

BIS Buzz

The Weekly Brownstone Newsletter
February 5, 2021



Update from Mrs. Hine:

Dear Brownstone Families,

It has been a short week here at BIS due to the snow interruptions. I am glad that students got to play in the snow and build some snow forts and snowmen. Thanks to Jesse Andrew who shared the picture below of his huge snowman!

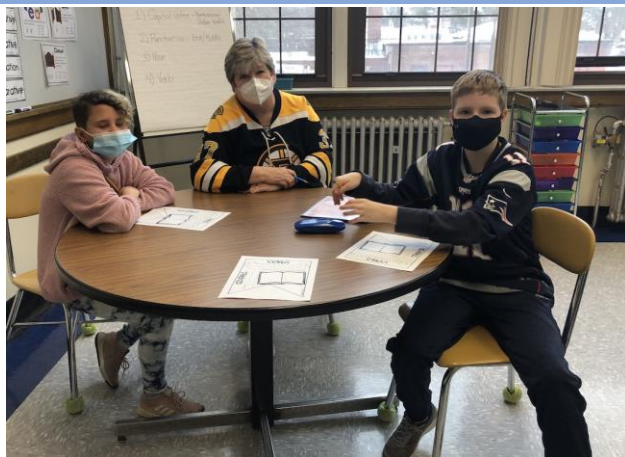


Since we have now used our 3 allotted snow days, any future snow events will be virtual school days. I have pasted the schedule that we will follow below. It is the same schedule we used when we were learning from home in the late fall (I also attached these schedules below in the Attachments section).

Distance Learning Days			
Grade 6- 3 person Team		Grade 6- 2 person Team	
8:30- 9:00	Morning Meeting	8:30- 9:00	Morning Meeting
9:00- 9:30	Searson- ELA Santavenere- Math Baldwin- Sci/SS	9:00- 9:30	Verrastro- Math Morin- ELA
9:30- 10:00		9:30- 10:00	
10:00- 10:30	Brain Break	10:00- 10:30	Brain Break
10:30- 11:00	Searson- Math Santavenere- Sci/SS Baldwin- ELA	10:30- 11:00	Verrastro- ELA Morin- Math
11:00- 11:30		11:00- 11:30	
11:30- 12:00	Santavenere- ELA Baldwin- Math	11:30- 12:00	Verrastro- Sci/ SS Morin- SS/Sci
12:00- 1:00	Lunch/ Break Time for All	12:00- 1:00	Lunch/ Break Time for All
1:00-1:30	Specials- SEL, Art, PE, Music, STEAM	1:00-1:30	Specials- SEL, Art, PE, Music, STEAM
1:30-2:00	Santavenere- ELA Baldwin- Math	1:30-2:00	Verrastro- Sci/ SS Morin- SS/Sci
2:00- 2:10	Organize materials and review assignments	2:00- 2:10	Organize materials and review assignments
2:00- 3:25	<small>Office Hours/PLC/Team</small> Meetings/PPTS&504s&Parent Meetings/Student Feedback	2:00- 3:25	<small>Office Hours/PLC/Team</small> Meetings/PPTS&504s&Parent Meetings/Student Feedback

Distance Learning Schedule			
Grade 5- 2 person Team		Grade 5- 3 person Team	
8:30- 9:00	Morning Meeting	8:30- 9:00	Morning Meeting
9:00- 9:30	Graf- ELA Distin- Math	9:00- 9:30	Moynihan- ELA Peer- Math Baio- Sci/SS
9:30- 10:00		9:30- 10:00	
10:00- 10:30	Brain Break	10:00- 10:30	Brain Break
10:30- 11:00	Graf- Math Distin- ELA	10:30- 11:00	Moynihan- Math Peer- Sci/SS Baio- ELA
11:00- 11:30		11:00- 11:30	
11:30- 12:00	Specials, Art, PE, Music, STEAM <small>(Specials teachers will also meet with Bridge cohort)</small>	11:30- 12:00	Specials, Art, PE, Music, STEAM <small>(Specials teachers will also meet with Bridge cohort)</small>
12:00- 1:00	Lunch/ Break Time for All	12:00- 1:00	Lunch/ Break Time for All
1:00- 1:30	Graf- SS/Sci Distin- Sci/SS	1:00- 1:30	Moynihan- Sci/SS Peer- ELA Baio- Math
1:30-2:00		1:30-2:00	
2:00- 2:10	Organize materials and review assignments	2:00- 2:10	Organize materials and review assignments
2:00- 3:25	<small>Office Hours/PLC/Team</small> Meetings/PPTS&504s&Parent Meetings/Student Feedback	2:00- 3:25	<small>Office Hours/PLC/Team</small> Meetings/PPTS&504s&Parent Meetings/Student Feedback

Today, many students and staff dressed up for our Sports Day! Everyone was encouraged to wear jerseys, hats, etc. from their favorite sports teams in preparation for the Superbowl this weekend.



On Thursday, February 11th, we will host another virtual BINGO event. I have included the [LINK HERE](#) and will also send it out to all students again next week. Teachers and the PTO have volunteered a number of prizes, including BIS t-shirts and homework passes. We hope your child(ren) can join us for the fun!

When students are out of school because they have any illness/symptoms, they have the option to complete classwork virtually. If they are not feeling well, rest and recuperation should be the priority, but if they are well enough, we would love for them to keep up with their schoolwork. Below I have included the 5th grade link in case your child can't find the right Google Classroom. 6th grade teachers had students add this classroom to their accounts.

Google "Work from Home" Classroom link:

[Grade 5](#)- Linked here

I wish you and your family a wonderful weekend and I look forward to welcoming your child back to school on Monday.

Allison Hine

Please reach out to me with any questions. I can be reached at ahine@portlandct.us or at (860)342-6765.

Attachments:

[Remote Snow Schedule](#)

[Band Lessons- Grade 6](#)

[Band Lessons- Grade 5](#)

[Band Lessons- Grade 5 \(groups\)](#)

News From Mrs. McDonough:

A conversation with a peer caused me to reflect upon my background in early childhood development. The pandemic has been hard on everyone - adults and children alike. When I'm feeling stressed I reach for things that bring me comfort - notably - doing crafts, reading and drinking tea.....things I associate with my childhood and time spent with my grandmother. We are all seeking comfort and security in these uncertain times. Some regression is natural and to be expected. Linked below is an excellent article, "Handling Regression During Covid-19." So if your child seems to be regressing or seeking comfort in things he/she did when younger, talk about it, and maybe just roll with it. It won't last forever, and having the opportunity to read a bedtime story with your 5th or 6th grader could be a positive amid the negatives in the world!

<https://medicine.vale.edu/news-article/24502/>

If you or your child is having difficulty coping with the challenges of living in these changing times, and need some extra support, please feel free to reach out to me at smcdonough@portlandct.us or 860-342-6765, ext. 1615.

Book Fair- Last Call!!

This is the last call for ordering books from the book fair. It ends this Sunday and we are almost halfway to our goal! Here's the link:

<https://bookfairs.scholastic.com/bookfairs/cptoolkit/homepage.do?method=homepage&url=brownstoneintermediateschool>

Dates to Remember:

Monday, January 25th - Sunday, February 7th - BIS Virtual Scholastic Book Fair

Thursday, February 11th - PTO Virtual Bingo (6 p.m.)

Monday, February 15th - No School for Staff/Students - Presidents' Day

Tuesday, February 16th - PD Day - No School for Students

Friday, February 19th - PJ Day



News From Nurse Palma:

All 6th Graders (Including PVLA 6th graders): Need to have a mandatory physical completed this year per the State of CT. Emails went home to families who need to provide a physical for their child. We are down to 46% of 6th graders needing a physical turned in to the school. Thank you to those who turned in or contacted me regarding their child's physical. Accepted physicals must be completed after January 1 of your child's Fifth grade year. Please contact me if your child has an upcoming

appointment. Physical forms can be found online at the link listed below. Physicals can be handed in at school, mailed, dropped off, faxed to 860-342-6766, or emailed to jonalma@portlandct.us https://portal.ct.gov/-/media/SDE/School-Nursing/Forms/HAR3_2018.pdf?la=en

PJ Day is coming: Friday February 19 Portland Public Schools will celebrate PJ Day. PJ Day kicked off its 10th anniversary in December with a mission to not only raise money, but to honor the brave kids fighting cancer at Connecticut Children's Hospital. This celebration occurred during remote learning but we wanted to honor these brave children now that we are back in school. Donate \$1.00 or more and wear your pj's on February 19th. Bring in the money, write a check to CCMC Foundation, Inc %PJ Day, or consider donating online via the following link:

https://secure2.convio.net/ccmcf/site/TR/CommunityEvent/General?team_id=4181&pg=team&fr_id=1290

Please watch the video about PJ Day: <https://www.youtube.com/watch?v=B5SI9CkOtto>

Health and Wellness: February is American Heart Month. Heart disease is the leading cause of death for both men and women. The good news? You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk: watch your weight, quit smoking and stay away from secondhand smoke, control your cholesterol and blood pressure, if you drink alcohol, drink only in moderation, get active and eat healthy.

Sometimes heart disease may be silent and not diagnosed until a person has signs or symptoms including:

- **Heart Attack:** Chest pain or discomfort, upper back pain, indigestion, heartburn, nausea/vomiting, extreme fatigue, upper body discomfort, and shortness of breath.
- **Arrhythmia:** Fluttering feelings in the chest.
- **Heart Failure:** Shortness of breath, fatigue, swelling of the feet/ankles/legs/abdomen.

If you haven't had your yearly physical with your doctor, please call and make an appointment. Be a role model for your child and show them how to be heart healthy.

<https://www.cdc.gov/healthequity/features/heartdisease/index.html>

<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month>

Travel advisory: If you are traveling out of state, please keep in mind that CT has a travel advisory and let the school know if your child is traveling to an Affected State. An

Affected Traveler is a person entering into the State of Connecticut who has spent twenty-four (24) hours or longer in an Affected State or an Affected Country. This does not include individuals visiting for less than twenty-four (24) hours. There is a mandatory self-quarantine for a period of ten (10) days from the time of your last contact with such Affected State or Affected Country. If you spend more than 24 hours visiting family in a state that is on the travel advisory, you need to quarantine for ten days or get a negative COVID-19 test. Please see the below link for what type of COVID-19 tests are accepted, timing of COVID-19 testing and for more FAQ's. <https://portal.ct.gov/Coronavirus/travel>

COVID Vaccination information: Chatham Health has asked for this information to be shared. CVS Pharmacies in Colchester and Windsor Locks will be offering COVID-19 vaccine in their stores beginning February 3rd. Please see their website for eligibility. Appointments can be scheduled via the CVS webpage: <https://www.cvs.com/immunizations/covid-19-vaccine?icid=cvs-home-hero1-banner-1-link2-coronavirus-vaccine>

CVS PHARMACY 119 S. MAIN ST. COLCHESTER CT 06415

CVS PHARMACY 90 MAIN STREET WINDSOR LOCKS CT 06096

COVID-19 Screening Tool: Attached you will find the Health Screening Tool document. We ask that you utilize this tool with your child each day before school. Remember it is best to keep your child home if they are not feeling well. COVID-19 can be hard to spot. Especially in kids, it often shows up as very mild (or no) symptoms. In other words, there is a chance that your child's runny nose is a clue they have the virus. You'll need to take extra precautions right now. We are in this together to keep our community safe. Contact your child's pediatrician with any concerns or you can also call CCMC's 24-hour Pediatric COVID-19 Hotline at 1-833-226-2362 to speak to one of their clinicians. They're available to help, any day, any time.

[COVID SCREENING TOOL](#)

Friday Joke: Why did the football coach go to the bank? Answer: To get his quarter back!!!