

Dear Stony Brook Families,

We hope that everyone has their power back and that any necessary travel around town was able to be done safely today. Unfortunately, with the cancellation of school all school activities are also canceled for today, including the Winter Dance. We know this is very disappointing for our students who have been looking forward to this event. **We were able to confirm with the DJ and have rescheduled the dance for next Friday, January 27, from 7-9.** We will also hold our 90s Spirit Day on Friday during school. We are looking forward to the first dance in a long time and hope that many of our students will be able to attend. There is more information about the dance below.

Occasionally we need to cancel a club or after school activity and we make those announcements in the morning for students, which are also posted on the school website in the 'Daily Announcements' tab. Please check there if you need to see if your child's club or after school activity has been canceled.

The PTO is graciously planning a 'Sweet Treats for Teachers' appreciation event on Tuesday, February 14. If you would like to contribute, please click [HERE](#) to sign up. We appreciate your generous and continued support of our teachers. There is more information about upcoming PTO sponsored events below.

As a reminder, next Thursday, 1/26, is an early release day. Students will be dismissed at 11:00 am and there will not be breakfast or lunch served.

We have included the pictures from the lost and found at the bottom of this email. Hopefully this helps our students find some lost items. We will be donating clothing items at the end of the month.

We hope you all enjoy the beautiful snow and that everyone stays safe. Have a wonderful weekend!

Allison and Rick

### **Here is some important information for families:**

#### **School Dance Rescheduled for Friday, January 27, 7-9 pm**

Despite the disappointment of not being able to hold the winter dance tonight, we are pleased that we were able to reschedule it for next Friday, January 27, 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 at the door next Friday for anyone who still needs to purchase a ticket.

If your child purchased a ticket and will not be able to attend next Friday, we can refund their \$10. Please have them come to the office to do so.

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](mailto: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.

### **Upcoming PTO-Sponsored Events**

#### **Please Save The Date: Thursday, March 9, 2023, 3:30 to 5:00 pm**

After a 4-year hiatus, Stony Brook School and Blanchard Middle School PTOs are thrilled to announce the return of the Annual SBS-BMS Volleyball Game. Stay tuned for more details.

**Baked Goods Donations:** The PTO is seeking donations for the upcoming Valentine's Day '**Sweets for Teachers**' appreciation event on **Tuesday, February 14**. This is an excellent opportunity for parents to bake their favorite sweet treat to show appreciation for our hardworking & dedicated staff. Please sign-up [HERE](#) to donate.

**Matching Gift:** If you donated to the PTO's "No-Fuss" Fundraiser in the Fall, we request you kindly check if your employer participates in a **Matching Gift Program**. There's still time to submit a request for the PTO to receive a matching donation. See details [HERE](#).

### **Westford Academy Lunar New Year Celebration-Saturday, January 28**

Please click [HERE](#) for more information about this upcoming event at Westford Academy.

### **FAME Benefit Concert-February 3**

Westford Public School music programs need your help! **FAME (Friends Advancing Music Education)** will present a **Benefit Concert at the H.E. Fletcher Club, 11 Brookside Rd., Westford on Friday, February 3, 2023, 7:30PM**, with rock & pop music performed by the Stackmusic Trio. Appearances by talented local teen musicians and other surprises are also in the works. Tickets \$25; more information and links to purchase tickets coming soon at <https://www.westfordfame.org/events>. FAME is a volunteer, non-profit organization consisting of parents, teachers and interested community members providing advocacy, scholarships, fundraising assistance and tactical support to Westford Public Schools band, orchestra and chorus programs.

### **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 @SBSpanters 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](mailto: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](http://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](mailto: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:













