

BIS Buzz

The Weekly Brownstone Newsletter 3/5/21



Update from Mrs. Hine:

Dear Brownstone Families,

As we move toward the third trimester of the year, we are starting to talk about those things that we traditionally do at BIS in the Spring. We are hoping to continue many of our traditions, including kickball tournaments and Field Day, though we know they will probably look a bit different. Another thing that we usually put together at this time of year is our Brownstone Yearbook, under the direction of Mrs. Kaszycki. She is asking that you submit any pictures you may have of your child learning at home during this different school year. This includes both PVLA students and those who have experiences our Hybrid or Distance Learning models this year. If you have any pictures to share, please send them directly to lkaszycki@portlandct.us

We enjoyed some different reading activities this week in celebration of Read Across America week and I thank Ms. Kamis for her work to organize them. Below you will see some other great work coming out of the library this week- pictures of 5th grade creations during their unit in STEAM this week.



Dr. Britton sent out an email earlier today. Please note in your calendar that Friday, April 9th will be an early release day to allow staff to receive their second dose of the COVID vaccine.

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:

Please open the attachment below if you are interested in participating in a 5K this month. Cody Daggett, PHS Senior is organizing a run to raise money for a scholarship in honor of the memory of Debra Olbrias, beloved BIS teacher.

[A Run to Remember- Honoring the memory of Debra Olbrias](#)

New from Mrs. McDonough, BIS Social Worker:

There is definitely a lot of screen time happening in our homes these days (too much, if you ask me). Kids are watching all kinds of content on personal devices behind the closed doors of their own rooms. Gone are the days when the TV was the main source of family entertainment and all would gather in the living room to watch a favorite weekly show. Following is an interesting article from Childmind that examines the benefits of watching TV with your tweens and teens.

The weather is still pretty cold and we ARE still in a pandemic, so why not roll with it and sit down and share a show with your children? You never know what great conversations await...

https://childmind.org/article/benefits-watching-tv-tween-teen/?utm_source=newsletter&utm_medium=email&utm_content=Why%20Watch%20TV%20With%20Your%20Tween%20or%20Teen&utm_campaign=Public-Ed-Newsletter

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.

[COVID SCREENING TOOL](#)

Dates to Remember:

Kenway's Cause Fundraiser - Wednesday, March 3rd -Thursday, March 11th

Monday, March 8th - BIS Virtual PTO - 6:30 p.m.

Friday, March 12th - PD Day for Staff - No School for Students

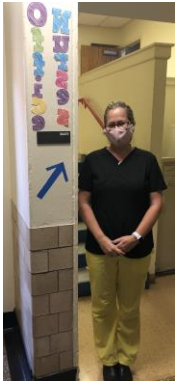
Saturday, March 13th - Turn Clocks AHEAD 1 Hour at Bedtime

Wednesday, March 17th - 2 Hour Delayed Opening

Wednesday, March 17th - St. Patrick's Day

Friday, March 19th - Report Cards Will Be Going Home With Students

Saturday, March 20th - 1st Day of Spring



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 40% 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

Health and Wellness: March raises awareness to many causes, one of them is National Save Your Vision. Many individuals experience eye discomfort and vision problems when viewing digital screens for extended periods. The level of discomfort appears to increase with the amount of digital screen use. According to the American Academy of Child and Pediatric Psychiatry, children and adolescents spend a lot of time watching screens, including smartphones, tablets, gaming consoles, TVs, and computers. On average, children ages 8-12 in the United States spend 4-6 hours a day watching or using screens, and teens spend up to 9 hours. While screens can entertain, teach, and keep children occupied, too much use may lead to problems. While excessive screen time can lead to many problems, eye health will be the focus. Here is a tip from the American Optometric Association (AOA). Give your eyes a break and follow this 20-20-20 rule to ward off digital eye strain. Take a 20 second break to view something 20 feet away every 20 minutes. Sit about 25" inches or at arm's length from your screen and adjust its height so you're looking slightly downward at it. Get a comprehensive eye exam. Getting a comprehensive eye exam is not just seeing if you need glasses. A comprehensive eye exam checks your eye health and can detect up to 270 serious health conditions.

<https://www.aoa.org/healthy-eyes/caring-for-your-eyes/full-picture-of-eye-health?sso=y>

<https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>

<https://www.aao.org/eye-health/tips-prevention/blue-light-digital-eye-strain>

[https://www.aacap.org/AACAP/Families and Youth/Facts for Families/FFF-Guide/Children-And-Watching-TV-054.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Watching-TV-054.aspx)

<https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/computer-vision-syndrome?sso=y>

Travel advisory: Still in effect until March 19 and until we receive guidance from Chatham Health. 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-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.

Allison ATTACH SCREEN TOOL :)

Friday Joke: Why did the phone wear glasses? Answer: Because he lost all his contacts!!!

