Dear Stony Brook Families,

We hope everyone fared well during the snow storm earlier this week. On Monday so many students asked me if I thought there would be school on Tuesday and I was convinced the storm would not materialize—they were convinced we would have a snow day. I'm sure they were happy that they were right and their principal was mistaken!

Our PTO is looking for two co-presidents and board members, as many current leaders and members have 8th graders who are moving on from Stony Brook. If you are looking for a way to get involved in a rewarding volunteer role, this could be a great opportunity for you. There are details about how to learn more and get involved below.

Our 6th graders were on TV on Wednesday morning! Here is the link to their introduction to the EyeOpener in case you missed it: **Wake Up Call From Stony Brook School in Westford**

We have two fun events coming up—the Annual Talent Show on 3/24, and the Spring Fling Dance on 3/31. We hope to have a good turnout at both and are excited for these community-building events.

Have a wonderful weekend!

Allison and Rick

Here is some important information for families:

Talent Show Friday, 3/24 at 7 pm

We hope you will join us for the Annual Stony Brook Talent Show on Friday, March 24, at 7:00 pm. Call time will be at 5:30 pm. Performances can be groups or individuals and acts need to be under 3 minutes. Some talents last year included singing, magic, dancing, instruments, and some clever comedic performances. Auditions will be held Thursday, March 16, in the auditorium starting at 2:00. If your child would like to audition, they should join the SBTA Google Classroom using code xmjd3cj. A Google Form will be posted in the Google Classroom to be filled out before auditions. Tickets will be sold at the door for the performance and all proceeds will go to Boston Children's Hospital. There will be a surprise guest at the end of the show!

Spring Sports Sign Ups Begin 3/20, MS Boys Volleyball Clinic

If your child is interested in playing spring sports, please make sure their physical is up to date. Here is information about signing up and other opportunities for your child to get involved.

Sign-Ups will take place for Baseball, Softball, Volleyball & Track on Monday, March 20 during morning Advisory. Go to the <u>Stony Brook Sports Page</u> for specifics.

There will be a Middle School Boys Volleyball Clinic in the spring as well. Click <u>HERE</u> for the flyer and registration information.

Registration for spring sports and MS Boys Volleyball Clinic are on <u>Family ID</u>. The link is also on the SB Sports Page.

If you have any questions, reach out to Roberta Oehley at roehley@westfordk12.us.

URGENT NEED OF NEW PTO MEMBERS FOR 2023-24

The Stony Brook School PTO is urgently looking for 2 PTO Co-Presidents and several Board Members for the 2023-2024 school year. See this <u>FLYER</u> for details and sign-up <u>HERE</u>.

Step-by-step guidance will be provided for all positions. Current PTO members will assist new members during the transition period. Please do not hesitate to sign-up even if you are unfamiliar with the workings of the PTO or do not have previous PTO experience. Please email **stonybrookschoolpto@gmail.com** for more information. Learn about the SBSPTO by visiting our **website**.

Mini-Grants: Thanks to your generous donations to the 'No-Fuss' Fundraiser the PTO continues to fund Mini-Grant requests from teachers. Click **HERE** to see pics of Mini-Grant items funded by your donations.

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.**

March Madness Auction for Education Starts Today, March 17

Westford Education Foundation is excited to announce their MARCH MADNESS AUCTION FOR EDUCATION! Starting Friday March 17, you can begin bidding on silent auction items. We have amazing items for the whole family! Items include: month-long memberships to CodeWiz, Goldfish Swim School and The Little Gym, WESTFORD ACADEMY Junior Parking Pass, 2 Bren Bataclan original paintings, gift card to the Optical Gallery at Family Eye Care, and 6 weeks of fitness and nutrition at Prime Fitness. Bidding closes on April 1st!

Visit https://westford.org/wef to place a bid! Good Luck! Remember all money raised goes right back into our school system with innovative education grants.

SEPAC - 3rd Annual Parent and Caregiver Survey Open Through Friday, 3/24

The Westford SEPAC, in collaboration with Westford Public Schools Office of Pupil Services, is interested in your feedback as it relates to special education. Our 3rd 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, which closes on Friday, 3/24. We expect the survey should take less than 10 minutes to fill out. You can access the survey here: https://forms.gle/wqRs1B2TdfJHo9pr8

Last year's survey helped us gain some insight into the successes and concerns, and we're looking forward to comparing this year's results to last year to see improvements and additional areas we need to focus on. If you want to see last year's survey findings, check out Survey 2021-2022 School Year results here: https://drive.google.com/file/d/1YPJ-a-PohwskRYZvb7ebj5LeQyEEq8MH/view?usp=sharing

Youth Mental Health First Aid Training-April 3, 9:00 am-4:00 pm

Please join us for this upcoming free Youth Mental Health First Aid training. Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18. Click <u>HERE</u> for the flyer with more information.

WHO SHOULD KNOW ABOUT YOUTH MENTAL HEALTH FIRST AID?

- *Teachers and school staff
- *Coaches, camp counselors, and youth group leaders
- *Parents and adults who work with youth

WHAT MENTAL HEALTH FIRST AID COVERS:

- *Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders, and attention deficit hyperactivity disorder (ADHD)
- *Common signs and symptoms of substance use challenges
- *How to interact with a child or adolescent in crisis
- *How to connect the youth with help
- *Expanded content on trauma, substance use, self-care, and the impact of social media and bullying

DATE: April 3, 2023 TIME: 9AM-4 PM

LOCATION: Westford Fire Department, 65 Boston Road, Westford, MA 01886

EMAIL: bnash@westfordma.gov To Register

Two Upcoming SEPAC Virtual Events

In partnership with the Federation for Children with Special Needs, the Westford Special Education Parent Advisory Council (SEPAC) will be offering two (2) virtual events:

- March 30, 2023 at 7:00pm **Evaluation and Eligibility** https://fcsn-org.zoom.us/meeting/register/tZEqfuiqqDojEt2bfqhmOXFJya9Nuu3-zPmX
- May 9, 2023 at 7:00pm Turning Three Essentials
 https://fcsn-org.zoom.us/meeting/register/tZUld-quqz8pGNJ3 gRvFidCtieuSkB5uIVw

If these topics are of interest to you, please click on the link and sign up for the event.

Westford Summer Music Program Registration Open

Come join the fun for a week-long program where band and orchestra ensembles will rehearse daily from 8:00 am until 12:00 pm at the Stony Brook School! During the week students will learn new music while building community, friendships, and improving their individual musicianship. We will conclude the program with a free performance on Friday, July 14, at 11 a.m. This program is open for band and orchestra students entering grades 5 through 9 in September, 2023.

- **Summer Band directed by Mr. Adam Shekleton
- **Summer Orchestra directed by Mr. Todd Hamelin

For more information and registration please visit: www.westfordk12.us/summermusic

For questions, please contact: Julie Ottesen - jottesen@westfordk12.us