

Dear Stony Brook Families,

All report cards are available in the Parent Portal of PowerSchool as of 2 pm today. They can be found under the 'Student Reports' tab. If you have any questions about a particular grade or comment, please reach out to the teacher.

We hope you will join us for the Talent Show this evening at 7 pm. Students are very excited for their acts and we expect it to be a very enjoyable evening. Tickets will be sold at the door for \$10 and all proceeds will benefit Children's Hospital in Waltham.

Next Friday, March 31, we have our Spring Fling Dance organized by our Student Leadership Council. Tickets will be sold for \$10 at all lunches next week. The dance will be 7:00-9:00 and there will be a DJ and games, as well as snacks available for purchase. Our last dance was a huge success, so we hope your child will be able to join us for the fun.

Have a wonderful weekend!

Allison and Rick

Here is some important information for families:

Sports Tryouts Begin Monday

Tryouts for all sports begin on Monday. Please be sure that your child's physical is up to date and that you have registered your child. Go to the [Stony Brook Sports Page](#) to do so.

March Madness Auction for Education–Bidding Closes 4/1/23

Don't forget to check out the Westford Education Foundation MARCH MADNESS AUCTION FOR EDUCATION! March 17 - April 1st, Go to <https://www.westford.org/wef/march-madness/> to bid on items for all ages! Items include: month-long memberships to **CodeWiz**, **Goldfish Swim School** and **The Little Gym**, one Westford Academy **Junior Parking Pass**, 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://www.westford.org/wef/> to place a bid. Good Luck! **Remember: all proceeds go right back into our school system.** Your bid funds innovative education grants, professional development, and WA Senior Scholarships!

SEPAC - 3rd Annual Parent and Caregiver Survey Open Through Today - 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 [HERE](#) 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