass DPH and CDC have updated their guidelines for COVID and other respiratory viruses. The 5 day isolation requirement is NO LONGER part of the guidance.

A few important points:

\*\*If your child is feeling sick, they should stay home.

\*\*If your child develops a fever, they should not return to school until they have been fever free for 24 hours without the use of fever-reducing medication such as

Tylenol, Advil, etc.

\*\*If your child has tested positive for Covid-19 or another respiratory virus, and is not symptomatic, it is recommended that they stay home for 72 hours to help reduce the chance of spreading the virus to others.

You can review the details of the updates [here](#). Any questions or concerns, please don't hesitate to reach out to Shannon O'Donnell in the nurse clinic.

### **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 remaining dates for the testing:

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

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

#### **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](mailto: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.

### **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](#).

### **Relay for Life at Westford Academy**

On **Saturday June 1st** from **4-11pm** Westford Academy is hosting a Relay for Life event. We'd love it if you, your family, and friends would join our event. You can start a team [here](#) or look for one to join. You DO NOT have to stay for the whole event. Additionally, Relay for Life would like to recognize our survivors and caregivers. If you'd like to attend and walk a lap as a survivor, caregiver, or both please fill out this [link](#). If you have any questions about the event please reach out to Amanda Everett at [aeverett@westfordk12.us](mailto:aeverett@westfordk12.us).

### **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\*\*](#)

"Demystifying Teens: Helping preteens and teens thrive" (video link will be added when we receive it)

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

**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

### **Westford Curbside Recycling**

Do you need help determining what can and can't go into your curbside recycling bin? Check out <https://recyclesmartma.org/>. This website provides many resources and answers many questions. It is managed by Massachusetts Department of Environmental Protection and applies to most communities in MA. This is where the Westford Recycling Commission goes for answers!

The guides are provided in several languages as well:

[\*\*Smart Recycling Guide Your go-to reference for recycling in Massachusetts\*\*](#)

[\*\*Guía de Reciclaje Su referencia para el reciclaje en Massachusetts\*\*](#)

[\*\*Guia de Reciclagem Sua referência para reciclagem em Massachusetts\*\*](#)

[\*\*Smart Recycling Guide Mandarin Chinese 明智的回收指南\*\*](#)

[Smart Recycling Guide Hindi](#) स्मार्ट रीसाइक्लिंग गाइड

More languages are available [HERE](#).

### **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.