

Dear Stony Brook Families,

Our Student Leadership Council has been working hard to plan for our Spring Fling dance tonight. It is 7-9 pm and tickets are \$10 and can be purchased at the door. If your child is coming to the dance you may find carpooling and/or determining a place to meet your child at pick up time helpful.

Here is a message from the students who organized our Talent Show last Friday: *Thank you to all the students and staff that performed at the Stony Brook talent show. Everyone was amazing!!! Thank you to everyone who came to support our talented school members. We raised over \$1,500 for Boston Children's Hospital! THANK YOU!*

We had a great Academic Enrichment Program on Thursday for our 6th graders, sponsored by the PTO. New Inca Son provided a very well-received assembly and we thank the PTO and everyone who supports our educational programming.

Occasionally we become aware of TikTok challenges that get the attention of our middle schoolers. Unfortunately, some of these challenges are dangerous and old versions of challenges resurface occasionally. Some that have recently resurfaced include a 'black out challenge' or 'hold your breath' challenge, during which a person will attempt to hold their breath until they pass out. We try not to bring attention to them with the students in school so that we don't highlight something that they may not be aware of yet. We know that many children do not realize how potentially dangerous something like this can be. In an effort to keep everyone safe, we encourage families to discuss this at home with their children in whatever way is appropriate based on your child's access to social media and/or TikTok.

We have MCAS on Tuesday and Wednesday, so please remind your child to fully charge their Chromebooks on Monday and Tuesday evening to ensure they are ready for the online testing.

Have a wonderful weekend!

Allison and Rick

Here is some important information for families:

MCAS Next Week - ELA Tests are Tuesday, 4/4, and Wednesday, 4/5

Students in all three grades will take the ELA MCAS tests on Tuesday and Wednesday next week. Some students get nervous about MCAS testing and others see it as any other assessment. All of our students are well prepared to take these assessments. As with every day, we hope that students get a good night's sleep and eat something in the morning to be prepared for their day. *Students will use their Chromebooks so it is important that everyone makes sure that they plug their device in so it is fully charged.*

Late Bus Routes Updated

Late bus routes have been updated and are posted on the website. Please click [HERE](#) for the updated routes.

Update from the PTO

Grade 8 CELEBRATION - !! VOLUNTEERS NEEDED !!

SIGN-UP [HERE](#)

The Roudenbush Community Centre in partnership with the Stony Brook and Blanchard School PTOs is planning a fun-filled evening celebration/dance for all Grade 8 students in Westford on FRIDAY, JUNE 16 at 65 Main St, Westford. This event is possible ONLY if we have enough volunteers to help so please consider signing up. A flyer with details will be sent out closer to the event.

!!URGENT NEED FOR NEW PTO MEMBERS FOR 2023-24!!

SIGN-UP [HERE](#)

The Stony Brook School PTO is urgently looking for 2 PTO Co-Presidents and several Board Members for the 2023-2024 school year. See [FLYER](#) for details and 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](#).

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](#).

Music & Dance of the Andes: Grade 6 Academic Enrichment Program

Ask your 6th graders about the performance of the PTO-sponsored [Music & Dance of the Andes](#) by [New Inca Son](#) that they had the opportunity to watch yesterday, [March 30](#). This event was made possible by the generous donations of parents to our Annual "No-Fuss" Fundraiser so we thank you for your support.

March Madness Auction for Education—Bidding Closes Tomorrow, 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!

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

Upcoming SEPAC Virtual Event

In partnership with the Federation for Children with Special Needs, the Westford Special Education Parent Advisory Council (SEPAC) will be offering a virtual event on May 9, 2023, at 7:00pm - **Turning Three Essentials** . Please click on this link to find out more about this and to sign up:

https://fcsn-org.zoom.us/meeting/register/tZUld-quqz8pGNJ3_gRvFidCtieuSkB5uIVw

Basketball Summer Clinics

The Westford Academy Boys' basketball program led by Head Coach Chris Bramanti and members of the Westford Academy Boys' and Girls' Basketball programs will host various basketball clinics and the annual 4 on 4 summer league this summer. [Click here](#) for more information. The clinics are designed for hoopsters CURRENTLY in grades 1-8 who wish to have fun learning the game of basketball and/or begin training for summer and fall leagues through a series of competitive and challenging drills. More information can be found at www.basketballwa.com. The premise of the 4 on 4 league is that with only four players on the court at a time, each player will be more involved and active in the game. Each player will learn more individual basketball moves, will learn to move without the ball, cut, set screens, shoot, rebound, and play individual and team defense – all without having to worry about following additional instructions from a coach. More information can be found at www.basketballwa.com.