

Dear Stony Brook Families,

We were pleasantly surprised by the snow yesterday, and it was nice to see the flakes rather than raindrops falling from the sky. Below is information about our spirit week next week and our dance on Friday. We want any student who wishes to come to the dance to be able to join so please contact your child's guidance counselor for financial assistance if needed.

We have many sweatshirts, jackets, and other items in our lost and found, which we will be donating toward the end of the month. Please check the photos at the bottom of this message to see if anything belongs to anyone at your home.

There is no school on Monday in observance of Martin Luther King, Jr. Day. We hope that you and your family enjoy the long weekend!

Allison and Rick

Here is some important information for families:

Spirit Week and Winter Dance - January 17-20

Our Student Leadership Council (SLC) has organized a spirit week leading up to our first dance of the year.

We invite students to dress up for our Decades Spirit Week using the decades listed for each day. *The theme for each day is **anything reflecting the decade** listed below—students are not limited to the 'tie dye' or 'formal' or any of the other names that the SLC created as the names for the spirit days.*

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|-------------------------------------|--|--|--|---|
| 1/16-Monday MLK Day No School | 1/17-Tuesday <i>Spirit: 60s Tie Dye</i> | 1/18-Wednesday <i>Spirit: 70s Glitter and Sparkle</i> | 1/19-Thursday <i>Spirit: 80s Neon</i> | 1/20-Friday <i>Spirit: 90s Formal</i> <i>Winter Dance 7-9 pm (casual attire expected)</i> |
|-------------------------------------|--|--|--|---|

School Dance: On Friday, January 20, we will hold our Winter Dance from 7-9 pm in the gym. The cost is \$10 per student and there will be snacks available for purchase in the lobby outside the gym. We will sell tickets during lunches throughout the week and at the door on Friday.

This is not a formal attire dance—students may wear any school appropriate clothing they choose to the dance. Pick up is at 9:00 pm on the side of the school where the gym/auditorium is located.

Upcoming MGH Survey - Week of February 7

Stony Brook 7th and 8th graders will participate in a survey sponsored by Massachusetts General Hospital and Harvard Medical School. All students will complete a very brief one-time survey about substance use, mental health, and experiences at school, which will take place during the week of February 7th. During the survey, your child will be asked about a variety of different things. For example:

- **Basic demographics (e.g., age, race, ethnicity, sex, gender identity)
- **Mental health (e.g., symptoms of depression, anxiety, emotion dysregulation)
- **Substance use (e.g., lifetime and current use of alcohol, marijuana, and nicotine)
- **Other descriptives used to create a unique code (i.e., it cannot be used to identify a student) for all completed surveys (e.g., eye color, first three letters of their street name in 5th grade, middle

initial).

**Students will have the option to provide contact information if they are interested in hearing about any of the other voluntary and confidential clinical research projects we offer through our Center at MGH. If your student completes the survey and would like to hear more about our other programs, we will provide you with more details on the projects available, give you the opportunity to ask any questions you have, and will require your written consent if your student is under the age of 18 before they are enrolled.

An example of the types of questions that may appear in the survey can be found here:

<https://mghsurvey.org/SURFTestLink>

If you do NOT want your child to participate in this survey: you must fill out this opt-out form

<https://mghsurvey.org/SURFOptOut> by January 31st. Even if you do not object to your child completing this survey, your child is in no way required to do it if they do not want to.

Please click [HERE](#) to see the letter from MGH for more information.

Nurse Office News–Scoliosis Screening Opt In and Physicals for Incoming 7th Graders

To all grade 6-8 parents:

Scoliosis checks for students are no longer mandated because most children are seen on a yearly basis by their pediatrician. If you would like to opt your child in for a scoliosis screening at school, please email Shannon O'Donnell, the school nurse, at sodonnell@westfordk12.us by February 1, 2023.

To all 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 their 7th grade year. Physicals dated September 1, 2022 or after are acceptable. Required immunizations for 7th grade are the Tdap and Menactra.

Washington DC Payments to Capital Tours

If your child is going to Washington DC, and you have not already paid the \$300 deposit to Capital Tours please do so as soon as possible. All families with students attending the trip received an email this week with the invoice for the second payment of \$400, which is due on January 20.

Stony Brook's Instagram and Twitter Accounts

Stony Brook has a new Instagram account that you can follow to see some pictures of what goes on at school, in addition to our Twitter account. Please follow @sbpanthers on Instagram and @SBSPanthers on Twitter.

New State Behavioral Health Help Line

The Department of Mental Health has launched a new [Behavioral Health Help Line](#) that people can call or text at 833-773-2445. It is available 24 hours a day, seven days a week in more than 200 languages. The help line can help individuals and families navigate the behavioral health system and access treatment, including mobile crisis services. For more information, please see the [FAQ](#). Anyone with questions or concerns about the help line can email the help line director at Mio.Tamanaha@mass.gov.

Westford Youth Lacrosse (WYL) Registration through January 31

WYL is accepting registrations for the Spring 2023 season for the boys and girls programs (Grades 1 - 8) as well as the mixed FiddleStix Program for Kindergarten age. Westford Youth Lacrosse play starts in mid-March with

indoor practices. Games start in early April and run through mid-June. There are also optional, Sunday winter clinics for the boys programs for January and February. Boys and girls programs consist of one to two practices per week with games on Sundays in Westford or the neighboring towns.

Registration ends January 31, 2023, for Grades 1-8 programs. Go to www.westfordlax.org to learn more and to register for any of the WYL programs. Lacrosse is the fastest sport on two feet and one of the fastest growing youth sports in the country. Help spread the word to your friends who may be interested in playing Lacrosse that registration is happening now! For more information email: WestfordMALax@gmail.com or click on these links: <http://www.westfordlax.org/> or <https://www.facebook.com/westforyouthlax/>

Roudenbush Teen Night - February 3

Please click [HERE](#) for information about an upcoming teen night at Roudenbush. You can click this link to [buy tickets](#).

Here are the items we have in the lost and found:











