

BIS Buzz

The Weekly Brownstone Newsletter 2/12/21

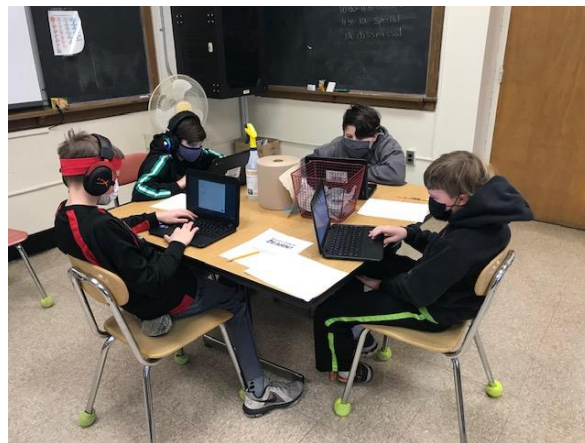
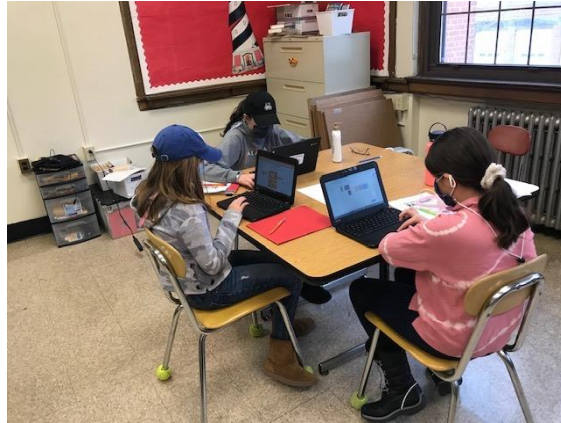


Update from Mrs. Hine:

Dear Brownstone Families,

Last night we had a fun evening of BINGO. We had about 40 students join in the excitement and many kids have been stopping in the office or sending me emails to claim their prizes. Thank you to the PTO for helping us with this fun event!

As we head into this long weekend, I wanted to let you know about some of the work students have been doing here at school. Although social distancing and masks have made some things different at school, our students and staff are making great strides in learning. Students in sixth grade are continuing to learn about Climate Change and completing projects based on their research. Students in fifth grade are deep into a book group unit where they are currently focusing on theme while reading Realistic Fiction. Most students are starting their second book at this point. In Social Studies fifth graders are being detectives as they look at different scenarios that would explain the disappearance of the colonists at Roanoke.



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

Allison Hine

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

News from the Library:

Thank you all for an amazing online book fair! We made 96% of our goal, and earned lots of money for resources for our school! Thank you all for encouraging reading in your students! Also, BIG THANK YOU to the PTO for all of their support with the

book fair! They donated many books to BIS students and did an amazing job keeping us all informed! Thank you!

-Ms. Kamis

Mrs. Constantino's Exciting News:

5th graders surprised faces when I shared my news about having a baby boy!! They had many ideas for names and wanted to know what cravings I have had (haha!). They were adorable.



News from Mrs. McDonough, BIS Social Worker:

As wonderful as four-day weekends are, finding things to do during the 12th month of a pandemic, in the middle of a deep-freeze, can be quite the challenge! Please take a look at the article linked below - “125 Things to Do With Kids During Coronavirus Quarantine and Social Distancing.” In addition to the usual ideas, this article is bursting with fun and creative activities, along with links to some interesting virtual experiences. Although you can’t fly to Paris, you can take a virtual tour of the Louvre or take a peek at the sea otters frolicking at the Monterey Bay Aquarium. Enjoy! <https://www.mountainmeadow.com/125-things-to-do-during-quarantine/>

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.

Dates to Remember:

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 jpalma@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=B5SI9CkQtto>

Health and Wellness: February is American Heart Month. Stroke is the 5th leading cause of death in the United States. Would you be able to spot a stroke? Use the acronym FAST to help you remember. A person may also have a sudden severe headache with no cause or blurry vision in one or both eyes. Loss of balance and coordination that has an unknown cause. Remember, every second counts and you need to act FAST.

F A S T

FACE DROOPING Does one side of the face droop or is it numb? Ask the person to smile.

ARM WEAKNESS Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue". Is the sentence repeated correctly?

TIME TO CALL 9-1-1 If the person shows ANY of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

https://www.cdc.gov/stroke/signs_symptoms.htm

<https://www.stroke.org/en/help-and-support/resource-library/fast-materials>

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=cvb-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 SCREEN TOOL](#)

Friday Joke: What kind of flower do you never give on Valentine's Day? Answer: Cauliflower!!!
